

Official PRANZ Activity Sheet

Version 2.0 Oct 2018

Date:		River:	
Start Time:		Put in:	
Finish Time:		Take out:	
Activity leader:		Phone:	
Assistant:		Phone:	
Emergency Contact*:		Phone:	
Journey Plan:			

*If party has not made then 1) attempt contact with all party members by phone. 2) If no contact made then contact Police at agreed time.

Forecast:			
Nature of Route:			
Crux Rapids:			
Known Hazards of Route /controls (e.g Shore Scout, Set Safety Portage)			
Exits before take-out			
First Aiders			
First Aid Kit Location (s)			
Personal Locator Beacon Location(s)			

Vehicle(s) Make:	Model:	Rego:	Put in / Take out
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Leader's aide memoir: **People:** assistant leader, 1:5 ratio. **Location:** up to date info, permission. **Conditions.** Weather, forecast, levels. **Group intro.** Trip outline, participant suitability, medical, **Gear check**, personal, group, PLB, 1st Aid, shelter. **Go/No Go?** Intentions. **Activity brief:** location, hazards, vehicles, meeting point, keys, buddy check, river signals, leader expectation/trip management, actions on flip/swim. **Post trip.** Sign out, group debrief

#	Participant		Emergency Contact		Waiver*	Medical or injury concerns
	Name	Phone	Name	Phone	Signature:	
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						

Communicate
(know and pass on signals)

Line of site
(visual connection scout horizon lines)

Avoid
(portage or cheat hazards)

Position
(set safety effectively)

***Participant Waiver**

*“By signing this form I understand that this PRANZ activity is run on behalf of the club to benefit its members. I acknowledge that the activity is hazardous and that I could be seriously injured or killed. I agree to participate in the activity voluntarily at my own risk, and agree to take responsibility for my own safety during the activity., I **agree** to hold blameless the event organisers, PRANZ, White water NZ, its executive and its members for any loss, or damage, caused by negligence, act or omission whether consequential or indirect, as a result of participation in any PRANZ activity.”*

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