



ROSS REGATTA 2023

Saturday 26th August, 2023



DRAGON BOAT RACING – CREW CONTRACT AND WAIVER

In signing this 'crew contract' the team captain of the crew listed here agrees on behalf of the team to the terms and conditions of entry as listed below.

The crew certifies that:

- a. All crew members are confident in water, and can swim unaided for a minimum distance of 50 metres whilst wearing a personal flotation device (buoyancy aid supplied by RRC);
- b. Crew members with disabilities have signed a separate waiver, and have satisfied RRC that this has been done;
- c. That they are able to sit unaided in the boat, be capable of communicating with and or obeying instructions given by RRC's representatives both on and off the water and are confident in water whilst wearing a personal flotation device. There is no absolute requirement for such people to be able to swim 50 metres. In all cases a person with disabilities must be escorted by an able-bodied helper (buddy) who will be briefed as to their duties whilst on the water;
- d. The crew accepts that in the interests of safety, RRC has the absolute right to remove a whole crew or individuals within that crew from a race or races, if he/she or they are deemed to be unfit to race, or if weather conditions or other safety factors affecting the water conditions warrant such action.
- e. There will be no reduction or reimbursement of fees in the case of a crew member or members being removed from a race or races for any reason.
- f. The crew undertakes to abide by the race rules.
- g. Crew members are 11 years old and above.
- h. Crew members under 18 year old must supply a signed parental consent form.



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Declaration of Fitness to Compete

Crew members are required to declare to the organisers (prior to the commencement of the event) if:

- (a) They suffer from chest pains or shortness of breath
- (b) They have been told by their Doctor that they have heart trouble
- (c) They have been told that their blood pressure is too high or too low
- (d) They have had fainting or dizzy spells
- (e) They have undergone a recent operation
- (f) They suffer from bone or joint problems i.e. arthritis, spinal injury etc.
- (g) There is any other reason why they should not participate in an exercise programme, which in the case of Dragon Boat Racing should not exceed 2 minutes of active aerobic exercise per race.

This list is not exhaustive. If you are in any doubt about your fitness to compete, you must ask the RRC representative prior to undertaking the training and race programme.



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Crew Declaration for Team _____

We the undersigned crew members entering for the above team, accept and fulfil the conditions of entry understanding that ***we take part entirely at our own risk. We waive any legal recourse for injury or damage to ourselves or property ensuing from our participation.*** We understand this does not affect our crews' statutory rights.

CREW	NAME	HOME ADDRESS	POST CODE	HOME PHONE	EMAIL ADDRESS	SIGNATURE
Captain						
2						
3						
4						
5						
6						
7						
8						
9	Optional spare crew					
10	Optional spare crew					



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Terms & Conditions for all Team Members

1. **Crew Numbers.** Crews may register up to 10 people in their team, with a maximum of 8 paddlers in each boat (subject to overall weight of the crew and the prevailing conditions). In the opinion of the helm, where the weight of the crew or conditions on the day makes safe boat handling a problem, the boat's helm has the absolute authority to require the crew to reduce the number of paddlers. No refunds or reductions will be offered for crews competing or entering with less than the prescribed number.
2. **Drummers.** If crews wish, they may opt to have a drummer. (NB seats and drums may not be available)
3. **Event safety – swimming.** All able-bodied crew members must be declared competent in deep water and capable of swimming 50 metres with the aid of an approved personal flotation device (buoyancy aid). Such buoyancy aids will be provided by RRC for competitors use whilst on the water.
4. **Disqualification.** In circumstances where any team member(s) are, in the opinion of any official from RRC, under the influence of excess alcohol or deliberately trying to capsize the boat or behaving in such a way that could result in either damage to the boats or a danger to the crew, then those officials have the authority to disqualify the team member(s) from further participation in the day. Where such person(s) are disqualified but refuse to leave the crew, it is the responsibility of the Team Captain to remove the disqualified person(s). If the disqualified person(s) still refuses to leave, then the whole team may be disqualified from further participation in the day. No refund will be due to any person or team disqualified and the RRC's committee decision is final.
5. **Special Needs / Disabled.** Where any team member(s) is either disabled or 'having special needs', then for safety reasons **they must inform the boat's helm prior to each race.** Persons such identified to the helm will then be given a 'day-glo' jacket which must be worn over their buoyancy aid whilst in the boat and must be handed back to the boat's helm or beach marshal when the crew member(s) disembark the boat.
6. **Previous experience.** No previous experience of Dragon Boat Racing is necessary in order to compete and all crews compete at their own risk.
7. **Safety Brief.** All team members are required to partake in the team safety brief before the start of their first race. Your safety brief will cover:
 - a. **How to hold the paddle correctly and the best paddle stroke to use**
 - b. **The various commands you will hear from the Helm and what each one means,**
 - c. **How to move the boat forward and how to stop the boat,**
 - d. **How to stop the boat capsizing**
 - e. **The "Buddy Buddy" system and what to do in the event of a capsize.**
8. **Minimum Age.** In the interests of safety a minimum age of 11 years old is set for competitors and the drummer.
9. **Payment.** Entries are limited to 14 crews. Payment is required to secure your entry.
10. **Cancellation.** The entry fee is non-refundable except where clause 10 applies.
11. **Regatta cancellation and refunds.** In the unlikely event the Regatta has to be cancelled all monies paid to the organisers (excluding deposits) will be refunded in full.
12. **Teams withdrawing:** Confirmed teams who later withdraw on or before 12 August 2023 will be refunded in full. For teams withdrawing on or after the 12 August 2023, 50% of the total entry fee will be refunded, after 19 August 2023 0% of the total entry fee will be refunded.