

SURVIVORS ABREAST DRAGON BOAT TEAM



RULES AND REGULATIONS

Revised January 2011

Please read this document and keep a copy for your records. This will be reviewed annually at a team meeting.

Team members will be responsible annually for signing off indicating they have read, understood and will carry out the team rules and regulations.

Membership Requirements and Responsibilities

- All new paddling members will have been diagnosed with breast cancer at some time in their life. They will have discussed their desire to paddle with a Doctor and have approval to participate in this strenuous sport. They understand they can participate with the team in all activities and practices but NOT participate in races until one year out of chemotherapy or radiation treatment.
- The membership year is **November 1 to October 31**. An annual meeting will take place each year in November and a membership fee will be due at that time. Only paid members are eligible to vote and paddle.
- New members will be accepted throughout the year. New members joining after winter training is complete may take part in practices however participation in races will be at the discretion of our Coach &/or Boat Captain.
- All members are expected to show commitment to the team through active participation at meetings, practices, fundraising, awareness and social events. All members are expected to sign up and work on a committee and/or the executive.
- Members unable to paddle due to changes in health status are expected to show continued commitment to the team as their circumstances allow. Non-paddling members cannot be subsidized for registration fees, transportation, room costs or race gear unless they have a role to play ex. race manager.
- Each member is responsible to report changes to personal contact information to the membership chair
- Pre-training and training are mandatory for all team members for the overall protection of the team's health and safety. Members have an obligation to attain a reasonable fitness goal and to maintain fitness through the off-season by participating in a regular exercise program.
- Team members are responsible to take turns to uncover and cover up the dragon boats before and after practices on Little Lake. Please step up and take your turn. Everyone needs to learn how to do this duty. Three people each night are required for this job.
- Members interested in being a Boat captain must apply for the position by September 1st

and will be selected by the Executive. The successful candidate will be confirmed by September 30th. This is a volunteer position and will hold an executive position

Health Information

- Each member must complete, annually update and submit a health information data sheet to the **Captain**. This info will be kept in the Safety Kit and travels with the team in case of medical emergencies. Only the captain/coach and emergency personnel shall be privy to this *Information*. No one will be permitted in the boat until this information has been submitted to the Captain.
 - For the safety of all members, any health changes should be reported to the Boat Captain who will communicate this to the Coach.
 - Major health changes should also be reported to the President. This Information will be shared with the team only as directed

Equipment

All team members will respect the equipment that belongs to the team and will ensure diligent care for their life jackets, paddles and the boats. Loss or damage of these items as a direct result of careless behaviour will result in reparative or replacement charges. Nothing will be affixed to or written on the boat by members without executive permission

Paddles

- Must not be used to stop the boat or tossed onto the dock due to damaging
- Do not lean on the paddle blade. Rest the handle on your foot
- All new members will be issued a carbon paddle
- When a member leaves the team the paddle must be returned
- Members are responsible for their paddle and must bring it to each practice and race event

Lifejackets

- Team lifejackets will be provided and must be worn at all practices.
- It is your responsibility to carry the jackets to and from the practices and to store them properly to prevent mildew
- If a member cannot paddle for a season, the lifejacket must be returned to the equipment manager ASAP

Uniforms

- All members will be issued a race shirt and a team hat.
- It is your responsibility to get black shorts and water gloves to complete the racing outfit
- The team jacket will be provided by the team after two (2) years of membership. If a new member wishes to purchase the team jacket prior to this, they will be reimbursed the cost upon payment of the second year of membership.

Safety Rules

- No one will approach the dock area or get into the boat without a lifejacket on and properly fastened.
- Paddlers will observe the Coach/Captain's directions for proper entry and exit from the boat.
- Paddlers must refrain from any talking when the steer is departing or returning to the dock to properly hear instructions and to prevent accidents.
- Paddlers will observe silence in the boat whenever the boat is moving and/or the Coach is instructing. Questions and quiet casual talk can occur during our rest periods.
- All members will abide by the safety and emergency procedures set by the event organizers

- All members must attend one water safety session, [at a location arranged by the boat captain] prior to boat practices. At this session, each paddler must enter the water with their life jacket, to demonstrate familiarity and comfort in the water. Costs involved with this sessions will be the responsibility of the new member
- This session will take place at Little Lake before their first practice session when new members join later in the year
- The “Buddy System” will be reviewed & rehearsed on a regular basis throughout the paddling season ensure everyone safety, In the event the boat over turns

Weather

- Practices on the water occur from May until September, twice a week regardless of the weather, in cold, heat, rain, wind, etc. It is your responsibility to dress accordingly and to have a change of clothes when we come off the water.
- Practices will be cancelled only when there is LIGHTNING on the water. Members who live outside the Peterborough area may call the Captain before 5pm to check on local conditions.

Racing and Paddling Requirements

- Members are expected to attend regular practices.
- Members are responsible for notifying the boat captain prior to practice if unable to attend a practice
- **In order to participate in a race, the following conditions apply**
 - attendance at least 6 practices in the month preceding any race
 - work commitment &/or other exceptions must be discussed and approved by both the boat captain and president
 - If there are less than 20 paddlers meeting the requirements, additional paddlers will be recruited by the coach &/or boat captain based on practice attendance, fitness and health

Team Meetings

- The membership team meetings are the 1st Wednesday of the month
 - An agenda will be prepared by the Executive and/or President & will be sent via email prior to the meeting
 - The Secretary is responsible for recording meeting attendance
 - Approval of the agenda will occur at the beginning of the meeting
 - Members may request additional items be added under “other business” and will be discussed only if time permits
 - Meetings will begin promptly and business will be kept to a reasonable length.
 - Minutes will be taken by the Secretary and be sent by email to the membership. Copies will also be available at the next meeting.
 - The Treasurer will give a report at each meeting.
 - A quorum of 51% of paid members is required for voting
 - The President d votes only when a tie vote occurs
 - Should the team cease to exist, remaining assets will be paid to the PRHC Foundation
-