APPENDIX J

Cold Water Conditions Waiver:

Athletes over 18 years of age

I am fully aware and understand the risks involved with paddling in cold water conditions. I understand, that if I paddle without wearing a Government approved PFD, I do so at my own risk and I assume all the responsibility for my actions. I understand that if I capsize while not wearing a PFD, my safety is compromised.

In any case, I agree to comply with all applicable Coast Guard Regulations.

I hereby release the **name of Canoe Club*, its* coaching staff, volunteers, directors and all related persons, groups and associations from any personal injury, death, property damage, expense and related loss, including loss of income that I or my next of kin may suffer as a result of my choice to not wear a PFD.

_____	_____	_____
Date	Athlete (printed name)	Athlete signature
_____	_____	_____
Date	Witness	Witness