Sea Kayak Program
Instructions for Health and Liability Forms

Following this page are two forms that must be completed by all participants, including any agency staff. The first is a Health Form and the second is a Liability Release. Please remember the following guidelines when filling out these forms:

• Separate forms are required for each participant. Participants in the same family or household cannot use the same forms.

• Please complete these forms using blue or black ink.

• **It is very important that both forms are filled out completely. Please do not leave any field blank unless the question does not apply to you.** Participants will only be allowed to participate if they have forms that are completely filled out.

• For participants under the age of 18, both forms must be signed by a parent or guardian.

• Please do not return these forms to ETC in advance of your trip. Instead, please bring them with you on the day of the trip and ETC Guides will collect them from you upon your arrival.

  You can scan and email your forms to Debra Ataman, debra.ataman@athenian.org. Send in PDF format or mail.

• If you have any questions or concerns about a medical condition or your ability to participate on an ETC trip, please do not hesitate to contact the Sea Kayak Program Manager at 415-474-7662 x13 or at kayak@etctrips.org in advance of the trip date.

• Spanish versions and accessible type-friendly PDF versions of these forms are available upon request.

Thank you very much for your assistance!

For more information, please contact the Sea Kayak Program Manager at 415-474-7662 ext. 13 or kayak@etctrips.org