



# Captain's Package

## Bio Page

Tell us a bit about your organization or team *(i.e. About the group/company, what your team hopes to gain by participating, have you done dragon boating before etc..)*.

\* E-mail your bio to your team liaison

\*\*Start thinking of a Team Name and a Team Shirt! The Funnier!-The Better! Talk with your liaison.....

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Pittsburgh Dragon Boat Festival • October 5, 2019 • 8:30am-5:00pm  
North Park Lake • 10301 Pearce Mill Road • Allison Park, PA 15101  
[www.pghdragonboatfestival.org](http://www.pghdragonboatfestival.org)





## Captain's Package (Continued)

### Team Roster Form

For mixed teams racing, the ratio is no more than 12 men and no fewer than 8 women paddling per boat. The drummer may be male or female.

(A Waiver is required for all Team Members)

TEAM NAME: \_\_\_\_\_

DIVISION: circle one:    COMMUNITY    CORPORATE    BREAST CANCER SURVIVOR (BCS)

1. _____	M or F	<input type="checkbox"/> Waivers signed and submitted
2. _____	M or F	<input type="checkbox"/> Waivers signed and submitted
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23. _____	M or F	<input type="checkbox"/> Waivers signed and submitted
24. _____	M or F	<input type="checkbox"/> Waivers signed and submitted





## Captain's Package (Continued)

### Team Captain Check-Off List

#### The following items have been submitted:

- Registration Form and Fee
- Team Roster
- THREE RIVERS ROWING ASSOCIATION waivers signed by every participant

#### Practice:

- Practice scheduled and confirmed
- All teammates know practice schedule, location and time
- Comfortable clothes & shoes that can get wet
- Dry clothes to change into after practice
- Check Hearts of Steel on Facebook for any updates
- Email basic dragon boat commands to teammates
- Post on Facebook telling your friends and family to come and support you

#### Race Day Check Off:

- Provide all teammates with locations, time & items to bring
- Comfortable clothes & shoes that can get wet & dry quickly
- Team shirts with creative Team Name
- Bring a Team tent. A spot will be marked for your team
- Water, food, snacks, and sunscreen.
- Drummer Contest outfit \* Awards will be presented to best costume
- Seating Chart
- Chairs and or a table.
- A cheering squad for support!
- A winning attitude!
- The whole family!

#### What Not to Bring:

Alcoholic beverages. They are not permitted on County Park property. However, there is a restaurant located at the finish line where food and beverages can be purchased.



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## Captain's Package (Continued)

### Basic Commands

Your steersperson will use the following commands to control the boat. It is important that you respond to those commands quickly and efficiently. Please DO NOT TALK IN THE BOAT. This helps so that all can hear the commands in the boat.

- **“Back Paddle”** – what it sounds like. Paddle backwards together.
- **“Let it Run”** – stop paddling and sit still.
- **“Paddles Up”** – this means leaning forward, the bottom arm (hand near the blade of the paddle) extended, the blade poised just over the water. Your coach will teach you this position just like all of the positions mentioned here. You do not hold your paddle over your head!
- **“Hold the boat”** – “Hold” or “Hold hard” Put the paddle blade in the water to stop the boat. You must respond to this command quickly. “Hold Hard” usually means your crew is not acting fast enough to stop the boat. Insert the blade all the way into the water and push it forward to slow the boat more quickly. If you slack off and let the boat crash, expect a bill.
- **“Brace the boat”** – Place the blade of your paddle just under the surface of the water and parallel to it (flat on the water). Hold firmly. This makes the boat more stable.

*\*\*\* Note that your drummer will be looking straight back at the steersperson, and can help to relay commands that not all paddlers hear.*

*\*\*\* Do not stand in the boat or lean to one side! These actions can tip the boat over!*

#### Starting Line Commands and the Race

The Starter will get your boat to the start line to line you up with the other boats by using these instructions. The Starter will be speaking to your steersperson. He/she will then issue commands to you and your crew to comply with what the Starter needs. You must be quiet and pay attention for this process to work.

#### Getting to the Start Line

The Starter attempts to get all of the boats lined up at the start line by telling the steerspersons specific commands. This is not always very easy because of wind and water conditions. Therefore it is very important for everyone in the boat to pay attention to the steersperson's commands! The steersperson may tell you to paddle forward one or two strokes and may even ask you to back paddle.

#### At the Starting Line

Once the boats are lined up at the starting line, the Starter will call out:

“We have alignment”, “Paddlers ready?”, “Attention please”, then an Air Horn will sound to begin the race.

#### The Race

All races are 200 meters and in a straight line. Please note that the actual finish line will be videotaped at the end of the race. Do not stop paddling until your steersperson tells you to. Dragon boat races are often decided by very small margins – stopping paddling a few strokes early could cost your team.



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## Captain's Package (Continued)

### After the Race

Once your race is over, it is ok to cheer, laugh, throw up or otherwise express your relief, joy, etc. in a safe manner that does not capsized the boat. However, you still need to listen for the commands of the steersperson. On our race course you will need to "hold the boat" very soon after crossing the finish line, so be ready to do so when your steersperson calls for it. He/she needs to get you back to the dock so you can reach dry land and really celebrate, and so another crew can get to their race on time. Please be prepared to paddle back to the docks right after your race ends. Once at the dock, the Marshaling Officials will direct you in leaving the boat safely and quickly.

### How the Competition Works

#### 200 meters Races

All races are 200 meter races. All teams will race at least three times. Your times will determine your place in the final race.

Awards will be presented soon after all results have been finalized.

There will be a special award presented to the BEST Drummer costume! Captains, see what your team can get your drummer to wear while crossing the finish line!



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## Captain's Package (Continued)

# Seating Chart

TEAM NAME: \_\_\_\_\_

DRUMMER: \_\_\_\_\_

**LEFT PADDLERS**

*(front of boat)*

**RIGHT PADDLERS**

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Seat One

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Seat Two

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Seat Three

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Seat Four

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Seat Five

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Seat Six

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Seat Seven

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Seat Eight

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Seat Nine

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Seat Ten

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*(Back of boat)*

\*The biggest & heaviest people should be seated in the middle of the boat.

\*\* Balance weight from left to right, front to back.

\*\*\* Teams may compete with fewer than 20 paddlers. The minimum for each team is 8 women paddlers.

The drummer should be light in weight and commanding!



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## Captain's Package (Continued)

### Rules

1. ALL participants must wear (zipped and clipped) PFD at all times when on the dock or in the boat. Do not step on the dock prior to getting your PFD on. Do NOT start to remove your PFD until you are off the dock and on dry land. (A PFD is a personal flotation device; some people refer to it as a "life vest" although it cannot be guaranteed to save your life.)
2. Please follow all directions of Race Officials and volunteers, including those in the Marshaling Area.
3. Please arrive at the Marshaling Area 20 minutes prior to your scheduled heat. Announcers will be calling your team to the marshaling area.
4. Please line up according to your seating chart in the marshaling area.
5. All teams must have a drummer, and the drummer must be registered to race.
6. Do not intentionally rock the boat.

***Please make sure that ALL your paddlers are familiar with these rules and with the commands.***

### Where is everything?

North Park Lake Boathouse  
10301 Pearce Mill Road  
Allison Park, PA 15101



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## AMATEUR ATHLETIC

# WAIVER AND RELEASE OF LIABILITY

*READ BEFORE SIGNING SIGNATURE PAGE*

Event Name: Pittsburgh Dragon Boat Festival

Event Date: 10/5/2019

Tentative Practice Dates: 9/21/2019-9/28/2019

In consideration of being allowed to participate in any way in the UNITED STATES DRAGON BOAT FEDERATION (USDBF) athletic sports program, the related event above and activities, the undersigned acknowledges, appreciates and agrees that:

1. The risk of injury from the activities involved in this program is significant including the potential for permanent paralysis and death, and while particular rules, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist; and;
2. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, assume full responsibility for my participation; and,
3. I willingly agree to comply with the stated and customary terms and conditions for participation. If however, I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the nearest official immediately; and
4. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, hereby release and hold harmless the **UNITED STATES DRAGON BOAT FEDERATION (USDBF)**, Hearts of Steel, TRRA, County of Allegheny, 22 Dragons, the Organization of Chinese Americans (OCA), and Japan-America Society of Pennsylvania (JASP), their officers, directors, officials, municipalities, agents, and/or employees, other participants, volunteers, sponsoring agencies, sponsors, advertisers, and, if applicable, owners and lessors of premises used to conduct the event (Releasees), with respect to any and all injury, disability, death, or loss or damage to person or property, whether arising from the negligence of the Releasees or otherwise. I also acknowledge that photographs and video may be taken of me in my participation in, and attendance at this event, and hereby freely agree to allow without restriction all uses of such photos and videos in the reporting of this race, and/or in the promotion of this event, its location, other sporting events, sport in general, and/or related purposes.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING THIS AND DO SO VOLUNTARILY, WITHOUT INDUCEMENT.

FOR PARTICIPANT UNDER AGE 18 AT THE TIME OF REGISTRATION

**My Signature certifies that I, as parent/guardian with legal responsibility for this participant's, do consent and agree to his/her release as provided above, of all the releases, and, for myself, my heirs, assigns, and next of kin, I release and agree to indemnify and hold harmless the Releasees from any and all liabilities incident to my minor child's involvement or participation in these programs as provided above, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES, to the fullest extent permitted by law.**

*Please sign the group USDBF and Release of Liability Signature Page.*





**WAIVER AND RELEASE OF LIABILITY SIGNATURE PAGE**

**Name of Event:** Pittsburgh Dragon Boat Festival

**Name of Team:** \_\_\_\_\_ **Event Date:** 10/5/2019

**Team Manager Name:** \_\_\_\_\_ **Address:** \_\_\_\_\_

\_\_\_\_\_ **Contact Phone:** \_\_\_\_\_

<b>(please print)</b>  Crew Member Name	Signer has read and agrees to terms of the waiver	Signature of parent or guardian if named person is under 18.) Signature
<b>Team Manager</b>		
<b>Drummer</b>		
<b>Steersman</b>		
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## AMATEUR ATHLETIC WAIVER AND RELEASE OF LIABILITY

### READ BEFORE SIGNING

EVENT NAME: PITTSBURGH DRAGON BOAT FESTIVAL

EVENT DATE: 10/5/2019

In consideration of being allowed to participate in any way in the UNITED STATES DRAGON BOAT FEDERATION, (USDBF) athletic sports program, related events and activities, the undersigned acknowledges, appreciates, and agrees that: The risk of injury from the activities involved in this program is significant, including the potential for permanent paralysis and death, and while particular rules, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist; and, I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or other and assume full responsibility for my participation; and, I willingly agree to comply with the stated and customary terms and conditions for participation. If, however, I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the nearest official immediately; and, I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE AND HOLD HARMLESS the UNITED STATES DRAGON BOAT FEDERATION, (USDB, Hearts of Steel, TRRA, County of Allegheny, 22 Dragons, the Organization of Chinese Americans (OCA), and Japan-America Society of Pennsylvania, their officers, directors, coaches, steersman, volunteers, officials, agents, and/or employees, other participants, municipalities, sponsoring agencies, sponsors, advertisers, and, if applicable, owners and lessors of premises used to conduct club & training & racing activities ("RELEASEES"), WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss or damage to person or property, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE. I also acknowledge that photographs and video may be taken of me in my participation in, and attendance at this event, and hereby freely agree to allow without restriction all uses of such photos and videos in the reporting of this race, and/or in the promotion of this event, its location, other sporting events, sport in general, and/or related purposes.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

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

(Member Name – **Please Print**)

(Member's Signature)

\_\_\_\_\_ Age: \_\_\_\_\_

*Member's Address*

FOR PARTICIPANTS OF MINORITY AGE (UNDER AGE 18 AT THE TIME OF REGISTRATION)

This is to certify that I, as parent/guardian with legal responsibility for this participant, do consent and agree to his/her release as provided above, of all the Releasees, and, for myself, my heirs, assigns, and next of kin, I release and agree to indemnify and hold harmless the Releasees from any and all liabilities incident to my minor child's involvement or participation in these programs as provided above, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES, to the fullest extent permitted by law.

X \_\_\_\_\_  
*(Parent/Guardian Signature)*                      *(Emergency phone number)*                      *Date*

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