



# Victoria Canoe & Kayak Club

## Newsletter

*Victoria Canoe & Kayak Club*  
*355 Gorge Road West*  
*Victoria, B.C. V9A 1M9*  
*Phone: 250-590-8193 (Info only)*  
*Website: [www.vckc.ca](http://www.vckc.ca)*

**January 2014**

## Victoria Canoe and Kayak Club

### Annual General Meeting

**Tuesday, January 7<sup>th</sup>, 2014 at 7:30 p.m.**

See page 3 for details!

### NOTICES

#### **Membership and the Newsletter**

This will be the last newsletter for those who have not renewed their 2014 membership.

Thanks, Muriel

#### **New Year's Day Paddle**

The Annual New Year's Day paddle will start at the Clubhouse at 10.30 a.m. Use whatever boat suit your fancy. We'll be back for a pot-luck lunch at the Clubhouse. Linda and Alan will provide mulled wine and hot soup. After lunch, we will take down the Club house decorations.

Alan Thomson

#### **The Word PFD**

PFD is being removed from paddling jargon and people are using Life Jacket for everything.

Transport Canada and Canadian Safe boating council are changing their terminology to "Lifejacket". We know and teach that the two have different purposes (types), designs and approval standards. Here's the TC page: <http://www.tc.gc.ca/eng/marinesafety/debs-obs-equipment-lifejackets-menu-1692.htm>

Your VCKC Executive prefers to retain the use of PFD, Personal Floatation Device because lifejackets are bulkier than PFDs and restrict mobility when paddling. The executive will keep tabs on this change to ensure that wearing PFDs in paddle boats continues to be approved in Canada.

The US coast guard did this a couple of years ago. <http://www.lifejacketwear.com/en/>

At this point, it is not a mandate; it is a direction from Transport Canada.

## **CLUBHOUSE NEWS**

It was a full house at this year's Christmas Party. Thanks to all members who continue to make this a successful annual tradition. As usual, the food and entertainment were excellent. \$200+ was raised for Club Shawnigan. Special thanks to Mavis and the elves for organizing the raffle and draw and the happy crew who helped decorate the clubhouse.

The VCKC Annual General Meeting for 2014 is on Tuesday, January 7<sup>th</sup>, beginning at 7:30 p.m.

Items on the agenda will be the approval of the 2013 AGM minutes, review of the 2013 financial statement and approval of the 2014 budget. There will also be nominations and election of VCKC's 2014 Executive members. Please be sure to have your 2014 membership renewed prior to the AGM as only paid-up members can vote. Many nominations have already been received but nominations are open right up to election time.

My two-year term as President of VCKC ends January 2014. This has been an awesome two year experience as president. I've learned a great deal about the club, our members and our paddling community. Lucky for me, there was help from Bon and Susan Lee and Linda and Alan Thomson. Thanks for the guidance. I couldn't have done this without your help. I'm proud to be associated with such a hard working generous group. We can all be proud of the members who took on executive positions - they have demonstrated an admirable sense of cooperation, fairness and good humour.

We continue the Craigflower School Paddling Program. Grade 4/5 students started in the fall of 2012 in dragon boats, and then successfully progressed to voyageurs in spring 2013. Both dragon boating and voyageur activities have re-started at Shoreline Middle School. In addition more than 100 students participated in canoe courses. Participation of children in VCKC is such a positive experience.

Executive completed the financial and planning process leading to the 2013 budget and the proposed 2014 budget. The process addresses member advice from the 2012 AGM to implement longer term planning. Three year program plans, rolled forward each year, are in place and club equipment replacement and renewal is progressing as funds allow.

I would also like to thank all the members of the executive and other volunteers for their support and hard work during the last two years. Members of the executive not returning for 2014 are: Barbara Abercrombie (Secretary), Ron Crabtree (Dragonboat and Webmaster), June Price (Director at Large), Wendy Clapp (Director at Large). This will also be the last newsletter prepared by Jean Chandler who is running for President after serving as Newsletter Editor and Vice-president for the past two years.

Thanks everyone.

Happy New Year,

Pam Carroll (soon-to-be Past President)

### **Coming Soon to a Clubhouse Near You: Energy Efficiency!**

Some Club members may have noticed that Fortis ran a natural gas line into the Clubhouse during the Fall. Recently Pam Carroll and officials from Saanich took a walk through the House to evaluate opportunities for taking advantage of the conversion to gas to introduce energy-saving measures. With the conversion to gas, it seems fairly certain that Saanich will install a new, smaller energy-efficient gas furnace in the basement; however, as the old ductwork will have to remain, the gain in space downstairs will be minimal (about 8"). The municipality will also be considering other improvements to energy efficiency, such as a heat pump, "instant" hot water heaters, etc., but the Executive will not know exactly what changes will be

undertaken until Saanich Council gives its approval. The upshot for members is that approvals may come fairly soon, and when they do, you may expect to see construction activity both upstairs and downstairs. Please give the workers your full cooperation; they're helping make our Clubhouse a better place!

Kym Thrift, Sandy Rattray and Pam Carroll have been working with the municipality on the Club's behalf over the last year or so to bring these plans to fruition; we owe them a debt of gratitude. AND we're lucky to have Saanich quarterbacking these changes!

## Notice Of Annual General Meeting

Tuesday, January 7<sup>th</sup>, 2014

7:30 p.m. – VCKC Clubhouse

### Renew your Club Membership NOW!!

The Annual General Meeting of the Victoria Canoe and Kayak Club will be held on Tuesday, January 7<sup>th</sup>, 2014 at 7:30 p.m. for the purpose of electing the 2014 Executive, appointing the reviewer of the financial books, and receiving reports from the President, Program Directors and the Treasurer, including the submission of the proposed 2014 Budget. A slate of nominations for next year's Executive Committee will be presented to the membership. At present there is only one nominee for each position, but additional nominations for the Executive may be made from the floor if there is a mover and seconder, and the nominee is a paid-up member who agrees to stand.

We will also take time at the AGM to recognize the service – 25 years' worth, as of 2014! – rendered to the Club by Alan Thomson, who will be receiving an Honorary Lifetime Membership. Be sure to be there!

An Agenda and working papers will be distributed electronically to all Club members before the meeting.

**Voting:** You must be a VCKC paid-up member for 2014 in order to vote. Muriel Johnson, Membership Director, will be present at the meeting to accept new memberships and membership renewals from those who haven't yet taken out 2014 membership, but you can avoid the scramble by renewing online right now. Voting is by show of hands, although any voting member may request a secret ballot. Proxy voting is not permitted except by special resolution of the Club.

Members would do well to review the Club's Bylaws, Constitution and Policies before the meeting; they can be found on-line by clicking on the links at the bottom of the "Membership" page on the website (you do not need to log on to do this).

### How to Prepare for a Tsunami

In what has to be the least surprising news of the year, the Club received a letter from our friends at Saanich Emergency Services informing us and hundreds of other folks with buildings on or near the water that our property is in a Tsunami Hazard Zone. In our case the beach and park area around the Clubhouse could be subject to flooding during such an event. The municipality enclosed a very helpful brochure, now posted at the Clubhouse and available online through the following link:

<http://www.saanich.ca/sep/emergencies/tsunamis.html>

While the threat to Victoria is rather low, a local tsunami certainly is not outside the realm of possibility, should there be a major earthquake in the offshore Cascadia Subduction Zone. The website estimates that approximately 76 minutes after a big temblor, Victoria Harbour might experience a tidal surge as high as 8.2 ft.

The advice to people living (and playing) in the hazard zone when the Big One comes is pretty simple, and pretty easy to remember:

- Seek higher ground, preferably on foot or by bike
- Stay tuned to local radio or social media sources for updates and warnings
- Stay off the phone lines
- Follow instructions from the authorities

Visit the Saanich website for further, fascinating information!

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**Editor's Note:** To assist in keeping the newsletter costs down (they are over budget), none of the pictures received for this newsletter have been included.

Jean Chandler, Editor

## Gulf Island Brigade 2014 - Dates: July 26<sup>th</sup> to August 1<sup>st</sup>

Victoria Canoe & Kayak Club of Victoria is organizing a Big Boat Brigade from Nanaimo through the world renown Gulf Islands to Victoria for a week at the end of July. It will be the opportunity to enjoy paddling in some of the most beautiful scenery in the world.

We are requesting that teams be self sufficient in their canoe. Think 'back packing' in order to limit gear. We will be visiting some coastal and island communities but connecting daily with a road crew will not be possible. Our goal is to reduce our environment footprint,

A shuttle will be provided from Victoria to Nanaimo so that our vehicles and trailers will be waiting for us when we complete our journey. The shuttle will take place on Saturday July 26<sup>th</sup>.

We will have voyageur Canoes available for rental at \$300 per canoe. The canoes will be delivered to Nanaimo on Friday July 25<sup>th</sup>.

There will be a celebration event both at the beginning and end of the trip. The plan is to camp on Newcastle Island just off Nanaimo on the night of the 26<sup>th</sup>.

The number of boats will be limited to eight due to limited camp space at some sites so early registration is a must to guarantee your spot on this beautiful journey.

Group and individual gear lists will be available as well as efficient tasty meal options so that each team can limit packing space.

Registration fee will be \$1200 per boat of six people. It will be \$200 for each additional person on a boat crew.

To indicate an interest to register a team or for more information e-mail [GulfIslandBrigade@vckc.ca](mailto:GulfIslandBrigade@vckc.ca)  
Gulf Island Brigade Committee

Ellie James, Brigade Chief

### Style Canoeing

Hey everyone, its great to see all the interest in Style Canoeing! If there is enough interest at VCKC, we can put on a course.

Here is some information on the program:

A few years back Beck Mason, Charles Burchill and I got together to test out the a new program called Style Canoeing. The goal of this program is to provide skills above advanced paddling levels. I like to think of it as the ability to move your canoe wherever and whenever you would like. The full program has 2 levels, intro and advanced, though doing clinics or portions of full program work very well too.

I did worry going to the program that it would be ballet or American Free Style but it isn't. It is done in "normal" canoes and really clarifies what our amazing boats can do.

Please let me know if you are interested in taking a course, a clinic, become an instructor or if you have any other questions.

Talk soon!

David Wooldridge  
Ridge Wilderness Adventures Ltd.  
[www.ridgewilderness.com](http://www.ridgewilderness.com)  
[dave@ridgewilderness.com](mailto:dave@ridgewilderness.com)

### Safety Tips

Just a couple of things to remember when you're setting out from the Clubhouse:

1. Always make sure that you or one member of your crew studies the tide and current tables, particularly if you plan on going under any bridges. Remember that, with winter rains, water levels (and hence currents) can be higher than predicted.
2. In addition to checking that your vessel has the proper safety equipment (including, preferably, a VHF radio), you should make sure that each member of your crew is properly dressed to survive an accidental huli, or overturn.

## Safety Tips cont'd

3. When transiting the Inner Harbour, please be aware that the float plane terminal operator prefers a separation of at least three wing widths between transiting paddlers and aircraft moored at the terminal. AT NO TIME should paddlers transit under wings of aircraft moored at the terminal.
  4. Now that the Johnson St. Bridge is restricted to one lane for all boats, it is especially important that paddlers wait for tugs with tow to transit under the bridge. AT NO TIME should any vessel transit under the bridge when a tug with tow is also transiting under the bridge.
- Do you have safety tips of your own to pass on? Send them in to the Editor of the Newsletter!

## CANOE PROGRAM

### River Rescue Course

Another first for VCKC. Not only did we run the first Big Canoe Instructor program in the province this Fall, we also arranged the first course of the new RCABC River Rescue program. It took place on the Cowichan River on the last weekend of November, in uncharacteristically low waters. We were lucky that we arranged it for that weekend; the next weekend would have been very much colder! On this weekend, all we had to contend with were many dead salmon and shallow waters over bumpy rocks. The course focuses on paddlers, not Search & Rescue personnel. Among the exercises was swimming across currents, entering eddies and using one's body to ferry across the river. This was followed with swimming down rapids and learning to breathe in the troughs and looking around on the peaks. All this required a lot of throw-rope work to stop us being swept downstream when our swimming wasn't enough. We learned to

throw the ropes when not packed into their usual bags, and filling the bags with water to get the distance - worked surprisingly well. Then came canoe capsizes, self rescues, assisted rescues and the like.

Thanks to Leonard Thor for coming over from Vancouver to teach the course and to Dan, Greg, Tod, Arthur and Jay for joining me in signing up. Now for level 2 rescues, which involves extricating oneself from your PFD when it is trapped underwater, and learning how to deal with log jams safely when swimming.

### Flatwater Paddles

There will be a flatwater paddle on Saturday January 11<sup>th</sup>. Site yet to be determined, but a notice will be sent out to all members the week before to ask for interested paddlers. Alan Thomson

## VOYAGEUR PROGRAM

### Big Canoe Instructors

After taking an arduous 5 day course over the past ten weeks, 4 members of the Club are now certified as Big Canoe Instructors - i.e. can teach paddler and sterner voyageur courses. They are Jay Crowley, Ellie James, Tim Marks and Roy Scully. In their quest to get this certification, each of them had to capsize and rescue voyageur canoes on many occasions, to teach a sterner course at the Club under the watchful eyes of senior instructors Dave Wooldridge of Ridge Wilderness Adventures and Jamie Boulding of Strathcona Park Lodge and complete their on-water endeavours on a subzero Saturday. This was the first such course conducted in BC under the Recreational Canoeing Association of BC (RCABC) Big Boat program. Thanks to Roger Warnatsch, the Instructor Coordinator for RCABC for expediting approval of the

course and to RCABC for funding the presence of the two senior instructors. The Club now has more Big Canoe instructors than any other organisation in BC, a tribute to Don Munroe's stewardship of the voyageur program for more than 2 decades and Joe Boyd's enthusiastic leadership of the program today.

### Voyageur Rescue Practice

There will be a Voyageur canoe rescue session held at Crystal Pool on Sunday January 12<sup>th</sup> 2014. The main participants are those who took the big canoe sterner course in November, but if anyone else wants to take part, please let Alan Thomson know so he can get your name onto the list. 250-592-4170 or [3135thom@islandnet.com](mailto:3135thom@islandnet.com) Alan Thomson

## VCKC Executive

### Executive

**President** [president@vckc.ca](mailto:president@vckc.ca)  
 Pam Carroll ..... 250-479-8878  
**Vice-president** [vpresident@vckc.ca](mailto:vpresident@vckc.ca)  
 Jean Chandler ..... 250-727-6923  
**Treasurer** [treasurer@vckc.ca](mailto:treasurer@vckc.ca)  
 Anne Ardiel ..... 250.658.2442  
**Secretary** [secretary@vckc.ca](mailto:secretary@vckc.ca)  
 Barbara Abercrombie ..... 250-598-7931  
**Past President** [pastpres@vckc.ca](mailto:pastpres@vckc.ca)  
 Bon Lee ..... 250 477-1381

### Program Directors

**Canoe Program** [canoe@vckc.ca](mailto:canoe@vckc.ca)  
 Dan Walker .....  
**Dragonboat Program** [dragonboat@vckc.ca](mailto:dragonboat@vckc.ca)  
 Ron Crabtree ..... 778-430-4545  
**Kayak Program** [kayak@vckc.ca](mailto:kayak@vckc.ca)  
 Roy Scully .....  
**Outrigger Program** [outrigger@vckc.ca](mailto:outrigger@vckc.ca)  
 Ryan Ovens .....  
**Marathon Canoe Program** [marathon@vckc.ca](mailto:marathon@vckc.ca)  
 Darrelle Butler .....  
**Voyageur Program** [voyageur@vckc.ca](mailto:voyageur@vckc.ca)  
 Joe Boyd ..... 250-386-6004

### Other Executive

**Education, Standards & Safety** [safety@vckc.ca](mailto:safety@vckc.ca)  
 Doug Linton ..... 250 727-0216  
**Membership** [membership@vckc.ca](mailto:membership@vckc.ca)  
 Muriel Johnson .....  
**Clubhouse and Grounds** [clubhouse@vckc.ca](mailto:clubhouse@vckc.ca)  
 Sandy Rattray ..... 250 386-9144  
**Boat & Locker Storage** [storage@vckc.ca](mailto:storage@vckc.ca)  
 Maylene McMillan .....  
**Director at Large** [director1@vckc.ca](mailto:director1@vckc.ca)  
 Wendy Clapp ..... 250 220-5787  
**Director at Large** [director4@vckc.ca](mailto:director4@vckc.ca)  
 June Parker .....

### Executive Appointed Positions

**Newsletter Editor** [newsletter@vckc.ca](mailto:newsletter@vckc.ca)  
 Jean Chandler ..... 250-727-6923  
**Webmaster** [webmaster@vckc.ca](mailto:webmaster@vckc.ca)  
 Vacant (Ron Crabtree interim) 778 430-4545

**Note: the Deadline for submission of content for the next newsletter is January 23<sup>rd</sup> 2014.**

## January 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30	31	Jan-01	2	3	4
			New Year's Day 10:30am New Year's Day Paddle			
5	6	7	8	9	10	11
		7:30pm VCKC Annual General Meeting				
12	13	14	15	16	17	18
		7pm Executive Meeting				Icebreaker V-VCKC Newsletter Deadline
19	20	21	22	23	24	25
26	27	28	29	30	31	Feb-01
						Gorge V-12 Races

**MEMBERSHIP FORM**

**VICTORIA CANOE & KAYAK CLUB (VCKC)**



Use this form for new memberships, membership renewals, storage requests, and for changes to personal information. Please print all entries. **Waiver(s) must be completed and accompany application and payment.** (For Associate Memberships, please contact the club president [president@vckc.ca](mailto:president@vckc.ca))

**Mail completed form with waiver & payment (please no cash), if fees are included, to:**

VCKC Membership Director,  
355 Gorge Road West  
Victoria, B.C, V9A 1M9

**Family Name** \_\_\_\_\_ New Member [ ] or Renewal [ ]  
**Address** \_\_\_\_\_ **Telephone Number** \_\_\_\_\_  
**City** \_\_\_\_\_ **Province** \_\_\_\_\_ **Postal Code** \_\_\_\_\_ **E-mail** \_\_\_\_\_

**Members of Family** \_\_\_\_\_  
*(List all, with ages of youth; Prime contact first; Family members must reside together and, other than spouse, must be under 19 years of age.)*

**PADDLING INTEREST AND CERTIFICATION**

Interested in: [ ] Kayak [ ] Canoe [ ] Dragon Boat [ ] Outrigger [ ] Voyageur [ ] Marathon Canoe  
 Current Paddling Certification Level: \_\_\_\_\_ Certifying Body or Association: \_\_\_\_\_  
 Pleasure Craft Operator Card \_\_\_\_\_ Other Skills: \_\_\_\_\_  
 Current experience as stern: [ ] Dragon Boat [ ] Outrigger [ ] Voyageur [ ] Interested In learning

**VOLUNTEERING: Please aim for at least ten hours annually.**

- [ ] Paddle for the Kids [ ] Wake up the Gorge [ ] Guts 'n Glory Festival [ ] Switchblade Relay [ ] Rep. at Events
- [ ] Canoe Instructor [ ] Kayak Instructor [ ] Dragon Boat Coach [ ] Trip Leader [ ] Rep. on Organization
- [ ] Equipment Maintenance [ ] Boat Maintenance [ ] Clubhouse Maintenance [ ] Spring/Fall Cleanup
- [ ] Rides at Summer Picnics [ ] Canada Day Rides [ ] Assist Daytime School Paddles [ ] Board of Directors

**MEMBERSHIP FEES: (Check appropriate box below.)**

	Single Membership	Family Membership
<b>Full year</b> : (Jan- to Dec 31 )	\$50 [ ]	\$70 [ ]

**Please pay by cheque made payable to Victoria Canoe & Kayak Club OR online at vckc.ca.**

Please note that the cancelled cheque is the receipt for payments. One must be a paid-up to be considered an active member and to be eligible for trips and courses sponsored by VCKC. Inactive memberships can be re-instated by paying the annual membership fee.

**BOAT AND LOCKER STORAGE**

Storage is available to paid-up members only, on a first-come, first-served basis. Contact the Director of Boat and Locker Storage ([storage@vckc.ca](mailto:storage@vckc.ca)) to check availability. Storage used by inactive members (not paid up) will be cancelled after due notice and reminder. VCKC reserves the right to dispose of stored equipment after said notices.

**Yearly storage fees:** Boat-Inside \$120 [ ] Boat-Outside \$60 [ ] Locker \$40 [ ]

Members are encouraged to insure their own equipment. VCKC is not liable for the loss of or damage to member's property.

**NEWSLETTER** Receive the newsletter **via email** (default), or check if you will pick it up at the clubhouse [ ], wish postal delivery [ ], Or not Interested [ ].

**PRIVACY POLICY** VCKC complies fully with the Personal Information Protection and Electronic Document Act, ([www.privcom.gc.ca/](http://www.privcom.gc.ca/))

**RELEASE AND WAIVER OF LIABILITY: A signed waiver for each family member must be submitted with this form. Waiver on reverse side.**

By signing below each member agrees to make themselves aware of and abide by **Club Rules and Policies**.

**SIGNED THIS** \_\_\_\_\_ **DAY OF** \_\_\_\_\_ **20** \_\_\_\_ **SIGNATURE** \_\_\_\_\_

**(FEE PAYMENT & COMPLETED WAIVER(S) FOR EVERY PERSON YEARLY ARE REQUIRED TO ACTIVATE MEMBERSHIP)**



VICTORIA CANOE & KAYAK CLUB  
 355 GORGE ROAD WEST  
 VICTORIA, BC



**DISCLOSURE OF RESPONSIBILITIES, ASSUMPTION OF RISKS, RELEASE OF LIABILITY,  
 WAIVER OF CLAIMS AND RIGHT TO SUE, AND INDEMNITY AGREEMENT.**

By signing this document you will waive certain legal rights, including the right to claim or sue – please read carefully!

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

PHONE: \_\_\_\_\_ E-Mail: \_\_\_\_\_

**ASSUMPTION OF RISKS**

Watercraft paddling is a potentially dangerous activity. Hazards include strong and unpredictable currents; cold water; sweepers (partially submerged trees and logs); rocks; deep, uneven and jagged river, lake and ocean bottoms; unstable and potentially harmful paddle craft; sudden and unpredictable changes in the weather; hypothermia; the possibility of becoming injured; loss of life; lost and damaged property (including stored boats); any and all hazards associated with paddling, racing, camping, portaging, wilderness traveling, social events and other pursuits of the Victoria Canoe and Kayak Club (hereafter referred to as “VCKC Activities”).

**DISCLOSURE AND ACKNOWLEDGEMENT OF RESPONSIBILITIES**

The Activity Leader for a VCKC event may not be a professional instructor, guide or trained first aid attendant. The Activity Leader’s job is only to organize the event, ensure that it gets under way, know the access to the area and have knowledge of the route or routes undertaken. It is the responsibility of each person in a VCKC event to ensure that he/she has the necessary skills, experience, fitness and equipment commensurate with the requirements for the event. Each person is responsible for knowing Club rules for each Activity, for his /her own safety, for having suitable first aid supplies and for confirming that his/her clothing and equipment are in good working order.

**RELEASE AND WAIVER OF LIABILITY**

In consideration of my being permitted to participate in VCKC Activities, I, for myself, my heirs, next of kin, executors, administrators, and anyone else who may claim on my behalf HEREBY WAIVE ANY AND ALL CLAIMS, LIABILITY AND DAMAGES I may now and in the future have against VCKC, its members, trip organizers, and all persons acting under its authority (collectively described here as “VCKC Entities”) arising from any and all personal injury, death, property damage or loss sustained by me on to any property, personal injury or death to any third party arising from or in connection with my participation in the activities of VCKC howsoever caused. I FURTHER HEREBY RELEASE AND FOREVER DISCHARGE VCKC Entities from and against all demands, claims, actions, damages, costs, and expenses arising from or with respect to death, injury, damage or loss to my person or property of any kind whatsoever, howsoever caused in connection with my participation in VCKC Activities though the same may have contributed to or have been caused by the NEGLIGENCE, GROSS NEGLIGENCE, OR BREACH OF CONTRACT OF VCKC ON BREACH OF ANY STATUTORY OR OTHER DUTY OF CARE. I FURTHER AGREE to hold harmless and indemnify VCKC Entities from any and all liability for any damage or injury to the property or person of any third party resulting in my involvement in or presence during any of the activities of VCKC.

I ACKNOWLEDGE that VCKC, in obtaining this waiver from me, is doing so for VCKC Entities.

In the event that I act in any capacity for VCKC, I appoint VCKC as my agent for the purpose of obtaining an indemnity and release of liability from other members of VCKC or persons participating in its activities.

This agreement shall be effective and binding upon my heirs, next of kin, executors, administrators, and assigns in the event of my death or incapacity.

In entering into this Agreement, I am not relying upon any oral or written representations or statements made by VCKC Entities other than those which are set forth in this Agreement.

I HAVE READ AND UNDERSTAND THIS AGREEMENT AND I AM AWARE THAT BY SIGNING THIS AGREEMENT I AM WAIVING CERTAIN LEGAL RIGHTS WHICH I OR MY HEIRS, NEXT OF KIN, EXECUTORS, ADMINISTRATORS, AND ASSIGNS MAY HAVE AGAINST THE RELEASEES.

SIGNED THIS \_\_\_\_\_ DAY OF \_\_\_\_\_ 20\_\_\_\_\_

PARTICIPANT NAME: \_\_\_\_\_ SIGNATURE: \_\_\_\_\_

PARENT/GUARDIAN NAME: \_\_\_\_\_ SIGNATURE: \_\_\_\_\_  
 (if participant under 19 years)

WITNESS NAME: \_\_\_\_\_ SIGNATURE: \_\_\_\_\_

Effective date: 9 September 2008