



## Visitor Sign In Form for Current AOCRA Members

### **When:**

See our website for club training times. Visitors with a current AOCRA membership are welcome to join any club training session. All we ask is that you let a Committee member or the Coach know that you are coming.

### **Where:**

Short St, Golden Beach, Caloundra. Parking available at the boat ramp or along The Esplanade.

### **Cost:**

- Free for short-term visitors who wish to attend 2-3 sessions while in the local area.
- Free for local residents from neighbouring clubs who want to meet us and get a feel for the club.

### **What to Bring:**

The usual hat, water bottle etc. Water/surf booties or reef shoes are optional to protect your feet from cuts and marine bites on and around the boat ramp. The club has spare blades and life jackets if required.

### **Contact:**

P: 1300 794 208

E: [occcsec@hotmail.com](mailto:occcsec@hotmail.com)

Facebook: Outrigger Caloundra Canoe Club

# Visitor Profile

1. Name:
2. Your contact number:
3. Emergency contact:
4. Able to swim 400m without a life jacket: Yes / No
5. Able to tread water for 4 minutes: Yes / No
6. Do you have any medical conditions we should be aware of?  
Yes / No  
*If yes, please let us know how we can support you in the event of a medical incident.*
7. Your Club:
8. Do you have a current AOCRA membership Yes / No
9. Will you adhere to Outrigger Caloundra's COVID Safety Plan and respect fellow paddlers by: staying home if you are unwell or displaying COVID symptoms; and staying home if you have recently been in a high risk area? Yes / No
10. Does this sound like you? I love the ocean and have a healthy fear of its power and associated risks. I am prepared to go over the bar and into the ocean if I am comfortable to do so on the day depending on conditions. I will speak up prior to going over the bar if I have any hesitations or concerns about my safety and the safety of the crew Yes / NO