

# *Health & Safety*

All outdoor pursuits entail some level of risk. Our job at The Haw River Canoe & Kayak Co. is to minimize the risks associated with paddling canoes and kayaks so that you have an educational, enjoyable and safe river experience. One of the ways we do that is to ask you to read and sign a waiver so that you are aware that there are risks and willing to assume those risks.

**If you have a medical condition you think we need to know about, by all means let us know on the registration form.** Although we are trained in Red Cross First Aid and CPR, we may not be in the position to assist you if you keep information about your health a secret. Please take us aside and let us know how we may help you if the unexpected happens.

Some medical conditions we would like to know about are:

Diabetes

Heart Disease

Epilepsy

Asthma

High Blood Pressure

Pregnancy

Side Effects of Any Medication You are Taking

Allergic Reactions to Insect Bites or Stings

Other Physical or Mental Limitations That Might Affect Your Participation

**The best way to insure your safety is to prepare beforehand. Please read our Trip Preparation page for more information.**