



## Lively Dragon

327 Bay St South Hamilton, Ontario L8P 3J7

Cell 905-407-2149 [livelydragonclub@gmail.com](mailto:livelydragonclub@gmail.com)

[www.lively-dragon.com](http://www.lively-dragon.com)

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Captains must ensure all team members read and sign these forms and submit them prior to participating in the practice/event.

The waiver consists of :

- **Appendix A:** Participants Application and Assumption of Risk and Responsibility Agreement
- **Appendix B:** Participants promise to obey and adhere to the rules and regulations of Lively Dragon. Personal insurance waiver and release of liability form "Please Read Carefully"
- **Appendix C:** Participant Medical Information Form
- **Appendix D:** Rules within Lively Dragon

Please submit all completed at the beginning of your first practice.

Have a great day!!



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## Appendix A (co-signed with a parent or guardian for paddlers under 18 years of age)

### Participants Application and Assumption of Risk and Responsibility Agreement

Participants promise to obey and adhere to the rules and regulations of Lively Dragon.

**Think safety at all times.**

- Lifejackets must be worn and properly fastened at all times.
- Buddy System, understand how this works and the value there in.
- Remember you are ultimately responsible for your safety.
- Know what to do in the event of a mishap and the procedure to follow.
- All orders given pertaining to safety must be complied with immediately.
- We each are responsible for the safety of one another.
- Ensure you are aware of the required safety equipment and the use of it.
- Ensure that you and fellow participants are free of any ropes in the boat.
- Know where the first aid kit is kept.
- Know location of the nearest phone. (mobile phone mandatory on boat)
- Appropriate non-slip footwear should be worn.

**In the event of a capsize...REMAIN CALM**

- Find your buddy and signal 'thumbs up'
- If you cannot find your buddy, make everyone aware a person is not accounted for.
- Follow instructions of the person in charge.
- Ensure you are not between the capsized vessel and approaching vessel.
- Hypothermia is a real possibility at any time when on or in the water. Particularly during the spring, fall and winter. Understand and recognize the condition in yourself and fellow participants. Dress and act appropriately to minimize this risk.
- Any water environment has inherent risks. This is particularly true when dragon boating on any river or body of water that may have a current.

**We are here to learn, participate, contribute and look out for one another.**

- If you have a question or a concern 'ask'

**Both waiver forms must be completed, signed and given to the person in charge prior to any participation.**

- Swimming competency must be indicated for everyone's safety.
- Swimming ability is preferable though not a prerequisite to participation.

I understand if the team coach, captain or manager feels that any participant is behaving in a manner detrimental to the safety or enjoyment of himself or the team they will be asked to either conform or they will not be allowed to participate any further. I have read and understand the above statements, and with this knowledge I still volunteer to take part in this event and accept such risks as being part of the nature of this sport.

**Print your name:** \_\_\_\_\_  
**Your e-mail:** \_\_\_\_\_  
**Cell Phone:** \_\_\_\_\_  
**Witness name:** \_\_\_\_\_  
**Date signed:** \_\_\_\_\_

**Sign your name:** \_\_\_\_\_  
**Date signed:** \_\_\_\_\_  
**Witness sign:** \_\_\_\_\_

### If under 18 have Parent/Guardian fill in below and sign

**Parent/Guardian name:** \_\_\_\_\_  
**Phone Number:** \_\_\_\_\_

**Parent/Guardian sign:** \_\_\_\_\_  
 \_\_\_\_\_



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**Appendix B (co-signed with a parent or guardian for paddlers under 18 years of age)**

**Personal insurance waiver and release of liability form "Please Read Carefully"**

**Covenant Not to Sue/Release of Liability, Waiver of Claims, Assumption of Risks and Indemnity Agreement "By signing this document you waive certain legal rights, including the right to sue"**

**I / we have read & signed waiver, Appendix "A", "B", read and had the opportunity to submit Appendix "C" Medical Form**

In consideration of my being permitted to participate in any Lively Dragon Activities, **I myself, my heirs, executors, administrators, successors and assignees Hereby Release, waive and forever discharge** Lively Dragon, Lively Dragon Club, Alkame Dragon Boat Services, Cornell Performance Academy, \ Hamilton Region, Conservation Authority, City of Hamilton, Burlington, Willow Lake, Conservation Halton, , Grand River Conservation Authority, The Grand River, Canadian Heritage River Systems, Waterford, Welland, Welland Canal Corporation Corporate Event Hosts, School Boards, Race Teams, Parks and Recreation and their respective directors, member, trustees, agents, representatives, officers, sponsors, licensors, servants, volunteers, employees, team members, ("The Releasees") from all claims for damages arising from participation of the applicant heron during any program or in any location where a program is held, and agree to and save them HARMLESS AND INDEMNIFY them from and against any and all liabilities, claims, injuries, losses, damages, expenses, demands, actions, and causes of action of whatsoever kind or nature arising out of or related to any such loss, damage, or injury, including death, etc. that may be sustained by me for what so ever reason while participating in races, practice sessions, meetings, gatherings, demonstrations or upon the premises, grounds or waterways supervised or controlled by Dragon-Boats.com, Lively Dragon Race, Hamilton Region Conservation Authority, City of Hamilton, Race Teams, Parks and Recreation and their respective directors, member, trustees, agents, representatives, officers, sponsors, licensors, servants, volunteers, employees, team members Whether such damages are the result of negligence or for any other reason or cause.

**I, also agree to and discharge forthwith on request** The above Releasees of each and every obligation or claim which shall be made, assigned or appointed against the Released by any party by virtue of any injury or damage caused by me or to me absolutely.

**I, and my next-of-kin are duly aware of the risks and hazards** inherent in the sport of paddling and entering the premises used for the purpose of launching, docking and storing equipment used in the sport of paddling, and specifically in participating in Lively Dragon Club and the practice sessions held at said premises and participating in said event, knowing conditions may be hazardous and dangerous and that obstruction may exist, and that high winds may cause rough water, I hereby give notice that I am a competent swimmer and that I voluntarily assume all risk of loss, damage or injury, including death, that may be sustained by me or to any property while in or upon said premises or engaged in said event.

**I, Agree to properly wear,** at all times while participating in the Lively Dragon Club event, including any practice sessions arranged through the Lively Dragon Club, a **Personal Floatation Devices "PFD" often referred to as a Lifejacket of an appropriate size**, in good condition approved by Canadian Coast Guard. **I give permission to Lively Dragon to take photographs and/or videos** of me participating in any related activities and authorize the use of any such images for purpose of publicity, advertising, and training.

**In signing the foregoing release,** I / we hereby acknowledge and represent, that I / we have read the forgoing waiver, , Appendix "A" and "C", have not changed the waiver orally. I / we of sound mind understand the waiver and agree to the waiver voluntarily, that I am 18 years of age or older and the best of my knowledge am fit to participate, or have co-signed with a parent or guardian, as the case maybe.

**Print your name:** \_\_\_\_\_  
**Your e-mail:** \_\_\_\_\_  
**Cell Phone:** \_\_\_\_\_  
**Witness name:** \_\_\_\_\_  
**Date signed:** \_\_\_\_\_

**Sign your name:** \_\_\_\_\_  
**Date signed:** \_\_\_\_\_  
**Witness sign:** \_\_\_\_\_  
**I**

**If under 18 have Parent/Guardian fill in below and sign**

**Parent/Guardian name:** \_\_\_\_\_  
**Phone Number:** \_\_\_\_\_

**Parent/Guardian sign:** \_\_\_\_\_  
 \_\_\_\_\_



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Appendix C

**Participant Medical Information Form** *this is at the paddlers discretion*

Name: \_\_\_\_\_ Sex ( ) M ( ) F

Date of Birth: Day \_\_\_\_\_ Month \_\_\_\_\_ Year \_\_\_\_\_

Home Address: \_\_\_\_\_

City: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Your Cell Phone Number: \_\_\_\_\_

Emergency Contact: _____
Day Phone _____ Evening _____

Family Doctor: \_\_\_\_\_ Phone number: \_\_\_\_\_

**Relevant Medical History:** Blood Type: \_\_\_\_\_

Important Medical Considerations: \_\_\_\_\_

Medications: \_\_\_\_\_

Allergies: \_\_\_\_\_

Previous injuries illnesses or operations:  
\_\_\_\_\_

Can the participant/athlete administer his/her own medication(s) Yes (\_\_\_\_\_) No (\_\_\_\_\_)

Medication instructions: \_\_\_\_\_  
*(Please note we are not authorized to give medication but can assist you with your medication)*

Other concerns: (Prosthesis, contact lenses, etc.) notes:  
\_\_\_\_\_  
\_\_\_\_\_

I assume full responsibility for my health being such that the activities will in no way aggravate any conditions present or present a risk to my fellow paddlers. If in doubt, I will seek and follow medical advice.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Note: the participant / athlete Participant Medical Information Form is a confidential document.**

**We will turn it over to medical assistance if a medical emergency arises**



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### Appendix D

#### Rules- Lively Dragon 2023

**Facebook**– please do not post any information regarding other dragonboat teams in the Lively Dragon Facebook Group. Occasionally, Jackie and Ramsay may post information about other dragonboat teams but this is strictly their prerogative.

Everyone must fill in a **waiver** completely before participating in any practice or event.

Be **prompt**...always.

**No chit chat** in the boat. It is imperative that teammates are able to hear instructions throughout practice.

**No alcohol** on race day prior to the last race of the day.

Be **kind**...always.

**No coaching** in the boat...ever. There is always ONE coach on the boat, sometimes two. Please refrain from coaching the newbie in front of you, or beside you or behind you. If a newbie asks you for guidance the proper thing to do is to get the coach involved.

Please refrain **from grumbling/complaining** or even deep sighing when a teammate splashes or is out of sync– Remember, we were all new once...and... we all have bad days.

Race Day- **racing with other teams who are short teammates is a hard 'no'** with Lively Dragon. We need our teammates to be 100% dedicated to our team(s) for the full day.

Everyone racing at a certain event must **commit to four practices** immediately prior to race day (unless specifically speaking to the coach ahead of time) During the last month of practices is when race rosters and seats are chosen by the coach for each teammate.

**Lively Dragon is NOT a place for negativity.** If you have a problem with a coach or a teammate that can not be shrugged off... DO NOT spread that problem around to other teammates– go directly to Jackie or Ramsay (even if it is about them or involves them).

There are not many ways to be removed from the team but spreading negativity is a sure way!



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### Other Lively Dragon Tidbits

- **Wear jersey** to race event.
- Try to **carpool** as often as possible.
- Please **use a reusable water bottle** as often as possible.
- During **potluck gatherings**, it is always so much fun when everyone brings their specialty dishes... however, I know that not everyone cooks... so we ask that everyone tries to be creative when choosing what to bring for the potluck meals.
- **Bring your own reusable cutlery and plate** to race events.
- **Comment on posts** and participate in the facebook group, and fitness training reports. Lots of thought and time and effort go towards keeping the group connected. Your participation in the fitness training reports helps support your teammates.
- **Be supportive**...always.

Print Name Clearly: \_\_\_\_\_

Clearly Print Email Address: \_\_\_\_\_

I have read and understand all the 'Rules' in Lively Dragon. \_\_\_\_\_  
Signature

Today's Date: \_\_\_\_\_