

App 2: Acknowledgement of Risk and Waiver Terms and Conditions



The BOP Dragon Boat Club Inc (The Club) would like you to read the following carefully. It concerns your safety and the safety of others taking part in The Clubs dragon boat activity. Once you have read it you will be asked to sign a copy that you have read and understood it when you register .

Risks. We will take all reasonable steps to provide you with the level of care and assurances of safety appropriate to the dragon boat activities that you will take part in. However, you should be aware that such activities are conducted on various types of water from shallow park lakes and rivers to large open water, such as harbours, inland lakes and reservoirs. The activities take place in a variety of weather conditions too, which may affect the suitability of the water on which your dragon boat activity is being conducted, therefore, you are advised that certain inherent risks, associated with any type of water activity, remain which cannot be eliminated without destroying the unique character of dragon boating. Amongst other things, some of these risks can contribute to:-

- a loss or damage to your personal clothing or equipment.
- feelings of discomfort, fear and apprehension or even accidental injury,
- illness or trauma which in extreme but thankfully very rare cases, can be serious.

The level of real (as opposed to apparent or perceived) risk associated with participating in dragon boat activities are very low but the type of risk may be something with which you are not familiar. The level of risk associated with dragon boating is generally no greater than that associated with, for example, a normal adult undertaking recreational activities appropriate to their own physical ability, based on general fitness, age etc.

Swimming Ability. To take part in any dragon boat activity you must be confident when floating in cold water and wearing a Personal Flotation Device (PFD) such as an approved buoyancy aid. Ideally, you should be able to swim at least 50 metres, unaided and without a PFD.

There are a number of other things associated with dragon boat activities that you should be aware of. These include but may not be limited to:

Physical Effort. All dragon boat activities involve physical effort, which at times may be more than you are used to. This may involve stamina or physical strength and paddling a dragon boat may put a greater strain on joints and muscles than you normally experience. If you have any medical conditions, injuries or medication, past or present, which may in certain circumstances adversely affect your ability to undertake dragon boat activities, then you should make this known to us before the activity takes place (*for voluntary recording in the Club's Medical Record Book*).



Environmental Risks and Hazards. These may include factors such as lightning and storm conditions, although more common would be adverse weather and cold water conditions or a sudden change in the weather and wind conditions when an activity is taking place. In such conditions dragon boats can be swamped by waves or in extreme conditions, capsize. Therefore, before taking to the water you should be aware of these possible dangers and ensure that you have been fully briefed and understand the 'buddy' system used by dragon boat crew members, to account for and aid each other, in the event of a boat being swamped or capsized. **Such situations can become stressful for some people, especially in rough and cold water conditions. If you have an aversion to such water conditions you should let that be known before taking part in a dragon boat activity where the water conditions may be adverse.**

Slips and Trips. These are the commonest types of accident throughout society and taking part in a dragon boat activity is no exception. As an organisation, we will endeavour to ensure that the consequences of such an accident are not serious but you should be aware that the likelihood of falling over or slipping on a wet surface, is likely to be greater than that you are used to. Moreover, given the nature of the environment in which dragon boat activities take place, more serious incidents can occur.

Responsibilities. The Club has clear obligations and responsibilities and these are taken very seriously. However, we expect every participant taking part in our dragon boat activities to contribute to their own, and the safety of the other members in a dragon boat crew, by following the instructions given, from time to time, by our staff (*Club, Coaches, Instructors and Officials*) and particularly by the Sweep, when you are part of a dragon boat crew on the water.

Acknowledgement.

1. I recognise that taking part in a dragon boat activity or event may require an attitude and approach which is different from other activities that I have been involved with.

2. I acknowledge and accept that the nature of the risks may also be different to those with which I am familiar and that certain risks remain.

3. I understand and accept that I have a responsibility for my own safety whilst taking part in a dragon boat activity and a duty of care, whilst on the water, towards the other members of a dragon boat crew of which I am a member.

Hazard	Risk	Control Measures
Boat Collision, swamp or capsize	Injury Hypothermia in cold water Drowning	<ul style="list-style-type: none"> • Qualified Sweeps know Water safety rules • Paddlers know the Crew Buddy System & Capsize procedure • Life jackets are compulsory • First Aid @ Shed • Carry Phone +/-or radio contact Coastguard • Throw ropes on board • Bailers on board
Adverse or cold weather conditions arising once training has started	Body heat loss Hypothermia	Correct clothing (Thermal tops/pants for warmth)
Slip Hazard – Boat ramp	Personal injury	<ul style="list-style-type: none"> • Non slip shoes • Briefing of participants • Clean slipway • Slow launch of boat
Dolly wheels (boat trailer)	Injury to foot being run over while transporting.	Hold boat away from dolly wheels
Hitting the Curb with dolly	Boat jumps off trailer likely to cause injury	Direct to dolly to avoid hitting the curb with the dolly wheels
Unknown Health issues	Medical event on the boat	Advise Sweep in control of boat
Fingers jammed between edge of boat and jetty	Crushed fingers	<ul style="list-style-type: none"> • Advise of hazard at induction • Remind new paddlers while loading and unloading • Ice packs in First Aid kit in shed