## Rochester Orienteering Club Registration and Waiver

Please fill out one form for each entry (group or individual)


## WAIVER <br> Every participant (or guardian) must sign

I, the undersigned, accept full responsibility for myself and for any people in my group, for any injuries (we) may incur in this orienteering event. I fully understand that participating in this event may be dangerous to my health. Sprained ankles and wrists, lacerations, bruises, broken bones, lightning strikes, animal bites, collisions with vehicles, hypothermia, and heat exhaustion are among the possible injuries a participant could suffer. I fully understand that there will be no medical or emergency personnel on the course or readily available. I will not hold any of the organizers, the Rochester Orienteering Club or its officers or directors, land owners, any agency of or within the state of New York, or any volunteers responsible. My actions and any mishaps or injuries to me or to anyone for whom I am signing as parent or guardian are solely my responsibility.

| Name (print) <br> List names of each participant in group | M/F | Age | Signature <br> Parent/Guardian Signature if under 18 | Date |
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## WELCOME to a Rochester Orienteering Club (ROC) EVENT

We are glad that you are about to try orienteering.
We hope that you enjoy yourself and will want to return many times.

## REGISTER

You will need to fill out the information on the front of this sheet and sign the waiver. When the information is complete take the form to the registration table, pay your fee and receive a map, punch card, clue sheet and map cover. One registration per group.

## FEES PER MAP

\$5 for non-members
$\$ 3$ for ROC (or other orienteering club) members
PICK A COURSE (not all courses offered at every meet)
String " $O$ " A course for the little folks to get stickers.
White (1-2.5K) A short, easy course for beginners and young children.
Yellow (2-3.5K) A novice course for people with some experience.
Orange (3-4.5K) An intermediate level course
The following courses are Advanced level courses for experienced orienteers.

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\begin{aligned}
& \text { Brown }(3-4.5 \mathrm{~K}) \\
& \text { Green }(3.5-5.5 \mathrm{~K}) \text {. } \\
& \text { Red }(5.5-7.0) \\
& \text { Blue }(7 \mathrm{k}+) .
\end{aligned}
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## STARTING

You must report to the start before going out on the course.
Get dressed, copy your map, get organized and then go to the start person. Have your punch card out. Get your start time and go when your time comes up on the clock.

## FINISHING

You must report to the finish even if you do not complete the course. We must know that you are safely out of the woods. Turn in your punch card to the finish person. Course flags will be picked up starting at 3:30 sharp. Awards will be given at $3: 15$ or mailed if you are not present.

## INSTRUCTION

A short informal clinic will be held at 12:30. Individual instruction is available at any time, just ask at the registration table.

## NEXT EVENT

Pick up a schedule at registration. Consider joining the club to get a $\$ 2$ discount at meets and to receive the newsletter. A membership form is included with the schedule.

Hope to see you again soon!!!

