



**2023 LEGION NATIONAL
YOUTH TRACK & FIELD CHAMPIONSHIPS**

DRAGON BOAT ACTIVITY AUGUST 14TH

The activity is organized in collaboration with the Club nautique de Sherbrooke. The club and its instructors are certified to teach and coach safe dragon boat activity on the water.

The Club nautique de Sherbrooke will provide an instructor on each dragon boat and in addition, a safety boat will also be on the water with them.

The participant will first take part in an introduction to dragon boating to learn the basics on the techniques and participate in practical exercises.

In the second part of the activity, they will be challenged and will develop their team-work abilities, taking part in small races against other dragon boats.

To participate in the activity, the below form needs to be completed upon confirmation of participation in the National Youth Track and Field Championship.



Knowledge and acceptance of risks 2023

Club nautique de Sherbrooke

As a participant or responsible parent or tutor of the participant: _____, it is your duty to take notice of the risks associated with the practice of nautical activities and to make sure that the participant mentioned above and attending the activity is able to take part in it.

I RECOGNIZE the inherent risks of the practice of nautical activities (rowing, dragon boat, canoe, paddle board, and speed kayaking), such as: capsizing, falling in the water, hypothermia, and drowning.

I RECOGNIZE THAT nautical sports are sporty disciplines which require all body parts and can be demanding on the cardiovascular level. I make sure that the participant has a physical condition that allows him to take part in the activity in a safe manner, and I inform the responsible of the activity if the participant presents a special condition needing particular attention: diabetes, epilepsy, severe allergy to insects, major attention deficit disorder...

Specials conditions: _____

I RECOGNIZE THAT nautical sports require a responsible and safe attitude from all participants and I will make sure to collaborate.

Participants are recommended to take a shower after the activity if they have fallen in the water.

Having taken notice of these risks and requirements, I accept or accept that my child participates in this activity in all knowledge of cause and in accepting the risks associated with this activity.

Phone number of emergency contact: _____

Date of the activity _____ august 14th _____

Reading done, and signed in (location) _____ the :

Date : _____

Signature of the participant

Signature of the responsible parent or tutor of the participant

To participate to the activity, this form needs to be completed at the moment of your confirmation of participation to the National Youth Track and Field Championship.