Black Parrot Paddling, LLC.

BEYOND BOW!

"Introduction to Kayaking"

Saturday, August 21, 2010

9:00 a.m. to 5:00 p.m.

Proud Lake Recreation Area - Heavner Canoe Rental

2775 Garden Road-Milford, Michigan

Phone: (248) 685-2379

Black Parrot Paddling, LLC, ***Heavner Canoe and Kayak Livery, Inc.*** **team up with BOW to offer the American Canoe Association's, ACA, "Introduction to Kayaking" course. The course is designed to be an introduction for beginners or novice paddlers to the sport of kayaking.**

Major land based topics covered will be selection of proper safety equipment, clothing, additional safety items, orientation to kayak paddles and a discussion regarding the various types of kayaks, their design features and the appropriate venues for each. There will also be a short discussion on stretching, weather awareness, hypo and hyper-thermia and other potential hazards.

On the water segments will cover proper entry and exit of the kayak, proper paddle grip and introduction to the "total body kayak stroke". A full set of strokes suitable for beginners will be introduced with appropriate practice activities and coaching. Wet exits and various rescue techniques

will be demonstrated and participants will be encouraged to participate to assure each paddler's ability for self or assisted rescue appropriate to the type of kayak being paddled. As always, individuals may determine their level of involvement in any activity in the class. Time allowing, a relaxing paddle around the lake to give the participants a chance to apply their new skills will wrap up the on water portion of the day.

Each participant will be provided an information packet with additional information on equipment, safety items and other appropriate resources.

An ACA course outline will serve as the *basis* for the course although instructors have the discretion to amend the course content based on weather, paddler's skills/abilities and other unforeseen circumstance based on their professional judgment.

PLEASE BRING YOUR OWN SACK LUNCH FOR THE DAY!

BEVERAGES WILL BE PROVIDED!

ITEMS TO BRING: Sun protection, extra dry clothing to wear home, insect repellent

For driving directions visit: www.heavnercanoe.com

For questions please contact Sue Tabor, MI BOW Coordinator

Email: dnr-outdoors-woman@michigan.gov or Phone: (517) 241-2225

Michigan Department of Natural Resources

BECOMING AN OUTDOORS-WOMAN

REGISTRATION FOR BEYOND BOW KAYAKING WORKSHOP!

This information is required by authority of the Michigan Department of Natural Resources for participation consideration.

NO SKILL LEVEL REQUIRED! – YOUTH 12 AND UP WELCOME TO ATTEND!

REGISTER EARLY! **WORKSHOP SPACE IS LIMITED** **FIRST REGISTERED - FIRST ENROLLED**

WHERE	**PROUD LAKE RECREATION AREA** **2775 GARDEN ROAD** **MILFORD, MI 48381**	**WHEN**	**SATURDAY, AUGUST 21, 2010** **9:00 A.M. TO 5:00 P.M.**
COST	**$100 PER PERSON**	**CANCELLATION DEADLINE**	**DEADLINE TO REGISTER AUG. 13** **NO REFUNDS AFTER THIS DATE** **YOU MAY SEND A SUBSTITUTE**

YOU MUST PRE-REGISTER FOR THIS CLASS! WALK-UPS CANNOT BE ACCEPTED!

Print or type. Use separate registration for each person; photocopy for additional registrants.

Name	Are you 18 years of age or older? ☐ No ☐ Yes
Address	Do you have special accommodation needs (If yes, please state) ☐ No ☐ Yes
City, State, ZIP	Dietary Preferences (if meals are included)
Telephone (daytime) ( )	Is this your first BOW event? ☐ No ☐ Yes
E-mail	Emergency Contact Name and Telephone

CERTIFICATION

I certify that all the information I have provided is true and accurate to the best of my knowledge, I have read and understand the information contained herein; I recognize and understand that the program involves some risks and I take responsibility for all action or injury that may result from participation. Further, I release the State of Michigan and its agents and instructors, from any and all liability for any such injuries.

Signature _____ *Date* _____

PHOTOGRAPH AND/OR VIDEO RELEASE

I hereby grant permission to use my photograph or video of me taken during this BOW event in any official publicity pieces. Publicity pieces include (but are not limited to) news releases, publications, videos and web use.

Signature _____ *Date* _____

Make check or money order payable to *"State of Michigan"* and send with completed and signed registration to:

CASHIER'S OFFICE
MICHIGAN DEPARTMENT OF NATURAL RESOURCES
P O BOX 30451
LANSING MI 48908

OR

You may purchase your registration on Michigan E-Store at *www.michigan.gov/bow* ; however you MUST complete this registration and send or FAX to:

Becoming An Outdoors-Woman (BOW)
MICHIGAN DEPARTMENT OF NATURAL RESOURCES
Mason Bldg., 6th floor
530 W. Allegan St.
Lansing, MI 48909

FAX: (517) 373-1547

For more details contact:
Sue Tabor, BOW State Coordinator
Email: dnr-outdoors-woman@michigan.gov
Phone: (517) 241-2225

FOR DNR USE ONLY

Index - 28310	**PCA - 97300**	**AOBJ - 9175**

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