

Practice Run Information for teams

Full payment must be made to the Dragon Boat Festival before any practice can be scheduled.

All Team Rosters and waivers must be up to date and correct before the Practice Run can occur. Initial submission of the Team waivers shall be submitted with the Team's Registration Package at the time of the Team's registration. Please bring any changes to the Team Roster and substitution waivers to the first practice session, or the Team's first Heat if a team Practice Run has not been scheduled.

Practice Runs are scheduled for each day starting TDB until TBD commencing at 5:00 pm sharp and ending at dusk [9:00 p.m.], or as scheduled unless otherwise advised. T-shirts will be distributed prior to the Team's first Practice Run, or Event Heat when no team practice session has been scheduled.

Teams are required to assemble for each Practice Run at least a minimum of one-half hour before their scheduled start time. This is required so that the Team Manager and the Festival Registrar or delegate can complete a review of the Team's documentation and obtain the necessary amendments prior to their first Practice Run.

Suitable footwear must be worn when participating in a Practice Run or Event Heat. Personal floatation devices will be provided. Volunteers will be available for instruction and guidance. Please follow their instructions.

One-half hour Practice Runs will be scheduled for each team requesting a time. Please book your requirement when you are submitting the Team Registration documentation. The Team Manager will only be contacted by the Festival Registrar or delegate if it is necessary to confirm a revised practice date and time.

Teams **MUST** check-in with the Practice Run Captain or delegate not less than 15 min. before their scheduled practice run start time. A team's Practice Run may be cancelled or shortened depending on how much time is required to complete the outstanding team documentation if any.

Teams with insufficient numbers for the Practice Run (minimum 16 + 1 steersperson) may be combined with another team on the same day and time to provide some practice time for both teams, or if insufficient numbers show up, the

team practice time may be cancelled. Two teams may be out on a Practice Run at one time and each Practice Run will last approximately 1/2 hour.

Prompt loading is important so the teams have the maximum time on the water and the practice schedule maintained for that day. For teams unable to provide an experienced 'steersperson', one will be provided for the Practice Runs and the team's Heats on the Event Day.