

CANOEING SPECIFIC PROGRAM INFORMATION

1. Do you have any unusual reactions to water (especially cold water)?
(example: cerebal palsy--muscles get rigid)

2. Can you turn yourself from a face down to a face up position in the water?

3. Can you sit upright without any supports?
An example of support would be a backrest or armrest.

4. Can you grip and hold a paddle?

Comments:

Please Note: All participants should bring shoes that can get wet, shorts or pants that can be rolled up, light jacket, hat/visor, sunglasses, sunscreen, water and \$9.00 park entrance fee.

Directions to Rockcliff Recreation Area at the Jordanelle Reservoir:

Take Hwy. 248 to Kamas. Turn right at the light to Francis. Turn right at the stop sign. Turn right into the Rockcliff Recreation Area. Drive to the end of the driveway, park on the side of the road.

There is a \$9.00 per car state park entry fee required to enter the park if there is someone at the gate. If the gate is empty, it is up to you ☺

PARTICIPANT'S NAME