



**Terms & Conditions for all team members.**

**The Teddington Dragon Boat Challenge 2008**

**CREW INFORMATION & WAIVER**

**IMPORTANT!** For insurances purposes, in the highly unlikely event of a member having a dragon boat related accident; only the persons listed on the Crew Declaration below will be covered by the insurance policy. It is therefore **essential** that all team members complete in full and sign the Crew Declaration form.

The completed declaration must be posted back to the organisers by Friday 5 September 2008.

**CREW CONTRACT & WAIVER:** In signing this 'crew contract' the team captain of the crew listed here agrees on behalf of the team to the conditions of entry as listed in the promoter's contract. Notwithstanding any of these conditions, the crew's statutory rights are not affected.

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 the 'Company'),
- (b) Crew members with disabilities have signed a separate waiver, and have satisfied the promoter 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 the Company'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. In the event no buddy can be organised from within the team, an additional charge may be levied for the supply of a trained member of the event team to act as a personal buddy.
- (d) The crew accepts that in the interests of safety, the Company 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 for crews of less than 16 plus a drummer, or 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 as may be periodically amended. A copy of which is available for inspection in the event control vehicle.
- (6) **DECLARATION OF FITNESS TO COMPETE** – Crew members are required to declare to the organisers (prior to the commencement of the event) if:
  - (i) They suffer from chest pains or shortness of breath
  - (ii) They have been told by their Doctor that they have heart trouble
  - (iii) They have been told that their blood pressure is too high or too low
  - (iv) They have had fainting or dizzy spells
  - (v) They have undergone a recent operation
  - (vi) They suffer from bone or joint problems i.e. arthritis, spinal injury etc.
  - (vii) 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 Company's representative prior to undertaking the training and race programme.**