

## COLD WATER PARTICIPATION – INFORMED CONSENT AGREEMENT - YOUTH

*(for participants who are 17 years old and younger)*

The undersigned, being the Participant and, if applicable, the Parent/Guardian of the Participant (collectively the "Parties") acknowledge and agree to the following terms:

The Parties are fully aware and understand the risks involved with paddling in cold water conditions. They understand, that if the Participant paddles in cold water conditions, they do so at their own risk and assume all the responsibility for their actions. The Parties understand that if the Participant should capsize in cold water conditions, their safety is compromised. The Parties agree to comply with all applicable Coast Guard Regulations.

### Description of Risks

The Participant is participating voluntarily in cold water conditions. In consideration of that participation, the Parties hereby acknowledge that they are fully aware of, and assume the risks, dangers and hazards associated with or related to cold water conditions. The risks, dangers and hazards include, but are not limited to, the following:

- a) The human body loses more heat when wholly or partially immersed in water than it does while only exposed to the air. Thermal loss in water is 2 to 5 times greater than in the air;
- b) Most experts in immersion hypothermia and cold water near drowning/drowning define cold water as temperatures below 20C;
- c) Hypothermia is defined as a drop in body temperature below the normal level. At this lower temperature, a person's muscle and mental functions are affected. A person exposed to cold water, and becoming hypothermic, can exhibit certain progressive signs and symptoms. They are as follows:
  - i. Shivering and slurred speech, conscious but withdrawn at the early stage;
  - ii. Slow and weak pulse, slow respiration, lacks co-ordination, irrational, confused and sleepy at intermediate stage; and finally
  - iii. Weak, irregular or absent pulse or respiration, loss of consciousness at final stage.
- d) As a result of hypothermia, participants can become fatigued and sustain serious injuries at an accelerated rate due to loss of limbs, loss of reason, or loss of consciousness; and
- e) The hazards and risks particular to paddling, which include but are not limited to water hazards, obstacles, rigorous physical exertion, drowning, collisions, capsizing, and serious physical injuries, become more pronounced and pose greater danger to Participant well-being as a result of cold water participation.

The Parties hereby release the **(Name of Club)** and its trainers, instructors, agents, staff, volunteers, directors, and representatives (collectively the "Organization"), as well as its affiliated Provincial Association and National Association (collectively the "Affiliates") from any and all liability for any and all claims, demands, actions and costs that might arise out of the Participant's participation in cold water conditions. The Parties acknowledge that they have read this agreement and understand it, that they have executed this agreement voluntarily, and that this Agreement is to be binding upon themselves, their heirs, executors, administrators and representatives.

\_\_\_\_\_  
Printed Name of Participant

\_\_\_\_\_  
Signature of Participant

\_\_\_\_\_  
Date of Birth

\_\_\_\_\_  
Printed Name of Parent or Guardian

\_\_\_\_\_  
Signature of Parent or Guardian

\_\_\_\_\_  
Date