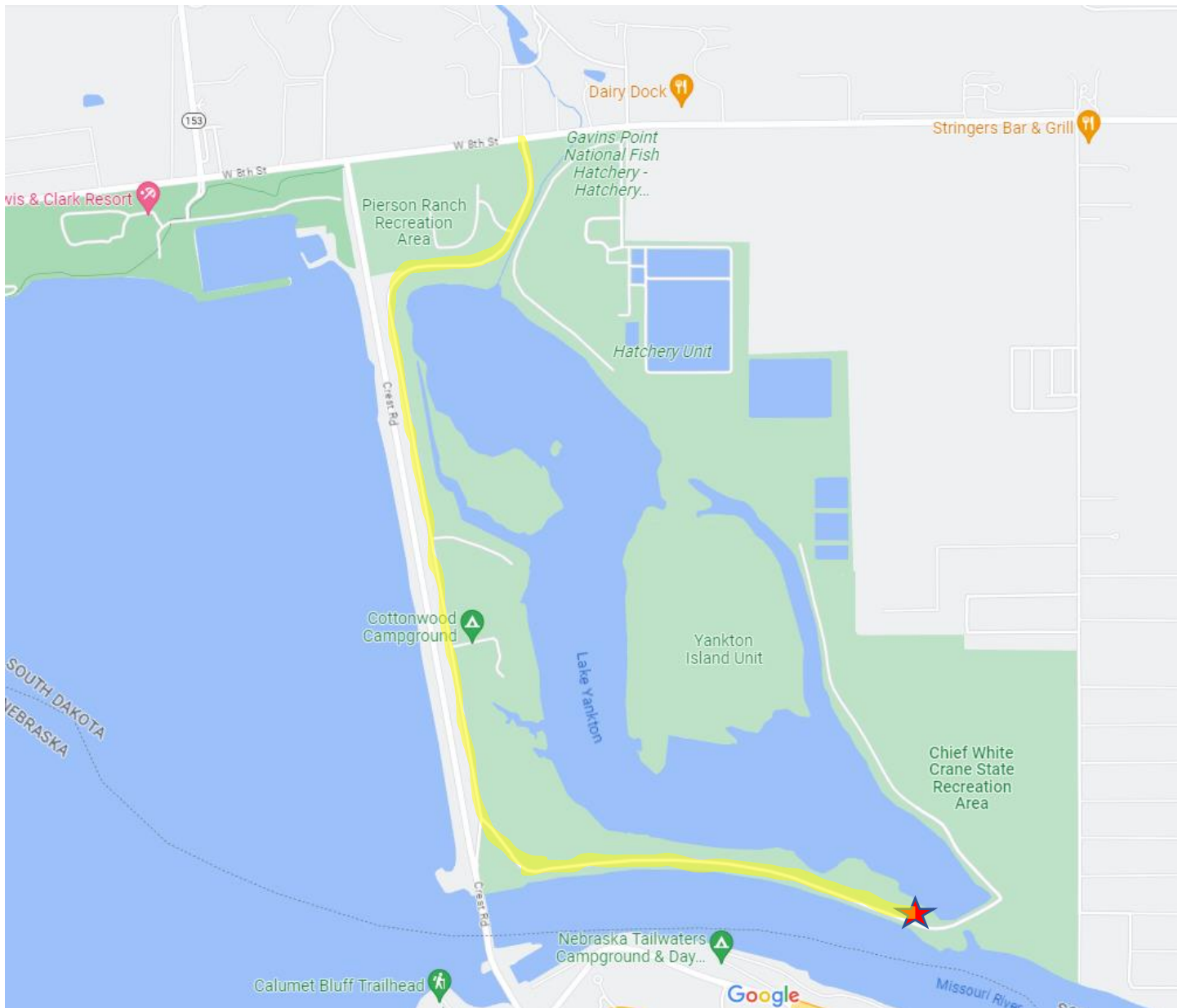


# MNRR KAYAK CLINICS: PARTICIPANT CHECKLIST

- ☒ The kayak clinic is geared towards beginners but can be considered moderately strenuous, depending on environmental conditions and fitness levels
- ☒ The kayak clinic lasts about 3 hours from 9am – 12pm. We will be on a lake and not on the river.
- ☒ Can you swim? While the goal is to remain in the kayak during the clinic, there may be an occurrence of falling into the water. (Ask these questions to gauge the abilities of the visitors):  
Can you...
  - ☐ Enter and exit the water without assistance?
  - ☐ Be fully submerged with the water over your head?
  - ☐ Float without support?
  - ☐ Jump into water and resurface?
  - ☐ Tread water using arm and leg actions?
  - ☐ Kick on your front and back without support?
- ☒ Because of the level of difficulty, the minimum age requirement to be in a kayak alone is 10 years old. Do you have anyone under the age of 10? Ages 5-9 must be accompanied by an adult in a tandem kayak.
- ☒ The clinic may be cut short or cancelled at any time due to unexpected circumstances, injury, or inclement weather.
- ☒ Participants must dress appropriately – clothing or swimwear that you don't mind getting wet. Strap-on sandals or water shoes are highly recommended over flip-flops. It is recommended to bring an extra pair of clothes.
- ☒ Participants should also bring sun protection and supplies – sunscreen, sunglasses, hat, long sleeve sun shirt, etc.,
- ☒ Participants should also bring water, bug repellent, and snacks.
- ☒ Clinic is provided free of charge, which includes PFDs/Life Jackets, kayaks, and paddles. Personal equipment is also allowed. Park kayaks have a weight limit of 325 pounds.
- ☒ Every participant must sign a waiver (included in this document). We will have print copies available at check-in.
- ☒ The kayak clinic meets at Lake Yankton. Directions are attached.
- ☒ Please arrive 10 minutes before the start of the clinic.
- ☒ Late arrivals will not be accommodated because participants must check in upon arrival.
- ☒ **Please phone to let us know if you cannot attend. We often have a waiting list.**  
**605.665.0209 x21**

# Directions to Lake Yankton Boat Launch



Follow the highlighted route and meet us at the red star.

1. Turn off Hwy 52 onto Toe Road.
2. Continue on Toe Road past the beach and turn left into the boat launch parking area.
3. If you enter Chief White Crane State Recreation Area campground, you have gone too far.

## VISITOR'S ACKNOWLEDGMENT OF RISKS



In consideration of the services of The National Park Service, Missouri National Recreational River (herein referred to as "the NPS"), I agree as follows

Although the NPS has taken reasonable steps to provide me with appropriate equipment and skilled guides so I can enjoy an activity for which I may not be skilled, the NPS has informed me this activity is not without risk. Certain risks are inherent in each activity and cannot be eliminated without destroying the unique character of the activity. These inherent risks are some of the same elements that contribute to the unique character of this activity and can be the cause of loss or damage to my equipment, or accidental injury, illness, or in extreme cases, permanent trauma or death. The NPS does not want to frighten me or reduce my enthusiasm of this activity, but believes it is important for me to know in advance what to expect and to be informed of the inherent risks.

The following describes some, but not all, of those risks: Possible exposure to sun, rain, wind, storms, and lightning. Risk of drowning or exposure to water-borne pathogens.

I am aware that kayaking entails risks of injury or death to any participant. I understand the description of these inherent risks is not complete and that other unknown or unanticipated inherent risks may result in injury or death. I agree to assume and accept full responsibility for the inherent risks identified herein and those inherent risks not specifically identified. My participation in this activity is purely voluntary, no one is forcing me to participate, and I elect to participate in spite of and with full knowledge of the inherent risks.

I acknowledge that engaging in this activity may require a degree of skill and knowledge different than other activities and that I have responsibilities as a participant. I acknowledge that the staff of the NPS has been available to more fully explain to me the nature and physical demands of this activity and the inherent risks, hazards, and dangers associated with this activity.

I certify that I am fully capable of participating in this activity. Therefore, I assume and accept full responsibility for myself, including all minor children in my care, custody, and control, for bodily injury, death or loss of personal property and expenses as a result of those inherent risks and dangers identified herein and those inherent risks and dangers not specifically identified, and, as a result of my negligence in participating in this activity.

I have carefully read, clearly understood and accepted the terms and conditions stated herein and acknowledge that this agreement shall be effective and binding upon me, my heirs, assigns, personal representative and estate and for all members of my family, including minor children.

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Printed Name

Signature

Date

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Signature of Parent or Guardian, if participant is under 18 yrs. of age

Date