

Hello Sistership:

Please find attached the annual registration package for the 2019 dragon boat season.

- **REGISTRATION FORM** (3 pages). Medical information page has been deleted.
- **PAR-Q PLUS 2018** (4 pages); a declaration that you have considered your current medical conditions and, if necessary, you have consulted with the appropriate professionals regarding participation in physical activity.



Please print, complete and sign these seven pages. If you cannot print these, there will be a limited number of registration packages available at the AGM on November 17.

FEES for 2019:

Membership Fee \$20 - non-paddling and paddling members (cheque or cash)

Annual Paddling Fee \$150 – active paddling members (cheque or cash)

These two fees may be combined into one cheque for \$170.

All registrations to be submitted or mailed to the registrar or to board member (addresses below).

No e-mail registrations.

DATES:

- Completed documents and fees may be submitted at the AGM November 17, 2018.
- Registration **Deadline: December 15, 2018.**

Late registrations, accompanied by late fee penalty of \$75, accepted after December 15, 2018 until January 5, 2019. There will be no guarantee of acceptance as an active paddler after this date. Late registrations without late penalty fee may not be accepted.

Please check your forms carefully! Incomplete registrations will not be accepted. If registration is re-submitted after December 15, 2018 late penalty may be levied.

Mail or deliver forms and fees to Sistership Registrar or to one of these board members:

Linda Cochran
#72 - 99 Arbour Lake Rd NW
Calgary T3G 4E4

Lisa Kovacs
512 Willow Park Dr SE
Calgary T2J OL2

Note: equipment deposit is required from new members only, \$350 cheque undated and initialed beside the date space. The equipment deposit cheque would only be cashed to cover costs of lost, not returned, or neglected/damaged equipment (PFDs, paddles, and racing shirts).

SISTERSHIP DRAGON BOAT ASSOCIATION 2019 REGISTRATION

MISSION STATEMENT

The Sistership Dragon Boat Association provides opportunities, through the sport of dragon boating, for people diagnosed with breast cancer to foster wellness and partner with the community to heighten the profile and importance of breast health.



PERSONAL INFORMATION:

please print legibly!

Name _____

Address & Postal Code _____

Phone (preferred #) _____ E-Mail _____

You will be responsible for monitoring your own health throughout the season and should communicate any changes in your condition to your captain for the purpose of attendance and coach for the purpose of paddling safety.

2019 Fees: Membership \$20, Annual Paddling Fee \$150 (cheque or cash; may be combined into one payment of \$170)

SISTERSHIP AND YOU

1. What are your reasons for joining/belonging to Sistership?
2. Sistership is run by volunteers. What skills/talents do you have that might support the organization?
e.g. First aid Certification, experience with accounting and/or financial services.
3. All members must actively participate on one of the following committees during the season:
Operations, Venue Planning, Fundraising, Event Planning, Community Relations, New Members (returning members only). These have different responsibilities so committees will be formed based on the needs of Sistership. Please indicate if you have any preferences.

2019 WAIVER OF LIABILITY AND RELEASE CLAIMS *Please Read Carefully!*



TO: SISTERSHIP DRAGON BOAT ASSOCIATION

The undersigned understands that paddling on lakes, reservoirs, and rivers involves certain dangers, not all of which can be listed herein. Among the more obvious and frequent are:

1. Exposure to variable extremes in weather that may cause injury due to heat or cold, and which may prevent or force route and itinerary changes.
2. Contact with and possible immersion in cold water for undetermined periods, leading to hypothermia and possible suffocation.
3. Exposure to capsize and sinking, trees, rocks, bridge abutments, log jams, rope entanglement, current patterns and other possible sources of "in water" injury and entrapment.
4. Unfamiliar terrain and routes where dragon boats could be separated from the party.
5. Transport of public or private motor vehicle.
6. Travel in remote locations with poor communications and inability to get rescue or medical assistance easily or quickly.

The undersigned agrees to this waiver of liability and release of claims in respect to Sistership Dragon Boat Association, its officers and directors, employees, agents, volunteers, members or managers, contractors, sponsors and sponsor representatives.

The undersigned accepts all of the risks and possibility of death, personal injury, property damage and loss resulting from participation in practice sessions, dragon boat festivals and other events that are organized by the Sistership Dragon Boat Association.

Further the undersigned releases Sistership Dragon Boat Association, its officers and directors, employees, coaches, trainers, volunteers, managers and contractors from any and all liability for any personal injury, death, property danger or loss that may occur as a result of participating in the activities of Sistership Dragon Boat Association.

The undersigned confirms they are physically fit and capable to participate in the activities of sistership dragon boat association and have no medical conditions or needs except as detailed in registration data.

The undersigned confirms they are comfortable in the water and they are willing to partake in safety testing prior to the paddling season.

The undersigned confirms they are at least 18 years of age, being the legal age of majority in the Province of Alberta.

By signing this Waiver, the undersigned confirms they have read and understood the contents and will be bound by same, including the signatory's heirs, next of kin, personal representatives and assigns.

The undersigned acknowledges that representatives of the Sistership Dragon Boat Association have been available to fully explain the various hazards and risks associated with the activities of the Sistership Dragon Boat Association.

The laws of the Province of Alberta govern this waiver of liability and release claims and are enforceable in any court of law.

Signed this _____ day of _____, 20_____, at the City of _____ in the Province of Alberta.

Signature of Participant

Signature of Witness

Printed name of Participant

Printed name of Witness

MY COMMITMENT TO SISTERSHIP

Please check ✓ each statement and sign/date below.



Commitment to the Organization:

_____ I recognize that Sistership is one team with more than one crew. I have responsibilities to my teammates and will contribute to a positive environment.

_____ I am familiar with Sistership's Mission Statement and will undertake to promote our objectives.

_____ I understand that Sistership is a volunteer-run organization, and I am prepared to participate and to support the organization in any way I can.

_____ I understand that it is my responsibility to familiarize myself with Sistership Policies and Procedures including the "Code of Conduct" (available on the website).

_____ I will endeavor to attend bi-annual Sistership meetings especially the Annual General Meeting.

_____ I understand that I will be expected to support the Calgary festival in mid-August.

_____ My communication with members of the organization will be respectful, kind, and timely.

Commitment to my paddling crew:

_____ I understand that I am part of a crew. I have responsibilities to my crewmates and will contribute to a positive environment.

_____ I understand that it is mandatory to wear a PFD (personal flotation device) on the water and that I must be able to swim 100 meters with a PFD.

_____ I will make every effort to attend practices, be present for the warm-up and stay for the cool-down.

_____ I understand there is a minimum attendance percentage (typically 75%) to participate in festival venues.

_____ I understand that if I miss more than five consecutive sessions (dryland or water practices), I may not be permitted to paddle with Sistership.

_____ I understand that to remain an active paddler, I must demonstrate commitment by participating in committee, community and fundraising work. If this commitment is not kept, I may not be permitted to paddle with Sistership.

_____ I recognize that physical fitness is a year-long, lifetime commitment. I will endeavor to do a minimum of two workouts a week October through May. During the paddling season, I will work out a minimum of three times a week including practices.

Signature _____ Date _____