



NANTAHALA OUTDOOR CENTER

# PARENT HANDBOOK 2021

[noc.com](http://noc.com)  
[canoeandkayaklessons.com](http://canoeandkayaklessons.com)  
828.488.7249

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## GREETINGS!

Learning to paddle whitewater rivers takes commitment, but kayaking lessons with NOC's celebrated Paddling School accelerates the learning process. Voted "Best Place to Learn" by *Outside*, NOC has taught more paddlers than anyone else, with more than 45 years of experience going into every class. Our diverse instruction team focuses on your personal goals and shows you the pleasures of paddling whitewater. Our location on the Nantahala River in North Carolina offers quick access to the Southeast's best whitewater rivers for learning and skill development.

Kayak Summer Camps have been a favorite of NOC guests since 1980!

Our elite instructors provide summer campers with top-level whitewater kayaking lessons and equipment to learn with, while maintaining a supportive and fun environment on the water.

Camps are great for beginner to advanced kayakers, as paddlers are grouped by kayaking experience level, so no whitewater experience is required. Parents will have daily access to NOC's Instruction Team for progress updates or just to check in if this is your paddler's first time away from home. Give your young paddlers a reason to unplug and advance their skills this summer at NOC!

Our Paddling School team maintains instruction certifications from the American Canoe Association. Each member is also certified in Wilderness First Aid or above through NOC's own SOLO Southeast Wilderness Medicine program. We take our job both on and off the water seriously, especially when it comes to your kids, which is why each Paddling School team member also goes through SafeSport™ training.

NOC's Paddling School is taking additional precautions during COVID-19 that include vigorous cleaning of equipment and gear, daily symptom and temperature checks of both instructors and students, social distancing as much as possible when safe, and wearing masks when not on a water activity. To review more information on NOC's COVID-19 policy, please visit [noc.com/about/covid19](https://noc.com/about/covid19).

We look forward to introducing or furthering your child's skills in whitewater kayaking.

## 2021 CALENDAR

### Summer Day Camp Session 1:

June 14 – 18

**Monday, June 14 • 8:30 AM**

Camp Begins at  
Paddling School

*Daily Camper Pick Up 4–5 PM*

**Friday, June 18 • 8:30 AM**

Family Fun Friday Begins  
at Paddling School

*This day will end between 1-2 PM*

### Summer Day Camp Session 2:

July 12 – 16

**Monday, July 12 • 8:30 AM**

Camp Begins at  
Paddling School

*Daily Camper Pick Up 4–5 PM*

**Friday, July 16 • 8:30 AM**

Family Fun Friday Begins  
at Paddling School

*This day will end between 1-2 PM*

### Advanced Teen Overnight Camp Session 1:

June 20 – 25

**Sunday, June 20 • 3 PM**

Overnight Camp Begins at  
Paddling School

**Friday, June 25 • 4:30 PM**

Session 1 Ends  
at Paddling School

### Advanced Teen Overnight Camp Session 2:

July 18 – 23

**Sunday, July 18 • 3 PM**

Overnight Camp Begins at  
Paddling School

**Friday, July 23 • 4:30 PM**

Session 2 Ends  
at Paddling School

## Summer Day Camps

Activities and times are subject to change, and will be communicated if parent involvement will be affected. Rivers are chosen based off of skill and water levels.

<b>MON</b>	<b>8:30 AM</b> Check-In at Paddling School <b>9 AM</b> Skills assessment at Fontana Lake <b>12 PM</b> Lunch <b>1 PM</b> Travel to area rivers <b>4:30 PM</b> Return to NOC. Campers picked up
<b>TUE</b>	<b>8:30 AM</b> Check-In at Paddling School <b>9 AM</b> Paddling Instruction <b>12 PM</b> Lunch <b>1 PM</b> Travel to area rivers <b>4:30 PM</b> Return to NOC. Campers picked up
<b>WED</b>	<b>8:30 AM</b> Check-In at Paddling School <b>9 AM</b> Paddling Instruction <b>12 PM</b> Lunch <b>1 PM</b> Travel to area rivers <b>4:30 PM</b> Return to NOC. Campers picked up
<b>THU</b>	<b>8:30 AM</b> Check-In at Paddling School <b>9 AM</b> Travel to area rivers <b>12 PM</b> Lunch <b>1 PM</b> Travel to area rivers <b>4:30 PM</b> Return to NOC. Campers picked up
<b>FRI</b>	<b>8:30 AM</b> Check-In at Paddling School <b>9 AM</b> Family Fun Friday Begins! <b>12 PM</b> Lunch/Closing Ceremonies. <b>1-2 PM</b> Camp ends. Campers picked up.

# SAMPLE ITINERARY

## Advanced Teen Camps

Activities and times are subject to change, and will be communicated if parent involvement will be affected. Rivers are chosen based off of skill and water levels.

<b>SUN</b>	<b>3-5 PM</b>	Check-In at Paddling School
	<b>6 PM</b>	Dinner at Relia's Garden
	<b>6:45 PM</b>	Gear Check-out at Paddling School
	<b>7:30 PM</b>	Skill work at Fontana Lake or Nantahala River
	<b>9 PM</b>	Platform Tents for the night
	<b>10 PM</b>	Lights out
<b>MON</b>	<b>8 AM</b>	Breakfast at Relia's Garden
	<b>8:45 AM</b>	Class III+ River Safety Instruction: Knot Tying, Rope Throws, Swiftwater Rescue, Communication
	<b>12 PM</b>	Lunch
	<b>6 PM</b>	Dinner at Relia's Garden
	<b>7:15 PM</b>	Evening Activity or Paddling on Nantahala
	<b>10 PM</b>	Lights out
<b>TUE</b>	<b>8 AM</b>	Pack up, breakfast on the road
	<b>9 AM</b>	Paddling Instruction on area river
	<b>12 PM</b>	Lunch
	<b>6 PM</b>	Arrive and setup campground
	<b>6:30 PM</b>	Campside dinner
	<b>10 PM</b>	Lights Out
<b>WED/ THU</b>	<b>8 AM</b>	Campside breakfast
	<b>8:30 AM</b>	Travel to Ocoee River for paddling instruction
	<b>12 PM</b>	Lunch
	<b>7 PM</b>	Arrive and setup campground
	<b>7:30 PM</b>	Campside dinner
	<b>10 PM</b>	Lights out
<b>FRI</b>	<b>8 AM</b>	Campside breakfast
	<b>9 AM</b>	Paddling Instruction on Ocoee River
	<b>12 PM</b>	Lunch
	<b>2 PM</b>	Load up for return to NOC
	<b>4 PM</b>	Return to NOC
	<b>4:30 PM</b>	Campers picked up

# MEAL INFORMATION

We serve nutritious, youth-friendly meals for our summer camps. Individually-packed lunches are provided for all campers. Advanced Teen campers will enjoy meals from Relia's Garden when they are lodging on-campus and either eat at local restaurants or cook at the campsite when on the road. Be sure to contact us in advance about special dietary needs.

	MON	TUE	WED	THU	FRI
<b>Breakfast</b>	<b>Biscuits Gravy</b>	<b>Waffles</b>	<b>Breakfast Burritos</b>	<b>French Toast or Pancakes</b>	<b>Potatoes Veggies</b>
Sausage or bacon, scrambled eggs, fruit, cold cereal, fruit juices, milk, and water also available.					
<b>Lunch</b>	<b>Sandwich or Wrap (choice of ham, turkey, hummus, and PB&amp;J), chips, cookie, and bottled water.</b>				
<b>Dinner</b>	<b>Baked Chicken Mac-n-Cheese Veggies Salad</b>	<b>Taco Bar (Meat, Cheese, Hard and Soft Shells) Salad</b>	<b>BBQ (Pulled Pork, Slaw, Baked Beans) Salad</b>	<b>Spaghetti Meat and Veggie Sauce Salad</b>	<b>Roasted Turkey Potatoes Veggies Salad</b>
Beverage options include lemonade, tea, fruit punch, and water.					

*\*Advanced Teen campers will enjoy meals from Relia's Garden when they are lodging on-campus. When they are traveling on the road, we will either eat at a local restaurant or cook at the campsite.*

# COMMUNICATION INFORMATION

NOC's Main Campus has guest Wi-Fi available in most areas. Cell service is also good, depending on the service provider. At check-in, parents will be provided with contact information specific to that week in case you need to reach one of the instructors directly. Please refer to the Code of Conduct for additional information on electronic devices.

## LODGING INFORMATION

While lodging is no longer offered for our regular Summer Camps, NOC does have several different types of lodging available for families to book while in the area with our kayak campers. From mountain cabins, to simple and rustic Basecamp housing, we are happy to discuss options with you. Participants of our Paddling School programs receive a discount on NOC lodging during their course. There are many local lodging partners we can refer you to, as well.



### Camping

Our Advanced Teen Travel Camp participants will spend their first couple of nights on NOC's Main Campus in our Platform Tent lodging. This camp will also spend two nights on the road in campgrounds near the areas we will be paddling. Exact campground information will be decided before each camp session and details will be given upon check-in.





Family Fun Friday is for participants in our Summer Camps\*.

We invite family members to join us on the river so that your paddlers can show off their new skills, eat lunch and celebrate the week's accomplishments.

We'll paddle a four-mile section of the Nantahala from Ferebee Park to NOC. Family members can be welcome to paddle (with your own equipment) along with the group. You must have intermediate skills in Class III whitewater with a combat roll.

Lunch will be served after paddling, and is included for your camper and two family members. Additional family members are welcome to join us for lunch by making reservations in advance. For those unable to join us on the river, but would like to attend lunch can meet at the picnic area by Photo Finish (#19 on the map) between 12:45-1:15 p.m. The afternoon will conclude with a short awards ceremony.

For rafting and/or lunch reservations, contact **Jaе Jackson** at **828-488-7288** no later than 4:00 p.m. the Wednesday before your paddler's Family Fun Friday session. Let us know if you will be paddling your own craft on the river trip.

*\*\*Family Fun Friday is not a part of the Advanced Teen Camps. This day will end between 1-2pm.*

*\*\*There is a 7-year-old OR 60 pound requirement for rafting participants.*

## RIVER INFORMATION

Our location on the banks of the Nantahala River is the perfect launching point to other amazing rivers in the Southeast. Campers will paddle rivers based on the instructor's assessment of individual skills, daily time availability, and water levels among other factors. Below is a list of the rivers that we could possibly paddle on during the camps. We will not paddle all of them, and choices will vary by session.

North Carolina		Tennessee	Georgia
Nantahala River	Oconaluftee River	Hiwassee River	Chattooga River
Little Tennessee River	French Broad River	Pigeon River	Cartecay River
Tuckaseegee Gorge	Upper Green River*	Ocoee River*	

*\*Advanced Teen Camps*

NOC provides boats, paddles, helmets, personal flotation devices, spray skirts, gear bags, paddling jacket, wetsuits and booties. Campers are welcome to use their own gear, although we have an assortment of the latest models from Pyranha, Dagger and Jackson Kayak to try out.

## All campers must bring:

- Signed Paperwork
  - NOC Assumption of Risk & Waiver
  - Participant Info/Medical Form
  - Notarized Consent for Emergency Care
  - Code of Conduct
- Shorts and swimwear
- Water shoes/sandals/old sneakers
- Synthetic T-shirt(s)
- Sunscreen and lip balm
- Towel
- Reusable water bottle
- Change of clothing and personal items  
*Please label all personal items with name*

## Additional Packing for Advanced Teen Camps:

- Sleeping bag, or sheets and blanket
- Tent and sleeping pad (Advanced Teen Only)
- Pillow
- Tennis shoes or closed-toed shoes
- Rain jacket
- Band-Aids or Tape
- Clothing and toiletries for a week
- Flash light
- Extra spending money
- Light fleece hoodie or pullover\*
- Synthetic long underwear\*  
*\*Bring if cold-natured*

### Optional items:

Nose clips, sunglasses, eyeglass strap, hat or visor, ear plugs (if sensitive to water), snacks.

## FORGET SOMETHING?

The Outfitter's Store is a two-story gear shop with an incredible selection outdoor of equipment, apparel and accessories. From high-performance kayaks to the latest trail shoes, we carry top brands and innovative gear. You'll receive a coupon for the Outfitter's Store upon check in .

### COVID-19 NOTICE:

Participants will be required to go through a daily temperature check, and pre-screening process. Participants are required to wear face mask/cloth covering at all times when not on the water.

We operate rain or shine. If you cancel or decrease your numbers, the following applies. To review NOC's complete Booking and Cancellation Policies, visit [noc.com/about/terms](http://noc.com/about/terms).

Notice	Refund
30 + days before course date	Full refund minus a 5% cancellation fee
29–14 days before course date	Full reservation voucher* minus a 5% cancellation fee
13-0 days before course date	No refund or voucher extended

\*Reservation vouchers are valid one year from activity date

## PARTICIPANT RESPONSIBILITIES

We make every effort to provide safe and enjoyable experiences by following appropriate teaching progressions and educating you about safety strategies for your activity. However, we ask you to assume the responsibility for many decisions affecting your safety. These include, but are not limited to: evaluating your fitness, assessing your equipment, and learning how to react when something goes wrong. You have the option to portage any rapid, or walk any obstacle, and are responsible for communicating your choice to your instructors.

NOC does not assume liability for personal injuries or death. All participants must sign an Assumption of Risk and Waiver Agreement. Outdoors sports are physically demanding and include inherent elements of danger that are beyond our control.

## DIRECTIONS



**NANTAHALA OUTDOOR CENTER**  
 13077 Hwy 19 W  
 Bryson City, NC 28713

**Driving on winding mountain roads can take up to twice as long as normal travel time, and mileages can be deceptive!**

Please refer to pages 2-4 for exact check-in time and location of your camp program.

### **From Asheville, NC** *approximately 80 miles*

Take I-40 W toward Knoxville, TN. Take Exit 27 onto US 74 W (Great Smoky Mountains Expressway) toward Waynesville/Clyde. After 48 miles (past Bryson City), the highway narrows to two lanes. Continue straight on US 74 four more miles until you see the river and a bridge on your right, and cross the bridge.

**To Paddling School:** Immediately after crossing the bridge, turn left. The Paddling School is in the building on your right with the covered porch.

## DIRECTIONS

### **From West Atlanta, GA** *approximately 150 miles*

Take I-75 N to I-575 N, which becomes State Hwy 5, which in turn becomes Hwy 76. Stay with this road until just past Blue Ridge, GA, and then turn left onto Hwy 60 to Mineral Bluff, GA. In Mineral Bluff, turn right onto Hwy 60 Spur and follow it into North Carolina to US 74 E, turning right toward Murphy and Andrews. NOC is located 20 miles east of Andrews, NC. Follow the river for the last 8 miles. Cross the bridge just past the NOC Outfitter's Store on the left.

**To Paddling School:** Immediately after crossing the bridge, turn left. The Paddling School is in the building on your right with the covered porch.

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### **From East Atlanta, GA** *approximately 175 miles*

Take I-85N to I-985N. At Gainesville, GA take 365N to 441N. Near Dillsboro, NC Hwy 441 will funnel into US 74. Take 74 W toward Bryson City. After 22 miles on US 74 (past Bryson City), the highway narrows to two lanes. Continue straight on US 74 for 4.3 miles until you see the river and a bridge on your right, and cross the bridge.

**To Paddling School:** Immediately after crossing the bridge, turn left. The Paddling School is in the building on your right with the covered porch.

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### **From Chattanooga, TN** *approximately 130 miles*

Take I-75N toward Cleveland, TN. Take exit 20 onto US 64 Bypass East. Go 6 miles. Take Ocoee Exit US 64 E towards Ocoee/Murphy, NC. At Murphy the road number changes to US 74. Stay on US 74 E. NOC is 20 miles east of Andrews, NC. Follow the river for the last 8 miles. Cross the bridge just past the NOC Outfitter's Store on the left.

**To Paddling School:** Immediately after crossing the bridge, turn left. The Paddling School is in the building on your right with the covered porch.

# ★ NOC ADVENTURE CENTER

**CHECK-IN FOR ALL ACTIVITIES HERE**

- Adventure Pass
- Whitewater Rafting
- Lake Tour Rentals
- Mountain Bike Rentals
- Mountaintop Zip Line Tour
- Zip Line Adventure Park

- 2 River's End Restaurant
- 3 Big Wesser Riverside Bar
- 4 Outfitter's Store
- 5 Mountaintop Zip Line Tour
- 6 Zip Line Adventure Park
- 7 Alpine Tower
- 8 Fontana Lake Launch Area
- 9 Treetop Adventure Nets
- 10 Paddling School

- 11 Relia's Garden Group Dining – 1st floor  
SOLO Wilderness Medicine – 2nd floor
- 12 Trailside Cabins
- 13 Dogwood Motel
- 14 Basecamp
- 15 Platform Tents
- 16 Kleinrath Hall
- 17 Stonehouse
- 18 General Store
- 19 Photo Finish



## RIVER FEATURES

- 20 Concrete Beach
- 21 Nantahala Falls
- 22 Viewing Platform
- 23 NOC Raft Take Out
- 24 2013 Freestyle Worlds Wave
- 25 Big Wesser Falls
- 26 Wesser Creek Falls

- Restrooms
- Showers
- Appalachian Trail
- Great Smoky Mountain Railroad
- Walkways
- Trails

[noc.com](http://noc.com)

800.232.RAFT

SUBARU

Please be aware that this map does not represent changes in topography. Much of our property is steep and may be challenging to walk.

<i>For NOC use only</i>	
<b>Activity Date:</b>	<b>Rsv Party Name:</b>
<b>Activity Time:</b>	<b>Rsv #:</b>
<b>Activity Type:</b>	<b># in Party:</b>

**RELEASE OF LIABILITY/LIABILITY WAIVER FORM**

FULL LEGAL NAME of PARTICIPANT: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY, STATE, ZIP: \_\_\_\_\_ PHONE: \_\_\_\_\_

EMAIL: \_\_\_\_\_

PRINT Full Name of Emergency Contact: \_\_\_\_\_

Relationship of emergency contact: \_\_\_\_\_ Phone(s) of Contact Person: \_\_\_\_\_

Activity Participation Acknowledgement

I, \_\_\_\_\_, the adult participant ("Participant") and/or parent/guardian on behalf of a minor participant, if any, \_\_\_\_\_, ("Minor Participant"), hereby acknowledge that I am participating in an activity for which **Nantahala Outdoor Center, LLC, a Georgia limited liability company or one of its subsidiaries** (individually and collectively, "NOC") is furnishing equipment or services and which requires physical exercise, including, without limitation, rafting, kayaking, swimming, stand-up paddle boarding, rock climbing, hiking, rappelling, zip-lining, ropes course navigating, or cycling (the "Activity"). I hereby acknowledge and accept that the Activity and undertakings associated therewith, may be physically and emotionally challenging, and that my participation in the Activity may involve physical contact with others, use of and proximity to equipment and other dangerous apparatus, and exposure to risk of accident, injury, death, damage to personal property and/or mental distress. I acknowledge and agree that the Activity may involve certain inherent risks associated with the location, nature, and terrain, including, but not limited to, forces of nature, including high winds, lightning, and rapid weather changes; adverse weather; changing visibility; falls from significant heights; the hazards of being struck by the equipment; unexpected equipment failures; slips and falls; the risk of exposure to insects and encounters with wildlife; drowning; strong current; the negligence of participants, or other persons who may be present; travel over extreme mountainous or alpine terrain; travel on highways and back-country roads; transportation in vehicles; exposure to and contracting communicable diseases and viruses, and illnesses, including but not limited to COVID-19; becoming lost or separated from other NOC employees, organizers, guides, instructors, or other participants; accidents or illnesses occurring in remote places without medical facilities; failing to act safely or within one's own ability; Participant(s) own physical condition; and the physical exertion associated with this Activity, and I expressly acknowledge that I am participating in the Activity at my own risk. I also agree to abide by any decision of any NOC employees, organizers, volunteers, directors, representatives, agents, and officers (collectively, the "NOC Parties") regarding my ability to safely participate in the Activity. I further acknowledge and agree that my participating in any Activity may be terminated immediately if any of the NOC Parties believe, in their sole discretion that I am unable to safely complete the Activity for any reason or that I am under the influence of alcohol or drugs. By participating in the Activity and executing this Release of Liability, I represent that I am in good health and physical condition and do not suffer from any disability which would prevent my safe participation in the Activity.

Release, Waiver of Liability, and Indemnity Provisions

In consideration of my participation in the Activity, I, Participant and/or parent/guardian of Minor Participant, agree on behalf of myself, my heirs, executors, administrators, and personal representatives and those of Minor Participant ("Releasing Parties") to hereby irrevocably, unconditionally, and forever release, acquit, discharge, hold harmless, and indemnify (i.e., defend and pay any judgment and costs, including attorneys' fees and related expenses) the NOC Parties, as well as, where applicable, the Tennessee Valley Authority, Ocoee River Outfitters Association, the state of Tennessee, the U.S. Forest Service, the United States of America and any other governmental agency, whether federal or state, or other entities who may have an interest in any river, lake, or other real property or waterway on which the Activity takes place, along with any and all directors, officers, trustees, members, managers, staff, employees, volunteers, agents, personal representatives, heirs, attorneys, successors and assigns thereof, including all affiliated entities or subsidiaries, and all other persons and entities connected with such entities, whether herein named or not ("Released Parties") from any and all charges, actions, complaints, causes of action, claims, liabilities, obligations, promises, controversies, damages, suits, proceedings, expenses, attorney fees, and demands of any kind or nature whatsoever, known or unknown, suspected or unsuspected, whether arising out of contract, tort, strict liability, or otherwise, whether currently existing or arising, occurring or accruing in the future, based upon, arising out of, related to, or connected in any way to the Activity.

I further acknowledge and agree that the Released Parties shall have no liability or obligation to Releasing Parties with respect to, arising from, related to, or in connection with Releasing Parties participation in the Activity. I represent and warrant that I am eighteen (18) years of age or older, or if a Minor Participant, have obtained my parent or guardian's written consent to participate in the Activity and execute this Agreement, am under no legal incapacity to execute this Agreement and intend to be bound by its terms, and that I have read this Agreement and fully understand the terms and provisions hereof (including, without limitation, that this is a release of liability and indemnity agreement), and that I intend to be bound by this Agreement. I agree that, notwithstanding the principles of conflicts of law, the internal laws of the State of Georgia shall govern and control the validity, interpretation, performance, and enforcement of this Agreement, and I further expressly agree that the foregoing Agreement is intended to be as broad and inclusive as is permitted by applicable law and that if any portion hereof is held void or unenforceable, it is agreed that, notwithstanding any such invalidity, the remainder of this Agreement shall continue in full legal force and effect.

Representation

The Participant represents and warrants that to the best of the Participant’s knowledge the Participant and/or Minor Participant is not currently and has not within the last 14 days been exhibiting any signs or symptoms of COVID-19. The Participant represents and warrants that Participant and/or Minor Participant has not been diagnosed with COVID-19 in the last 21 days. If executing this Waiver more than 3 days prior to Participant’s activity, Participant agree to update NOC upon checking in for the scheduled activity.

Media Release

I, Participant and/or parent/guardian of Minor Participant, agree on behalf of myself or on behalf of Minor Participant, to hereby irrevocably give NOC and its respective licensees, agents, affiliates, successors, and assigns and/or others working on its behalf my permission and grant to NOC the right, to film, record, and photograph me and/or Minor Participant according to the terms and conditions set forth in this Agreement. I hereby grant and license to NOC a perpetual, worldwide, irrevocable, non-exclusive, freely assignable with the right to sublicense (by NOC), royalty-free, and paid-up right to use, reproduce, duplicate, integrate, publish, exhibit, sell, or sublicense, (collectively, "Use") my and/or Minor Participant's image, portrait, picture, likeness, voice, statements (including extractions thereof), and/or performance, (as applicable), including any derivatives, modifications, alterations, or edits thereto (collectively, Participant's or Minor Participant's "Likeness") and all materials created by or on behalf of NOC that incorporate any of the foregoing (the "Materials"), including video, photographs, negatives, positives, prints, digital reproductions, audio recordings, or other manifestations thereof and on, or in connection with any media, including the Internet, NOC's, or other relevant websites, social media sites, blogs, and any and all digital and new media along with any activating or subscription-based technical components or features provided thereon, whether now existing or hereinafter developed. NOC's use of the Materials shall be solely for the purpose of advertising and promoting NOC and any of its outdoor recreation and associated services and without any additional notice to, consent by, approval by, or compensation to me or Minor Participant.

I agree that all right, title, and interest in and to the Materials are exclusively owned by NOC, including all copyrights and other intellectual property rights therein, and I hereby release any rights, title, or interest I may have to, or in connection with the Materials. I agree that the results of my or Minor Participant's participation in connection with the Materials will be considered work made for hire as defined in Section 101 of the Copyright Act of 1976. To the extent that the Materials, or any part thereof, fails to be considered a work made for hire (or for any other reason does not automatically inure to NOC), I hereby permanently and irrevocably assign to NOC all rights, title, and interest in and to, if any, the Materials. I hereby waive the benefit of any moral rights and of any similar law anywhere in the world. I will not authorize any other individual or entity to Use the Materials.

To the fullest extent permitted by applicable law, I hereby irrevocably waive all legal and equitable rights relating to all liabilities, claims, demands, actions, damages, and expenses arising directly or indirectly from NOC's use of the Materials in accordance with the terms hereof, including what might be deemed misrepresentation due to editing, alteration, distortion, optical illusion or faulty processing or reproduction which may occur in the finished Materials or any claims of defamation, disparagement, slander, libel, false light invasion of privacy or publicity, intellectual property infringement or the like in any jurisdiction throughout the world. Nothing herein shall constitute any obligation on NOC to make any use of the license granted by me or Minor Participant as set forth herein. NOC's use is completely at its own discretion.

Medical Emergencies

I hereby give permission to the NOC Parties to contact emergency services for help or provide me with emergency medical treatment or First Aid, whether or not the NOC Parties have contacted my emergency contact, and give permission to a licensed physician or other licensed medical provider or first responder to provide proper treatment, including but not limited to emergency transportation, treatment, hospitalization, injection, anesthesia and/or surgery. I hereby RELEASE, WAIVE AND FOREVER DISCHARGE the NOC Parties from any and all claims, liabilities, causes of action, damages, demands, judgments, executions, liens and costs whatsoever in law or equity, including, without limitation, liability for death or bodily injuries to any person or damage to any property resulting from any (i) claims made against medical providers of emergency services under this authorization, or (ii) against the NOC Parties for obtaining or administering First Aid or emergency medical services for me pursuant to this authorization and waiver.

**I AM AWARE THAT THE ACTIVITY MAY BE DANGEROUS AND THAT I COULD SUSTAIN SERIOUS INJURY, DEATH, OR EXPOSURE TO A COMMUNICABLE DISEASE, VIRUS, BACTERIA OR ILLNESS (INCLUDING BUT NOT LIMITED TO COVID-19 OR ANY OTHER CORONAVIRUS). I AM VOLUNTARILY PARTICIPATING IN THE ACTIVITY WITH KNOWLEDGE OF THE DANGER INVOLVED, AND AGREE THAT THIS PROVISION CONCERNS A SUBSTANTIAL RIGHT. I FURTHER AGREE TO ASSUME ANY AND ALL RISKS OF ACCIDENT, BODILY INJURY, DEATH, EXPOSURE TO A COMMUNICABLE DISEASE, VIRUS, BACTERIA OR ILLNESS (INCLUDING BUT NOT LIMITED TO COVID-19 OR ANY OTHER CORONAVIRUS) OR PROPERTY DAMAGE, WHETHER THOSE RISKS ARE KNOWN OR UNKNOWN, AND EVEN IF ARISING FROM THE NEGLIGENCE OF THOSE PERSONS RELEASED FROM LIABILITY BELOW, WITH THE EXCEPTION OF GROSS NEGLIGENCE OR WILLFUL MISCONDUCT, AND ASSUME FULL RESPONSIBILITY FOR MY PARTICIPATION.**

**I HAVE CAREFULLY READ THIS AGREEMENT AND FULLY UNDERSTAND ITS CONTENTS. I AM AWARE THAT THE TERMS OF THE AGREEMENT ARE CONTRACTUAL AND NOT A MERE RECITAL, AND SIGN IT OF MY OWN FREE WILL. I ACKNOWLEDGE THAT THIS AGREEMENT SHALL BE EFFECTIVE AND BINDING UPON THE PARTICIPANT AND MINOR PARTICIPANT**

\_\_\_\_\_  
Date Participant's Signature

\_\_\_\_\_  
Date Parent/Guardian of Minor Participant’s Signature

\_\_\_\_\_  
Print Participant's Name

\_\_\_\_\_  
Print Parent/Guardian's Name





## **Consent for Emergency Care of Minors**

Parents...In the event that your child is injured and needs medical attention while participating in this program, it is imperative that we have your consent for medical treatment. Be sure to complete this form and the Assumption of Risk and Waiver Agreement.

Reservation Number: \_\_\_\_\_

Participant's Name: \_\_\_\_\_

Date(s) of Activity: \_\_\_\_\_

I, \_\_\_\_\_ (parent or guardian), give consent for any emergency hospitalization, anesthesia, operation, or other medical treatment which becomes necessary while participating in activities with the Nantahala Outdoor Center.

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Phone: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Phone: \_\_\_\_\_

Insurance Company: \_\_\_\_\_ Policy #: \_\_\_\_\_

Insurance Company Address: \_\_\_\_\_

\_\_\_\_\_

Insurance Company Phone #: \_\_\_\_\_

*In order for this form to be accepted, you will need to have it notarized.*

Notary Public Signature: \_\_\_\_\_

Notary Public Printed Name: \_\_\_\_\_

Commission Expires: \_\_\_\_\_

**Nantahala Outdoor Center**

**13077 Hwy 19 West, Bryson City, NC 28713 • (828) 488-7249 • www.noc.com**



## **Youth Programs: Code of Conduct**

We're excited that you will be joining us for a NOC youth program! Please take the time to review the following guidelines with your youth paddler.

NOC's goal is to help people of all ages become competent, independent paddlers. Part of this learning process includes developing good judgment; kayaking involves risk. Learning how to evaluate a situation and then deciding if you have the skills are as important as the forward stroke and Eskimo Roll. We expect each participant to take an active role in making good decisions for him or herself.

This judgment process starts with reading and signing all documents relating to course enrollment. We also encourage all participants and their parent/guardian to take this opportunity to discuss the course description, expectations for the program, and the rules of student conduct below.

### **Rules for Youth Programs**

Please sign below to acknowledge your support for and agreement with the guidelines stated here. As a participant in an NOC program, all students are:

1. Expected to observe curfews imposed by the instructor(s)/supervisor(s).
2. Not allowed to leave the group or cabin without permission.
3. Required to wear seat belts while riding in any vehicle, and to not stand or move around while the vehicle is in motion.
4. Expected to use appropriate language, model good manners, and show respect for all students, staff, and instructors.
5. Expected to be responsible for their gear and personal belongings.
6. Required to leave electronic devices in their room during the day and any evening programming.
7. Required to turn all electronic devices off at "lights out" each night.

*(We ask that you leave valuable items at home.)*

I, \_\_\_\_\_ (student), have read and fully understand the above guidelines. I agree that NOC reserves the right to expel from the course, without refund, anyone who disregards these guidelines.

I, \_\_\_\_\_ (parent/guardian), have also read and fully understand the above guidelines for student conduct. I agree that if my child must withdraw from the program due to improper conduct, I will make arrangements for my child's immediate return home. Further, I have read the description of the course and fully understand that the program is a strenuous physical activity that involves risk.

**Participant's Signature**

**Printed Name (Must be legible.)**

**Date**

**Parent/Guardian Signature**

**Printed Name (Must be legible.)**

**Date**

Parents...In the event that your child is injured and needs medical attention while participating in this program, it is imperative that we have your consent for medical treatment. Be sure to complete the CONSENT FOR EMERGENCY CARE FOR MINORS and the Assumption of Risk and Waiver Agreement.

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# NOC Paddling School Guest Registration & Medical Information

<b>Name</b>			<b>Address</b>		
<b>City</b>		<b>State</b>	<b>Zip</b>	<b>Email</b>	
<b>Day phone</b>		<b>Evening phone</b>		<b>Occupation</b>	

<b>Emergency contact</b>		<b>Relationship</b>	
<b>Day phone</b>		<b>Evening phone</b>	

## Medical Information

**If you have questions regarding your ability to participate in any NOC activity, please discuss it with your physician.**

Please help us identify any specific physical concerns by answering the following questions. Explain or describe "yes" answers below or on a separate sheet if necessary.

Yes	No	
		High blood pressure?
		Heart Disease?
		Diabetes?
		Epilepsy?
		Chest pain with physical exertion?
		Asthma?
		Any allergies? If yes, please list below
		If allergic to bee stings, do you carry medication?
		Back problems?
		Dislocations?
		Are you pregnant? How many months?
		Have you ever had a heart attack or stroke?
		Are you currently under a doctor's care? If yes, please explain below
		Are you taking any medication? What type/what for? Describe below

Height:	Weight:
Gender:	Age:

Describe your general health and your current fitness program, if any. Also describe any medical condition, special consideration, or limitation that may affect your health, participation, or the well being of others in your course. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Whitewater Experience (if applicable)

Please list previous instruction experiences (at NOC or other places): \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What are your goals for this course? \_\_\_\_\_

Do you want to focus on river running, play, or both? \_\_\_\_\_

What is your biggest fear in paddling? \_\_\_\_\_

\_\_\_\_\_

Circle the words that best describe your current attitude about paddling:

Tentative                      Comfortable                      Enthusiastic/Aggressive

Approximately how many times have you paddled a kayak? \_\_\_\_\_

Approximately how many times have you paddled a canoe? \_\_\_\_\_

Flatwater	Whitewater
_____	_____
_____	_____

Please tell us about your **most recent** challenging paddling experiences:

River	Section	Water Level	Rating	Year	Confidence Level (High, Medium, Low)

Indicate the whitewater class (I, II, III...) in which you are **comfortable** with the following:

	Class
River maneuvers (ferries, peel-outs, eddy turns, etc)	_____
Swimming self and gear to shore	_____

Kayakers, please indicate the percent of time you successfully roll in:

Flatwater: \_\_\_\_\_%                      Moving water: \_\_\_\_\_%                      Whitewater: \_\_\_\_\_%