

Official
Registration
Form



For Office Use Only
30-3060
0884-542-0072-CQ

REQUIREMENTS

- **Registration and Refund Deadline:** Friday, June 25, 2010. Registration forms will be accepted after this date, but participants will be charged a **\$10 per person** late registration fee.
- Event organizers reserve the right to modify Project AWARE plans if environmental conditions are deemed too dangerous for river cleanup. If alternative plans need to be implemented, refunds cannot be granted unless requested before the registration/refund deadline.
- Registration may be limited and will be confirmed on a first-come, first-served basis determined by receipt of this form. When forms are processed, volunteers will receive notice of their status.
- Camping is provided for AWARE volunteers, but in the form of tent-camping only.
- A limited number of canoes are available and will be provided on a first-come, first-served basis.
- Availability of Pre-Post Event Shuttles may be limited and will be provided on a first-come, first-served basis. Carpooling amongst volunteers to and from the event is strongly recommended.
- Registration fees cover the cost of your meals. It is recommended that you order meals, but not required. Meal availability cannot be guaranteed after June 25, 2010.
- Make checks payable to **IOWA DNR** and write **PROJECT AWARE** in the "Memo" portion of the check.
- Only one person may register per form.
- Volunteers must bring reusable dinnerware (plate, bowl, coffee cup, silverware) and at least two water bottles. Water, juice, and sports drinks will be provided in 10-gallon coolers to fill bottles. Pop will also be available. Wash basins will be available after meals to clean dishware.

Name: _____ E-mail: _____

Address: _____

City: _____ State: _____ ZIP: _____ - _____

Phone (w/ area code): _____ Ext: _____ Cell: _____

T-Shirt Size: Small Medium Large X-Large XX-Large

Do you need a canoe? Yes No, I will be bringing my own: Canoe* Kayak Solo Canoe

* If bringing a tandem canoe, but you wish to paddle solo, check *Solo Canoe*. If you plan to paddle with a partner, check *Canoe*.

What is your paddling skill level? Beginner Intermediate Experienced

Do you have a Partner? No Yes – Who? _____

Will you be bringing your own PFD (life jacket use is mandatory on AWARE)?

Yes – Please make sure it's appropriately sized.

No – An orange "keyhole" style PFD will be available if you check this box. These tend to be uncomfortable, and since PFD use is required, it's recommended that you bring your own.

The use of Project AWARE shuttle services is not required. For detailed shuttle information, please visit the Project AWARE website – www.iowaprojectaware.com.

Pre-Post Event Shuttle – Free

Will you be using a Project AWARE Shuttle on **Saturday, July 10th**?

- No**
- Yes** – Please select from the shuttle options below:
 - Iowa City Shuttle (10:00 am) – **Leaving a vehicle?** **Yes** **No**
 - Des Moines Shuttle (noon) – **Leaving a vehicle?** **Yes** **No**
 - Shenandoah Shuttle (noon) – **Leaving a vehicle?** **Yes** **No**

Daily Shuttles – \$20 per person per day – Shuttles depart daily at 5:00pm

Due to the exceedingly limited parking availability at sites along the AWARE route, the use and daily shuttling of **personal vehicles on AWARE is strongly discouraged**. Daily shuttles, however, will be available at a cost of \$20 per person per day. This shuttle service will take participants back to the previous night’s camping location only, so if you plan to participate on AWARE for multiple days, you must use and pay for the shuttle each day. Pre-registration for daily shuttles is not available – to use a shuttle you must sign up and pay onsite. **PLEASE NOTE:**

- An e-ride board is available on the AWARE website, and a ride board will also be available onsite to help volunteers work with one another to make their own shuttle arrangements.
- Daily shuttles may not be necessary on Tuesday, July 14, or Saturday, July 17, as all volunteers will be shuttled back to Cold Springs Park on 7/14, and the event ends at Porter’s Lake Lutheran Center on 7/17. Volunteers arriving on these days must simply join the AWARE group in the morning at Cold Springs Park and Porter’s Lake Lutheran Center, respectively.

When will you arrive/depart?*			Please indicate which meals you will be purchasing.			Calculate your registration fee
AM	PM		Breakfast	Lunch	Supper	Daily Totals
<input type="checkbox"/>	<input type="checkbox"/>	Saturday, 7/10	N.A.	N.A.	<input type="checkbox"/> \$8.00	\$
<input type="checkbox"/>	<input type="checkbox"/>	Sunday, 7/11	<input type="checkbox"/> \$5.00	<input type="checkbox"/> \$7.00	<input type="checkbox"/> \$8.00	\$
<input type="checkbox"/>	<input type="checkbox"/>	Monday, 7/12	<input type="checkbox"/> \$5.00	<input type="checkbox"/> \$7.00	<input type="checkbox"/> \$8.00	\$
<input type="checkbox"/>	<input type="checkbox"/>	Tuesday, 7/13	<input type="checkbox"/> \$5.00	<input type="checkbox"/> \$7.00	<input type="checkbox"/> \$8.00	\$
<input type="checkbox"/>	<input type="checkbox"/>	Wednesday, 7/14	<input type="checkbox"/> \$5.00	<input type="checkbox"/> \$7.00	<input type="checkbox"/> \$8.00	\$
<input type="checkbox"/>	<input type="checkbox"/>	Thursday, 7/15	<input type="checkbox"/> \$5.00	<input type="checkbox"/> \$7.00	<input type="checkbox"/> \$8.00	\$
<input type="checkbox"/>	<input type="checkbox"/>	Friday, 7/16	<input type="checkbox"/> \$5.00	<input type="checkbox"/> \$7.00	<input type="checkbox"/> \$8.00	\$
<input type="checkbox"/>	N.A.	Saturday, 7/17	<input type="checkbox"/> \$5.00	<input type="checkbox"/> \$7.00	N.A.	\$
* Late registration fee applies if registering after June 25, 2010						+ \$10.00 if after June 25, 2010*
Total Registration Fee:						\$

For a complete menu, please visit the Project AWARE website. Sack lunches, drinks, and ice will be distributed with breakfast each morning – please bring a cooler, water bottle(s) for drinks, and a bag/container to hold ice.

Do you have special dietary needs? *Vegetarian, vegan, and other menu alternatives may be available, but can only be guaranteed if ordered by June 25, 2010.*

- No**
- Yes** – How may we accommodate those needs?

Educational Program Note – Hitchcock House tours will be available in Lewis on Tuesday evening, July 13. Space may be limited so organizers would like to get an idea of numbers ahead of time – would you be interested in touring the Hitchcock House? **Yes** **No**



PROJECT AWARE PARTICIPATION REQUIREMENTS, SAFETY INFORMATION, RELEASE & WAIVER OF LIABILITY

The following is required while participating in Project AWARE:

- **Personal Floatation Devices (PFDs – life jackets) are required to be worn at all times when participants are in a vessel on the water. Children require appropriately-sized PFDs. It is the responsibility of the participants to supply appropriately-sized PFDs for themselves.**
- **All participants must portage around all low-head dams.**
- **Parents/legal guardians and/or authorized adult companions of children under 18 years of age will be responsible for the child’s safety. By signing below, the parent/legal guardian of the minor agrees to the terms and conditions of this waiver, and authorizes the designated legal adult named below to be responsible for the minor.**
- **If paddling a multi-passenger vessel, all persons under the age of 16 must be accompanied by a legal adult in said vessel. If paddling a vessel solo, all persons under the age of 16 must be within visual sight of their authorized adult companion.**

Are you 18 years old or over? Yes No – a legal parent/guardian must also sign this form

The volunteer and parent/legal guardian(s), by signing below, recognize that the program involves some risk and that she/he takes responsibility for all action or injury that may result in participating in Project AWARE. **All children under 18 must be accompanied by a parent/legal guardian or authorized adult companion, and must have a parent/legal guardian signature(s) and, if applicable, authorization of an approved adult companion, below.** The volunteer and parent/legal guardian, by signing below, agree to the following statement: **All participants are required to wear an appropriately-sized PFD (personal flotation device) at all times when they are in a vessel on the water.**

I, _____ (volunteer name) and _____ (parent/legal guardian name), hereby release, waive, discharge and covenant not to sue the State of Iowa, Iowa Department of Natural Resources, Board of Regents-State of Iowa, The University of Iowa, Iowa State University, any canoe outfitter, county or other agencies, partners, cooperating landowners, event volunteers and coordinators, sponsors, and any of the offices, servants, agents and employees of the above-mentioned entities (hereinafter referred to as “RELEASEES”) for any liability, claim and/or cause of action arising out of or related to any loss, damage or injury, including but not limited to drowning or other event-related death, that occurs as a result of _____’s (volunteer name) participation in Project AWARE.

I agree to indemnify and hold harmless the RELEASEES whether injury is caused by _____’s (volunteer name) negligence, the negligence of the RELEASEES or the negligence of any third party. I further agree that this Release and Waiver of Liability shall bind the members of my family and spouse, if I am alive, and my heirs, assigns and personal representatives, if I am deceased, and shall be deemed as a RELEASE, WAIVER, DISCHARGE AND COVENANT NOT TO SUE the above-named RELEASEES. I hereby further agree that this Release and Waiver of Liability shall be construed in accordance with the laws of the State of Iowa.

Participants understand that photographs may be taken during the project and may be used in the future to chronicle and publicize the project.

**By signing this Release and Waiver of Liability,
I state that I have read and understand the conditions set forth in this Release and that
I agree to all conditions set forth herein, and that I sign this voluntarily.**

Signature of Volunteer	Printed Name of Volunteer	Date

I/we _____ (name(s) of parent/legal guardian) authorize _____ (name of child) to be accompanied on the trip by _____ (name of authorized adult companion).

Signature(s) of Parent/Legal Gaurdian	Printed Name(s) of Parent/Legal Guardian	Date

Signature of Authorized Adult Companion	Printed Name of Authorized Adult Companion	Date

A.W.A.R.E. Medical History Questionnaire



We would like to have this questionnaire on file in case of a medical emergency.
Filling out this form could provide us with important information if you are injured.

Name: _____ Age: _____ Date of Birth: _____

Gender: M F Occupation: _____

Guardian Name (if <18 yrs.): _____ Guardian Phone: _____

Physician Name: _____ Physician Phone: _____

In Case of Emergency, Contact: _____

Phone: (Day) _____ (Evening) _____ (Cell) _____

Yes No Are you allergic to any medication (aspirin, penicillin, etc?) List: _____

Yes No Do you take any medication? List: _____

Yes No Have you ever been told by a doctor that you have epilepsy? When: _____

Yes No Have you had recent surgical operations, accidents or injuries? When/What: _____

Yes No Have you been "knocked out" unconscious, had a concussion or head injury? When: _____

Yes No Are you pregnant?

Yes No Do you wear glasses? Yes No – Contact lenses?

Date of last tetanus immunization: _____

Please check any of the following medical conditions you have had within the last 5 years:

Hay fever or allergies (especially to bees, ants, etc.) Heart disease High Blood Pressure

Asthma Diabetes Seizures Fainting Spells

Do you have any medical training: Doctor Nurse EMT First Responder

CPR First Aid Other: _____

Is there anything else about your health we need to know in case of an emergency?

Signature: _____ Date: _____



Dear Project AWARE Volunteer:

By completing this survey, you will not only be helping to evaluate and assess the 2010 event, but you will also help improve the future direction and implementation of Project AWARE.

Thank you, and see 'ya on the river!

How important are the following as part of your Project AWARE experience?	Very Important	Somewhat Important	Somewhat Unimportant	Very Unimportant
• Increase my knowledge and understanding of watersheds – what they are, how they affect rivers, and where I live within one.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Increase my knowledge of current environmental issues.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Learn what things I can do personally to help benefit the environment.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Understand how rivers function - how they flow, meander, and erode, why they flood, the importance of plants on riverbanks, and impacts of channel straightening.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Connect with other people interested in rivers.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Learn or improve paddling skills.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Observe and learn about wildlife found in and around rivers.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Learn about and appreciate the beauty, uniqueness and value of the landscape and local scenery.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Understand what “water quality” means and how it applies to rivers.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Learn how to use monitoring to test the quality of a river.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Rid the banks of the Nishnabotna River from unsightly trash.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Other important items: _____				

How often do you participate in the following activities?	I don't participate	Every other year	1-2 times a year	3-5 times a year	Monthly	Weekly
• Camping in Iowa parks.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Paddling Iowa rivers, lakes and streams.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Recycling household waste products.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Composting household or yard waste products.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Volunteer for local river or land-based cleanup events.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Volunteer to collect water quality data from Iowa waterbodies.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Volunteer for community improvement projects.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Have you ever done any of the following in southwest Iowa? (Please indicate locations for each activity)

Never recreated in southwest Iowa.

Camped in southwest Iowa parks: _____

Paddled southwest Iowa streams/rivers: _____

Used trails in southwest Iowa: _____

Fished in southwest Iowa lakes, ponds, and/or rivers: _____

Thank you for your time and consideration!