



Eskakwa Ecodventure Company Inc. Cabin Falls Ecolodge

1141 Crawford St. Rosseau, Ontario, Canada, P0C 1J0

705-690-9275 contact@cabinfalls.ca

### Participant Information Form

Participant Legal Printed Name \_\_\_\_\_ . Date of Birth \_\_\_\_\_ .  
Address: \_\_\_\_\_ .  
E-Mail: \_\_\_\_\_ Home Phone: \_\_\_\_\_ .  
Cell Phone: \_\_\_\_\_ . Work Phone: \_\_\_\_\_ .  
In Case of Emergency Contact: \_\_\_\_\_ . Relationship: \_\_\_\_\_ .  
Cell Phone: \_\_\_\_\_ . Home Phone: \_\_\_\_\_ . Work Phone: \_\_\_\_\_ .  
Health Insurance #: \_\_\_\_\_ .

### Health Insurance Information

Participants in outdoor activities should be free of medical, mental or physical conditions that might create undue risk to themselves or others who depend upon them. Good conditioning will increase your enjoyment of the outing activities. **Medical coverage is strongly recommended.** For those not covered under provincial health insurance, *PLEASE REVIEW YOUR PERSONAL INSURANCE FOR ADEQUATE COVERAGE.*

### Personal Skill Evaluation

(For Canoeing & Kayaking)

- \_\_\_ None: No previous canoeing or kayaking experience.
- \_\_\_ Beginner: Knows basic strokes and can handle the boat competently in smooth water.
- \_\_\_ Novice: Can use effectively some basic whitewater strokes & negotiate easy rapids.
- \_\_\_ Intermediate: Can negotiate class II rapids & knows all fundamental whitewater strokes.
- \_\_\_ Advanced: Has experience running difficult or technical rapids with precision.

Swimming Level: Beginner: \_\_\_\_\_ . Intermediate: \_\_\_\_\_ . Advanced: \_\_\_\_\_ .

### Health History

Do you have any allergies (bees, medications, foods, etc.) please list: \_\_\_\_\_ .

Are you taking any medications – please indicate type & dosage: \_\_\_\_\_ .

Any additional medical history or physical condition? \_\_\_\_\_ .

List any special food considerations: \_\_\_\_\_ .

### Personal Interests

- |                       |                        |                    |            |
|-----------------------|------------------------|--------------------|------------|
| ___ Photography       | ___ Sketching/painting | ___ Meditation     | ___ Yoga   |
| ___ Fishing           | ___ Canoe skills       | ___ Swimming       | ___ Hiking |
| ___ Survival training | ___ Team building      | ___ Carving        |            |
| ___ Birding           | ___ Reading/relaxing   | ___ Camping skills | ___ Music  |