



10000 Gandy Blvd, St. Petersburg Florida [www.sweetwaterkayaks.com](http://www.sweetwaterkayaks.com)  
(727) 570-4844

### Confidential Health History

Please check the Yes or No box regarding your health history

- Yes No Hypoglycemia  Yes  No Diabetes
- Yes No Heart attack or Angina Yes No High blood pressure  
Heart condition?
- Yes No Hemophilia Yes No Lung disease or breathing disorder
- Yes No Disabilities of back, hips, shoulders, knees or ankles
- Yes No Communicable or auto-immune diseases
- Yes No Presently taking any prescription medication
- Yes No Wear a medic-alert Tag? If so, for what condition(s): \_\_\_\_\_
- Yes No Allergic reactions to any drugs, foods, insects, or other substances?  
If Yes, explain: \_\_\_\_\_
- Yes No Are you presently under the care of a physician?  
If so for what condition? \_\_\_\_\_  
\_\_\_\_\_
- Yes No Is there anything else we should know about your physical or emotional condition? \_\_\_\_\_  
\_\_\_\_\_

**In case of emergency, please notify:**

\_\_\_\_\_ **Relationship** \_\_\_\_\_

**Phone day** \_\_\_\_\_ **eve** \_\_\_\_\_

\_\_\_\_\_  
**Print Name** / **Signature** / **Date**

**SWEETWATER KAYAKS**  
**WAIVER OF LIABILITY AND RELEASE**

I, \_\_\_\_\_ (please print) understand and acknowledge that the sea kayak instruction I am undertaking **is physically and emotionally demanding and involves significant risks and hazards**, such as collision with power boats, hypothermia, joint or trauma injuries and even drowning. I am fully capable of participating in this activity, and will and do assume the risk of mortal or serious accident, injury and loss of equipment. In addition to the risks inherent in sea kayaking, wilderness adventuring and cold-water travel have numerous unpredictable hazards and stresses.

**I am voluntarily and willingly choosing to engage in the sport of sea kayaking, and I fully understand and accept the risks associated with it.** I also understand that while my instructors, guides or leaders may have first aid training, they are not trained in extensive emergency medical procedures and that in the event of a serious medical emergency, treatment may be several hours to more than days away. I give my permission to the guides, instructors, and other participants on this trip to seek emergency medical treatment for me, even in the event that I am unconscious or can't otherwise consent.

I agree to exercise all necessary caution during any instructionals and on any trip and to obey the safety requirements of those assisting me. I also agree to inform Sweetwater Kayaks, the guides, and instructors of any significant aspects of my physical condition or medical history that might increase the risk to myself or others. I understand that I (or my personal health, homeowners or accident insurance) will cover any costs or other liabilities I may incur during this sea kayak adventure, and I agree to be responsible for any equipment loss or breakage due to my negligence or inattention.

**I HAVE CAREFULLY READ AND CONSIDERED THIS INFORMATION AND RELEASE and FULLY UNDERSTAND ITS CONTENTS. I AM AWARE THAT I AM RELEASING CERTAIN RIGHTS that I otherwise may have and enter into this contract on behalf of myself and my family** in consideration of being permitted to participate in this adventure. I therefore totally and completely release and absolve SWEETWATER KAYAKS, Jean Totz, Russell Farrow and any and all other guides, instructors and participants on this lesson, workshop or trip from any blame, negligence, undue responsibility, or liability of any sort. I also give permission for any photographs taken during this trip to be used by Sweetwater Kayaks for any reason, and I agree that Sweetwater Kayaks is not responsible for loss or damage to my personal property or other valuables. I have read Sweetwater Kayaks Terms & Conditions and understand and agree with those provisions.

Signature	Name (Please Print)
Signature	Name (Please Print)
Signature	Name (Please Print)
Signature	Name (Please Print)