



# BLUEGRASS WILDWATER ASSOCIATION

## SPRING SWIFTWATER BEGINNER'S CLINIC

### ADULT APPLICATION

When: May 15-17, 2015      Where: Ratliff Hole Campground, Russell Fork River, Elkhorn City, KY

Cost: BWA Members.... \$85      Non-BWA Members\* .... \$95      (Elective) Swift Water Self Rescue Course.... \$20  
 Non-Students/Volunteers.... \$20      Late Registration \*\* .... \$110

\* Annual Membership in the BWA is \$20 (Individual) or \$25 (Family). Membership offers discounts to various Whitewater Outfitters, BWA Roll Sessions & Misc. other club events. Signing up is easy and can be done online by visiting [www.bluegrasswildwater.org](http://www.bluegrasswildwater.org)

Each Spring, the Bluegrass Wildwater Association, or BWA, hosts a Swiftwater Beginner's Clinic centered around teaching entry-level Swiftwater Kayak and Canoe skills to outdoor enthusiasts with the willingness and eagerness to learn. The teaching river may vary from year to year but the goal remains the same: River skills and safety!! Ranging from basic gear knowledge to on the water skills training, The BWA Spring Swiftwater Beginner's Clinic is an educational & fun weekend that will get you well on your way to becoming a whitewater addict!

Clinic Cost Includes: camping fees, 3 meals (2 breakfasts/1 dinner), 2 days of river instruction, automatic entry into beginner's gear raffle & memories that will last a lifetime. This year we have also included an elective course, Swift Water Self Rescue. Please see Note 1 at bottom of application.

**INSTRUCTIONS:** Fill out the first 2 pages and keep the "Notes" page for your own information. (Mail them along with your registration fee to the address below. Checks may be made payable to Bluegrass Wildwater Association. Note: No applications will be processed for placement until payment has been verified.

\*Please note that persons under the age of 18 must have an adult's permission & signature and must also complete the Waiver for Minors (included).

**Student Info:**

Last Name	First Name	Middle Init.

Street Address

City	State	Zip

Phone	Age	Gender							

Email

Emergency Contact	Phone			

Deadline to Apply: Early Bird Deadline April 17, 2015. \*\* All applications received after April 17<sup>th</sup> should include the \$25 late fee.  
 Late Registration Deadline May 1, 2015. **No Applications will be accepted after May 01, 2015.**

Refunds: If you must cancel, please do so as early as possible as we must commit & distribute resources to the clinic accurately.  
 After April 17<sup>th</sup> refunds will be \$70. Cancellations between April 24<sup>th</sup> - May 1<sup>st</sup> will be \$50. **No refunds after May 01, 2015!**

Mail "signed" applications and payment to: Robert Larkin, 404 Lin Wal Road Lexington, KY. 40505  
 Please make check payable to: " BWA ". In the memo section please write: " Clinic ".

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_.

**Class Placement Information:**

**\*\*\* Please do not bring recreational kayaks to the clinic. See Note 2 at bottom of application. \*\*\***

Kayak Selection (Please circle the type of kayak you will be using)

Kayak Type: River Runner    Play Boat    Tandem Kayak (Please provide partner's name) \_\_\_\_\_.  
Whitewater Canoe (with float bags and riggings)    Other \_\_\_\_\_    I have no idea.

Please answer the following questions in terms of the type of boat you intend to use for the clinic. Place a check mark next to the answer that best describes your ability. If you are unsure of what boat you will be using during clinic (i.e.: renting or borrowing gear) please answer the questions to the best of your ability based on Kayak/Canoe experience. If you are an Intermediate/Expert Canoeist but plan on taking a kayak class, answer for your comfort level in a kayak.

1. Rolling Ability

- a. I have a solid roll that has been tested on whitewater multiple times. \_\_\_\_\_.
- b. I have rolled in moving water before but my roll is still not consistent. \_\_\_\_\_.
- c. I have a solid pool roll, but have yet to be so lucky on moving water. \_\_\_\_\_.
- d. I have rolled in a pool, but my roll is still not consistent and solid \_\_\_\_\_.
- e. I've worked on rolling but have yet to do one unassisted as of yet. \_\_\_\_\_.

2. Paddling Ability

- a. I feel comfortable paddling Class II & Class III Whitewater in my boat. \_\_\_\_\_.
- b. I have been on moving water in my boat, but I'm not comfortable yet. \_\_\_\_\_.
- c. I feel comfortable on moving water but not in the boat I have/am using. \_\_\_\_\_.
- d. I feel comfortable in a boat, but am not comfortable on moving water yet. \_\_\_\_\_.
- e. I feel comfortable in a pool. \_\_\_\_\_.
- f. I am not comfortable in a boat and can barely stay upright in a pool/on water. \_\_\_\_\_.
- g. I have never been in a boat before. \_\_\_\_\_.

3. Medical Information:

- c. Diabetes \_\_\_\_\_.
- b. Heart Condition \_\_\_\_\_.
- c. Hemophilia \_\_\_\_\_.
- d. Asthma \_\_\_\_\_.
- e. Seizure Disorder \_\_\_\_\_.
- f. Allergies \_\_\_\_\_.
- g. Other \_\_\_\_\_

Specific Details: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Anything Else We May Need to Know about: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**General Water Skills:** (Rate yourself from 1-5 in the following areas)

How well can you swim? (Non-Swimmer) 1    2    3    4    5 (Captain of the Swim Team)  
 How athletic are you? (Couch Potato) 1    2    3    4    5 (Iron man Competitor)  
 How well do you handle cold? (Reptilian Blood) 1    2    3    4    5 (Polar Bear blood)

What Rivers, if any, have you paddled and in what kind of boat? (List most recent)

River: \_\_\_\_\_ Boat: \_\_\_\_\_ River: \_\_\_\_\_ Boat: \_\_\_\_\_  
River: \_\_\_\_\_ Boat: \_\_\_\_\_ River: \_\_\_\_\_ Boat: \_\_\_\_\_

How many times have you paddled this year? \_\_\_\_\_.

**Gear:** Appropriate Whitewater attire is required, for safety purposes, of ALL CLINIC STUDENTS & INSTRUCTORS!

Boat	Have / Need	S M L XL XLL	Splash/Dry Top	Have / Need	S M L XL XLL
Paddle	Have / Need	S M L XL XLL	Base Layer - Upper	Have / Need	S M L XL XLL
PFD	Have / Need	S M L XL XLL	Base Layer - Lower	Have / Need	S M L XL XLL
Helmet	Have / Need	S M L XL XLL	Additional Layers	Have / Need	S M L XL XLL
Sprayskirt	Have / Need	S M L XL XLL	Booties/Footwear	Have / Need	S M L XL XLL

## Notes:

**\*\*\* Please do not return this page with your signed application. Keep this section and the “Helpful tips on what to expect and what to bring” pages for your own information.\*\*\***

(If not included with the application, the “Helpful tips on what to expect and what to bring”, pages can be obtained from the BWA site at [www.bluegrasswildwater.org](http://www.bluegrasswildwater.org) at the “Spring Clinic” tab or by calling the Clinic Coordinator.)

**Note 1:** Swift Water Self Rescue Course. This is an elective course that will teach the basics of self-rescue, as well as how to assist in the rescue of others in your party. Cost for this course is 20.00 and will take the place of the Sunday morning kayaking river instruction. Space is limited, and for new boaters, this course is highly recommended.

**Note 2:** Recreational kayaks are unsafe on white water and will not be allowed in the classes. Most of the local sporting goods stores **ONLY** sell recreational kayaks. This includes: Dicks, Sportsman Warehouse, Academy Sports, Cabela’s, Bass Pro-Shop, and just about any other local chain you can think of. Whitewater kayaks CAN be purchased locally at **Canoe Kentucky** in Frankfort, (502) 227-4492. Canoe Kentucky offers a large selection of clothing, whitewater equipment, and new and used Jackson kayaks. Some rental equipment is also available in limited quantities. **J&H Lanmark Store** in Lexington (800) 677-9300. J &H is the local resource for Dagger kayaks as well as many other lines of whitewater clothing and accessories. If you have specific questions about new or used kayaks, these stores are the local outfitters and can offer excellent advice. Please let them know that you will be attending the BWA clinic so that they may better assist you (BWA members get a 10% discount at these locations). You should also feel free to contact the Clinic Coordinator, Bob Larkin (502)-550-4225 [Clinic@bluegrasswildwater.org](mailto:Clinic@bluegrasswildwater.org) with any specific questions.

**Note 3:** Borrowed Equipment is provided by BWA Members & is on a First Come/First Served basis. The sooner you return your application, the more likely your chances of getting borrowed gear. If you buy gear for the clinic, it is recommended to begin with a PFD, Helmet &/or Sprayskirt. If you are planning on boating, you will need this gear anyway, & it’s better to have your own gear that fits & that you are comfortable in. **YOU WILL BE RESPONSIBLE FOR ANY GEAR BORROWED!!!!**