

TEAM KIT & INFORMATION PACKAGE



GREATER MONCTON DRAGON BOAT FESTIVAL

JUNE 3rd & 4th, 2022

JONES LAKE, MONCTON, N.B.

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SUPPORTING THE LIONS SICK CHILDREN'S FUND AND OTHER COMMUNITY CHARITIES

Dear Friends:

On behalf of the Organizing Committee of the 2022 Greater Moncton Dragon Boat Festival, welcome to the 15th anniversary of this very special event! We are working hard to ensure your dragon boat experience is a memorable one, and that your fundraising efforts will go far in supporting your local community.

The Greater Moncton Dragon Boat Festival is the principal fundraising event for the Lions Sick Children's Fund, serving families in the counties of Westmorland, Albert & Kent. Over the last 13 years the Festival has raised over \$1,000,000 that has gone to support not only Sick Kids but 71 other charities in the Greater Moncton area. This has only been possible thanks to the hard work of the teams that come together every year to raise funds for a cause they believe in.

Enclosed in this Team Kit is everything you will need to organize and encourage your team, including registration forms, pledge sheets, waiver forms and general information about our Festival.

Visit our website (www.gmdbf.ca) and Facebook page regularly for updates and information. If there is anything that we can do to assist you with your team organization, please don't hesitate to contact us.

Sincerely,

Norval McConnell

Co-Chair

norval.mcconnell@gmail.com

Carole Murphy

Co-Chair

carole.murphy@nbcc.ca

ABOUT OUR CHARITY

The Lions Sick Children's Fund has been helping sick kids in New Brunswick since 2001. This past fall, the group reached an incredible milestone. Since its inception, the Lions Sick Children's Fund has raised over a \$1 million to help nearly 1000 sick children and their families in Westmorland-Albert-Kent counties. This has been done all through the hard work of some very dedicated volunteers who share one thing in common – the passion and commitment to help local families.

The Lions Sick Children's Fund helps parents pay for the travel and medical expenses of their kids requiring medical treatment outside the province.

“We help with travel, we help with medical equipment, we help with diabetic test strips, we help with occupational therapy and other needs like prescription drugs that are not otherwise covered,” said the group's volunteer Executive Director, Dave Owen.

“The treatment for seriously ill children is centralized, it is conducted in places like the IWK, Toronto Sick Kids and maybe even sometimes as far away as the Central United States,” said Owen. These costs can put a tremendous amount of pressure on young families, especially when there are other costs like medications and equipment to consider.

For more information, please contact:

The Lions Sick Children's Fund

PO Box 7374 Riverview, NB, E1B 4T9

Tele 853-0498 Fax 853-0492

lionssickkids@rogers.com

THE HISTORY OF DRAGON BOATING

Dragon boating is one of the fastest-growing sports in the world. It's easy to learn, safe to do, and it's fun! A crew of twenty, seated in two parallel columns of ten people each, paddle to the beat of a drummer stationed at the bow of the dragon boat. A steersperson, standing at the stern, navigates the racecourse with the help of a single, long oar.

A dragon boat is a long, narrow boat designed to resemble a dragon with a dragon head and tail affixed to the bow and stern, respectively. The boat's sides are brightly painted with dragon scales. A dragon boat typically measures about 12.5 metres (41 feet) long and approximately 1.2 metres (4 feet) across at its widest point. Empty, the type of dragon boat used by 22 Dragons weighs 260 kg or 570 pounds!

During a race, however, the paddlers must propel a boat and crew weighing almost 2,300kg or 5,000 pounds. (Whew!) A typical dragon boat race is 500 metres, during which the paddle stroke rate can range between 60 and 100 strokes per minute. A 500-metre race usually lasts about 2 minutes and 20 seconds. While sprint races of 250 metres are not uncommon, paddlers also compete in endurance races of 6km, lasting over 30 minutes. But don't worry – our race is a “sprint” and only 250 metres long, lasting about 1 minute and 15 seconds. 😊

Crews of 20 paddlers are usually of mixed gender with a minimum of eight women and eight men. From a spectator's perspective, dragon boat races are colourful and exciting. Dragon boats come streaking down the water with drums beating, paddles splashing and fans cheering for their favourite teams.

Dragon boat racing is an international sport with competitions annually held at the world level. The International Dragon Boat Federation, based in the United Kingdom, is the body charged with governing the sport across the globe. The sport is currently seeking Olympic status. Dragon boating is governed nationally by Dragon Boat Canada.

Dragon boating originates from China where legend has it that a poet named Yuan was expelled from office by a corrupt administration. Protesting the corruption, Yuan drowned himself in the Mi Lo River, near present-day Yue Yang. Local fishers, seeing his plight, rushed out in boats to save him. They beat drums, thrashed the water with paddles and threw rice dumplings into the river to appease the water dragon. This event has been commemorated in an annual festival which has evolved into present-day dragon boat racing.

FESTIVAL F.A.Q.s

When does the Festival take place?

The Festival takes place June 3 & 4, 2022

Where will the Festival be held?

The Festival is held on Jones Lake. The Athlete's Village for our teams is situated on the grounds right next to the dock at Jones Lake. You can access the Festival site off St. George Blvd by Hillcrest School.

Who will race and when?

High School teams race on Friday afternoon, beginning at about 3:00pm and finishing before sunset. Corporate and Community teams take to the water early Saturday morning, starting at about 9:00am and racing until 3:00pm.

I thought Dragon Boats were associated with breast cancer?

Some Dragon Boat festivals do focus on breast cancer survivors. Our Festival is a major fundraiser for the Lions Sick Children's Fund. Having said that, we do have a breast cancer survivor team category. We also hold a traditional carnation ceremony on Saturday mid-way through the event. The involvement of Breast Cancer teams from our region has always been a very special part of our Festival.

How many people do you need to make a team?

There are 20 paddlers in a boat, plus a drummer and a steersperson. We will provide the steersperson for you! We also recommend that you have one or two extra paddlers for substitutions throughout the day.

Why do we need a drummer?

The drummer helps keep the rhythm of the stroke which helps your team paddle together. That is the key to success – teamwork! We usually recommend that your drummer be one of your lighter weight paddlers, as well as someone who is comfortable in a boat.

What does a Team Captain do?

The Team Captain is your leader. He or she will make sure you have enough paddlers and a drummer. The Team Captain will share Festival information with the team and help them get ready for the big day. The Team Captain is also responsible for making sure each paddler signs a waiver form before practice.

Do we need a Pledge Coordinator?

Yes – your Pledge Coordinator will collect all monies raised by the team and forward them to the GMDBF. The Pledge Coordinator is sometimes the same person as the Team Captain, but the Pledge Coordinator doesn't necessarily have to be a paddler on your team!

How do we register our team?

All you have to do to register is go to www.gmdbf.ca and fill in the online registration form or print it off and fill out the paper copy. Please be sure to give us accurate contact information so we can share important updates with you as the Festival approaches.

How much is the registration fee?

Community and Corporate teams pay a registration fee of \$600 (\$500 if paid before March 31st, 2022). High School teams pay a reduced registration fee of \$200. Registration fees go toward the operating costs of the festival and are not eligible for a charitable receipt.

How much do we have to raise?

Each team must raise a minimum of \$1800 in pledges. At first this sometimes seems difficult, but with more than 20 people per team, that's less than \$100 each to raise! Prizes are given to the top individual and the top team fundraisers. Donations of \$20 and more will receive a charitable receipt.

Where does the money all go?

60% of the funds raised go to support the Lions Sick Children's Fund. The other 40% goes to a charity of your team's choice. High Schools may also designate their 40% toward safe grad activities.

What if we are short a paddler for our team?

If you are short a paddler, let our committee know by emailing us at carole.murphy@nbcc.ca. We will try to match you with single paddlers who contact us.

I would like to paddle. Can I join a team?

If you would like to join a team, please contact us at carole.murphy@nbcc.ca. We will try to match you with a team that is short paddlers. Single paddlers may be asked by the team they join to help with fundraising.

I've never been in a dragon boat! Do we get to practice?

Yes! Practices will be held the weekend before the big event. As we get closer to the festival, you will be able to sign up for a practice time that Saturday or Sunday. Each team will have one practice session before the event. No experience is necessary! We will provide lifejackets and paddles. (If you prefer to wear your own lifejacket, it must be a certified PFD.) All you need is weather-appropriate clothing for the day.

Will there be food at the Festival?

Yes, we have a variety of vendors offering food and beverages at the festival.

TEAM CAPTAIN CHECKLIST

- Submit Completed Registration Form with Registration Fee
- Fill in Team Roster and make sure every team member signs a waiver form
- Submit Team Profile & Charity of Choice

PLEDGE COORDINATOR CHECKLIST

- Make sure all paddlers have individual pledge forms.
- Collect pledge forms & pledges from paddlers. We take payments in many ways:

1 - Payments (registration and donations) can be made directly to our bank account at any Bank of Montreal using account number 8089-089. If you choose to do this, please send our treasurer Carm Golding an email with your team's name so she knows who made the deposit!

2 - Cheques (made payable to The Dragonboat Festival) mailed to Carm Golding, c/o 18 Baffin Dr. Moncton, NB E1A 5P1. Individual donations of \$20 or more will be receipted with a charitable receipt. Please make sure names and addresses (including postal codes) for those to receive receipts are clearly submitted to Carm.

3 - E-transfers can be sent to carmgolding@hotmail.com. Please use the password of Dragonboat.

4 - Payments can be made by Visa or Master Card by going to the Dragon Boat website (www.gmdbf.ca). Click on Donate Today and the donate page pops up. It will accept VISA or MC. You then fill out the page and be sure to indicate in the comments box that it's for the Greater Moncton Dragon Boat Festival and your team name.

5 - You can also bring cash donations to your practice session the week before the Festival

- All pledges must be turned in by your team's scheduled practice!

PADDLER PLEDGE FORM

Team: _____

Paddler Name: _____

Date	Name	Phone/Email	Address	Amount
Feb. 20/18	Joe Smith	555-9090	123 Any Street, Moncton, NB, A1A 2B2	\$20.00
			Total Pledges:	

SPIRIT PRIZES

Our teams work hard in the months leading up to the Festival, so we want to reward this hard work with some great prizes! This year we have added a very special prize to celebrate our friend Philp Barton and his work supporting the Lions Sick Children's Fund.

Top Fundraiser – Individual: Awarded to the individual paddler who raises the most in pledges.

Top Fundraiser – Corporate & Community Team: It's all for a good cause! The team who raises the most money in pledges will win a prize they can enjoy together. In addition, they will have the registration fee waived for next year's festival! (2016)

Best Dressed Drummer: Lead your team to victory! The drummer who is the most creative and the best dressed will receive a prize.

Philip Barton Memorial Most Spirited High School Team: Get into the spirit, have fun and get creative. The team who is deemed to be the most high-spirited will receive a prize.

TEAM ROSTER

Team Name: _____ Team Captain: _____

	Position	Paddler Name	Email
1	Captain		
2	Co-Captain		
3	Drummer		
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			
16			
17			
18			
19			
20			
21			
22	Spare		
23	Spare		
24	Spare		

WAIVER FORM

Release and indemnification acknowledgement Greater Moncton Dragon Boat Festival

1. In consideration for receiving permission to participate in the Moncton Dragon Boat Festival (GMDBF) as well as to join the practice sessions and to enter the premises, waterways and grounds supervised or in any way controlled by the GMDBF or by the City of Moncton, the receipt of said permission being hereby acknowledged, I do hereby forever release, remise and forever discharge the GMDBF, the City of Moncton, all sponsors, directors, members, trustees, agents, representatives, volunteers and employees from any and all liability related in any way to the organization and operation or support of the 2018 GMDBF and agree to hold 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 whatsoever kind or nature I may have or obtain arising out of or related to my participation in the 2018 GMDBF from any such loss, damage, or injury, including death, etc., that may be sustained by me for whatever reason while so participating in the GMDBF or upon the premises or grounds supervised or controlled by the GMDBF or City of Moncton, whether such damages are the result of negligence or for any other reason or cause.
2. I also agree to and do hereby agree to indemnify the GMDBF, City of Moncton and/or all sponsors and their respective directors, members, trustees, agents, representatives, officers, sponsors, licensors, servants, volunteers and employees and their authorized representatives for each and every obligation or claim which may be made, assigned or apportioned against the GMDBF or City of Moncton and their respective directors, members, trustees, agents, representatives, officers, sponsors, licensors, servants, volunteers, and employees by any party by virtue of any injury or damage caused by me.
3. I and my next-of-kin are duly aware of the risks and hazards inherent in both 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 the GMDBF and the practice sessions held at said premises and participating in said event, knowing conditions may be hazardous and dangerous and that obstruction ay exist, and that high winds may cause rough water, and that I hereby give notice that I am a competent swimmer and that I voluntarily assume all risks of loss, damage or injury, including death, that may be sustained by me or to any property in or upon said premises or engaged in said event.
4. I agree to properly wear, at all times, while participating in the Greater Moncton Dragon Boat Festival, including any training sessions, an approved flotation device or life preserver/life jacket.
5. I hereby warrant that I understand the physical demands of participating in the Greater Moncton Dragon Boat Festival and confirm that I am healthy enough to participate.
6. I agree that any photo (electronic or digital) taken of me or in which I may appear may be used by the Festival (GMDBF) for any purpose, including publicity and commercial exploitation and this shall constitute my consent for such use.
7. In signing the foregoing release I hereby acknowledge and represent that I have read the foregoing release, I understand it and agree to it voluntarily, that I am 19 years of age or older and of sound mind.

Name (please print): _____

Team Name: _____

Signature: _____

Date: _____

If under the age of 19 Guardian Name: _____

Guardian signature: _____