

2010 Clinic Registration Form Instructions

You must complete the entire registration form in order to sign up for a clinic. Incomplete forms will not be processed. Do not send this page in with your registration.

Explanation of individual questions:

3.) What is the toughest river you feel comfortable paddling and at what river level? This should be a river that you can paddle at anytime at any non-flood level without guidance from others. You should be able to run all or most of the rapids without capsizing. You can also give guidance to others and participate in rescues if necessary. Give river name, section, and level in cfs or ft/inch.

4.) What is the toughest river you have paddled under control and what river level? You can paddle this river at reasonable non-flood levels under guidance of others. This river should be the upper limit of your paddling ability and you only run it on your best days with a group that's as strong or stronger than you. Give river name, section, and level in cfs or ft/inch.

5.) On a scale of 0=nonexistent to 10=solid, rate the following: (assume class 2 water, advanced students assume class 3+ to 4- water)

- Pool Roll: If you came to the pool and I ask you to attempt your roll 10 times. How many times would you right the boat on your first attempt. (0-10).

- River Roll: If you were in class 2 water such as the Nantahala (class 3+ to 4- such as the Ocoee for advanced students), and you unintentionally flipped in the middle of a rapid, how many times out of ten attempts would you right the boat on your first attempt. (0-10)

- Eddy Turns: 0 = run Nantahala Falls without catching a single eddy. 2 = run Nantahala Falls but occasionally catch Truck Stop eddy. 4 = run Nantahala Falls and catch Truck Stop consistently. 6 = run Nantahala Falls and catch Billboard and Truck Stop eddies consistently. 8 = run Nantahala Falls and catch multiple eddies between Billboard and Truck Stop. 10 = catch multiple eddies between Billboard and Truck Stop and catching Micro eddy occasionally while running Nantahala Falls.

- Peel Outs: 0 means you prefer paddling out of the bottom of eddies to peeling out, and if forced to peel out across eddy lines you capsize most of the time in class 2 rapids (class 3+ to 4- for advanced students). 10 means you can precisely control the location, speed, and arc of your peel outs in class 2 rapids (class 3+ to 4- for advanced students) 99% of the time.

- Water Reading: 0 means you look at class 2 rapids (class 3+ to 4- for advanced students) and can only say, "It's whitewater everywhere". 10 means you look at class 2 rapids (class 3+ to 4- for advanced students) and can pick out eddies, pourovers, tongues, holes (friendly or terminal), waves, reactionaries, strainers, potential sieves, undercuts, rocks, and/or rocks underwater that you may hit with your paddle or helmet or face mask, and you can accurately pick out multiple lines with varying degrees of difficulty and risk.

- Self Rescue: 0 means you do not have any knowledge of rolling, or skills in whitewater swimming and water reading. 10 means you have an 8 to 10 river roll rating AND when your roll fails due to external obstacles you can execute the proper swimming technique to safely get yourself to the shore. Do not rate yourself 10 if you don't have a solid river roll (open boaters excluded).

- Rescue of Others: 0 means during rescues your job is to stand/sit in a safe position so you do not get in the way of a rescue. 10 means you're generally the leader or one of the leading participants in rescues, and you've either taken at least one swift water rescue class or acquired swift water rescue knowledge through years of experience.

- General Boating Knowledge: 0 if you're just getting into boating. 10 if your paddling buddies consider you to be the Michael Jordan of boating, at least locally.

Print legibly

Carolina Canoe Club 2010 Clinic Registration Form

Name: _____

If tandem boater, name of partner: _____

Address: _____

City/State/Zip Code: _____

Day phone: _____ Night phone: _____

Email Address: _____

Level of class you want to take (circle one): Beginner (June 5-6) Novice (May 15-16) Intermediate (May 15-16)

Type of clinic (circle one): whitewater kayak | whitewater solo canoe | whitewater tandem canoe | whitewater C-1

Boat you will bring (required): *Note: Recreational, sit-on-top, inflatable and touring kayaks are not permitted.* Manufacturer _____ Model _____

Questionnaire: Please answer the following questions so that we can form the most effective groups possible. Only your instructors will see your response. Use back of form or additional sheet if needed.

1. Age _____

2. How long have you been paddling? _____ How many times have you paddled in the last 6 months? _____

For Questions 3, 4, and 5, please refer to the 2010 Registration Form Instructions.

3. What is the toughest river you feel comfortable paddling and at what river level? _____

4. What is the toughest river you have paddled under control and what river level? _____

5. On a scale of 0=nonexistent to 10=solid, rate the following: (assume class 2 water, advanced students assume class 3+ to 4- water) Pool Roll _____ River Roll _____ Eddy Turns _____ Peel Outs _____ Water Reading _____ Self Rescue _____ Rescue of Others _____ General Boating Knowledge _____

6. On a scale of 0-lamb to 10-tiger, How aggressive are you? _____

7. List any whitewater clinics that you have taken (level or type of clinic) and the instructors' names. _____

8. List any medical conditions that you have that should be conveyed to your instructor. This information will be kept strictly confidential and only provided to the CCC Education Chair, instructor and safety boater of the class in which you are finally assigned. _____

9. Special Request or things your instructor should know _____