

White River Dragon Boat Race & Festival

CAPTAIN'S PACKET



September 29, 2018

Indianapolis'
Inaugural
Dragon Boat
Race & Festival

White River
State Park



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Race Calendar

September 12, 2018

Registrations due

September 13, 2018

Team Captains Meeting. Time and location TBD.

- Submit final roster
- Pick up parking vouchers

September 26-28, 2018

Team Practices. Times will be determined by sponsorship level and distributed after the September 13 Captains Meeting.

September 29, 2018

Race Day! Opening ceremonies will begin at 8:00am with races to start at 8:30am. Depending on the number of teams we have, the event could run into the 3:00pm hour.



White River Dragon Boat Hosts

White River Alliance

The White River Alliance is a coalition of diverse interests and organizations that work together to steward the River and its watershed. The White River Alliance serves as the premier organization for regional water resource protection by creating positive change through projects and educational initiatives that improve the White River Watershed for all users. Our work includes convening the Indiana Water Summit, training and certification for earthwork contractors and landscape managers on water quality best practices, as well as topical seminars, volunteer service opportunities, and delivering ongoing education and outreach through our one-of-a-kind *Clear Choices Clean Water* public action program.

The collective impact of the Alliance's programming is advancing regional cooperation that will safeguard our water resources into the future. Funds raised at this event will support these important efforts and insure that we are moving together as a community toward a healthy and sustainable White River.

Indy SurviveOars

Indy SurviveOars is a group of dedicated breast cancer survivors and others committed to the cause of breast cancer who have introduced dragon boat racing to Indiana. Indy SurviveOars' name reflects their hometown connection, the team's breast cancer survivorship, and homage to the steer oarsperson who guides the dragon boat on its course. The breast cancer survivors train to paddle together, support each other, learn from one another and overcome fear. Indy SurviveOars is estimated to be the 50th breast cancer team to launch in the U.S.

White River Vision Plan

The White River Vision Plan is a joint effort between the City of Indianapolis and Hamilton County Tourism, Inc. in partnership with Visit Indy's philanthropic arm, Tourism Tomorrow, Inc. The partnership is working to develop a comprehensive and coordinated regional, community-driven plan to enhance 58 miles of the White River in Marion and Hamilton counties. The goal of the vision plan is to create an accessible, recreational, and cultural environment that encourages a unique sense of place for the community as a whole.



Pre-Event Team Captain To-Do List

Recruit Team Members

- Minimum of 16 paddlers (8 female or begin with a time penalty), max of 20 paddlers plus a drummer (under 160 lbs.).
- Must be 15 or older.
- Paddlers between the ages 15-18 must have guardian signature on waiver.

Pay Your Registration Fee

Due September 12, 2018

Team Names

If you didn't submit a team name, team description, and team photo at the time of registration, please update us immediately: scott@TheWhiteRiverAlliance.org

Practice Schedule

- Watch for an email from scott@TheWhiteRiverAlliance.org regarding the team practice schedule and sign-up. The schedule can also be found at WhiteRiverDragonBoats.org.
- Practice slots are limited so the earlier you respond with your preferred time, the more likely you will get your number one choice!
- More information about practices can be found on page 10 of this packet.

Let's Talk about Team Spirit

This is a festival, and we should act like it! Every team is allowed to bring one 10' x 10' tent, and the tent can be a great stage for showing off team spirit! You can also get everyone fired up with costumes, team t-shirts, headbands, or whatever it takes to inspire your paddling! We will give away awards to the Best Dressed Drummer and for Overall Team Spirit.

Waiver

Every team member must sign and submit the waiver at the end of this packet before they will be allowed to practice or race. Ideally, these will be submitted at the September 13 Captains' Meeting. Paddlers can be substituted at the last minute, but waiver restrictions still apply. No waiver, no paddling.

Where to Stay

The White River Dragon Boat Race and Festival has a block of rooms available at the JW Marriott hotel in Downtown Indianapolis. Be sure to ask for the event rate!

JW Marriott
10 S West St
Indianapolis, IN 46204
Phone: (317) 860-5800
<https://www.jwindy.com>

Make a Bigger Difference: Team Fundraising

Encourage your team to fundraise as individuals and compete before the races even start! To maximize our impact, we are encouraging team members to each raise more money on their own and donate on their team page online. Track your progress and see who's really calling down the dragon!



Event Day Details

Coordinate Logistics

Your team members should arrive at between 7 am and 7:30 am to set up your team tent and sign in at the Registration Table. Allow ample time to park, unload your belongings, and meet together at your team tent, as races will not be held for late teams.

All teams will have a designated team area at the event – look for your team sign on the lawn and refer to the event program to find your team’s area. Each team may erect one 10’ x 10’ tent in their team’s area.

Things to Remember

- There are TWO other events in the area on race day. The Indy Womens’ Half Marathon will cross New York Street during the early part of the day. Half of the road will be closed to vehicular traffic to accommodate the race. The St. Jude Walk/Run to End Childhood Cancer will use the sidewalks on both sides of the river during our event. Please help keep the sidewalks clear by letting your team know about this event. Be courteous!
- We are not allowed to watch the dragon boat races from the New York Street bridge for safety reasons.
- The best place to watch the races is the west side of the river on the bank. Bring a blanket to sit on, as the slope may be too steep for chairs.

Parking

Each team is provided a limited number of parking vouchers. Carpooling is encouraged. Additional vehicles are responsible for parking fees. We have reserved IUPUI Lot #63 at Lansing St. and New York St. for the day. If the lot fills up, participants will have to park in regular city parking facilities. We recommend the underground parking garage at the Indiana State Museum.

Clean up your team area after the event

We appreciate your help keeping the park and the river clean. Please recycle!

Rain Plan

This is a rain or shine event. In the event of heavy rains on either race day or the days leading up to it, we will meet with our Emergency Action Plan Committee to determine if it is still safe to race. If the race must be cancelled, we will communicate with team captains and decide how to proceed.

Water Quality Risk Warning

You might notice the signs on the River for Combined Sewer Overflows with warnings about contact with the water.

The White River does have pollution that stops us from swimming in the water (full body contact). However, it does allow us to boat on top of the water where there is much less exposure. And people commonly recreate on the water without incident.

As with most urban rivers, you still need to take precautions. After you’re done boating, wash your hands with soap and water (not river water!) or use a hand sanitizing disinfectant.

Event Day Prep List

What to Bring

- 10' x 10' tent for your team
- Table(s) and chairs for tent area
- Decorations and team spirit items
- Games for down time
- Sunscreen
- Garbage bag(s)
- Towels
- Extra set of clothes
- Food and drinks. LOTS OF WATER. There will be food trucks on site, and Upland Brewery will be serving beer to spectators! (A note on drinking alcohol on race day. Paddlers are **required to abstain** until they are done racing for the day. This isn't a great event for overdoing it. Safety first!)

What to Wear

- Comfortable shorts & shirts. The quick-drying kind can be helpful.
- Sport sandals or water shoes
- Personal flotation device (otherwise one will be provided)
- Hat/visor
- Sunscreen

What Will Be Provided

- Team tent space
- Dragon boat
- Paddles
- Life jackets/PFDs
- On-site vendors with food & beverage available for purchase
- Fun!!!



Fundraising

First, a Big Thank You

You've already shown a great commitment to our waters by sponsoring a team and showing up ready to compete. We deeply appreciate your support and will continue to do our best to improve and protect the White River and its watershed. So, thank you for helping make the inaugural White River Dragon Boat Race and Festival a success!

Your Team Can Help Us Do Even More!

Our goal is to raise **\$50,000** in order to keep providing and expanding our award-winning programming. To that end, this event is the **SINGLE MOST IMPORTANT DAY OF THE YEAR** for the White River Alliance. We take donations all year long, but this is the best opportunity to show off what an incredible asset the river is to our community and do it alongside your friends and colleagues.

Your team has the opportunity to raise additional funds to help make this event an even bigger success. In fact, this is a contest within the contest! You will be able to see which team is raising the most money in real time on our website (WhiteRiverDragonBoats.org). The team that raises the most money gets a special award!

How does it work?

Each member of your team can make a personal donation or solicit donations from friends and family and submit them on the website. Click on the Team Fundraising link, and select your team name from the dropdown menu. From there, it's a simple online transaction.

Consider setting a team goal to motivate everyone. We know you're good-hearted, passionate people! Now make this most of the occasion to protect our river!



Event Prizes

Team Race winner, 2nd, and 3rd place

Breast Cancer Survivor Division winner, 2nd and 3rd place

Team Spirit Award

This award goes to the team showing the most overall spirit. Get your team in full regalia, run out a fierce drummer, and decorate your tent to compete for a special prize.

Extraordinary Supporter of Water Stewardship

The Extraordinary Supporter of Water Stewardship Award goes to the Dragon Boat team that raised the most money in support of protecting and improving the White River and its watershed. The success of a given team's fundraising is the result of many individuals reaching out within their circles to cultivate interest and investment in the river. This is much the same way that sustained, wide-spread stewardship is developed – it takes the commitment and generosity of many. Funds raised by the Dragon Boat Races and Festival help support White River Alliance public education and training programs that engage everyone from the individual homeowner to earth work contractors, landscapers, and politicians alike.

Exceptional Commitment to Watershed Protection

The Exceptional Commitment to Watershed Protection Award honors the work of an individual or organization who has demonstrated a strong commitment to water resources and/or watershed protection. Award winning projects model responsible action, sustainability and resiliency principles, and are implemented in harmony with the natural and social surroundings. Projects or programs must have been initiated or completed within the past two years, and mitigation projects are not eligible. The award recipient does not have to be a White River Alliance member.

Submit your entry at WhiteRiverDragonBoats.org.

Distinguished Member of the Year

The Distinguished Member Award honors the work of an individual or organization that has continually gone the extra mile to help steward our environment and engage in conservation. An individual who takes a stand, demonstrates leadership, and takes initiative in the idea, promotion, and completion of a community environmental initiative(s) is an ideal candidate for this award.

Submit your entry at WhiteRiverDragonBoats.org.



Rules and Regulations

Official Dragon Boat Racing Rules

The officials follow US Dragon Boat Federation (USDBF) race rules. Please refer to <http://www.usdbf.com/> for the full list of rules. The bottom line is good sportsmanship and safety.

- You can race with a maximum of 20 paddlers, and a minimum of 16.
- Paddlers must be 15 years of age or older.
- Drummer must weigh less than 160 pounds for safety reasons.
- Please make arrangements with last-minute replacement paddlers before arriving. Their names and signatures must be on your waiver/ team roster before the first race of the day.

Penalties will be given for the following:

- Each team is required to have a drummer. A 0.5-second penalty will be given to a team without a drummer.
- Each team is required to have 8 female paddlers. A 3-second penalty will be given for each female the team is short and fills with a male. If the team leaves the missing female spot open, the team will not receive the penalty.
- Wake riding, crossing lanes (if it impedes or endangers others), and general misconduct on land or in the water will also result in penalties.

Please wait to consume alcohol until after all of your races.

The dock master can disqualify your entire crew based on the smell of alcohol on even one person's breath.

Please Note:

- Costumes are great as long as they do not compromise your personal safety, the safety of the crew, or the safety of others.
- Life jackets will be provided for each team, but you are welcome to bring your own regulation vests, if preferred.

What is the format of the race?

The race is 250 meters. Each team is guaranteed a minimum of two races. The average of those times then determines the divisional winner and the top teams that will advance to the third round. The top 3 teams in the third round will win Gold, Silver, and Bronze medals.

Have fun, but please remember, this is a family event.



Team Practice Sessions

Practice Sessions are Run by Professionals

Practices are vital to the dragon boat experience. Practice time will help your team become familiar with the boat and learn the technique, as well as master timing. The more team members that are at practice, the better your team will perform on race day. Each team will be given one 75-minute practice session during the week before the festival.

Session time requests are initially determined by sponsorship level, then on a first-come, first-served basis. Team Captains will be notified via email prompting them to contact Scott Minor (scott@thewhiteriveralliance.org) with 3 practice times in order of preference.

Volunteer Opportunities

The White River Dragon Boat Race & Festival would not be possible without the help of our volunteers. Volunteers are needed for set up, boat loading, team marshaling, social media, hospitality, and clean up.

Volunteers receive a complimentary festival t-shirt, free parking, and a great time! Please encourage family, friends, or colleagues that are not racing to help out. Sign up at WhiteRiverDragonBoats.org.



ACCIDENT WAIVER AND RELEASE OF LIABILITY FORM

I HEREBY ASSUME ALL OF THE RISKS OF PARTICIPATING IN ANY/ALL ACTIVITIES ASSOCIATED WITH THIS EVENT, including by way of example and not limitation, any risks that may arise from negligence or carelessness on the part of the persons or entities being released, from dangerous or defective equipment or property owned, maintained, or controlled by them, or because of their possible liability without fault.

I certify that I am physically fit, have sufficiently prepared or trained for participation in this activity, and have not been advised to not participate by a qualified medical professional. I certify that there are no health-related reasons or problems which preclude my participation in this activity.

I acknowledge that this Accident Waiver and Release of Liability Form will be used by the event holders, sponsors, and organizers of the activity in which I may participate, and that it will govern my actions and responsibilities at said activity.

In consideration of my application and permitting me to participate in this activity, I hereby take action for myself, my executors, administrators, heirs, next of kin, successors, and assigns as follows:

(A) I WAIVE, RELEASE, AND DISCHARGE from any and all liability, including but not limited to, liability arising from the negligence or fault of the entities or persons released, for my death, disability, personal injury, property damage, property theft, or actions of any kind which may hereafter occur to me including my traveling to and from this activity, THE FOLLOWING ENTITIES OR PERSONS: The White River Alliance, (WRA) and/or their directors, officers, employees, volunteers, representatives, and agents, and the activity holders, sponsors, and volunteers;

(B) INDEMNIFY, HOLD HARMLESS, AND PROMISE NOT TO SUE the entities or persons mentioned in this paragraph from any and all liabilities or claims made as a result of participation in this activity, whether caused by the negligence of release or otherwise.

I acknowledge that WRA and their directors, officers, volunteers, representatives, and agents are NOT responsible for the errors, omissions, acts, or failures to act of any party or entity conducting a specific activity on their behalf.

I acknowledge that this activity may involve a test of a person's physical and mental limits and carries with it the potential for death, serious injury, and property loss. The risks include, but are not limited to, those caused by terrain, facilities, temperature, weather, condition of participants, equipment, vehicular traffic, lack of hydration, and actions of other people including, but not limited to, participants, volunteers, monitors, and/or producers of the activity. These risks are not only inherent to participants, but are also present for volunteers.

I hereby consent to receive medical treatment which may be deemed advisable in the event of injury, accident, and/or illness during this activity.

I understand while participating in this activity, I may be photographed. I agree to allow my photo, video, or film likeness to be used for any legitimate purpose by the activity holders, producers, sponsors, organizers, and assigns.

The Accident Waiver and Release of Liability Form shall be construed broadly to provide a release and waiver to the maximum extent permissible under applicable law.

I CERTIFY THAT I HAVE READ THIS DOCUMENT AND I FULLY UNDERSTAND ITS CONTENT. I AM AWARE THAT THIS IS A RELEASE OF LIABILITY AND A CONTRACT AND I SIGN IT OF MY OWN FREE WILL.

Participant's Signature (Please print legibly.)	Date	Participant's Name	Age
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Parent/Guardian Signature	Date
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(If under 18 years old, Parent or Guardian must also sign.)



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