



Kayak Carolina, Inc.

d/b/a Carolina Coastal Adventures
The Island Trader, Capt. John's Fishing Charters
POB 407 Carolina Beach, NC 28428
Phone: 910-458-9111 Fax: 888-667-5442



www.kayakcarolina.com www.carolinacoastaladventures.com www.fishingcarolinabeach.com

Youth Participant INFORMATION/ EMERGENCY FORM

Parents, please: 1) Read carefully 2) Complete the following form in its entirety, 3) Read and sign the permission form and waiver, page 2., and 4) Read and follow the What to Wear/Bring/Expect, Page 3. Thank you.

Student's Name _____

Last

First

Middle Initial

Birthday ___ / ___ / ___ Age ___ Gender _____

Parent's Name _____

Last

First

Middle Initial

Address _____

Street

City

State/Zip

Day Phone _____ Cell Phone _____ Evening Phone _____

In case of emergency call:

Name _____

Day Phone _____ Cell Phone _____ Evening Phone _____

If not available, Name _____

Day Phone _____ Cell Phone _____ Evening Phone _____

Pediatrician's Name _____

Phone _____

Insurance Company & Policy number _____

Describe any medical or other problem(s) your child has and procedures that should be followed if a problem occurs: (attach additional sheet if necessary) _____

Participant's swimming skills are (circle one): none weak average strong

The following safety rules apply when attending and participating in Kayak Carolina, Inc.'s activities, please initial next to each line:

_____ Shoes must be worn at all times. **(NO FLIP-FLOPS. Sturdy sandals with a heel strap, sneakers, deck shoes or water shoes are fine.)**

_____ Kayak Carolina's PFD's (personal flotation devices) are to be worn at all times for any kayaking activities. We supply the pfd's at the time of the program. *(On some swimming and on water activities, the Kayak Carolina director may require pfd's to be worn as well.)*

_____ Each participant must bring bottles of water and sunscreen to have on hand while participating in activities. *(We provide water, we just require everyone to have his/her own personal supply of water as well.)*

_____ Each participant must bring lunch and snack for each day packed in a small cooler or lunchbox.



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PROGRAM PREPARATION: WHAT TO WEAR/WHAT TO BRING/WHAT TO EXPECT

WHAT TO WEAR

QUICK DRYING CLOTHES APPROPRIATE FOR THE SEASON THAT YOU DO NOT MIND GETTING WET & SANDY &/OR MUDDY

NO JEANS, HEAVY COTTON CLOTHING SUCH AS SWEATSHIRTS/PANTS

STURDY SHOES: SPORTS SANDALS, WATER SOCKS, OLD SNEAKERS OR DECK SHOES THAT YOU DO NOT MIND GETTING WET & SANDY & MUDDY

ABSOLUTELY NO FLIP FLOPS ARE TO BE WORN ON ANY PROGRAM

WHAT TO BRING

BACKPACK OR BAG TO CARRY STUFF

LARGE WATER BOTTLE 16OZ OR BIGGER (OR TWO SMALLER ONES)

WE PROVIDE EXTRA WATER BUT REQUIRE EVERYONE TO HAVE THEIR OWN PERSONAL SUPPLY SNACK SUCH AS GRANOLA BAR, ENERGY BAR, FRUIT, ETC.

RAIN JACKET OR WINDBREAKER

TOWEL

CHANGE OF CLOTHES & SHOES

WE WILL NOT ALWAYS HAVE TO CHANGE CLOTHES BUT WE FIND THAT SOME WILL WANT OR NEED TO CHANGE CLOTHES TO DRY OUT OR BEFORE THEY GET BACK IN VEHICLES

SUNSCREEN (PLEASE APPLY BEFORE YOU ARRIVE AND DURING PROGRAM)

HAT FOR SUN PROTECTION

SUNGLASSES (OPTIONAL; HELPFUL)

HEALTH REGISTRATION FORM/WAIVER (Group Leaders collect from parents and return to Carolina Coastal Adventures before the start of the program OR Parents fill them out at our facility.)

WHAT TO EXPECT

BE OUTDOORS

WALKING OR HIKING IN SAND &/OR MUD

GETTING WET

GETTING EXERCISE

BREATHING FRESH AIR

ENJOYING THE OUTDOORS

THANK YOU!