



香港業餘龍舟總會有限公司
Hong Kong Amateur Dragon Boat Association Ltd.

3rd April 2009

To: All Dragon Boat Team Leaders

Dear Friends,

The 7th Summer Vigor 2009 Mini Dragon Boat Races

Last year's Summer Vigor was a great success with a hundred teams participating. This large number of participants made all the races extremely competitive, and created a marvelous carnival atmosphere.

This year's Summer Vigor will take place on 26th July 2009. Details of the event and application form are attached herewith. Please send in your completed form on or before 12th June 2009.

If you would like to have more details, please contact Ms. Florence Cho at telephone no. 9262-5285 or e-mail to secretary@dragonboat-hk.org or Ms. Lilac Tsang at telephone no. 9842 9019 or e-mail to lilactsang@yahoo.com. You may also check updated information by visiting our web site : www.dragonboat-hk.org.

We are looking forward to seeing you on 26th July 2009.

Cheers,

Chung Wai Man
Race Convener



香港業餘龍舟總會有限公司 Hong Kong Amateur Dragon Boat Association Ltd.



The 7th Summer Vigor 2009 Mini Dragon Boat Race

1. Date: 26th July 2009 (Sunday)
2. Time: 08:30 to 17:00
3. Venue: The Sai Kung Promenade (next to the Sai Kung Public Swimming Pool)
4. Distance: 250 meters
5. Deadline: Completed application form and the Letter of Indemnity shall be returned to the Association **on or before 12th June 2009** together with the appropriate enrolment fee.
6. Categories: There are five (5) categories open for application – ‘Open Men’, ‘Open Women’, ‘Mixed’, ‘Corporate’, and ‘Senior’.
7. Fee: HK\$1,300 per team.
8. Details: Each team can register up to fourteen (14) participants. Each race will consist of not more than twelve (12) or less than eight (8) persons including drummer and steersman.

For ‘Mixed’ category, there should be at least four (4) female paddlers.

For the ‘Senior’ category, participants must be in the age 45, drummer and steersman must be in the age 16 or above.

All applicants must be able to swim with clothes on for a distance of not less than 100 meters.

Teams will be divided into groups through drawing lots to race.

All teams need to report to the marshalling area 30 minutes before commencement of each race for the preparation of embarkation, including the verification of crewmembers’ identity. Latecomers will not be accepted.



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Teams shall use only the boat so decided through the drawing of lots. No change of boat is allowed without the permission of the officials.

In each race, participating teams will align at the start line and remain stationary there waiting for the start signal. All teams must obey the instructions of the official. The race will start at the sounding of a horn. In case of a false start or a jump start, official will notify all teams by sounding another signal and all boats shall return immediately to the starting point for the second start. Any team failing to return as instructed or causing a second false start may be disqualified on that race.

All paddlers must stay seated during the race. Should a team be found standing or kneeling during the race, it will be disqualified.

In the course of a race, each boat must proceed in a straight line within its own lane and must not trespass into other lanes or cause interference to other racing boats. Teams that fail to comply with this will be disqualified.

After each race, all teams must return to the boarding area without delay. All equipment must be left on the boat and returned to the official in good order. Those who fail to return promptly will be penalized. If in the opinion of the official, equipment has been damaged deliberately by a team, the Hong Kong Amateur Dragon Boat Association Ltd. (the "Organizer") reserves the right to demand the team in question to pay for the cost of repair or replacement.

Once the official race results are announced, it is finalized. No appeal will be accepted.

All teams must follow the instructions given by the officials during the entire racing event to ensure safety and to avoid interference or inconvenience to others.

If tropical typhoon warning signal no. 3 or above or red/black storm warning signal is hoisted or announced by the Hong Kong Observatory at or before 6 a.m. on the event day, the racing event will be cancelled and enrollment fees will not be refunded.

Each participant shall be solely responsible for his or her own safety at all times during the racing events and no responsibility will be accepted by the Organizer, its agents, volunteers, sponsors or any one who is connected directly or indirectly with the races for any death, injury, damages and/or loss of property incurred or borne by participants



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The Organizer shall have the sole right to accept or reject an application without explanation.

These rules and regulations will be elaborated in the team briefing. The Organizer reserves the right to amend any of these without prior notice.

9. Contacts: Ms Florence Cho ☎ 9262-5285, e-mail: secretary@dragonboat-hk.org
Ms Lilac Tsang ☎ 9842 9019, e-mail: lilactsang@yahoo.com

10. Payment: If by mail, make cheque payable to '**Hong Kong Amateur Dragon Boat Association Ltd.**', and chit the name of your team, contact person and contact telephone number at the back of the cheque and send to the following address. If pay by direct payment to our HSBC account no. 636-361719-001, please fax the deposit receipt along with name of your team, contact person and contact telephone number to 'The Summer Vigor Organizing Committee' at 2363 2727. Please feel free to contact Ms. Florence Cho or Ms. Lilac Tsang for more details.

Summer Vigor Organizing Committee
P. O. Box 21
Sai Kung Post Office
Sai Kung
KOWLOON



香港業餘龍舟總會有限公司
Hong Kong Amateur Dragon Boat Association Ltd.



Summer Vigor 2009 Mini Dragon Boat Races
Application Form

(Open Men, Open Women, Mixed, Corporate, & Senior)

組別 Category Entry: _____

隊名 Team Name : _____

聯絡人姓名 Contact Person: _____ E-mail address : _____

聯絡電話 Contact Telephone No: _____ Fax : _____

領隊姓名 Name of Team Captain: _____

划手/舵手/鼓手姓名 Name of Paddlers/Steersman/Drummer

	Name in English	中文姓名	Position	HK I.D. No.	Gender
1			Drummer	- xxx()	
2			Steersman	- xxx()	
3			Paddler	- xxx()	
4			Paddler	- xxx()	
5			Paddler	- xxx()	
6			Paddler	- xxx()	
7			Paddler	- xxx()	
8			Paddler	- xxx()	
9			Paddler	- xxx()	
10			Paddler	- xxx()	
11			Paddler	- xxx()	
12			Paddler	- xxx()	
13			Paddler	- xxx()	
14			Paddler	- xxx()	



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Summer Vigor 2009 Mini Dragon Boat Races Letter of Indemnity

All participants are entering into the race at their own risk. The Hong Kong Amateur Dragon Boat Association Limited, its agents and officials, volunteers, sponsors or any other individuals or organizations connected directly or indirectly with this race (collectively the “Organizers”) shall not be held responsible for or in respect of any injury, death, damage and loss of property incurred during or as a consequence of the participants’ joining and participation into the race, including but not limited to the use of those facilities or equipment provided by or procured through the Organizers.

We, (please fill in the name of the team) _____ hereby certify that the participants of our team who have entered into this race are physically fit and understand that they are entering this race at their own risk. We hereby expressly declare and agree to abide by all the rules and conditions as announced or specified by The Hong Kong Amateur Dragon Boat Association Limited relating to the race.

We hereby declare and agree to discharge the Organizers or any of them from any responsibility in the event of any injury, death or damage and loss of property incurred in connection with the participation of our members in this event and further agree to indemnify the Organizers or any of them against all losses or damages incurred by our members as a result the participation in the event or the use of the facilities or equipments provided by or procured through the Organizers.

夏日活力小龍賽 2009 免責聲明

所有參賽者參加是項比賽之一切風險概由賽員自己負責。香港業餘龍舟總會其代理人及人員，義工，支持單位及其他與是項賽事直接或間接有關的個人或團體(以下統稱 “主辦單位”)將不會對參加者因參加及參予是項比賽(包括使用由主辦單位提供的設施或設備)而引致的任何傷亡、財物損毀及損失負上任何責任。

我們, (填上有關團體名稱) _____ 現證明本會參予是項賽事的參賽者均屬體格健全並明白參予是項比賽的一切風險是由參賽者自己負責。我們謹此聲明同意遵守所有香港業餘龍舟會制定有關是項比賽的規則及條件。

我們現聲明並同意不會向主辦單位或其中任何一方就本會參賽會員因參予是項比賽而引致的任何傷亡、財物損毀及損失追究任何責任；並同意彌償主辦單位或其中任何一方因本會會員參予是項比賽或因使用主辦單位提供的設施及設備而引起的一切損失。

Signature 簽署
For & On behalf of the Team

(Name 姓名)

Date (日期): _____



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RELEASE, WAIVER AND INDEMNITY

This Agreement must be completed and executed **BEFORE** participation by any person
under the age of 18

年齡於十八歲及以下之參賽者必須填回此責任聲明書

Team Name(隊名): _____

Team Manager's Name (領隊姓名): _____

Participant's Name(賽員姓名): _____

Participant's HKID/Passport No.(賽員身份証號碼): _____

To: The Hong Kong Amateur Dragon Boat Association Ltd.

ACKNOWLEDGEMENT - SAFETY

I am the parent or lawful guardian of the Participant. I have been advised that the Participant must wear a life jacket while participating on this Activity. I confirm that the Participant has received proper instruction as to the proper use of the life jacket from his/her Team Manager, and that he/she is required to wear one during the races. I confirm the Participant is a fit and proper person to participate in the Activities. I agree that the Participant will strictly abide by all such rules and regulations.

RELEASE OF LIABILITY, WAIVER OF CLAIMS AND INDEMNITY

1. I hereby and further agree to waive all and any claim(s) which I or the Participant may have against the Association all liability for any loss, damage, cost, expense or injury including death that I or the Participant may suffer or incur as a result of the Participant's participation in the Activities.

我(父母或監護人)等保證此參賽者體格健全及適合參與貴會所舉辦之龍舟賽事，賽事當中必須全程穿着救生衣及同意遵守主辦機構所訂一切規則，我等聲明因此比賽而引致傷亡或財物損失，香港業餘龍舟總會或任何與此賽有直接或間接關係之人士或機構，均毋須負任何責任。

Signed, Sealed and Delivered by:	Signed, Sealed and Delivered by:
The Participant: (參賽員簽署)	The Parent/Guardian:(家長或監護人簽署)
_____ (seal)	_____ (seal)
Name (print): HKID/Passport No.:	Name (print): HKID/Passport No.: