

Maine Canoe Symposium
Important Information for Parents of Young Participants

- **Cell number – Please provide your cell phone number so you may be reached if needed.**

- **Please understand that parents are responsible for their children's safety at all times. Please instruct your children to follow all rules of UMaine 4-H Camp and Learning Center at Bryant Pond.** When children are around the water, parents are responsible for making sure their kids are safe. Lifeguard duty is limited to specified hours only and PFD's may be required. Swimmers at the beach must have parent permission to swim within the specifically designated swimming area. Safety is everyone's responsibility. Everyone participating in workshops must be willing to follow instructor's directions at all times.

- Different activities for older and younger kids to do separately are designated for those ages close to 10 and older and developmentally appropriate for younger kids. Parents are always welcome and encouraged to participate in activities with children at any time.

- Everyone participating in activities must stay with the group and be within voice range on water and on land. Children must notify leaders if they need to leave the group for any reason. Children needing to leave on their own must have parent's permission.

- Parents need to meet their younger children who are not continuing on to the next children's activity. Please be aware that leaders are not responsible for younger children when they leave the immediate area. This is for your own safety.

BRING LIST – Please provide your child with the following minimum to bring to EVERY workshop:

- ➔ **A small day pack with appropriate clothing, a warm fleece or hoodie, sweatpants and rain gear for Maine in June. If it rains, the Symposium just keeps going. Make sure your children will be comfortable regardless of the weather. Covering your body may also reduce exposure to biting insects.**

The following items, **highlighted in red, are also mandatory for those activities listed.**

- **PFD's (life jackets)** – must be worn and fully zipped at all times while on the water. Be sure to bring PFD's for your children so they have the proper size. We have only a limited number of children's size PFD's and may not be able to provide you with one.
- **Sneakers or water shoes** – must be worn for MaCKRO Boats. Flip-flops and Crocs are not permitted.
- **FLASHLIGHTS** – bring with you to all evening events. It is dark under the pines!
- **Bicycles (wide tires)** may be used to get around in camp. **Helmets are required.**
- **Emergency medical information** may be placed on file in the Camp office.
- **Sunscreen, sunglasses and a hat** should be worn on the water.
- **Insect repellent** – use before attending the workshop to reduce biting insects and the infectious diseases they may carry. Inspect your body for ticks.
- **Drinking water** – Dehydration: is a very real risk causing headaches, faintness, disorientation and overall ill feelings. Please be sure to have adequate supply of water with you.

**2021 Maine Canoe Symposium Children's Program
Waivers & Photo/video Release**



Printed name of minor participant	Parent/Guardian Name (Print Clearly)

Assumption of Risk

I, in my legal capacity as parent/guardian of the minor named above (“Minor”), acknowledge and agree that any use of the Maine Canoe Symposium at The University of Maine 4-H Camps & Learning Center at Bryant Pond (MCS) facilities, services, equipment and premises (“Facilities”) and any participation in MCS programs and activities (“Programs”) comes with inherent risks including, but in no way limited to: (1) moderate and severe personal injury, (2) property damage, (3) disability, (4) death, and (5) sickness or disease including, without limitation, COVID-19. I voluntarily, for myself and Minor, accept and assume full responsibility for these risks as well as any and all other risks of the use of Facilities and participation in Programs. I agree that I have full knowledge of the nature and extent of all such risks and am not relying on all such risks being described in this document.

Waiver, Release, Indemnification & Covenant Not to Sue

In consideration of Minor’s use of Facilities and participation in Programs I, in my legal capacity as parent/guardian of Minor, agree on behalf of myself and Minor that MCS, its officers, directors, agents, employees, volunteers, insurers and representatives (“Releasees”) will not be liable for any personal injury, property damage, disability, death, sickness or disease incurred by Minor, however occurring including, but not limited to, the negligence of Releasees. I understand that Minor and I will be solely responsible for any loss or damage, including personal injury, property damage, disability, death, sickness or disease sustained from the use of Facilities and participation in Programs.

I further agree, in my legal capacity as the parent/guardian of Minor, on behalf of Minor, myself, and any and all legal successors and proxies, to release and **HEREBY DO RELEASE, WAIVE AND COVENANT NOT TO SUE** Releasees from any causes of action, claims, suits, liabilities or demands of any nature whatsoever including, but in no way limited to, claims of negligence, which Minor, myself, and any and all legal successors and proxies may have, now or in the future, against Releasees on account of personal injury, property damage, disability, death, sickness, disease or accident of any kind, arising out of or in any way related to the use of Facilities or participation in Programs, whether that participation is supervised or unsupervised, however the injury or damage occurs, including, but not limited to, the negligence of Releasees.

In further consideration of the use of Facilities and participation in Programs, I, in my legal capacity as parent/guardian of Minor, agree on behalf of myself and Minor to **INDEMNIFY AND HOLD HARMLESS** Releasees from any and all causes of action, claims, demands, losses, suits, liabilities or costs of any nature whatsoever, including claims of negligence, arising out of or in any way related to the use of Facilities and participation in Programs.

Parent/Guardian Signature	Date

(Continued)

2021 Maine Canoe Symposium Children's Program Waivers & Photo/video Release

Health History Information

Please list all known allergies: _____

Does your child have any severe reactions to insect bites/stings? _____

Record of past medical treatment:

Please use an additional space to provide more detail if needed.

Does your child have a prescription for an Epi-Pen? **Y / N** --- If yes, what for: _____

Does your child have asthma? **Y / N** --- If yes, does your child carry an inhaler? _____

Does your child have epilepsy? **Y / N** --- If yes, date of last seizure _____ & severity _____

Does your child have diabetes? **Y / N** --- If yes, does your child take medication/insulin? _____

Health History Waiver

The health history details provided are correct to the best of my knowledge, and my child has permission to engage in all prescribed MCS Children's Program activities except as noted. I hereby give permission to the medical personnel selected by MCS to order treatment and to release any records necessary for insurance purposes, and to provide or arrange necessary related transportation for my child in the event I cannot be reached in an emergency. I hereby give permission to the physician selected by MCS to secure and administer treatment, including hospitalization for my child named above in the event I cannot be reached in an emergency.

Parent/Guardian Signature	Date
Parent/Guardian Contact Information	Phone:
Emergency Contact Name:	Phone:

Photo/Audio Visual Release

My consent gives the Maine Canoe Symposium at The University of Maine Maine 4-H Camps & Learning Center at Bryant Pond (MCS) permission to use video clips or footage, photo reproductions, narrative accounts of MCS experiences, and sound track recordings for publication, display, exhibition in promotions, advertising, education, and legitimate uses related to our work as a canoeing heritage education and skill building nonprofit. Use includes reproductions in any form and media, adaptations and/or revisions. I understand and agree that there will be no compensation for this, and I will not make any claim for payment of any kind. Participants will not be identified in such reproductions.

I do ___ or I do not ___ authorize the Maine Canoe Symposium at The University of Maine Maine 4-H Camps & Learning Center at Bryant Pond (MCS) to use photos or video clips taken of my child while they are participating in MCS's programs.

Parent/Guardian Signature	Date

MaineCanoe Symposium 2021

UMaine 4-H Camp and Learning Center at Bryant Pond

CHILDREN'S ACTIVITIES

Parents' and children's information

Kids sign up and Parents orientation. We will cover info and expectations you will want to know including safety and security. We have multiple offerings for a variety of choices including time to paddle, play, and swim. We always offer different activities for the older and younger kids to do separately and for parents and children to do together. We welcome adults if you would like to assist with activities. Or please come and participate in some of these fun activities with children simply for your own enjoyment.

Saturday Morning

Challenge Course Low Ropes – Program Staff

Team building and developmentally appropriate cooperative initiatives. Some old familiar and some new challenges we may try

(10:30 AM - 11:45 AM) Canoe Skills in MaCKRO boats - water site A

Learn new things, canoe skills and some important strokes with small racing canoes provided by MaCKRO, Maine Canoe and Kayak Racing Organization. Learn double and single blade paddle strokes. All ages welcome. Bring a swimsuit though, just in case...

12:00 - 1:00 Lunch

(1:15 PM - 2:30) Developing a Keen Eye, Naturalist Observations, ecology and forestry to geology.

Nature often surrounds us and it's important to use our senses to fully appreciate and understand our world. We'll spend some time exploring the forest for signs of wildlife, and learn a bit about the forest as we work our way towards our geology sluice. There, you learn the basics of the rock cycle and you'll have time to dig for real Maine gemstones and sift away, searching real mine tailings. You'll never know what you'll find!"

(2:45 PM - 4:00) Swimming - Life Guard on Duty

Swimmers at the beach must have parent permission to swim and must stay within the specifically designated swimming area. Lifeguard may require swimmers to wear life jackets so bring them along!

(4:15 PM - 5:30 PM) Tomahawk throwing – Games Field – Jeff DeHart, other adults

Come learn and test your skills in the art of tomahawk throwing! Range safety and proper throwing technique will be taught under experienced adult supervision. And we will have more than one target so less waiting in line! Adults are welcome to join in.

(4:15 PM - 5:30 PM) Alternative activity

Games – Games Field Children's Activities Instructors

Ga-Ga Ball, and other fun activities if tomahawk throwing is not in your interest or age level. Gather up with some silly games and just plain FUNN (functional understanding not necessary).