

**NEW MEMBER INDUCTION PROGRAM - PARTICIPANT INFORMATION**

<b>Full name:</b>			
Address:			
Phone no 1:		Phone no 2:	
Date of birth:		Ambulance cover	YES/NO

- |                                                 |          |
|-------------------------------------------------|----------|
| 1. Are you currently taking any medication?     | YES / NO |
| 2. Are you currently suffering from any injury? | YES / NO |
| 3. Do you suffer from asthma?                   | YES / NO |
| 4. Do you wear spectacles or contact lenses?    | YES / NO |
| 5. Do you have any allergies?                   | YES / NO |
| 6. Do you have any known medical conditions?    | YES / NO |

If you have answered yes to any questions 1 to 6, please detail below

- |                                          |          |
|------------------------------------------|----------|
| 7. Can you swim 50 metres?               | YES / NO |
| 8. Year of last Tetanus injection: _____ |          |

**EMERGENCY CONTACT INFORMATION**

Person to contact in case of an emergency			
Full name:			
Address:			
Relationship:		Ph No (home):	
Ph No (work):		Ph No (mobile):	

**RELEASE AND ASSUMPTION OF RISK**

- I have voluntarily applied to participate in the induction program and in consideration of being permitted to participate in the program, do voluntarily execute this, "release and assumption of risk" on behalf of myself, my heirs and next of kin, my personal representatives and my estate.
- I acknowledge that I am fully informed of the nature, scope and demands of the induction program and that I have met all of the prerequisites required for this activity.
- I understand and appreciate that the inductions program may include rigorous outdoor activities under variable environmental conditions and that there are a number of inherent risks involved, which are beyond the control of the Essendon Canoe Club or its members, and I agree to personally assume such risks.
- I understand that every care and attention will be given to the health and comfort of the participants. Essendon Canoe Club and it's members can not be held liable for any injuries sustained, which were not directly caused by their failure to take due care.
- I accept and assume full responsibility for all harm and injury, of every nature, including death, which may occur to me or to which I may suffer, and for all damages or loss to any personal property or property issued to me by the Essendon Canoe Club whilst I am participating in the induction program, and which results from causes beyond the control of and without the fault or negligence of Essendon Canoe Club Members.
- I declare that I am in good physical health and believe that I am able without reservation or limiting conditions to physically withstand and cope with the rigors of the induction program.
- I accept responsibility to inform the Essendon Canoe Club Members of any changes to my physical health, which may affect my ability to participate in the inductions program.
- I hereby declare that the information which I have provided, on this form is both complete and correct. I also understand that the information will be accessed by the Essendon Canoe Club committee or passed on to emergency services personnel when required.

Signature.....	Date.....
Guardian's Signature.....	Date.....

(Where the participant is under 18 years of age)

**NEW MEMBER INDUCTION PROGRAM - PARTICIPANT INFORMATION**

Session No.	Activity	Date Completed	Validated by
One (1) Two hours	1. Introduction to ECC (booklet to participants) <ul style="list-style-type: none"> <li>• Confirmation of Membership status</li> <li>• Check all details on Membership form</li> <li>• Club security</li> <li>• Sign in requirements</li> <li>• Club equipment</li> <li>• Boat storage</li> <li>• Club cleanliness</li> <li>• Emergency numbers and phone location</li> <li>• First aid kit</li> <li>• Throw ropes</li> </ul> 2. Complete indemnity and validations 3. On bank session <ul style="list-style-type: none"> <li>• Paddle hold, sweeps and paddling</li> <li>• Water safety and PFD properly fitted</li> <li>• Fit up to boats</li> <li>• Wet exit drills</li> <li>• Getting on/off water</li> <li>• River rules</li> </ul> 4. On water session <ul style="list-style-type: none"> <li>• Forward and reverse sweeps</li> </ul>		
Two (2) Two hours	1. On water session <ul style="list-style-type: none"> <li>• Revision session 1</li> <li>• Forward and reverse paddling</li> </ul>		
Session Three (3) Two hours	1. On water session <ul style="list-style-type: none"> <li>• Revision of sessions 1 &amp; 2</li> <li>• Stopping and low support</li> </ul>		
Session 4 Two hours	2. On water session <ul style="list-style-type: none"> <li>• Revision of sessions 1, 2 &amp; 3</li> <li>• Paddle on river</li> <li>• Capsize and wet exit</li> <li>• Given key and full membership access</li> <li>• Membership paperwork to Admin</li> </ul> 3. Group BBQ at conclusion of session <ul style="list-style-type: none"> <li>• To be confirmed</li> </ul>		

**New member induction program critique**

What are your thoughts upon (please circle one option to each question):-

- |                                              |      |      |           |
|----------------------------------------------|------|------|-----------|
| 1. Club facilities                           | poor | okay | very good |
| 2. Introduction to ECC, induction/membership | poor | okay | very good |
| 3. On water session                          | poor | okay | very good |

What was the best aspect? .....

What could be improved? .....

Other comments? .....

.....

Thank you, the responses assist induction program development, please include your name .....