



COSMIC

Children of St Mary's Intensive Care



Dragon Boat Regatta



2019



Crew Application Form



A 2,000 year old legend, a modern day event.

Join us for Dragon Boat Racing!

Thursday 25th July - 5pm- 9pm

Merchant Square, W2 1JS

**In Association with Merchant Square
and Paddington Central**

Welcome to the Dragon Boat Race!

About the Race:

The Dragon Boat Race has been happening on the Paddington Basin canal for over 10 years. Every year people from all over the Paddington area come together for a friendly competition to help raise essential funds for a local cause.

Crews of 11 Per Boat:

There is a maximum of 11 crew members in the boat at any one time. Boats accommodate teams of 10 paddlers and 1 drummer. The minimum number in a boat is 6 paddlers and 1 drummer.

Prizes:

Fastest Team, Runner up Team, Best Dressed Team

Register:

To register please email events@merchantsquare.co.uk

One team per company, additional teams will be added to a waiting list.



About the Charity



The Charity:

COSMIC (Children of St Mary's Intensive Care), supports the Children's Intensive Care Unit at St Mary's Hospital in Paddington by helping patients and their families, and enabling the dedicated team to treat hundreds of critically ill children from all over London and the South East each year.

What We Do - Supporting Families:

This year the Dragon Boat Race will be helping us provide essential support to the families of the critically ill children being treated on our ward.

It is an incredibly stressful and emotional time for families and our Family Liaison Nurses support them emotionally, socially and financially. We also provide accommodation for parents to stay close by their children whilst they are receiving treatment.

Entry Form:

COSMIC Day Dragon Boats Regatta

Thursday 25th July 2019

Paddington Basin

Team Details:

Team Name (Maximum 20 letters):

Contact Name:

Team Captain
Name:

Email:

Tel:

Mob:

Address:

Postcode:

How did you hear about
this event? :

**Entry Fee: £500 registration and £1500 total
fundraising target per team**

Declaration:

By signing this application form I confirm my wish to enter a team into the above event and confirm that I have read and understood the terms and conditions overleaf. I undertake to be bound by the event rules which will be sent to me with confirmation of my entry. I understand that I should advise my team members to seek medical advice from their GP if they are in any doubt as to their physical ability to take part in this event. I acknowledge that TAG will not be liable in any way for any injury or loss that might occur as a result of our participation. I understand that TAG and its associated companies (and companies processing data on its behalf) will hold and use the data provided by me in connection with this event for administration purposes, to keep me informed of its activities.

Signed:

Job Title:

Name:

Date:

Please email your completed application form to events@merchantsquare.co.uk by Friday 5th July 2019

**Cheques can be made payable to COSMIC, and sent to COSMIC, St Mary's Hospital, Acrow West, South Wharf Road, London W2 1BL.
For invoices and bank transfers please
email Emily.Hughes3@nhs.net**

Racing rules & regulations

Team Manager:

Every team must nominate a Team Manager who will have overall responsibility for the conduct and actions of the team. The Chief Official and other Race Officials will only communicate on matters with the Team Manager.

Experience:

The competition is open to all new-comers. Previous experience of dragon boating is not necessary, but all team members **MUST BE WATER COMPETENT IN LIGHT CLOTHING**. A responsible adult must supervise competitors under the age of 12 years, when in a dragon boat.

Teams:

Teams are to consist of a maximum of 12 participants per race, which must include a drummer and a helm provided by Team Activity Group. The minimum number of paddlers is six. Only the number of paddlers in the team may be reduced, a drummer and the helm must be present. Teams may race with less than 12 but the number in the boat at the finish of the race must be the same as at the start.

Equipment:

All boats and necessary equipment will be provided.

Paddles:

Teams may use their own paddles provided they conform to the design and dimensions laid down by the British Dragon Boat Association. All paddle looms (shafts) must be of straight design. Paddles with a cranked (off set) design or loom are not permitted.

Helm (steerer)

TAG will provide a helm for each boat.

Buoyancy aids

All competitors must wear a buoyancy aid provided by the race organiser when on the water. Team members will not be allowed to race in their own buoyancy aid.

The drummer

The drummer must sit on the 'drummers' seat provided and actively beat the drum throughout the race.

Embarking:

Teams must report to the boat marshalling area when called forward by the chief boat marshal or over the public address. However, irrespective of any 'call forward', teams should report to the marshalling area at least 20 minutes before the race start time. Teams failing to report on time may be barred from taking any further part in the competition.

Starts:

Teams must be in the dragon boats and at the start area at least 5 minutes before their start time. All races will start without reference to absentees.

Starting position:

The position of the dragon boats on the start line shall be that the front most part of the boats (including the heads) are aligned.

Starting signal:

When the starter is satisfied that all the boats are correctly aligned, the starter shall alert the teams by saying 'ARE YOU READY?'. When the starter is happy that all teams are ready the starter shall give the starting signal by shouting 'ATTENTION' followed by the word 'GO'.

False Starts:

If the starter considers there to be a false start they will immediately recall the teams by shouting STOP, STOP, STOP teams should stop paddling and return immediately to the start line.

Finishes:

A boat has finished the race when the foremost part of the boat, which normally includes the head, crosses the finish line. After finishing a race, each participating team must return immediately to the embarking area. **DISEMBARKING** After disembarking from the dragon boat the team is responsible for the safe return of all paddles and buoyancy aids to the place designated by the boat marshal and for bailing out any water from their boat.

Race control:

Teams must paddle a straight line and keep within their allocated lane/line from the start to the finish of their race. It is forbidden to knowingly impede other boats. Helms will order their paddlers to 'STOP PADDLING' if a collision is imminent. Teams that do not stop paddling and cause a collision will be disqualified from the competition and may face a further ban from racing in the future. Any team that causes a boat to collide with another one whilst racing, or that damages a boat or paddles of another team, or that deliberately swamps or causes another boat or their own boat to capsize will be disqualified from the competition

Officials:

All the officials appointed for the competition are responsible to the Chief Official for the conduct of the races and for ensuring that the Rules and Regulations are fully complied with. Crews must follow the directions of the Race Officials at all times. Failure to do so may result in disqualification of the crew or participant concerned. The Chief Official's decisions on all matters affecting the races are final.

No Alcohol:

Consumption of alcohol, by any participant is strictly prohibited until racing has finished. Any participant who is thought to have consumed alcohol or is not in a 'fit state' to participate will not be allowed to race and their green wrist band will be removed. The unlawful use of any banned substance is not permitted at any time.

Safety on the water:

The safety of a dragon boat team on the water is the prime concern of everyone associated with the event, not least of which is the team itself, who have a responsibility to conduct themselves properly, in both a competitive and social sense. All competitors are to attend their team safety briefing before racing commences, after which they will be issued with a green wrist band.

Medical restrictions:

Each participant must be reasonably fit and able to swim in light clothing. Must be a minimum age of 8 and not vastly overweight to their height. If you are unsure whether you can take part please seek your doctor's advice. If you have any medical condition which the Race Organisers should be aware of, please speak to the Race Official before your first race of the day.

Notice:

The event is an adventure sport and as such involves a risk of injury regardless of the standard of training, supervision and equipment involved. Each participant will be required to sign the team sheet following their safety briefing on the race day. By signing the team sheet each participant voluntarily accepts all risks involved and is fit and able to swim as per the medical restrictions above and will not hold TAG liable for any claims arising from any accident resulting in any loss or damage including bodily injury or death.

Leptospirosis & Weil's Disease:

It is stressed that Leptospirosis and Weil's disease are both rare but can be caught by anyone engaged in a water sport. An infection of Leptospirosis resembles a cold and influenza infection in the initial stages. The incubation period is 4 - 10 days. If you show the above symptoms after taking part in a water sport activity, you should contact your doctor and tell him you have been participating in water sports and you suspect leptospira infection. Level of risk - On average each year, 9 people contract Leptospirosis through the participation in water sports. The instances of infection are therefore very rare and its deterioration into Weil's disease even rarer. Weil's disease is, however a very serious illness which must be diagnosed and treated swiftly. Reduce your risk by being aware!

**PLEASE NOTE THAT RACING WILL NOT BE
DELAYED FOR ANY LATE COMERS - If you miss
your race it is deemed bad luck!**

**For any questions with regards to the Dragon Boat Race
regulations please email the Merchant Square Events
Team at events@merchantsquare.co.uk**

Fundraising!

The fundraising minimum for each team is £1,500 which is £136 per person in the boat.

We recommend setting up an online fundraising page such as a Virgin Money Giving page. It's a really easy and effective way for people to donate and share your team's challenge, family and friends.

We have also included a paper sponsorship form on the next page where people can pledge donations to your team.

There are loads of different ways that your team can raise these essential funds - office sweepstakes, bake-sales, personal challenges, and a hole host of others.

For any questions about fundraising, or to discuss what kind of fundraising is best for you and your team please get in touch with Fundraising & Communications Executive, Emily Hughes; Emily.Hughes3@nhs.net or call 02033126175.



Sponsorship Form:

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* I want COSMIC to treat the above donation as a Gift Aid donation. I pay an amount of Income Tax and/or Capital Gains Tax at least equal to the tax that the charity will reclaim on my donation in the appropriate tax year (currently 25p for each £1 you give). PLEASE ENSURE THAT YOUR SPONSORS GIVE THEIR FULL HOME ADDRESSES OTHERWISE COSMIC CANNOT CLAIM GIFT AID. Please return this form together with sponsorship money raised to: COSMIC, St Mary's Hospital, Room 31 Ground Floor Salton House, South Wharf Road, London, W2 1BL Tel: 020 3312 6947 Fax: 020 3312 6249 Email: info@cosmiccharity.org.uk www.cosmiccharity.org.uk Registered Charity No. 1043697



Thank you!

Total £ _____

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