

Hi all,

I know that most of you have been waiting for some more information regarding Dragon boating in 2010 so here we go....

Due to the number of registrations we are hoping that we can field two full teams this year. We are keen on getting everybody involved who wants to participate. There will be an A team and B team with membership determined after the first few training sessions when we can assess your ability and fitness. We have Matt Brown back to sweep and are currently searching for a second sweep. If anyone has any contacts of someone who is either a trained sweep or would like to learn, please let myself or Mrs Dewar know.

A reminder first:

Festival date: Sunday, 28th Feb – it will be all day, traditionally the boys have had the first race soon after 8am!

Note: there is no postponement date for the festival – it goes ahead no matter what the weather.

Training dates:

Mondays and Wednesday

We are on the water from 5pm – 6pm but students will need to be there by **4.30pm** for warm up and team organization. (The only exception is the students arriving by train who are expected by 4.40pm – their warm up will be jogging from the station to Frank Kitts Park).

There are 8 training sessions.

How to get to training

There should be a van available going in from school but obviously it cannot accommodate 40 students. Attached is a travel permission form for students who wish to take their own car or travel with friends who have their full licenses. A booking sheet will be put up each dragon boat training day

Note: there is to be no parking by the rowing club – we have been warned that Wilsons will be going through there several times an hour and will be clamping unauthorized vehicles. If you are going in a mates car,

All other students will need to take the 3.35pm train into Wellington (at their own expense).

Students will be expected to be able to find their own way home afterwards. The van will usually be heading back to school but will not be detouring to drop people off on the way.

Our first training session is on **Monday 2nd February**. (Yes, this is before school starts – all the school teams are in the same boat (so to speak) this year.)

What to wear

You must wear at training – a **polyprop type top** (either long or short sleeved) and shorts. You are not allowed out on the water without a polyprop. Also bring a **towel** and **warm clothing** for after training.

Optional extras: jandals or aqua-shoes (good protection at boat loading due to lurking broken bottles and sea shells below the surface. No gym shoes allowed in the boat.

A beanie (if the weather is cooler)

A light wind breaker in cool weather

What not to wear: gym shoes
A T shirt (sleeves will get wet and weigh you down)

Valuables

The school van or another vehicle will be available to put school bags in to keep them safe. A teacher will be able to hold your car keys. They won't be looking after anything but keys – everything else should be locked inside the vehicle.

Please let us know if you want a land based training before the first water based one to go over basics like paddle holds, how to position your self in the boat, calls, loading procedures etc. This is targeted at those who are new and we are happy to provide if there is demand. It would most likely happen on the Thursday or Friday before the first training.

Costs

HIBs covers the cost of entering teams (which is quite substantial) into the dragon boat festival. However there is a charge if students wish to purchase their own singlet and we also gather in \$5 from each student to cover the cost of a present for the sweep. I am still waiting for the quote on the singlets but I expect the final charge to be about \$37 with a singlet and \$5 if not getting a singlet. We will be using the same singlet as last year (so students can reuse last years one) and the school has a limited supply of singlets to lend out to those not wishing to purchase.

Swimming

As this is a water sport and your safety is important, you need to be able to swim 50m unaided. This is not negotiable. Please read the safety waiver carefully. This is at the bottom of the email. Closer to the festival time, each student will need to sign a copy of this at school.

If you have any queries or need to update us on some information, please contact me by email (or send a text). Contact details are below.

We will probably send another email before training starts in January.

Regards
Ms Moore

jmoore@hibs.school.nz

027 4515 765

Safety Waiver _____

THESE ARE THE TERMS AND CONDITIONS OF PARTICIPATION FOR A TEAM MEMBER IN THE TRAINING FOR AND COMPETING AT THE WELLINGTON DRAGON BOAT FESTIVAL. IT IS THE TEAM MANAGER'S RESPONSIBILITY TO MAKE THESE KNOWN AND UNDERSTOOD TO EACH INDIVIDUAL TEAM MEMBER. PLEASE COPY AND DISTRIBUTE TO ALL TEAM MEMBERS. TEAM MEMBERS WILL BE ASKED TO INDIVIDUALLY SIGN THIS WAIVER BEFORE THE FESTIVAL COMPETITION. IN ADDITION BEFORE ANY REPLACEMENT TEAM MEMBER TAKES PART IN TRAINING, THE TEAM MANAGER MUST INFORM THAT PERSON OF THESE TERMS AND CONDITIONS.

1. Non-swimmers are not permitted in the Dragon Boats. All members must be confident swimmers and able to swim at least 50 metres in light clothes.
2. No alcohol is to be consumed within the 12 hours before the use of a Dragon Boat.
3. Long trousers are not permitted in the boats. Shorts or wetsuits are most appropriate.
4. If the boat capsizes, team members are each expected to look out for their 'buddy' (the person seated next to them); and in the case of the drummer and the Sweep, the closest pair is expected to aid them in forming a trio. Team members must stay with the boat until the rescue craft arrives. Do not attempt to swim to shore.
5. Dragon Boats must give way to, and stay at least 200 metres from, all other moving sea vessels. In the case of larger boats eg. The Interisland vessels and ocean going ships, crews must stay at least 400m away.
6. All teams must understand and have practised on dry land the capsize rules before starting training sessions, and before competing in any event.
7. Team members must comply with any directions given by the Water Training Supervisor and rescue craft operator during the course of training. The authority of the Water Training Supervisor is accepted for training activity.
8. Wearing an approved flotation device or life preserver/life jacket while training or participating in any event, is recommended by Festival Management, but optional and at the discretion of individual crew members and their teams. The terms and conditions and effect of this waiver are no different whether a life jacket is worn or not.

IMPORTANT QUALIFICATION

DRAGON BOAT TEAM MEMBERS PARTICIPATE AT THEIR SOLE RISK. NO ORGANISER, SPONSOR, OTHER PERSON, OR ORGANISATION ASSOCIATED IN ANY WAY WITH THE FESTIVAL, WILL BE LIABLE IN ANY WAY OR ACCEPT ANY RESPONSIBILITY FOR ANY PERSONAL INJURY, LOSS, DAMAGE OR EXPENSE SUFFERED OR INCURRED BY ANY DRAGON BOAT TEAM MEMBER DURING DRAGON BOAT TRAINING OR RACING OR IN ANY OTHER WAY IN CONNECTION WITH THE PARTICIPATION OF THAT PERSON AS A TEAM MEMBER. THE SIGNING OF THIS SAFETY WAIVER BY THE TEAM MEMBER IS PERSONAL ACKNOWLEDGEMENT THAT NO CLAIM CAN BE MADE ON THE ORGANISERS AND THEIR ASSOCIATES IN RESPECT OF ANY MATTER CONNECTED WITH THE TRAINING AND THE COMPETITION.

I have read, understood and agree to the terms and conditions set out above, and as a condition of and in consideration for the entry and participation in the Festival on behalf of my team I hereby (i) accept and agree to be bound by and observe the terms and conditions set out above and (ii) waive any claim or claims I may otherwise have against any one or more of the persons specified in paragraph above, in respect of any injury, loss, damage or expense suffered or incurred by my team members during Dragon Boat training or racing or in any other way in connection with my team's participation in the Festival, and that I and all members of my team are 14 years of age or older and each can swim to the standard required.