



NANTAHALA OUTDOOR CENTER

PARENT HANDBOOK 2022

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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 40+ 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.

To review more information on NOC's COVID-19 policy,
please visit noc.com/about/covid19.

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

2022 CALENDAR

Summer Day Camp Session 1:

June 13 – 17

Monday, June 13 8:30 AM

Camp Begins at
Paddling school

Daily Camper Pick Up 4–5 PM

Friday, June 17 8:30 AM

Family Fun Friday Begins
at Paddling School

This day will end between 2-3 PM

Summer Day Camp Session 2:

June 27 – July 1

Monday, June, 27 8:30 AM

Camp Begins at
Paddling school

Daily Camper Pick Up 4–5 PM

Friday, July 1 8:30 AM

Family Fun Friday Begins
at Paddling School

This day will end between 2-3 PM

Summer Day Camp Session 3:

July 11 – 15

Monday, July 11 8:30 AM

Camp Begins at
Paddling school

Daily Camper Pick Up 4–5 PM

Friday, July 15 8:30 AM

Family Fun Friday Begins
at Paddling School

This day will end between 2-3 PM

Summer Day Camp Session 4:

August 1 – 5

Monday, Aug 1 8:30 AM

Camp Begins at
Paddling school

Daily Camper Pick Up 4–5 PM

Friday, Aug 5 8:30 AM

Family Fun Friday Begins
at Paddling School

This day will end between 2-3 PM

Advanced Teen Overnight Camp

July 17 –22

Sunday, July 17 • 3 PM

Overnight Camp Begins at
Paddling School

Friday, July 22 • 4:30 PM

Camp Ends
at Paddling School

SAMPLE ITINERARY

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.

MON	8:30 AM	Check-In at Paddling School
	9 AM	Skills assessment at Fontana Lake
	12 PM	Lunch
	1 PM	Travel to Area Rivers
	4:30 PM	Return to NOC. Campers Picked Up
TUE	8:30 AM	Check-In at Paddling School
	9 AM	Paddling Instruction
	12 PM	Lunch
	1 PM	Travel to Area Rivers
	4:30 PM	Return to NOC. Campers Picked Up
WED	8:30 AM	Check-In at Paddling School
	9 AM	Paddling Instruction
	12 PM	Lunch
	1 PM	Travel to Area Rivers
	4:30 PM	Return to NOC. Campers Picked Up
THU	8:30 AM	Check-In at Paddling School
	9 AM	Travel to Area Rivers
	12 PM	Lunch
	1 PM	Travel to Area Rivers
	4:30 PM	Return to NOC. Campers Picked Up
FRI	8:30 AM	Check-In at Paddling School
	9 AM	Family Fun Friday Begins!
	1 PM	Lunch/Closing Ceremonies.
	2-3 PM	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.

SUN	3–5 PM	Check-In at Paddling School
	6 PM	Dinner at Relia's Garden
	6:45 PM	Gear Check-Out at Paddling School
	7:30 PM	Skill Work at Fontana Lake or Nantahala River
	9 PM	Basecamp for the Night
	10 PM	Lights Out
MON	8 AM	Breakfast at Relia's Garden
	8:45 AM	Class III+ River Safety Instruction: Knot Tying Rope Throws, Swiftwater Rescue, Communication
	6 PM	Dinner at Relia's Garden
	7:15 PM	Evening Activity or Paddling on the Nantahala
	10 PM	Lights Out
TUE	8 AM	Pack up, Breakfast on the Road
	8:30 AM	Paddling Instruction on Area River
	7 PM	Arrive and Set Up Campsite
	7:30 PM	Campside Dinner
WED	8 AM	Campside Breakfast
	9 AM	Paddling Instruction on Area River
	4 PM	Travel to NOC's Main Campus
	6:30 PM	Dinner at Relia's Garden
THU	8 AM	Pack up, Breakfast on the Road
	9 AM	Paddling Instruction on Ocoee River
	7 PM	Set Up Campground
	7:30 PM	Campside Dinner
FRI	8:30 AM	Campside Breakfast
	9 AM	Paddling Instruction on Area River
	1 PM	Load up for return to NOC
	4:30 PM	Return to NOC. Campers Picked Up.

MEAL INFORMATION

Individually-packaged lunches with a choice of ham, turkey, hummus or PB&J wrap/sandwich, chips, cookie, and snack are provided daily for all campers. Advanced Teen campers will enjoy meals from Relia's Garden when they are lodging on-campus, and will eat at local restaurants or cook at the campsite when on the road.

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 not 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, 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.

We also have many local lodging partners that we can refer you to as well.

Advanced Teen campers will spend their first couple of nights at NOC's main campus in Basecamp with hostel-style bunk rooms with shared kitchen and restroom facilities.

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

Family Fun Friday is for participants in our Summer Camps*. We invite family members to join us 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 that have their own equipment and intermediate skills is Class III whitewater with a combat roll are welcome to paddle along with the group. For those unable to paddle, you can follow the group by car. We will start at Ferebee Park, and there are several pull-off points that offer great photo opportunities as we make our way down river.

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 Big Wesser Riverside Bar between 12:45-1:15 p.m.
The afternoon will conclude with a short awards ceremony.

For rafting and/or lunch reservations, contact **Jae 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 Advanced Teen Camps. This day will end between 2 and 3 PM.*

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	Chattooga River
Little Tennessee River	French Broad River	Cartecay River
Tuckaseegee Gorge	Upper Green River*	

**Advanced Teen Camps*

PACKING LIST

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
 - 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 blankets
- Tent and Sleeping Pad
- Pillow
- Tennis shoes or close-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 .

CANCELLATION AND REFUND POLICY

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.

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 milages can be deceptive!**

Please refer to pages 4-6 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 Basecamp Kitchen:

Follow the paved road over the railroad tracks. Continue up the hill to your left and into the parking area above Relia's Garden Restaurant. Follow the signs for Basecamp.

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 Basecamp Kitchen:

Follow the paved road over the railroad tracks. Continue up the hill to your left and into the parking area above Relia's Garden Restaurant. Follow the signs for Basecamp.

To Paddling School:

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

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 Basecamp Kitchen:

Follow the paved road over the railroad tracks. Continue up the hill to your left and into the parking area above Relia's Garden Restaurant. Follow the signs for Basecamp.

To Paddling School:

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

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 Basecamp Kitchen:

Follow the paved road over the railroad tracks. Continue up the hill to your left and into the parking area above Relia's Garden Restaurant. Follow the signs for Basecamp.

To Paddling School:

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

CHECK-IN FOR ALL ACTIVITIES HERE

CHECK-IN FOR ALL ACTIVITIES HERE

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



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

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 _____	



NANTAHALA OUTDOOR CENTER

Camp Participant Information & Medical Release

Participant's Name: _____ Reservation Number: _____

Participant's Date of Birth (at time of activity): _____ Age: _____

Parent/Legal Guardian Name: _____ Phone: _____

Activity Date(s): _____ Activity Name: _____

Is the participant comfortable in/around water (circle one)? YES NO

Participant's swimming ability (circle one): Non-swimmer Beginner Intermediate Advanced

Medical conditions we need to be aware of: _____

Known allergies (food/medications/environmental): _____

Does your child need to take medication(s) during camp (circle one)? YES NO

If yes, please fill out the form titled "Camp Participant Medication Form" in full. If no, continue below.

Please list up to 3 emergency contacts in the order that we should attempt to contact in case of an emergency:

Name: _____ Relationship: _____ Phone: _____

Name: _____ Relationship: _____ Phone: _____

Name: _____ Relationship: _____ Phone: _____

Please list up to 3 people authorized to pick your child up from camp:

Name: _____ Relationship: _____ Phone: _____

Name: _____ Relationship: _____ Phone: _____

Name: _____ Relationship: _____ Phone: _____

In case of an emergency, I understand every effort will be made to contact me or the emergency contact persons listed above. In the event that we cannot be reached, I hereby give consent for any emergency hospitalization, anesthesia, operation, or other medical treatment which becomes necessary for my child while participating in activities with the Nantahala Outdoor Center.

Medical Insurance Provider: _____

Policy and/or Group #: _____ Insurance Co. Phone#: _____

Insurance Company Address: _____

Parent/Legal Guardian Signature: _____

Parent/Legal Guardian Printed Name: _____

Date: _____



Camp Participant Medication Form

Participant's Name: _____ Activity Date(s): _____ Activity Name: _____

OVER THE COUNTER (OTC) MEDICATIONS:

A Parent or Legal Guardian may provide Nantahala Outdoor Center with OTC medications if it is required that these medications be taken while the participant is under NOC's supervision. Please list below the medications you plan to send for your child and the reason(s) why your child should take them. All medication will be kept by the head counselor/guide for your child's camp. It must be in the **original manufacturer's container** with the camper's name written on the container. OTC medicines will be administered following manufacturer's guidelines.

Name of OTC Medicine	Reason(s) for Giving
Tylenol 160 mg (example)	According to manufacturer (example)

PRESCRIPTION MEDICATIONS: The following section must be completed by camper's PARENT or LEGAL GUARDIAN.(All medication is dispensed by head counselor/guide):

List **all prescription medications** you plan to **send with your child** and the reasons s/he takes them

Medication: _____ Dosage: _____ Time Given: _____ Reason: _____
Medication: _____ Dosage: _____ Time Given: _____ Reason: _____
Medication: _____ Dosage: _____ Time Given: _____ Reason: _____

Your child's medication MUST* be in the correct pharmacy prescription bottle w/ administration directions on the pharmacy label.

Prescription medication label must include:
Child's name
Strength of the medication
Dosage amount
How often it is to be given
Expiration date of the medication

Please accept this signature as my permission for the camp head counselor/guide to provide my child the over-the-counter (OTC) and/or prescription medication we have provided on this form.

Parent/Legal Guardian of (participant's name): _____

Parent/Legal Guardian Printed Name: _____

Parent/Legal Guardian Signature: _____

Date: _____

*Some medications may be accepted outside of packaging with this information (i.e., Epi pens, etc.).



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 parent or guardian.

NOC's goal is to help people of all ages become competent, independent in their outdoor pursuits. Part of this learning process includes developing good judgment; activities can involve risk. Learning how to evaluate a situation and then deciding if you have the skills are as important as the forward stroke in kayaking. 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 guidelines of participant conduct below.

Guidelines of Participant Conduct

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

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

We ask that you leave valuable items at home.

I, _____ (participant), 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

Print Participant's Name

Date

Parent/Guardian Signature

Print Parent/Guardian's Name

Date