

Delaware Becoming an Outdoors-Woman Program

Registration Packet

Deadline for receipt of registration is September 9, 2016



Please complete all information:

Page 1 Registration Form

Page 2 Session Selection.

Page 6 Meals

Page 7 Health/Emergency Form

Page 8 Liability Form

*Registration will
not be confirmed
until all forms are
complete!*

**Saturday, September 24
at Cape Henlopen State Park**

15099 Cape Henlopen Dr.
Lewes, DE 19958

**Only one person may register per form.*

I am a new Participant (check box)

Name: _____

Address: _____

City, State, Zip: _____

Telephone Number(s): _____

E-mail address: _____

The fee for each 2016 BOW event is \$75 per person. Meals and equipment are included.

These programs fill quickly, so in all fairness to everyone wishing to participate, please understand that we will only accept and process registrations **by mail along with the full program fee**. Refunds will only be honored if you experience an emergency. If you are unable to attend after paying the registration fee, you may send someone in your place.

If you've attended the Delaware BOW program in the past, and plan to join us again this year, we ask that you consider choosing courses that you have not already participated in so we can open those opportunities to newcomers. Please choose your courses carefully as it will be very difficult to make adjustments once the schedule is set. Thank you for honoring our policy!

Please send the completed registration form (Pages 1 & 2, and 6-8) with payment to:**

Delaware Division of Fish and Wildlife - BOW
4876 Hay Point Landing Rd., Smyrna, DE 19977

**** A FAX OR EMAIL *WILL NOT* HOLD YOUR PLACE IN THE COURSES YOU SELECT. REGISTRATIONS WILL BE PROCESSED WHEN THE WORKSHOP PAYMENT IS RECEIVED IN OUR OFFICE.**

Payment: Fee is \$75. Please make checks/money orders (NO CASH) payable to:
Delaware Division of Fish and Wildlife - BOW.

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Morning Sessions

You may choose **TWO** 1.5 hour morning sessions or **ONE** 3.5 hour morning session. Please number your preferences for each session (i.e. 1, 2, 3...). Full morning sessions can only accommodate a certain number of participants. If choosing a full morning session please also indicate Session I and II choices as a backup.

	FULL MORNING SESSION 8am - 11:30am
	Intro to Shotgun
	Intro to Archery
	Birding 101

	SESSION I 8am - 9:30am
	Crabbing (<i>Requires fishing license</i>)
	Outdoor Photography
	Tom, Jake, Buck & Doe: A Hunter Ed Intro Course
	Camping 101

	SESSION II 10am - 11:30am
	Clamming (<i>Requires fishing license</i>)
	Outdoor Photography
	Tom, Jake, Buck & Doe: A Hunter Ed Intro Course
	Daypacking/Hiking
	FW Natural Resource Police K-9 Demonstration & Intro to Natural Resource Law Enforcement
	Kayak Eco-Tour (<i>Requires additional \$15 fee presented to instructor at event</i>)

Afternoon Sessions

You may choose **TWO** 1.5 hour afternoon sessions or **ONE** 3.5 hour afternoon session. Please number your preferences for each session (i.e. 1, 2, 3...). Full afternoon sessions can only accommodate a certain number of participants. If choosing a full afternoon session please also indicate Session I and II preferences as a backup.

	FULL AFTERNOON SESSION 1PM - 4:30am
	Intro to Shotgun
	Intro to Archery
	Surf Fishing (<i>Requires fishing license</i>)
	DIY Aquatic Research

	SESSION III 1pm - 2:30pm
	The Amazing Geocache Race
	Camping 101
	FW Natural Resource Police K-9 Demonstration & Intro to Natural Resource Law Enforcement
	Natural Side of Cape Henlopen

	SESSION IV 3pm - 4:30pm
	The Amazing Geocache Race
	Daypacking/Hiking
	Cold War Bike Tour <input type="checkbox"/> I will bring my own bike <input type="checkbox"/> I will need to borrow a bike
	Seining the Bay

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Event Information

(please keep this page)

Directions

Directions and information for Cape Henlopen State Park can be found at: <http://bit.ly/2aWn6IM>

Location at the Park

This event will meet at the Fort Miles Cantonment Area. Parking will be at the Biden Center with shuttles provided to take participants to and from Fort Miles. Visit the link above for a map of Cape Henlopen.

**Please do not contact Cape Henlopen regarding the BOW program or with any registration questions.*

Schedule For The Day

7am—7:30am	Registration
7:30am—8:00am	Welcome and Instructions
8:00am—9:30am	Session I
10am—11:30am	Session II
8:00am—11:30am	Full Morning Session (concurrent with Sessions I and II)
12:00pm—1:00pm	Lunch
1:00pm—2:30pm	Session III
3:00pm—4:30pm	Session IV
1:00pm—4:30pm	Full Afternoon Session (concurrent with Sessions III and IV)
5:00pm—6:00pm	Dinner & Wrap-up

Deadline for receipt of registration is September 9, 2016.

(Keep these pages (5&6))

Courses	Descriptions
Amazing Geocaching Race 	Geocaching...learn about this popular outdoor activity that combines the mystery of a treasure hunt with the high-tech of GPS satellite navigation in a world-wide game of hide and seek. Easy to learn, Geocaching is an activity that will take you to places rich in natural beauty, unique ecology and unknown history. This course will provide you with the basics needed to find and download geocache data to your GPS, how to read and follow coordinates to the hidden cache, and how to log your find. You will even have the opportunity to hunt and find a series of caches that have been placed on the grounds of Cape Henlopen specifically for your caching pleasure.
Birding 101 	Take this opportunity to learn to identify birds through behavior, field marks, and habitat while exploring the grounds within Cape Henlopen State Park. Binoculars will be provided but participants are encouraged to bring their own.
Camping 101 	Camping is a fun, affordable family/friend activity! But, maybe you don't know where to start...what gear to buy...how to put up a tent...In this program, participants will learn the basics of what gear to bring, how to set up a tent and even sample some delicious, but simple campfire cooking with recipes to take home!
Clamming 	Learn various aspects of clamming including clam biology and life history, how to harvest clams including the use of clam rakes, and how to properly measure and identify the clams collected. This activity involves walking in shallow to waist deep water. Participants should wear hats, sunscreen, water shoes and bathing suits or clothing that can get wet. <i>*To participate in this course you must purchase a Delaware Fishing License prior to attending and bring it with you.</i>
Cold War Bike Tour 	Ride along with a park historian and see the Cold War relics in Cape Henlopen. Hear tales of Doomsday ships, spies, Soviet submarine tracking and more! <i>*Participants are encouraged to bring their own bikes. If you do not have your own bike, you may borrow one from the Friends group at the park.</i>
Crabbing 	Learn various aspects of crabbing including crab biology and life history, the various types of crabbing gear and baits available and how to use them, and how to properly measure, identify and hold a crab. This activity will be done from the Cape Henlopen fishing pier. Participants should wear hats and sunscreen. <i>*To participate in this course you must purchase a Delaware Fishing License prior to attending and bring it with you.</i>
Daypacking/Hiking 	Research has shown that spending time outside is good for your health. What better way to enjoy the outdoors than to spend the day hiking? In this program, participants will learn how to use a trail map, what to pack and how to pack light and what snacks to bring to fuel your hike. This program will include a hike around the park.
Do-it-Yourself (DIY) Aquatic Research 	Tired of relying on stuffy ol' scientists for all your aquatic research questions? Get out there and do your own research! Whether monitoring environmental conditions or helping the kids with science projects, we will help get you started with easy, affordable research methods. Participants will make and put to use their own viewing buckets, sieves, plankton nets, plant presses, sechi discs, quadrants, core samplers, and acrylic specimen embeddings. Wear water shoes, be prepared to get wet and have fun! Sunscreen and insect repellent recommended.
Fish & Wildlife Natural Resources Police K-9 Demo & Intro to Natural Resource Law Enforcement 	Participants will have an opportunity to interact with a Fish & Wildlife Natural Resource Police officer, watch a K-9 demonstration and learn basic water safety and survival skills. Have you ever seen a K-9 enforcement dog in action? Do you have natural resources law enforcement questions? Then this is the course for you!
Intro to Archery 	If you've ever felt drawn to embrace your inner Hawkeye, this course is for you. Participants will learn about basic traditional bows and arrows as well as the equipment that goes along with them. Form, method of release and accuracy will be a focused upon while you practice target shooting. Participants will ride to a nearby off-site location and will remain at the site for the session. Van transportation will be provided. Participants should wear sunscreen.
Intro to Shotgun 	Learn firearm safety and clay target shooting techniques with a shotgun through hands-on activities. Participants will ride to a nearby off-site location and will remain at the site for the session. Van transportation will be provided. Participants should wear sunscreen. <i>*If you have taken this session in the last 3 years, please do not register again to allow others who have not taken this session before to register.</i>

Courses	Descriptions
Kayak Eco-Tour 	Learn how to paddle a sit-on-top kayak on the Delaware Bay while exploring how the area is a protected resource for both wildlife and people. Wear closed toed shoes, dress to get a little wet (bathing suit), bring sunscreen, hat and water. <i>*This program requires an additional \$15 fee to be paid to the instructor at the beginning of the course.</i>
Natural Side of Cape Henlopen 	Take a nature walk through the maritime forest and the sand dunes to the beach. Explore the plants and animals and what it takes to survive by the ocean. Wear comfortable shoes and bug repellent.
Outdoor Photography Basics 	This course will cover basic operation of digital point-and-shoot cameras, composition, and lighting. We will aspire to take wonderfully composed, in-focus images, including beautiful macro-images by the end of class. We will practice taking pictures using your new skills. <i>*Participants should bring their camera and if possible, their camera manual.</i>
Seining the Bay 	Ever wondered what aquatic creatures live at the edge of the water in the bay? In this course participants will use a 20-ft. seine net to catch fish, crabs and other critters along the shoreline of the Delaware Bay at Cape Henlopen State Park. Learn to identify each species and learn about their adaptations for survival. Participants should wear clothes that can get wet (or bathing suits) and closed-toed shoes that can get wet, and will want to bring sunscreen.
Surf Fishing 	This session will introduce participants to the equipment and skills needed to become a successful salt water angler while enjoying the surf and the sand. Learn responsible catch-n-release and 4WD vehicle operation on Delaware's beaches. <i>*To participate in this course you must purchase a Delaware Fishing License prior to attending.</i>
Tom, Jake, Buck & Doe: A Hunter Ed. Intro Course 	This course will introduce you to basic hunter education. You will learn about wild turkeys and white-tailed deer – their history, identification and tracking, aging deer and turkey, calling turkeys, and discuss ethical hunting practices. This is a non-harvest activity (no actual hunting will take place).

Activity Level Guide	
	Minimal (mostly sitting or standing)
	Mild (walking)
	Moderate (requires moderate coordination and/or movement)
	Strenuous (requires much coordination/concentration and/or movement)



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Delaware's Becoming An Outdoors-Woman (BOW) 2016
Saturday, September 24 - Cape Henlopen State Park



BOW Workshop Participant Name: _____

Meals will include picnic-style food. Beverages will be provided but participants are encouraged to bring their own as well. If you have any special dietary requirements, please feel free to bring your own food. Vegetarian options will be available.

Will you require vegetarian options for lunch and dinner? YES NO

Any other special needs that require assistance, please describe below:

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Registration Contact: Pearl Franklin – Registration Coordinator (302) 735-8689

The applicant, by signing below, recognizes that the program involves some risk and that she/he takes responsibility for all action or injury that may result by participating. ***The applicant also understands that once the registration payment and forms are received by the Division of Fish & Wildlife, that there are no refunds, but a participant may send someone in their place.***

Participant Signature

Date

Participant Health & Emergency Contact Form



Name: _____

EMERGENCY CONTACT INFORMATION

Primary Contact:

Name _____

Relationship _____

Address _____

Phone number (day) _____ (evening) _____

Secondary Contact:

Name _____

Relationship _____

Address _____

Phone number (day) _____ (evening) _____

PRIMARY CARE PHYSICIAN

Physician's Name: _____

Physician's Address: _____

Physician's Phone number: _____

CONDITIONS THAT MAY AFFECT YOUR PARTICIPATION IN THIS WORKSHOP

Please list any allergies, medical conditions, and/or physical limitations that apply.

MEDICATIONS

List medications the BOW Staff would want to report to trained medical technicians in the event of an emergency. This would assist trained technicians if they need to retrieve, administer, or have interactions with other medications.

**Please be sure to update the BOW staff upon arrival if there are any changes or additions to the above mentioned.*

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**DELAWARE DEPARTMENT OF NATURAL RESOURCES &
ENVIRONMENTAL CONTROL
DIVISION OF FISH & WILDLIFE**



UNIFORM STATEMENT OF RESPONSIBILITY,
RELEASE AND AUTHORIZATION
TO PARTICIPATE IN
DELAWARE BECOMING AN OUTDOORS-WOMAN® PROGRAM

Whereas, I desire to participate in the Becoming an Outdoors-Woman Program sponsored by the DNREC Delaware Division of Fish & Wildlife (Division), and the Division has approved my participation in the program during the period of September 24, 2016, I hereby agree as follows:

- I assume full legal and financial responsibility for my participation in the program.
- I grant the Division, its employees, agents and representatives the authority to act in any attempt to safeguard and preserve my health or safety during my participation in the Program including authorizing medical treatment on my behalf and at my expense.
- I understand that the activities performed throughout the Program can be vigorous and require variable fitness levels. I attest and verify that I am physically fit to participate in the various activities offered through the Program. A medical examination and/or physician's approval is encouraged prior to starting any exercise/activity program.
- Accident and health insurance are recommended for my participation in the Program and the Division encourages me to have appropriate insurance coverage for the specified time period. I understand that the Division is not responsible for injuries or health problems that may occur while participating in the Program or using any of the equipment.
- I agree to conform to all applicable policies, rules, regulations and standards of conduct as established by the Division;
- I understand and agree that my participation in the Program may be terminated by the Division with no refund of fees if I fail to maintain acceptable standards of conduct as established by the Division.
- I understand and agree that the Division may make changes to the Program at any time and for any reason, with or without notice, and that the Division shall not be liable for any loss whatsoever to Program participants as a result of such changes.
- I voluntarily indemnify and hold harmless the Division of Fish & Wildlife, its staff, its volunteers, employees, and agents from any and all liability, loss, damages, costs, or expenses (including attorney fees) arising out of my participation in the Program and which do not arise out of the negligent acts or omissions of an officer, employee, or agent of the Division while acting within the scope of their employment or agency.
- In the event of the Division's need to cancel the event due to major storms or other hazardous conditions, the Division will notify participants prior to the event and guarantees a full refund of registration fees.
- I acknowledge that I have read this document and understand and accept its terms.

Participant Signature

Date

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