



Liability and Media Release Forms:

On your first session, Team River Runner, as well as our insurer (Disabled Sports, USA) requires that all participants sign a liability release and a media release form. To save a bit of time, you can download the XXXX from our Documents page on our website and fill out prior to the TRR session, or we will have them available.

What To Bring:

To maximize your comfort and experience at a Team River Runner session, the below items should be brought with you. Please indicate to the group leader your disability or comfort issues so that we are aware and might adapt the boat, equipment or instructional methods. Everyone learns at different speeds and we want you to stick with it!

Indoor Pool Sessions:

- Swimsuit or shorts
- Fleece, neoprene or synthetic top (sometimes pool gets cool).
- Towel
- Nose Clips (recommended for comfort)
- Change of clothes (locker and changing rooms available).

River/Outdoor Trips and Sessions:

- Swimsuit / wetsuit (seasonal: for water temperature)
- Paddling jacket or windbreaker
- Synthetic fleece or top (seasonal: additional warmth)
- Towel
- Nose Clips (recommended for comfort)
- Water shoes/booties – Bare feet not allowed on outdoor events
- Change of clothes
- Sunscreen
- Water bottles (2) filled
- Snack or lunch packed in waterproof container or zip-locks
- Sunglasses (optional) but secure with croakies
- Personal items / medication (inform group leader/bring extra).

THANK YOU!