

# 2010 SCDBC Registration Package Checklist

To: Team Captains, Coaches, Managers and Adult Supervisors

PRINT Name of Team: \_\_\_\_\_

1.  Signed 2010 SCDBC *Application for Membership*
2.  Signed 2010 SCDBC *Rules and Regulations REV 1.1*
3.  Signed 2010 SCDBC *Practice Schedule Calendar REV 1.1*
4.  Signed 2010 *Practice & Equipment Maintenance Procedures*
5.  Signed 2010 *Initial Team Member Roster* (1 per team)
6.  Signed 2010 SCDBC/ICEA *Waivers* (alphabetical order)
7.  Current *Certificate of Liability Insurance/Evidence of Insurance*

## ***Please read and initial as completed:***

\_\_\_\_\_ "Team leaders" have read and will abide by the SCDBC Policies & Procedures and SCDBC Rules & Regulations\*

\_\_\_\_\_ "Team leaders" are familiar with and will follow the 2010 Practice & Equipment Maintenance Procedures\*

\_\_\_\_\_ Your team will use ONLY SCDBC-certified steersperson

\_\_\_\_\_ High school, Junior High, Elementary and Church/Community youth teams **must have at least one adult (18 years or older) on the boat during each practice session.**

\_\_\_\_\_ You have checked your team waivers and have made every effort to ensure the accuracy of the signatures and that the waivers have been completed correctly.

\* "Team leaders" include your team's captains, coaches, managers, adult supervisors and board members/directors. **"Team leaders" must be 18 years of age or older.**

By signing this, you are certifying that the initialed statements true.

_____ Print Name	_____ Position
_____ Signature (must be 18 years of age or older)	_____ Date

Please give complete Registration Packages to Dr. Chen. Once your completed package is checked, email verification will be sent to both you and Mary Melton.

# Southern California Dragon Boat Club (SCDBC)

## SCDBC Annual Membership for 12 months beginning January 1, 2010

120 S. Garfield Ave. ♦ Monterey Park ♦ CA 91754

Phone: 626-288-2888 ♦ Fax: 626-968-9588

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

**PRINT Team Name:** \_\_\_\_\_ Website: \_\_\_\_\_  
 Address: \_\_\_\_\_ City/Zip: \_\_\_\_\_  
 Sponsor Name: \_\_\_\_\_

**PRINT Captain Name\*:** \_\_\_\_\_ E-Mail: \_\_\_\_\_  
 Cell/phone: \_\_\_\_\_

**PRINT Coach Name\*:** \_\_\_\_\_ E-Mail: \_\_\_\_\_  
 Cell/phone: \_\_\_\_\_

**PRINT Manager/Adult Supervisor\*:** \_\_\_\_\_ E-Mail: \_\_\_\_\_  
 (Circle one)  
 Cell/phone: \_\_\_\_\_

**PRINT Names of Certified Steers for your team:** \_\_\_\_\_

**Fees:**

*Initial one-time enrollment fee:\*\** \$50.00 \_\_\_\_\_

*Usage fee for life vests:* \$300.00 \_\_\_\_\_

*Usage fee for paddles:* \$600.00 \_\_\_\_\_

*Non-participant fee for 2010 Long Beach Festival:* \$500.00 \_\_\_\_\_

*Practice timeslot fee:*

PRACTICE TIME	A. <50 PRACTICES	B. <60 PRACTICES	C. <70 PRACTICES	D. <80 PRACTICES	E. 80> PRACTICES	_____
7:00A - 8:00A	\$400	\$500	\$600	\$700	\$800	_____
8:00A - 9:30A	\$600	\$700	\$800	\$900	\$1000	_____
9:30A - 11:00A	\$600	\$700	\$800	\$900	\$1000	_____
11:00A - 12:30P	\$500	\$600	\$700	\$800	\$900	_____
12:30P - ON	\$300	\$400	\$500	\$600	\$700	_____

**Make checks payable to "ICEA"**

**TOTAL FEES:** \_\_\_\_\_

\* **Must be 18 years of age or older.**

\*\* *Applicable to first-time members*

\*\*\* *Teams with over 30 members are required to register a second team. Each subsequent increment of 30 members will require registration of an additional team.*

Captain's Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
 Coach's Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
 Team Manager's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

*NOTE: ALL membership forms and fees, including completed waivers and roster are due by **December 15th** TO DR. CHEN. Please present team rosters and waivers in alphabetical order.*

**For ICEA use only**

<b>Amount Received</b> _____	<b>Check #</b> _____	<b>Received by</b> _____
<b>Approved by</b> _____	<b>Roster</b> _____	<b>Waivers</b> _____
<b>Life Vest Discount</b> _____	<b>Paddles Discount</b> _____	<b>LB Festival Discount</b> _____

# Southern California Dragon Boat Club Rules & Regulations\*

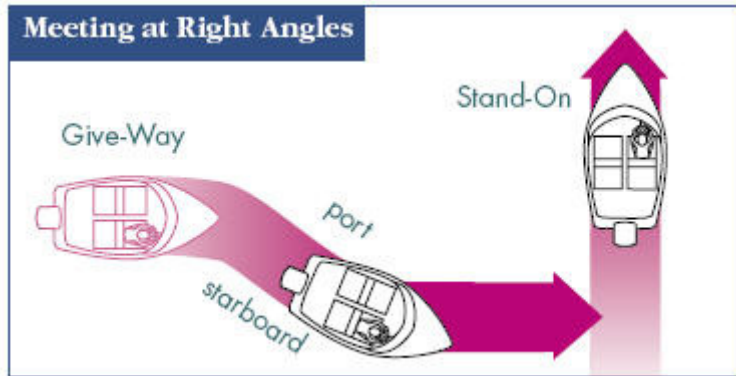
- I. **WATER SAFETY RULES** - Steersperson has primary responsibility for SAFETY of the boat and its paddlers on the water.
- A. When leaving Mother's Beach, traffic moves **COUNTERCLOCKWISE** around the island.



- B. **TWO-WAY TRAFFIC PATTERNS** are established by the Harbor Patrol.
- C. **ALL TRAFFIC MOVES TO THE RIGHT-HAND SIDE** of the waterway, just like street driving.  
*An exception to this rule exists if the scullers (rowers) are racing in front of Mother's Beach; if the scullers are practicing/racing in the area in front of Mother's Beach, dragon boats are to "hug" the swim buoys on the left and stay away from the scullers on the right until reaching Los Cerritos Channel (Marine Stadium).*

## Southern California Dragon Boat Club Rules & Regulations\*

- D. When approaching at right angles and at risk of collision, give-way (yield) to the boat ahead and to the right of you. You must direct your course to the right and pass behind the other boat. If necessary you should slow, stop, or back-paddle. Never turn your boat to the left during a crossing situation. Doing so may result in a serious collision.



- E. If overtaking another vessel, give right-of-way and keep clear. When a dragon boat is approaching a slower boat (e.g. kayaks, shells) and wishes to pass, 1) first make sure there is SAFE open water to pass, 2) ALERT the people in the other boat of your intentions and then safely take the widest clearance possible to pass (keep clear).

Many of these people are vacationers and are not adept at maneuvering their boats.  
*Remember that we have a responsibility to the Long Beach community to help keep its waters safe.*

**NOTE:** Five (5) short whistle blasts alert other boats to a dangerous situation.

- F. Channel marker buoys define the traffic lanes and include
1. GREEN CAN BUOYS that mark the LEFT side of the channel when boats are returning to port (left side of boat).
  2. RED-STRIPED SPHERICAL BUOYS that mark the center of the channel.
  3. RED NUN BUOYS that mark the right side of the channel when boats are returning to port. "Red, Right, Returning" is a saying to help remember which side of the channel the red buoys should be when boats are returning from seaward to a port/harbor.



## Southern California Dragon Boat Club Rules & Regulations\*

- G. Dragon boats should ALWAYS KEEP TO THE RIGHT OF THE BUOY LINE (keep the buoy line on your left or port side, don't go the wrong way).
- H. LEAST MANEUVERABLE CRAFT HAS THE RIGHT OF WAY. When in doubt, give-way!
  - 1. Dragon boats give-way to yachts, sailboats, and large-powered vessels.
  - 2. Boats propelled by paddles *usually* have the right-of-way over motor boats, because they are harder to maneuver - but **don't challenge them!**
- I. MARINE STADIUM WATERS ARE OFF LIMITS TO DRAGON BOATS. The area is limited to shells before 8AM and water-skiers after 8AM.



- J. DRAGON BOATS DO NOT HAVE THE RIGHT TO STOP AT PRIVATE DOCKS. The long dock in front of Long Beach Yacht Club, the Marine Department dock, and the American Pride dock are accessible to dragon boats.

## Southern California Dragon Boat Club Rules & Regulations\*

K. The Marine Department has asked dragon boats NOT TO RACE:



1. in the area between LONG BEACH YACHT CLUB and MARINE STADIUM. This includes underneath the Davies Bridge, in front of Mother's Beach and in front of Marine Park
2. in the Naples Canals
3. in close proximity to other boats or swimmers

RACING is defined as 2 or more boats paddling at 100% in "mock" race mode.

Please understand that one team's lack of respect in NOT following these rules will reflect poorly on the entire Southern California Dragon Boat Club community.

L. The Marine Department has asked dragon boats NOT TO LOITER:

1. In the area IN FRONT OF DAVIES BOAT LAUNCH RAMP (directly across from Mother's Beach)
2. Under any bridges
3. In the middle of any waterways

## Southern California Dragon Boat Club Rules & Regulations\*

Please "pull over" if you need to speak to your team or converse with your other boat. You don't stop in the middle of the 405 and block traffic to hold conversations do you?

### M. Other Water Rules:

1. A "QUIET ZONE" is in force before 10AM when practicing in the following areas:
  - a. the Appian Way bridge to the small 2nd Street bridge
  - b. all canals in Naples Island
2. Dragon boats may not leave the Alamitos Bay waterways nor enter the open ocean past the breakwater.

## II. LAND SAFETY RULES

- A. Wooden boat braces should be placed as close to the boats as possible (and as far away from the volleyball court to prevent players from tripping over them).
- B. Teams should NOT place equipment on benches or walkways next to the grassy areas. Equipment should be placed ONLY on the grassy area.
- C. If there are too few people to lift the boat, use the dolly to carry the boat from the sand to the water.

## III. PERSONAL SAFETY RULES

- A. Approved U.S. Coast Guard-approved personal flotation device (PFD) MUST BE WORN AT ALL TIMES on the dragon boat.
  1. All PFD zippers, straps and buckles must be zipped, strapped and buckled while in the dragon boat on the water. PFD should fit snugly.
  2. Type V hybrid (inflatable) PFD is NOT allowed to be used for practices by SCDBC teams.
- B. A maximum of 22 people (20 paddlers, 1 steer, 1 caller) is allowed on the 20-man boats. A maximum of 12 people (10 paddlers, 1 steer, 1 caller) is allowed on the 10-man boats.
- C. Paddlers may not paddle while standing in the boat on the water. Standing briefly is allowed while "switching sides" during drills.

## Southern California Dragon Boat Club Rules & Regulations\*

IV. **EQUIPMENT RULES** - Teams are responsible for payment of any repairs or replacement of equipment resulting from damage due to negligence or carelessness.

A. Boat Care

1. Boats should be CARRIED (using handles on the inside if available, if not, using benches) or placed on the dolly when moved to and from the water. DO NOT DRAG the boats over the sand or other surfaces.
2. Boats should be rinsed with fresh water after use. Excess water must be bailed/scooped out of the inside. DO NOT TIP THE BOAT ON ITS SIDE to drain water - this may damage the hull.
3. After rinsing, braces should be placed back on the boat (each boat has assigned braces) and the appropriately assigned cloth cover should be placed over the braces.
4. Boat covers should be ROLLED from bow (front) to stern (back) and placed either on the braces or adjacent boat not in use. Do NOT leave boat covers on the sand. Tie sand bags or place on covers.
5. All boats MUST BE DOCKED SOUTH of the centerline of the 1st concrete bench on the grass. Each boat is numbered and should be placed in numerical order from north to south, starting with the 10-man boats, then the 20-man boats. Keep all dragon boats together as tightly as possible and away from the volleyball courts.

B. Equipment Care

1. The steering oar and all paddles and life vests from the shed should be rinsed with fresh water and neatly stored (life vests hung) in the equipment shed after use.
2. All teams are responsible for making sure paddles, life vests, steering oars, boat braces, dolly, hose, and all other equipment (plastic bailers, sponges, and pumps) are properly stored and all water bottles and trash around the area are picked up. The beach must be left CLEAN AND ORDERLY. The Marine Bureau Manager monitors our area.
3. LAST TEAM AT PRACTICE (regardless of schedule) is responsible for making sure that all equipment is stored back in the shed, that the shed is left clean and orderly and that the shed is LOCKED. When in doubt, LOCK THE SHED.



**Southern California Dragon Boat Club  
Rules & Regulations\***

**V. ADMINISTRATIVE RULES**

- A. Forms - All year-around teams must complete 2010 SCDBC Year-Around Membership Forms before being allowed on the water.
  - 1. Each paddler **MUST** have completed and signed a SCDBC waiver on file before paddling on the water. Minors must have parent/guardian signature.
  - 2. Captain/Team Leader must file an "Initial Team Roster" when applying for membership. At each subsequent practice, this "Initial Team Roster" must be printed out and paddlers must initial beside their names that they are present for that practice. **NEW** paddlers to the roster must be **ADDED** to the roster for that day. Waivers for the **NEW** paddlers are to be completed, signed and turned in, along with the Team Roster to the beach monitor (TK), or to Diane McCabe or Sharon Mitchell after **EACH** practice session.
  
- B. Scheduling- 2010 Calendar must be completed before the beginning of the year. Teams must indicate days on which they will practice during the year.
  - 1. Any schedule changes should be submitted no later than WED before that weekend to Mary at info@ladragonboat.com
  - 2. Teams who exceed practices, or fail to show for 2 scheduled practices will be assessed a penalty. Continued non-adherence to practice schedule may incur other penalties or result in expulsion from the club.
  - 3. Teams will be assigned specific boats for practices. Teams **MUST** take the boats to which they are assigned for practices.
  - 4. Teams should leave the beach at their scheduled time and return to the beach **PROMPTLY**.
  - 5. Steersperson or Team Leader **MUST** sign his/her team's boat **OUT** when taking the boat and **IN** when returning the boat. The sign-in sheet is located on the door of the equipment shed.
  
- C. Each steersperson must wear his/her designated number (assigned by Steersperson Committee) on the back of his/her life vest while on the water. If the steersperson has forgotten or misplaced his/her number, he/she will not be allowed to steer his/her team's boat. **NO EXCEPTIONS**. Any steer found in violation of this rule will be penalized; his/her team will also be found in violation. Steers who violate this rule repeatedly will risk decertification and the team risks suspension of its practices or expulsion from the SCDBC.

***I understand and agree to abide by the  
Southern California Dragon Boat Club Rules & Regulations\****

Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
Team Captain/Coach/Manager (Circle one)  
(Must be 18 years of age or older)

# 2010 SCDBC PRACTICE SCHEDULE CALENDAR

TEAM NAME: \_\_\_\_\_ PRACTICE TIME SLOT: \_\_\_\_\_ TOTAL DAYS\*: \_\_\_\_\_

JANUARY						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

FEBRUARY						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28						

MARCH						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

**\*Please mark the days on which your team will be practicing for 2010.**

APRIL						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

MAY						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

JUNE						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

Any schedule changes should be submitted no later than TUES before that weekend to Mary at info@ladragonboat.com

JULY						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

AUGUST						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

SEPTEMBER						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

**PENALTIES**

1. If a team exceeds its number of practices a charge of \$20.00 will be assessed for each additional practice.
2. If a team fails to show for 2 of its scheduled practices, a penalty of \$50 will be assessed.
3. Continued non-adherence to practice schedule may incur other penalties or result in expulsion from the club.

OCTOBER						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

NOVEMBER						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

DECEMBER						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Captain/Team Mgr/Coach/Adult Supervisor (Print Name): \_\_\_\_\_  
Signature: \_\_\_\_\_ Date: \_\_\_\_\_

NOTE: If there are multiple time slots requested (e.g. SAT, SUN and WED), rates will be based upon the higher premium timeslot.

## Southern California Dragon Boat Club (SCDBC) 2010 Practice & Equipment Maintenance Procedures

**Team Captains and Adult Supervisors (for High School, Jr. High, Elementary and Church/Community youth teams) are responsible for insuring their team remains in compliance.**

1. A practice schedule will be posted on [www.ladragonboat.com](http://www.ladragonboat.com) website.
2. Teams may only practice during scheduled times on scheduled boats.
3. Team members should use Mother's Beach metered parking or the Boy Scout parking lot just south of the Davies Bridge. Avoid parking on Appian Way.
4. High School, Junior High, Elementary and Church/Community youth teams must have at least one adult on the boat during each practice session. They will be responsible for the supervision and safety of their minor members.
5. Teams will only use SCDBC-certified steerspeople who are familiar with and will follow the Alamitos Bay Water Traffic Rules (posted on website) and SCDBC Rules & Regulations.
6. Each paddler should be familiar with capsize procedures.
7. U.S. Coast Guard-approved life vests are mandatory and must be worn during each practice.
8. Teams are responsible for payment of any repairs or replacement of equipment resulting from damages or loss to the boats or equipment due to negligence or carelessness.
9. Teams are responsible for proper maintenance and care of boats, steering oars, paddles, life vests and other equipment used.
  - a. Dragon boats must be properly dry-docked and covered after the last practice of each day.
    - i. Boats must be carried (NOT dragged) to and from the water
    - ii. All boats must be docked south of the centerline of the 1st concrete bench. Keep them together as tight as possible.
    - iii. Rinse the boat and steering oar with fresh water. Scoop the water out of the boats. Boats may NOT be tilted on their side as it can result in a cracked hull.
    - iv. The wooden braces must be placed in the boats before covering.
  - b. The steering oar, paddles, and life vests will be rinsed with clear water and neatly stored in the equipment shed after each use.
  - c. The last team at practice (regardless of the schedule) is responsible for making sure the equipment shed is left orderly and LOCKED. If in doubt, LOCK the shed.
10. All teams are responsible for making sure that paddles, life vests, steering oars, boat braces, dolly and all other equipment (e.g. plastic bailers, sponges, pumps) are properly stored and that water-bottles and trash are picked up. The beach must be left CLEAN and ORDERLY. The Marine Bureau Manager will be monitoring our area.
11. Failure to comply with these procedures may result in loss of practice privileges.

***I have read and agree to abide by these procedures. (You must be 18 years of age or older to sign).***

PRINT Team Name: \_\_\_\_\_

Captain/Team Manager/Coach/Adult Supervisor: \_\_\_\_\_  
(Circle applicable title) (Print Name)

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Captain/Team Manager/Coach/Adult Supervisor: \_\_\_\_\_  
(Circle applicable title) (Print Name)

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Southern California Dragon Boat Club (SCDBC)  
2010 Team Member Roster**

PRINT Team Name: \_\_\_\_\_

PRINT Team Captain\*/Manager\*: \_\_\_\_\_

PRINT Team Coach\*: \_\_\_\_\_

*\*MUST BE 18 YEARS OF AGE OR OLDER*

PRINT Certified Steerspersons: \_\_\_\_\_

*Please list each team member, alphabetically by last name, then first name. If you have more than 30 team members, you will need to register a second (2<sup>nd</sup>) team.*

- |             |       |     |       |
|-------------|-------|-----|-------|
| 1. CAPTAIN: | _____ | 16. | _____ |
| 2. DRUMMER: | _____ | 17. | _____ |
| 3. COACH:   | _____ | 18. | _____ |
| 4. STEER1:  | _____ | 19. | _____ |
| 5. STEER2:  | _____ | 20. | _____ |
| 6. STEER3:  | _____ | 21. | _____ |
| 7.          | _____ | 22. | _____ |
| 8.          | _____ | 23. | _____ |
| 9.          | _____ | 24. | _____ |
| 10.         | _____ | 25. | _____ |
| 11.         | _____ | 26. | _____ |
| 12.         | _____ | 27. | _____ |
| 13.         | _____ | 28. | _____ |
| 14.         | _____ | 29. | _____ |
| 15.         | _____ | 30. | _____ |

THE SECTION BELOW IS FOR ADDITIONAL (NEW PADDLERS) NOT LISTED ON THE ORIGINAL ROSTER. THIS ROSTER MUST BE COMPLETED AND SIGNED/INITIALED BY EACH PADDLER AND SUBMITTED TO BEACH MONITOR OR WAIVER CHAIRPERSON AFTER EVERY PRACTICE

- |    |       |     |       |
|----|-------|-----|-------|
| 1. | _____ | 6.  | _____ |
| 2. | _____ | 7.  | _____ |
| 3. | _____ | 8.  | _____ |
| 4. | _____ | 9.  | _____ |
| 5. | _____ | 10. | _____ |

***I certify that the above information is correct to the best of my knowledge,***

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Team Captain/Coach/Manager (Circle one)  
(Must be 18 years of age or older)

## ICEA & SCDBC Release, Waiver of Liability and Assumption of Risk

In consideration of the use of the services, equipment, and facilities provided by the International Culture Exchange Association, the Southern California Dragon Boat Club, the United States Dragon Boat Federation, and each entity's agents, owners, officers, volunteers, participants, employees, coaches, instructors, and all other persons or entities acting in any capacity on their behalf (hereinafter collectively referred to as "ICEA"), I hereby agree to release and discharge ICEA, on behalf of myself, my children, my parents, my heirs, assigns, personal representative and estate as follows:

I acknowledge that Dragon Boat paddling, Dragon Boat racing, and related activities (collectively referred to as "Activity" or "Activities") entail known and unanticipated risks which could result in physical or emotional injury, paralysis, death, or damage to myself, to property, or to third parties. I understand that such risks simply cannot be eliminated without jeopardizing the essential qualities of the Activity. **These risks include, among other things:** boat capsize; tidal conditions and currents; collision with objects or other watercraft; prolonged exposure to cold water, hypothermia, accidental drowning; illness in remote areas; exposure to sun, strong wind, cold storms, waves and lightning; aggressive and/or poisonous marine life; wrist, arm, shoulder and/or back injuries; slips and falls; and rapidly changing adverse weather and water conditions. Furthermore, ICEA instructors and organizers have difficult jobs to perform. They seek safety, but they are not infallible. They might be unaware of a participant's fitness or abilities. They might misjudge the weather, the elements or the terrain. They may give inadequate warnings or instructions, and the equipment being used might malfunction.

1. **I VOLUNTARILY ASSUME ALL RISK KNOWN AND UNKNOWN, OF INJURIES, HOWEVER CAUSED, EVEN IF CAUSED IN WHOLE OR IN PART BY THE ACTION, INACTION, OR NEGLIGENCE OF ICEA TO THE FULLEST EXTENT OF THE LAW.** My participation in this Activity is purely voluntary, and I elect to participate in spite of any and all risks.
2. I hereby voluntarily release, forever discharge, and agree to indemnify and hold harmless ICEA from any and all claims, demands, or causes of action, which are in any way connected directly or indirectly with my participation in this Activity or my use of ICEA's equipment or facilities, including any such claims which allege negligent acts or omissions of the ICEA.
3. Should the ICEA or anyone acting on its behalf, be required to incur attorney's fees and costs to enforce this agreement, I agree to indemnify and hold them harmless for all such fees and costs.
4. I certify that I have adequate insurance to cover any injury or damage I may cause or suffer while participating, or else I agree to solely bear the costs of such injury or damage. I further certify that I am willing to assume the risk of any medical or physical condition I may have.
5. In the event that I file a lawsuit against the ICEA, I agree to do so solely in the state of California, and I further agree that the substantive law of California shall apply in that action. I agree that if any portion of this agreement is found to be void or unenforceable, the remaining portions shall remain in full force and effect.

***By signing this document, I acknowledge that if anyone is hurt or property is damaged during my participation in this Activity, I may be found by a court of law to have waived my right to maintain a lawsuit against the ICEA on the basis of any claim from which I have released it therein.***

***I have had sufficient opportunity to read this entire document. I have read and understood it, and agree to be bound by its terms.***

Signature of Participant: \_\_\_\_\_ Print Name: \_\_\_\_\_

CHECK HERE IF PARTICIPANT IS UNDER 18 YEARS OF AGE

Address: \_\_\_\_\_ City/Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_ Date: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Emergency Phone: \_\_\_\_\_

### PARENT OR GUARDIAN'S ADDITIONAL INDEMNIFICATION

I hereby give my consent for the above named minor to participate in the Activities defined above. I, the undersigned, hereby release and discharge the International Culture Exchange Association, the Southern California Dragon Boat Club, the United States Dragon Boat Federation, and each entity's agents, owners, officers, volunteers, participants, employees, coaches, instructors, and all other persons or entities acting in any capacity on their behalf (hereinafter collectively referred to as "ICEA"), from all liabilities associated with any and all claims related to such Activity that may be filed on behalf of or for the above named minor. For the purposes of this agreement, liability means all claims, demands, losses, causes of action, suits or judgments of an and every kind that occurs during the above-described activity and that results from any cause other than the negligence of ICEA.

Parent/Guardian Signature: \_\_\_\_\_ Print Name: \_\_\_\_\_ Date: \_\_\_\_\_