

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, October 8
at Lums Pond State Park**

1068 Howell School Rd.
Bear, DE 19701

**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
	Intro to Fly Fishing (<i>Requires fishing license</i>)

	SESSION II 10am - 11:30am
	Intro to Camp Cooking
	Intro to Horsemanship
	Intro to Trapping
	FW Natural Resource Police K-9 Demonstration & Intro to Natural Resource Law Enforcement

	SESSION I 8am - 9:30am
	Firearm Safety & Intro to BB Gun Shooting
	Intro to Camp Cooking
	Are there Natives (Plants) in Your Backyard?
	Freshwater Kayaking
	Intro to Trapping

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

	SESSION IV 3pm - 4:30pm
	Intro to Horseback Riding <i>(Requires \$25 additional fee presented to instructor at event)</i>
	Intro to Camp Cooking
	Firearm Safety & Intro to BB Gun Shooting
	Beginning Freshwater Fishing (<i>Requires fishing license</i>)
	Outdoor Photography

	SESSION III 1pm - 2:30pm
	Firearm Safety & Intro to BB Gun Shooting
	Intro to Horseback Riding <i>(Requires \$25 additional fee presented to instructor at event)</i>
	Beginning Freshwater Fishing (<i>Requires fishing license</i>)
	FW Natural Resource Police K-9 Demonstration & Intro to Natural Resource Law Enforcement
	Nature Hike

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Event Information

(please keep this page)

Directions

Directions and information for Lums Pond State Park can be found at: <http://bit.ly/2bjhWBM>

Location at the Park

This event will meet at Area 4. Visit the link above for a map of Lums Pond.

**Please do not contact Lums Pond 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
Are There Natives (Plants) in Your Backyard? 	An introduction to landscaping with native plants. Learn how to create a backyard habitat using native plants with an emphasis on attracting insects and birds.
Beginning Freshwater Fishing 	Participants will learn the basics of how to cast, what equipment you'd need to fish on your own, fundamentals of fishing and techniques. <i>*To participate in this course you must purchase a Delaware Fishing License prior to attending and bring it with you.</i>
Birding 101 	Take this opportunity to learn to identify birds through behavior, field marks, and habitat while exploring the grounds within Lums Pond State Park. Binoculars will be provided but participants are encouraged to bring their own.
Firearm Safety & Intro to BB Gun Shooting 	Taught by Cabela's instructors, this course will teach the basics of safe gun handling while providing an opportunity for participants to practice shooting in a safe, inflatable BB gun range.
Freshwater Kayaking 	Learn basic paddling techniques and safety tips for planning a trip out on the pond. Then explore Lums Pond by kayak! Participants should wear clothes that can get wet as well as water shoes. Sunscreen and sunglasses are encouraged.
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 Camp Cooking 	Taught by a Cabela's instructor, this course will teach the basics of camp cooking including the use of dehydrated foods, pouch meals, making a fire and keeping food safe from animals. Get ready to cook outside and try some samples!
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 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 Fly Fishing 	Learn about the equipment needed for fly fishing, practice casting a fly fishing rod and try your hand at fly fishing in Lums Pond! This course also includes a demonstration on fly tying. <i>*To participate in this course you must purchase a Delaware Fishing License prior to attending and bring it with you.</i>
Intro to Horseback Riding 	Learn basic horseback riding skills and participate in a riding lesson with instruction. This course also includes a trail ride! This activity is best for participants who are limber, are not afraid of horses, and do not have allergies to horses or livestock. Participants should wear close-toed shoes and long pants. <i>*Maximum weight limit for this activity is 240 pounds.</i> <i>**This program requires an additional \$25 fee to be paid to the instructor at the beginning of the course.</i>
Intro to Horsemanship 	Learn about caring and upkeep of horses as well as horse anatomy. This is a great activity if you've never been around horses (or may be nervous around horses) and would like an introduction! Participants should wear close-toed shoes and long pants. This activity is best for participants who do not have allergies to horses or livestock.

Courses	Descriptions
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>
Intro to Trapping 	Learn basic information on the skills and knowledge involved in wildlife trapping in Delaware. Discover the thought process involved in determining where to set traps and which traps to choose for specific animals. Participants will have an opportunity to see furs, traps and tools needed for trapping, skinning and fletching.
Nature Hike 	Learn how to prepare for a hike and take a guided hike around Lums Pond State Park with a naturalist. While exploring the park, learn identification tips for common trees and animals that live in Delaware.
Outdoor Photography Basics 	This course will cover basic operation of digital cell phone photography and 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 a camera or cell phone with camera and if possible, their camera manual.</i>

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, October 8 - Lums Pond 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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4876 Hay Point Landing Rd., Smyrna, DE 19977

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

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 Delaware Division of Fish & Wildlife (DNREC), and the Division has approved my participation in the program during the period of October 8, 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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