

(a) Medical Declaration

I declare that all the information provided above are true. I am currently not suffering from any acute ailments or diseases.

(b) Acknowledgement of Risks

I am aware that my attendance in the Dragon Boat Fun Race in Celebration of World Water Day 2010 involves a certain amount of risks. I understand that I will have to co-operate fully with the staff and diligently comply with all safety systems. I shall therefore not hold the organizers or their servants and agents responsible for any damage to or loss of property or any injury or loss of life which may be sustained by me during the Race or arising from any cause in connection with the Race where such damage to or loss of property or any injury or loss of life is not caused by the negligence or willful act or omission of the organizers or their servants and agents.

(c) Safety Guidelines for Dragon Boat Participants

1. Whenever crew is in the dragon boats, (including embarking and disembarking) they will be under the supervision of the Drummer or SDBA-certified Steersman, who under the purpose of this ESP, will be designated as the Boat Captain. Steersman, if department's own, will be the Boat Captain. If they are not department's own (privately engaged, etc) the Drummer will assume the Boat Captain role. This role is to facilitate control of the crew while aboard the dragon boat and on the water only. Ashore, the respective Team Captains will be the team's representative for any official dealings with The Organizers.
2. All crews are to be briefed on the Buddy-Buddy System and the Capsized Drill. Boat Captains and Steersmen are responsible for the safe conduct of the dragon boat while on the water, including embarking and disembarking. Inter Department Team Captains are responsible for the overall safe conduct of their own respective teams. However if assistance or help is required, Team Captains may approach The Organizers.
3. Boat Captains are required to know the International Distress Signal – arms outstretched and horizontal – raised arms vertical and over the head – lower arms back to earlier position – repeat until Rescue Boat respond.
4. Rescue Boats crewed by trained personnel including lifeguards will be on hand to cover the safe running of the race. They will be in communication at all times with Race Control by means of a 2-way radio system (walkie-talkie)
5. If you have non-swimmers or weak-swimmers in your crew, you are advised to please adopt a suitable identification system that can identify them clearly to rescuers in the advent of a boat capsize or swamping. You can also position them such that they will be in between strong or efficient swimmers that can help them when in the water. Make sure that their life-vests are secured properly and they are aware of all the safety measures and provisions available to them.

I confirm that I am fully aware of the implications of Clauses (a) and (b) and will comply with the safety guidelines for clause (c).

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Name of Applicant	Signature/Date