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# 18th Annual Peterborough's Dragon Boat Festival Saturday, June 9, 2018



PETERBOROUGH'S  
**DRAGON BOAT**  
FESTIVAL

## Captains' Manual

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Web: [ptbodragonboat.ca](http://ptbodragonboat.ca)  
Facebook/Twitter/Instagram: @ptbodragonboat

Hosted by Survivors Abreast



[www.survivorsabreast.com](http://www.survivorsabreast.com)

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## Overview of the Event

### Our Goals

Peterborough's Dragon Boat Festival goals are to:

- Fundraise in support of breast cancer screening, diagnosis and treatment at Peterborough Regional Health Centre (PRHC)
- Increase awareness in the community about breast cancer.
- Provide opportunities for breast cancer survivors and the larger community to participate in dragon boating; a fun, exciting and rewarding water sport that
  - Emphasizes community team building
  - Contributes to the health and well-being of breast cancer survivors and members of the larger community.

A portion of the proceeds (excluding pledges) also supports our festival hosts – the Survivors Abreast Dragon boat team's operating expenses.

### Thank you to our 2018 Sponsors!

Kawartha Credit Union is the event's **Platinum Sponsor** for the 17th consecutive year. Our sincere thanks to our many Gold, Silver, Bronze, and Teak Sponsors for their generosity in helping us to meet our goals! You can find them on our Sponsor page at [www.ptbodragonboat.ca](http://www.ptbodragonboat.ca)

### New This Year!

We recognize that sometimes it's difficult to fill a boat with paddlers. This year, if **individual paddlers** register on our website, we will contact teams with less than 20 paddlers to see if they would like to accept additional paddlers to fill the boat. The decision is yours, but a full boat means extra paddle-power!

### Join us at the Dragon Boat Open House!

Thinking of registering a team or participating in the 2018 Festival but have questions about what's involved? Not sure if dragon boating is for you and your friends/family/coworkers and want to give it a try? Interested in more info on volunteer opportunities?

Drop by the **PDBF Open House on Thursday, March 22<sup>nd</sup> at the Trent University Athletics Centre (Café/Carol Love Paddling/Rowing Pool) from 7:00 – 9:00 pm** and talk to Festival volunteers about all this and more! You can even **try paddling** in the paddling tank and get some tips from festival hosts, Survivors Abreast Dragon Boat Team. Plus find out how your fundraising dollars will help save lives in our region.

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## Captains' Responsibilities

Up to this point you've been very busy with the challenge of organizing your team. Thanks for all your efforts! Your team will have plenty of fun and will help to raise awareness and funds for a great cause.

- Organize the team and collect the registration fee from each team member, if applicable. Note: Registration fees are not donations and are therefore not eligible for charitable tax receipts – however a business receipt will be provided upon request to [register@peterboroughdragonboatfestival.com](mailto:register@peterboroughdragonboatfestival.com)
- Register the team on-line including payment of the registration fee.
- Encourage your team members to **register online** if they have not already done so. This will help with communications, fundraising, and tracking your individual and team progress. See the Registration and Fundraising Guides for more information.
- Encourage your team in their fundraising efforts... it's for a great cause!
- Make sure your team members know the time and location of the practice, and where and when to meet for practice.
- Create a boat seating plan for your team according to the skills and abilities. See the chart below, "Placing your team in the boat" for tips.
- Make sure each member knows the race schedule and the time and location of where to meet prior to each race.
- Paddlers can only paddle for one team in each division but may paddle for a second team in a different division. Paddlers may drum for another team.
- Know the rules of the water and make sure paddlers are aware of them. The coach will discuss these rules during your practice times.
- Make sure each person registered on the team has signed the waiver. Any paddler between age 13 and under the age of 18 must also have parental/guardian consent. **Both waiver forms are available on the website.** Anyone who has not signed the waiver will not be allowed to practice or race.
- Each person on the team must wear a wrist band. It is the captain's responsibility to ensure that only people that have read the safety protocols and signed the waiver form obtain a wristband.
- Attend the **Captains' Meeting the morning of Race Day** to pick up your team's wrist bands and get last minute information about the races.

**Remember, the Festival is an alcohol-free event. This means no alcohol at practices or on race day.**

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## Team Photographs

The team photographs will be taken prior to your first race, just inside the staging area. Please ensure that all your team members are ready for the photographs 30 minutes before your race time. The cost of team pictures is included in the pre-paid registration fee. Pictures will be available digitally; there will be an online area where Captains will be able to access the team photo and then distribute it to their teammates.

## Practice Information

Your festival registration fee includes one practice; contact Gina Lee (see last page for contact information) to book your practice at a convenient time. Practices will be held out of Peterborough Marina at Del Cray Park from D-Dock (the one closest to the road). All paddlers are to gather there at least 20 minutes prior to their practice time to get their paddles, PFDs, and to check in with their Team Captain and land staff. An experienced coach and steersperson will lead your team through practice, including the basic commands and how to paddle effectively. Practice sessions go ahead rain or shine! **NOTE:** A minimum of **12 paddlers** are required for practice.

## Making Sure Your Team is Practice Ready

<b>Warm Up</b>	Arrive at the D-Dock of the Peterborough Marina at least 20 minutes early to stretch and warm up before getting into the boat.
<b>Seating</b>	Know your assigned position. i.e. left 4. The boat will be filled and emptied in an orderly fashion two partners at a time. Refer to Placing Your Team in the Boat below.
<b>Clothing</b>	Secure footwear is strongly recommended for all paddlers; no high heels or work boots. Bare hands are fine, but some paddlers prefer to wear gloves. Depending on the weather, old sweatshirts or tee-shirts, shorts or bicycle pants that dry quickly and rain gear are appropriate.
<b>Sun Protection</b>	Sun glasses, sunscreen and hats are a must if it is a sunny day. Make sure they won't come off in the wind – bring straps for your glasses.
<b>PFD's (Personal Flotation Devices) &amp; Paddles</b>	Provided by the Festival. You may bring your own PFD, but it must be inherently buoyant (i.e. not inflatable), in good condition, fit properly, and be approved by Transport Canada, the Canadian Coast Guard, or the Canadian Department of Oceans and Fisheries.

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## Placing Your Team in the Boat

<b>Weight</b>	Weight should be balanced both fore and aft and side to side. Maximum weight for 20 paddlers should not exceed 3600 lbs.
<b>Rights and Lefts</b>	Which hand a paddler holds the shaft of a paddle determines whether he or she is a "right" or "left" and therefore on which side of the boat he or she will sit.
<b>Bow</b>	The first three paddlers on each side constitute the "bow". Ideally all three will have impeccable timing and natural flexibility. They shouldn't be too large. Seat "Threes" should be good athletes.
<b>Stroke</b>	Seat "Ones" are referred to as the "Strokes", right and left respectively. "Ones" "Twos" and "Threes" must possess an acute sense of timing, a high level of fitness and the ability to change the pace that they set for racing. These paddlers start the motion of the boat to move forward by "pulling".
<b>Engine Room</b>	Seat "Fours", "Fives", "Sixes" and "Sevens" comprise the "Engine Room". Ideally these are your big powerful paddlers. Ultimately, how fast they can work will determine the stroke rate and boat speed. These paddlers will have to both pull and push the boat forward. It's where you put your strong silent types!
<b>Stern</b>	Seat "Eights", "Nines" and "Tens" make up the "Six Pack" or "Stern" of the crew. Flexibility is a benefit to an "Eight" and "Nine". A small butt is essential to a "Ten". These seats are called the jet engines and must be adaptable. They will need to vary their strokes and body positions to help the steersperson. They will need to have their heads in the boat at all time, listening, responding and helping the steersperson.

## Race Schedule

### Races are 400 metres long

**Morning Heats** - Every team has a random placement in the morning heats.

**The McKenzie Cup** - is a bonus Championship race for Breast Cancer Survivor teams. The top 4 Breast Cancer Survivor teams based on times from the morning heat will compete in this race. Remaining survivor teams will load boats and join in for the flower ceremony after the race.

This race will take place after the morning heats and will be followed by the Flower ceremony, a tradition that provides a moment to remember and honor those who have been lost to breast cancer and those who are still fighting. The winner of the race will be

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awarded the McKenzie Cup trophy named after Dr. Don McKenzie, founder of the breast cancer paddling movement.

**Afternoon Heats/Semi-finals** - Teams will be seeded in the afternoon race, to race teams with similar times to their morning times.

**Divisional Championships** - Following the afternoon heats, there will be Divisional Finals for Community Mixed, Community Women, Open Mixed, Open Women and Junior Divisions. The top four teams (based on combined times from morning and afternoon races) in each Division will be seeded for these Championship races.

## Prizes

### Fundraising:

In addition to occupying the luxurious “**Dragon’s Lair**” complete with comfy outdoor furniture, a dedicated butler, a continental breakfast, gourmet lunch and much more, the top fundraising team will have their team name featured on the Dr. J. Memorial plaque.

**New this year, the 1<sup>st</sup> runner up** to the top fundraising team will occupy the “Dragon’s Loft” where they will be able to relax between races under a canopy tent, on comfy Muskoka chairs. They will enjoy a special lunch and beverage compliments of the Festival.

**Also new this year, the 2<sup>nd</sup> runner up** to the top fundraising team will occupy the “Dragon’s Nest” where they can set up their own lawn chairs under a festival provided canopy tent. A complimentary lunch and beverage will be provided by the Festival.

All three teams will be located in a prominent location and will have exclusive use of the Pink Potty! They will also receive a special SWAG Bag!

Fundraising totals will include online and offline donations. Be sure and check out the Dragon’s Lair dedicated web page for all the details!

### Races:

Community Mixed Division Champions will be presented with the Kawartha Credit Cup. Community Women’s Division Champions will receive the Survivors Abreast Cup. Winners of the Open Mixed, Open Women’s, and Junior Divisions will each receive a trophy as well.

Winner of the Breast Cancer Survivors’ Race will be presented with the McKenzie Cup. Participants will receive medals for first, second and third place. Fourth place will receive a ribbon.

All trophies will be displayed in the local Sports Hall of Fame.

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Wooden paddles are awarded to the winning team in each division. Participants in division championships will receive medals for first place. Second, third and fourth place will receive a ribbon.

Also, participants will receive recognition for second, third and fourth place in the afternoon races.

We request each team have a person designated to pick up the ribbons following the afternoon races. (Captains would be best). These ribbons are offered to everyone on a team as a small memento for you to keep and remember your day. Please be patient – we must wait for official race results before distributing awards.

## Merchandising

On the day of the event, a variety of items will be available at the One-Stop-Dragon Shop for your shopping pleasure. They will have a limited number of T-shirts with participating team names on the back.

We're pleased to have **MARK'S WORK WEARHOUSE** back as our merchandising supplier and a Bronze Sponsor for the Festival.

**You can pay by debit or credit card at the One-Stop-Dragon Shop!**

## New and Exciting Features

There will be a **Vendor Village** this year, featuring several food and artisan vendors. The Vendor village, is being organized in collaboration with Modern Markers Market, organizers of local artisan sales with a focus on local makers, quality, hand-crafted products and outstanding customer experience. 100% of the vendor's participation fees will go towards Peterborough's Dragon Boat Festival so be sure to visit them in Del Cray Park.

In partnership with several providers, Peterborough's Dragon Boat Festival will feature a new **Family Fun Zone** filled with lots of activities for the whole family to enjoy! Have fun getting your face painted, then head on over to the Selfie Photo Booth! Try the family circuit training, play a giant board game or throw an axe or two! These are just some of the fun filled activities you will enjoy. Be sure and bring the little ones. There will be activities especially for them too, whether it be the pop up skate park, or something a little quieter as well.

*The Peterborough Dragon Boat Festival Planning Committee sincerely thanks all our returning team captains for your dedication in helping us reach our goals and welcomes all new captains! We hope you have a great experience this year and that this becomes an annual event for you and your team!*

## Thank You for Supporting This Worthwhile Cause in Your Community!

### Contact Information

Role	Name	Phone Number
Festival Planning Committee Chair	Michelle Thornton	(705) 930-7635 or <a href="mailto:mimthornton@nexicom.net">mimthornton@nexicom.net</a>
Teams Chair (Registration/Online Pledges/Practices)	Gina Lee	(705) 652-1206 or <a href="mailto:jimandginalee@aol.com">jimandginalee@aol.com</a>
Race Committee Chair	Debbie Keay	(705) 748-3945 or <a href="mailto:dkeay@dmwills.com">dkeay@dmwills.com</a>
Volunteer Co-Chairs	Serena Robertson	(705) 933-1059 or <a href="mailto:Serena_robertson_4@hotmail.com">Serena_robertson_4@hotmail.com</a>
	Bill Robertson	705-876-6413 or <a href="mailto:Buckhornbill2@gmail.com">Buckhornbill2@gmail.com</a>
	Amy Semple	(705) 872-2238 or <a href="mailto:amyleesemple@gmail.com">amyleesemple@gmail.com</a>