

**12th International Dragon Boat Festival &
1ST EURO CUP
Limassol, 9th October 2021**

CREW MEMBERS LISTING

Racing Category:
Team's Name:
Team Captain's Name: Drummer's Name:

	Full Name	CyDBF Membership No.	Male (M) /Female (F)	Signature
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	RESERVES			
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Before signing I have read and agree with the DECLARATION at the back of this page
Έχω διαβάσει και συμφωνώ με τις οδηγίες που αναγράφονται στην πίσω σελίδα

- The “Crew Members Listing” shall be completed by all teams based on their members listed in the “Release and Waiver of Liability”
- One form shall be completed for each racing category the team is participating in.
- The “Crew Members Listing” forms shall be submitted properly completed to Cyprus Dragon Boat Federation at cyprusdba@gmail.com and susanna.pegasiou@gmail.com by Friday 15/09/2021.
- Two reserves can be used for both small and standard boats.
- Ensure that minimum 40% and maximum 60% are female paddlers in the mixed categories (small and standard boats). Crews of 19-20 paddlers must have minimum 8 female, 17-18 paddlers minimum 7, and 16 paddlers minimum 6. For small crews of 9-10 paddlers must have minimum 4 female and of 8 paddlers minimum 3.

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DECLARATION

Through my signature on the page overleaf I hereby confirm to the CyDBF:

1. That I understand that Dragon Boating is an 'Assumed Risk Water Contact Sport' that carries attendant risks. I confirm that I have been made aware of the said risks and have been offered the appropriate advice and life jacket. As a participant, I am aware and accept these risks; I am responsible for my own actions and involvement; and fully understand that I have a duty of care towards other participants in the sport. I therefore expressly agree to abide by all rules and conditions of the CyDBF and the Event Organisers, of which I have been made aware.
2. That I am physically fit and that there is no known medical or other reason why I should not take part in the above race programme.
3. That I am water competent; I can swim at least 50m unaided when dressed in light clothing, i.e., racing dress (shorts and vest) plus waterproof top and trousers and light footwear; tread water and remain afloat in slow moving water and hold such position for at least 3 minutes.
4. That I have completed the dragon boating induction and training programme and that I am fully aware of my obligatory behaviour on and off the boat and that I need to comply with the captain's/helm's instructions at all times.
5. That I have completed the Capsize Drill briefing and I fully understand the procedure if such an event occurs. It is my responsibility to ask for further clarification and coaching if all or any part of this procedure is unclear to me as I acknowledge and respect the consequences of not following the correct methodology of recovery.
6. That I am a member of the dragon boat crew team as per the Crew List submitted by my Team Captain and will not participate or attempt to participate in any race in which I am not a registered crew member. I understand that such a misdemeanour could lead to disqualification of the entire team.
7. That if, I am under the age of 16 I must obtain parental consent to participate in the event and that the Declaration must also be signed by my parent (s).