



kawartha
CREDIT UNION

Presents

**Peterborough's
10th Anniversary Dragon Boat
Festival June 5, 2010**



10 years and Still Paddling Strong!!!

REGISTRATION PACKAGE

Registration starts on Thursday, February 18, 2010
Deadline for registration is Monday, April 12, 2010 OR when all
available spots are filled, whichever comes first.

Pick up registration package and make payment only at
Kawartha Credit Union
1054 Monaghan Road
Peterborough K9J 6Y5

Hosted by Survivors Abreast Dragon Boat Team
Proceeds to the PRHC Breast Assessment Centre
and to Survivors Abreast to keep the dragon boat team "afloat"

For more information on dragon boat racing & its history, go to www.survivorsabreast.com

**Kawartha Credit Union Presents Peterborough's Dragon Boat Festival
Saturday, June 5, 2010 at Del Crary Park**

Did you know that dragon boat racing is the fastest growing water sport in the world?

Dragon boating got its beginning 2,000 years ago in China. A poet-philosopher named Qu Yuan drowned himself in the Mei Lo River to protest the corrupt regime of a Chou emperor. The local fishermen raced out in their boats to save him, but failed. To stop his body from being devoured by fish they beat the water with their paddles and threw rice dumplings wrapped in silk into the river as a sacrifice to his spirit. Ever since, annual dragon boat races are held in China to re-enact this story.

During the 1970s, dragon boating became a water sport in addition to an annual cultural celebration. Dragon boating as a sport for people of all ages has grown tremendously since the 1990's. There are now teams all over the world—North America, Europe, Australia, and New Zealand.

Now's the time to get your team together!

If your company or organization needs help getting a team together, then have your team captain contact us and we'll help you get started. **Call Susan Miller at (705) 743-9253.**

A dragon boat team

A crew generally consists of 20 paddlers and a drummer at the bow and is guided by a steersperson at the stern. Teams combine power and rhythm to achieve maximum acceleration and speed over a specified distance. A perfectly synchronized team is not only visually spectacular, but almost always defeats a stronger, less synchronized team.

For mixed teams, a **maximum** of 12 male paddlers for a total of **no more than 20** paddlers plus a mandatory drummer. Typical combinations are:

10 female & 10 male = 20
9 female & 11 male = 20
8 female & 12 male = 20
7 female & 12 male = 19
6 female & 12 male = 18

All paddlers must be 18 years of age or older
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Race distance

Four lanes of approximately 400 metres long.

Equipment

All necessary equipment is provided, i.e. lifejackets (M.O.T. and/or Canadian Coast Guard approved personal floating devices) paddles and boats for practices and races.

Lifejackets must be worn properly at all times in the boat and must be according to a paddler's individual weight, whether the paddler is using their personal lifejacket or one provided by the festival.

Raise money for charity

Team members are encouraged to raise pledges for the Breast Assessment Centre at the Peterborough Regional Health Centre. Prizes are awarded to our top fundraisers.

Rules and Regulations

AN INDIVIDUAL MAY ONLY REGISTER AS A PADDLER FOR ONE TEAM AND PADDLE ONLY FOR THAT PARTICULAR TEAM.

Drummers may be either male or female and may drum for other teams. They may also participate as paddlers for their team (i.e. switching spots with another registered team member) or may choose to register and participate as paddlers for another team (not both).

Lifejackets

Lifejackets must be worn properly at all times in the boat and must be according to a paddler's individual weight, whether the paddler is using their personal lifejacket or one provided by the festival.

For safety reasons, the maximum weight of your 20 paddlers in the boat must not exceed 3600 pounds. This excludes the drummer and steersperson.

The team captain will be expected to attend (or arrange for a suitable alternate) the captains meeting on **Monday, May 10, 2010** at Trinity United Church. The team captain shall be responsible for:

- Organizing a team of 20 paddlers and one drummer all of whom reside and/or work in the Lindsay, Peterborough and Surrounding Area Bell phone book. (Exceptions must be cleared by the **Race Director**).
- Collecting and submitting all forms and waivers and handing them in.
- Collecting the registration money and handing it into Kawartha Credit Union main branch on Monaghan Rd. (receipt for money will be given) \$700 includes one practice. **The price includes 1 free photo for each paddler on the team roster, up to 24 paddlers.**
- Making sure all members are aware of the rules and procedures.
- Making sure all members are aware of the pledge sheets and know that **all funds raised** will go to the PRHC Breast Assessment Centre for diagnostic equipment. \$25.00 or more pledge money will be receipted by the hospital.
- Communicating and distributing all information about practices, race regulations, and fund raising opportunities – team photos, merchandising etc.
- Promoting team spirit and organizing team shirts, hats, songs, mascots, & teams areas
- Listing all paddlers on the roster sheet – **(only PADDLERS from the team roster sheet may participate with the team).**
- Checking to see that all team members receive and wear their wrist bands.
- Organizing team members for team pictures and race times.

Dragon Boats and Equipment

Eight (8) world championship fiberglass dragon boats fully equipped are used for the festival. Paddles and M.O.T. and/or Canadian Coast Guard approved personal floating devices are supplied.

Race Venue and Logistics

The team marshalling area where the teams load the boats is located at the T-wharf at Del Crary Park. The race course is four (4) lanes of approximately 400 metres, and is clearly

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marked with buoys.

The referee/starter will direct the teams to the start line. As soon as all boats are aligned and stationary, the starter will voice the command, '**Attention Please**' followed by a start signal. A five (5) second penalty will be issued to any team that begins paddling, in whole or in part, prior to the start signal. In all cases, the starter may call back the race for a re-start.

Once a race has begun, each team is responsible for remaining in the centre of its respective lanes until it crosses the finish line. A team that wanders outside the race course or into another lane may be disqualified, particularly if it interferes in any way with the progress of another boat. A team that enters into another team's lane but does not interfere with the progress of another boat, may continue but will be disqualified if the team does not cross the finish line in the team's own lane. The decision about interference is made by the Race Director and this decision is final without appeal. A team that is interfering or is about to interfere with another boat may be told to stop its boat by a race official. If the team does not stop, it will be disqualified.

The finish of each boat is recorded as the dragon's nose breaks the plane of the finish sight line approximately one (1) metre before the final set of marker buoys. All crew members must be in the boat at the end of the race or the boat will be recorded as 'did not finish'. **The decision of the referee is final without appeal.** Upon completion of its race, each crew must return immediately to the dock mooring area and follow the instructions of the dock marshals.

Official times and finishing positions will be announced as results become available and will be posted in the vicinity of the team marshalling area. Team advancement into divisional finals and consolation finals will be posted as soon as they are determined by qualifying heats.

Safety

The first priority of all competitors is the safety of their crew and all other crews involved. Assistance must be rendered as required.

Fair Play

Any dragon boat crew or competitor who attempts to win a race by other than honorable means, or who deliberately breaks the race rules, or who disregards the honorable nature of the rules, shall risk disqualification from the competition.

Appeals

Appeals must be made by the captain only, to the Race Director.

*Note: Adjustments to race course, times, race schedule and cancellations of race heats may occur due to a number of circumstances including weather, daylight, water conditions, safety, etc. These adjustments are a part of the event and are at the sole discretion of the Race Director and are final, without appeal and without refund.

Team Roster List

Team Name: _____

Please list women first if a mixed team minimum of eight (8)

**NOTE: Paddlers must be in the Lindsay, Peterborough and Surrounding Area phone book
Please Print Clearly**

1. Captain: _____
2. Drummer: _____
3. Name: _____
4. Name: _____
5. Name: _____
6. Name: _____
7. Name: _____
8. Name: _____
9. Name: _____
10. Name: _____
11. Name: _____
12. Name: _____
13. Name: _____
14. Name: _____
15. Name: _____
16. Name: _____
17. Name: _____
18. Name: _____
19. Name: _____
20. Name: _____
21. Name: _____
22. Name: _____
23. Name: _____
24. Name: _____

Captains, please complete and return the following forms: team roster, waiver and registration to:

**Kawartha Credit Union
1054 Monaghan Road
Peterborough K9J 6Y5**

For questions, please call Susan at (705) 743-9253 or at susan.glen@sympatico.ca

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**WAIVER OF LIABILITY RELEASE
INDEMNIFICATION & HOLD HARMLESS COVENANT**

In consideration of the acceptance of my entry to participate in the Peterborough Dragon Boat Festival (the "**Festival**") as well as to join the practice sessions and to enter the premises, waterways and grounds (collectively, the "**Premises**") supervised or in any way controlled by the Peterborough and District Associations of Breast Cancer Survivors operated as "Survivors Abreast Peterborough" the "**Organizers**") I do hereby forever release and discharge the Organizers and each of their respective directors, members, trustees, agents, representatives, officers, sponsors, licensors, servants, employees and volunteers and agree to indemnify and hold them harmless from and against any and all causes of action of whatsoever kind or nature arising out of or related to any loss, damage or injury including death etc. that may be sustained by me or my property for whatever reason while participating in the Festival or entering the Premises whether such loss, damage or injury is the result of negligence, breach of trust or breach of fiduciary duty on the part of the Organizers, or any other reason or cause.

I am aware, fully understand and acknowledge the risk and hazards inherent in the sport of dragon boat racing and of participating in the Festival, including its practice sessions, and entering the Premises including the area used for the purpose of launching, docking and storing equipment and I acknowledge that conditions may be hazardous and dangerous and that obstructions may exist, high winds may cause rough water and that I hereby voluntarily assume all risks of loss, damage or injury including death, that may be sustained by me or to any property while on the Premises or engaged in the Festival.

I also represent and warrant that I have sufficient medical coverage to cover my participation in the Festival and I hereby consent to receive any medical treatment, at my own expense, that may be deemed to be advisable in the event of injury and/ or illness during the Festival.

I certify that I am physically capable and fit to participate in this activity.

I consent to the publication or use in any form whatsoever of my name, image or statements or otherwise in any context pertaining to the Festival or otherwise before, during or after the Festival whether for advertising, promotion or otherwise.

I agree to read any written race briefing provided to me by the race organizers as a condition of my race entry being accepted.

This waiver shall be binding on my heirs, executors, administrators, and legal representatives.

If any provision, section, subsection, clause or phrase of this waiver is found to be unenforceable or invalid, that portion shall be severed from this waiver. The remainder of this waiver will then be construed as though the unenforceable portion had never been contained in this waiver.

I hereby declare that I am 18 years of age or older (and have provided valid proof of age) and am competent to sign this waiver.

In this waiver, the following words have the following meanings –

"I" means the person named below and includes that person's heirs, executors and administrators.
"Peterborough and District Associations of Breast Cancer Survivors" includes its directors, officers, members, organizers, agents, contractors, sponsors, and any instrumentalities, Cities/Provinces or Councils who are involved in the conduct of the Festival.

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Witness (Team Captain) Name in Print _____

Registration Form

TEAM NAME: _____

MIXED TEAM _____ ALL FEMALE TEAM _____

CONTACT NAME: _____

ADDRESS: _____

CITY: _____ PROVINCE: _____ POSTAL CODE: _____

PHONE # (WORK) _____ PHONE # (HOME): _____

FAX #: _____ E-MAIL: _____

If you wish to use the same profile from last year, please check here.

***Please make all cheques payable to The PDA of Breast Cancer Survivors
With a notation in the memo line to Dragon Boat Races Account # 912287***

***Please notice that there is no provision for a
second practice this year.***

\$700 includes 1 practice and free team photo for
each team member up to 24.

Paid by cheque ____ or cash ____

Registrations are final upon receipt of registration fee

Please make payment at:-

Kawartha Credit Union

1054 Monaghan Road

Peterborough K9J 6Y5

Captains, please complete and return the following forms: team roster, waiver and registration to Kawartha Credit Union. For questions, please call Susan at (705) 743-9253 or at susan.glen@sympatico.ca