

2018 School Dragon Boat practice
sessions/field trips @ BURNABY LAKE

FIRST STEP: A Non-Refundable deposit of \$100 (\$75 before April 1st) is required before registration to hold your session times and register your school class. \$100 will be credited to your final bill after your last sessions You can pay by credit card (using PayPal, account not needed, sign is a guest), or mail us a cheque payable to Burnaby Canoe & Kayak Club:

Link to Deposit: <http://burnabylake.sportical.com/events/3704>

SECOND STEP School Dragon Boat Registration for Sessions (date and time slots) is now available at:

<http://burnabylake.sportical.com/events/3667>

All Sessions Can now be booked in one Registration!

Fill in your name (teacher or contact), school address, email

On the Date and Time slots fill in the number of students expected (under “Number of Tickets”)

SELECT THE FEE of \$0.0 in each dropdown box (don't leave blank!!)

SCROLL to the bottom of the page AND SELECT Payment Method (usually Cheque, to be billed after sessions)

COMMENTS – enter name of school (and class/grade, any other comments)

DECLARATION – check off your name, give the paper waiver to your students to complete and bring to your first session

ACCEPTANCE – check this off

SUBMIT (fix any errors)

Fees and Program Details are similar to 2017

Fees are as follows: (All sessions are 1 hour in Length)

1 session \$15 per student

2 sessions \$20 per student

3 sessions \$25 per student

**Session Dates: Monday - Friday May 7th – 25th
(except May 21 which is a holiday)**

9-10 am, 10:15-11:15 am, 11:30-12:30 pm, 1-2 pm

Plus additional dates can be available in June (Contact us to book June)

[Please note, once filled, timeslots will be hidden from view.](#)

All students will be required to complete a Canoe Kayak BC Waiver form. FOR 2018 we are using PAPER Waiver forms ONLY (teachers prefer it!!). Paper Forms are available on the registration front page.

Please bring completed Wavier Forms, a list of emergency contacts, and any medical concerns to your first session.

- Teachers will be asked to arrange youth into teams of 20 or less, at or before the first session, before handing them off to the program coaches. Any students who have participated previously will be positioned towards the front of the boat and less experienced/comfortable students to the rear.
- This year we will have boat positions for up to 40 participants (2 dragon boats of 20) plus a steer person for each boat. (in limited cases, we might be able to accommodate up to 60 students).

- Minimum participant numbers are 13 per boat.
- Teachers and 1 parent paddler for every 10 students can participate for free. (space permitting)

A general outline of the sessions:

Session 1: Introduce paddling equipment and safety rules. Basic Stroke Technique, importance of timing and teamwork. Entry and exit of boat. Paddle 1-2 km

Session 2: Review of previous session, particularly safety rules. Introduce more stroke technique and timing details including: reach, “A” position, and exit. Paddle 2-3 km.

Session 3: Review of previous sessions. Practice Paddling Technique at different speeds. Cover “how to race” and what to expect during a dragon boat regatta. Paddle 3-4 km including race starts and simulations.

At the end of the sessions students will have knowledge of:

- Safety procedures in and around the water
- Sizing and correct fitting of a lifejacket
- How to correctly hold a paddle and correct position in the boat
- Parts of a Dragon boat and paddle
- Different Dragon boat strokes
- The importance of teamwork to propel the boat
- Introduction to race preparation including starts, race simulations, and power ups.

Notes:

- As with any water sport there is a possibility of getting wet. Students may be accidentally splashed and are asked to prepare accordingly.
- A water bottle and sunscreen are also recommended.

NOTE - There will be School Dragon Boat Championships in 2018, on Saturday, May 26th. This is a separate event to our School Dragon Boat sessions (details about costs and registration info to follow). The School Dragon Boat Championships are run by CanoeKayak BC (not Burnaby Canoe & Kayak Club)

Please email treasurer@burnabylake.com if you have any questions about the registration process for 2018 School Dragon Boat practice sessions/field trips @ BURNABY LAKE

PLEASE FORWARD THIS MEMO/EMAIL TO OTHER TEACHERS AND INTERESTED PARTIES!!!

Thanks!

Mark Loutet - Treasurer
Burnaby Canoe & Kayak Club
www.burnabylake.com

BCKC mailing address (for cheques etc.):
[906 - 2225 Holdom Avenue, Burnaby BC V5B 0A1](http://www.burnabylake.com)

LOCATION of Burnaby Lake Rowing Pavilion
[6871 Roberts Street, Burnaby BC](http://www.burnabylake.com)