

SPCCAA Dragon Boat Team 2023



Founded in 2017, our SPCCAA Dragon Boat Team has participated in major races and successfully built an enthusiastic team of rowers. Let's keep the momentum going! Enrollment for Team 2023 is now open, so come join us for a sporty hobby bonding with like-minded, outdoor loving alumni. We welcome all our returning paddlers and new joiners with all levels of fitness.

There will be regular practices and competitions to row in. The 5-month regular training will begin on Sunday, 26 March in the Tseung Kwan O area with details as follows:

Instructor:	Mr. Franky Choi (SPCCAA Dragon Boat Team Coach)
Time:	10:00am – 12:00pm on every Sunday
Meeting venue:	Tseung Kwan O Sports Ground (next to Hong Kong Velodrome)
Training Fee:	\$1500 annually per head
2023 Races:	May - Sun Life Hong Kong Dragon Boat Warm Up Races, Stanley
(Subject to changes)	June – Shatin Dragon Boat Festival Races
	July - Tseung Kwan O Dragon Boat Races
	August – Cheung Chau Dragon Boat Races

Notes

1. We shall take every precaution and adhere to the prevailing guidelines as issued by the Centre for Health Protection and shall also abide by any measures imposed arising from Prevention and Control of Disease Ordinance (Cap.599). The arrangement is subject to change dependent on the epidemic development.
2. Registrants must be able to swim 50m in light clothing without buoyancy aids.
3. Bring a pair of water sport shoes which covers the entire foot; a pair of gloves; shorts or trousers and short/long-sleeve top; sunscreen lotion and bottle of water.

Interested alumni please fill in and return the attached registration form, together with payment, to Ms Carroll Yeung at St. Paul's Co-educational College Alumni Association, No. 33 MacDonnell Road, Hong Kong or email to spccaa@spccaa.org on or before 17 March, 2023. Enrolment will close after this deadline.

Best regards,

SPCC Alumni Association

Tel: 2877-2885 | Fax: 2522-2255

Website: www.spccaa.org

SPCCAA Dragon Boat Team 2023 Application Form

To: St. Paul's Co-educational College Alumni Association Limited
33 MacDonnell Road, Hong Kong
Tel: 2877-2885 Fax: 2522-2255 Email: spccaa@spccaa.org
WhatsApp: 9222-0776

Name: _____ (English) _____ (Chinese)

Year of Graduation: _____

Date of Birth (MM/DD): _____

Telephone No: _____

Email address: _____

Address: _____

(Optional) I would like to sponsor the Dragon Boat team activity in the amount of HK\$ _____

Payment method

☐ By cheque

Please send in a cheque payable to '**SPCCAA Events Limited**'.

Cheque no.: _____

Issuing Bank: _____

☐ By direct transfer

Please direct deposit (net of any bank transfer charges, if any) to Hang Seng Bank account number 262-158066-001, followed by forwarding your deposit slip to us for our records. Our WhatsApp number is 9222-0776.

All payments made are not refundable.

Do you have any Dragon Boat experience?

☐ No Experience ☐ 1-3 Years ☐ 4-5 Years ☐ >5 Years

(Optional) Do you want to be a volunteer in the following area(s)?

☐ Administration ☐ Catering ☐ Event Management ☐ Team Shirts

SPCCAA Dragon Boat Team 2023 Application Form

Declaration

I declare that I do not suffer from any illness/disability that renders me unfit to participate in the above activity. I will immediately notify SPCCAA if, for any reason, my health subsequently renders me or may render me unfit to participate in the above activity. I fully accept that SPCCAA will then consider whether I should, in the interest of safety or the safety of the other participants, continue to be allowed to further participate in future sessions and that his/her/the decision of SPCCAA will be final.

Where trainers are in place, I agree to follow the trainer's instructions. I agree that this may be a verbal, visual, physical or demonstrative form of communication. I will ask for further clarification of any ambiguous and/or inaudible instructions. I understand that I will be asked to leave a session immediately if deemed to be deliberately ignoring the instructions from the trainer.

I further declare that, for the purposes of joining and participating in the activities of SPCCAA Dragon Boat Team, I can swim for at least 50 meters with light clothing without buoyancy aids.

Assumption of Risks and Disclaimer of Liability

As a participant in the above activity, I recognize and acknowledge that there are certain risks for physical injury and I agree to assume the full risk of physical injuries, including death, damages of loss which I may sustain as a result of participating in any and all activities connected with or associated with the SPCCAA Dragon Boat Team.

I recognize the risk of harm due to the hazards inherent in the dragon boat activity and that serious injuries can and do occur. I accept the full responsibility for any injuries that may occur to me as a result of my participating in the SPCCAA Dragon Boat Team. I waive any and all liability against Saint Paul's Co-educational College Alumni Association Limited, SPCCAA Events Limited, their officers, coaches, trainers, volunteers, affiliated organizations, sponsors, and the owners and operators of any facility utilized by SPCCAA Dragon Boat Team, and hereby release and discharge the same, from any claim, loss, injury, cost, damage or expense incurred/sustained by me or on my behalf as a result of my participation in the SPCCAA Dragon Boat Team.

Notes:

1. Enrolment is offered to SPCCAA members only.
2. Successful registrants will be notified of their enrolment status by end of March 2023.
3. SPCCAA reserves the right to change the venue and date of the class due to unforeseen circumstances.
4. Bad weather arrangement: A training will be cancelled if typhoon signal no. 3 or above/ Red Rainstorm Warning is hoisted 2 hours prior to the commencement of the session. In the event that a training is cancelled due to bad weather, a make-up session will be arranged.

Print name: _____

Signature: _____ Date: _____

Emergency Contact Person

Name: _____

Mobile: _____