



Advice to Pool Participants

We want all our Participants to have a rewarding, enjoyable and fun time at our Pool Sessions. Please help us maintain a continuing, healthy relationship with our Hosts and Sponsors. The following advice may be common sense to most participants but bears review.

- **Read and Sign the Release** – all participants must read and understand the release form. All information must be completed. You may re-use the same release by adding legible initials next to a new date for each session (space permitting).
- **Facility Rules** – please observe all rules posted in the pool area, especially those pertaining to diving and safety.
- **PFD Wear** – life vest wear is encouraged for all participants and mandatory for non-swimmers. If you prefer not to wear a PFD, be prepared to pass a swim test.
- **Roughhousing** – we encourage you to have fun, but please avoid activities or maneuvers that may result in injury to yourself or others.
- **Rental Gear** – Rental gear (as available) must be reserved in advance. All gear must be returned in the same or better condition as issued or a damage/replacement fee will be assessed.
- **Equipment Preparation** – please clean your boat and gear thoroughly inside and out before using the pool. Leave contaminants and debris outside the building.
- **Launching & Landing** – please avoid damage to the pool edge or deck. No seal launching. Avoid impact to the edge of the pool.
- **Peer Practice** – we welcome paddlers of all levels for our practice sessions. We encourage support and feedback when practicing strokes and maneuvers. If you do not have a buddy, ask a Pool Coordinator to help you out.
- **Formal Lessons** – for insurance reasons we cannot sanction formal lessons except by certified instructors (ACA or equivalent) with prior permission from the pool coordinator. Be prepared with current documentation.
- **Personal Items** – the coordinators, facility and sponsors are not responsible for personal property that is lost or damaged – please exercise due care for your gear and equipment.

Coordinators: Elizabeth O'Connor (ACA L4 Coastal IT, L2 Canoe Instructor)
Gordon Dayton (ACA L4 Coastal / L2 Canoe Instructor)