

SURVIVORS ABREAST DRAGON BOAT TEAM RULES AND REGULATIONS

{Revised December 3, 2009}

Please read this document and add your signature and date on page 3 and return page 3 to the Membership Chair. Keep a copy for your records.

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 Doctor approval to participate in this strenuous sport. They understand they can participate with the team in all activities and practices but NOT participate in an actual race until one year out of chemo or radiation treatment.
- The membership year is from **November 1 to October 31**. An annual meeting will take place each year in November and a membership fee will be collected at that time. Only paid members can vote or participate in paddling. New members will be accepted throughout the year. Members joining after winter training is complete may participate in our outdoor practices but will participate in competitions only at the discretion of our Coach/Captain.
- All members are expected to show commitment to the team through active participation at meetings, practices, fundraising and awareness events. They are also expected to work on a committee and/or the executive.
- A member who can no longer paddle with the team is still valued and is 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 in personal information to the membership chair to keep the membership list up to date.
- 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.
- Members are expected to participate with the team's various committees and social events throughout the year. It is the camaraderie that the team develops, as everyone works together that makes a successful team.
- Once practices begin on Little Lake, it is the responsibility of team members to take turns to uncover and to cover up the boat before and after practices. Please step up and take your turn. Everyone needs to learn how to do this duty. Only three people are required for this job.
- Members interested in being a Boat captain must APPLY for the position by September 1st and will be chosen by the Executive from the applications by September 30th. This is a volunteer position.

Health Information

- Each member must complete, update annually and submit a health information data sheet to the **Captain**. This info will be kept in the Safety Kit and always travels with the team in case of medical emergencies. Only the Captain and any emergency personnel shall be privy to this *Information*. No one will be permitted in the boat unless this information has been submitted to the Captain's care.
 - Any health changes should be reported to the Boat Captain who will then convey this information to the Coach. Any major health changes should also be reported to the President who will share with the team only if given permission.

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 Board permission.

Paddles

- Must not be used to stop the boat at practice time nor should they be tossed onto the dock after a practice as this results in splintering and breakage. Do not lean on the paddle blade but rather rest the handle on your foot while waiting to load at the dock.
- All new members will be given a carbon paddle on loan. When a member leaves the team the paddle must be returned. Each member is responsible for her paddle and must bring it to each practice and race event.
- If you lose or break this paddle, it must be replaced at your expense.
- If needed, poolside practice paddles must be purchased by each member and is each member's responsibility.

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. Many paddlers also prefer water goggles.
- The team jacket which is our dress uniform, will be provided by the team after two (2) years of membership. If a new member wishes to purchase the team jacket prior to entitlement, they will be reimbursed upon payment of the second year of membership.

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.*

Safety Rules

- **No one will approach the dock area or get into the boat at Little Lake 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.
- When attending any event, all members will abide by the safety and emergency procedures set by the event organizers and wear the team uniform.
- Everyone must attend at least one water safety session, preferably at the YMCA, before they will be allowed into the boat. At this session, each paddler must enter the water with their life jacket, to demonstrate familiarity and comfort in the water. If there are any costs involved with this, the new member must pay.
- If someone joins later in the year, this session will take place at Little Lake before their first practice session.
- The "Buddy System" will be rehearsed at the first three practices and several times throughout the paddling season to ensure familiarity if the boat capsizes.

Weather

- We practice May to 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. We only cancel for LIGHTNING on the water. Often, this does not happen in time for the

Captain to notify everyone. Please use your common sense. Members who live at a greater distance may want to call the Captain before 5 to check on local conditions.

Racing Requirements

- Members are expected to attend regular practices. If you are going to miss a practice it is your responsibility to notify the boat captain prior to practice.
- All members may attend practices once they have met the requirements above. **However, in order to participate in a RACE, the following conditions apply.**
 - a) Doctor's approval to participate in dragon boat races, which are usually 3 a day.
 - b) You must be out of cancer treatment (chemo, radiation) for one full year.
 - c) You must attend at least 6 practices in the month preceding any race, with any work commitment or other exceptions discussed and approved by both the team boat captain and team president.
 - d) If we do not have 20 paddlers who meet requirement c) then any additional paddlers will be recruited based on practices attended, fitness and health at the discretion of the Coach and Captain.

Rules for Meetings

- The membership will be notified of team meetings and also will be given a team calendar with meetings and social events marked.
- Meetings will begin promptly and business will be kept to a reasonable length.
- An agenda prepared by the Executive and/or President will be followed. This agenda will be distributed or posted before the team meeting. Before approval of the agenda is called for any member may request that items be added under "other business" and these items will be discussed if time allows.
- Minutes will be taken at each meeting by the Secretary and distributed to the membership. They will be distributed for the next meeting for corrections and approval. The Secretary will also take attendance.
- The Treasurer will give a report at each meeting.
- Quorum required for voting - 51% of paid members
 - The President does not vote unless a tie vote occurs.
 - Should the team cease to exist, any remaining assets will be paid to PRHC Foundation.

I have read and understand these rules and promise to comply with them.

Date: _____ Signature: _____

I have discussed my desire to join Survivors Abreast Dragon Boat Team with my Doctor and have his/her approval to participate in this sport.

I completed my cancer treatments on _____

Signature

