



Lively Dragon

2319 Industrial St. Burlington, Ontario L7P1A3

Cell 905-407-2174 livelydragonclub@gmail.com

www.lively-dragon.com

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

Appendix A

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.**

- Life jackets 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.
- Insure you are aware of the required safety equipment and the use of it.
- Insure 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 capsized...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.
- Insure 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 form and medical 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.



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Appendix B

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, hereby release Lively Dragon Club, Hamilton Region Conservation Authority, City of Hamilton, Toronto And Region Conservation Authority, City of Toronto, Conservation Halton, City of Burlington, The Corporation of the City of Cambridge, Riverbluffs Park, Grand River Conservation Authority, The Grand River, Canadian Heritage River Systems, 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 the dragon-boats.net, races, practice sessions, meetings, gatherings, demonstrations or upon the premises, grounds or waterways supervised or controlled by Dragon-Boats.net, 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 Releasees 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 Life jacket 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 foregoing 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.



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

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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 releasees by any party by virtue of any injury or damage caused by me or to me absolutely.

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Team name: RUSTY DRAGONS

Number on Team Waiver: _____

Team Captain: Tim MacFarlane

Print your name: _____

Sign your name: _____

Your e-mail: _____

Date signed: _____

Witness name: _____

Witness sign: _____

Date signed: _____

Parent/Guardian name: _____

Parent/Guardian sign: _____

Phone Number: _____

Appendix "C" Yes/no: _____

Date signed: _____



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Appendix C

(Team captain please insure this form is readily available to team members)

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

Name: _____ Sex () M () F

Date of Birth: Day _____ Month _____ Year _____

Person to be contacted in case of emergency _____

Phone numbers: Day _____ Evening _____

Family Doctor: _____ Phone number: _____

Relevant Medical History:

Important Medical Considerations: _____

Medications: _____

Blood Type: _____

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.