



Tim Hortons GWN Dragon Boat Challenge Participant Checklist

This document contains important information for **Team Captains and participants**. Please read carefully to help ensure you have a great experience at the Festival on race day.

Practice & Race Day Info

Event Practices

Pre-event practices will be held on **Tuesday, September 5th until Friday, September 8th**. Registered teams with a confirmed practice should **arrive at the venue 30 minutes before** their scheduled time to allow time to allow for the check in process with a GWN representative. Practices are **60 minutes long** and will not be extended for any teams that arrive late to a practice session. We ask all teams to return to the docks promptly for the next team to load into the boat to get onto the water for their session.

For more information, please visit the 'Practice' section of the [festival page](#).

To purchase a practice session, please [login](#) to your account, click on your team name associated with the event, and click on the 'Get More' button.

If your team has not booked a practice yet, please contact bookings@gwndragonboat.com.

Race Day Schedule

The race schedule will be posted on **Monday, September 4th**, on our website under the 'Schedule' section of the GWN Challenge festival page. Team Captains must check in on Saturday morning to receive racing wristbands. Check-in will open at approximately **7:00AM** at **Race Headquarters**.

For more information, please visit the 'Schedule' section of the [festival page](#).

Team Captain's Meeting

There will be a Team Captain's meeting on Saturday morning in front of the Main Stage in the beer garden to discuss race day rules and address any questions, one hour prior to the first race.

Parking at Marilyn Bell Park on Race Day

The event is held at **Marilyn Bell Park, 1059 Lakeshore Blvd West**. There is **no parking allowed on Marilyn Bell Park property** and all unauthorized vehicles will be towed.

Primary parking is available at **Lot 856 (the OVO Athletic Centre parking lot)**. Once Lot 856 is full, overflow parking will be available at **Lot 854** near the bandshell. **Parking will be \$25-\$30.00 for the day.** To prevent traffic congestion entering and exiting the park, we strongly encourage paddlers to carpool.

For more information, visit the 'Parking' & 'Location' sections of the [festival page](#). For a map of the parking lots, please view this [link](#).

□ Event & Venue Policies

Crews are expected to respect the rules of Marilyn Bell Park. Unless specifically stated on gwndragonboat.com, the following rules apply:

- BBQs and grills are not permitted.
- Pets are welcome at Marilyn Bell Park but should be leashed at all times.
- No bottled water will be sold or distributed under the Bottled Water Ban at Marilyn Bell Park.
- Alcoholic beverages are prohibited unless purchased from an on-site licensed vendor.
- Where tents are provided to teams or purchased from GWN, no additional tent structures are permitted.
- All cars must be parked in designated parking areas. Absolutely no vehicles are allowed in the Athletes' Village.
- Teams are responsible for picking up their waste within their team sites. In addition to handing out wastebags during team check-in, there will be wastebaskets located throughout the Athletes' Village to maintain the park's cleanliness. Let's all work together to keep Marilyn Bell Park clean and green.

Crews in violation of any of the above rules will be given ten (10) minutes to rectify the situation. If not rectified within ten (10) minutes, a Time Penalty or disqualifications from the event may be assessed at the Chief Official or Event Director's sole discretion.

On-site Covid-19 Protocols & Policies

At GWN, the health and safety of all participants, coaches and staff is our top priority. Based on Public Health guidance and consultation with our venue partner, GWN has prepared the following on-site protocols and policies.

□ Attendees (Participants, Spectators & Vendors):

1. In order to mitigate risk, we encourage attendees to monitor themselves for any symptoms and complete a screening checklist at home before attending the event, using the local public officials' list of Covid-19 symptoms. Any attendee who is experiencing any Covid-19 symptoms are encouraged to err on the side of caution when deciding to attend the event.
2. Attendees deemed high risk (age, underlying medical conditions, individuals who have traveled from outside of the country) will need to assess whether they wish to attend.
3. Attendees are encouraged to follow basic hygiene procedures.
4. Face masks and coverings are not mandatory on-site, but attendees may wear them at their own discretion.
5. Attendees are encouraged to maintain social distancing while in their respective team sites and while walking around the event site.

□ General Event Site:

1. Hand sanitation stations will be placed in various locations throughout the event site.
2. The distance between team sites in the Athletes' Village will be increased.
3. The booth distances between vendors will be increased.

□ Racing:

1. GWN strongly encourages participants to bring their own paddles and PFDs. Paddles and PFDs will be available on-site for participants to use at their own risk.
2. The marshalling area will have a sanitation area with disinfectant wipes and hand sanitizer available for use by participants who wish to wipe down paddles and/or the boat.
3. Marshalling lanes will be widened to provide additional distance between individual teams and paddlers.

Team Captain's Checklist

Team Roster Rules

Please make sure that your team follows the **roster rules**. A team roster **must not exceed 26 members** - this includes a steersperson, drummer, and 24 paddlers. Teams without a steersperson will be provided one by GWN for race day and so the roster cannot exceed 25 members.

Please respect and follow the rules listed below, respective to your team's Race Class:

Mixed Division	<ul style="list-style-type: none">• Maximum 10 male paddlers in the boat• Any number of female paddlers
Women's Division	<ul style="list-style-type: none">• All paddlers and drummer must be female
Open Division	<ul style="list-style-type: none">• Any combination of male and female paddlers is permitted
BCP Division	<ul style="list-style-type: none">• All paddlers and drummer must be a breast cancer survivor
ACP Division	<ul style="list-style-type: none">• All paddlers and drummer of all genders who are survivors of any type of cancer
Paradragons/Disabled Veterans (PD)	<ul style="list-style-type: none">• Comprised of athletes with some form of physical, psychological, neurological, sensory, developmental, or intellectual impairment.

No paddler may paddle on two teams within the same Race Class. For example, a paddler cannot paddle on two Mixed teams. However, the same paddler can paddle on one Mixed team and one Women's team.

Visit the [FAQ](#) section for more information.

Waivers

Every participant, including drummers and steersperson, must complete, sign, and submit a GWN waiver. Waivers must be completed online by **12PM EST on Wednesday September 6th**. Please note that in order for waivers to be completed online, Captains must first create a roster and invite crew members.

For more information, please visit the [FAQ](#) section.

The registration system will close after 12PM EST on Wednesday, September 6th and access to change the roster and accept invites will be restricted.

After the deadline, any waivers and changes can be made on race day at Race Headquarters.

Team Site

Each team will receive a 20x20 space within the Athletes' Village.

Team Captains: Please book your team site before **Wednesday, August 30th**. To reserve your site, please view the site availability chart under the 'Athletes' Village' section of the [festival page](#) and contact bookings@gwndragonboat.com with the following information:

- Event name
- Team name
- Preferred site #

Tent Rentals:

Teams are allowed to bring personal tents or rent a tent from GWN to set up in the Athletes' Village.

Only teams who have purchased a tent ahead of time will receive one on their tent site, in the designated areas in the Athletes' Village.

If you are renting a tent, you cannot bring an additional personal tent. To rent a tent, tables and/or chairs, please [login](#) to your account, click on your team name associated with the event, and click on the 'Get More' button. Deadline to order any rentals is **Wednesday, August 30th**.

Please note: Teams have the option of renting a tent, or bringing their own, however you cannot do both. Teams cannot bring their personal tents to set up alongside rented event tents.

Lodging Forms

Part of our commitment to our local partners, as is with each community that hosts MLDB events, is to provide them with the economic impact of our festival. All teams are required to complete and [submit a Lodging Form](#) before **Wednesday, September 6th** to bookings@gwndragonboat.com.

Teams will not be able to check in unless a form is submitted.

Rules of Racing

All Major League Dragon Boat series events follow a standard set of rules of racing. For reference, the Rules of Racing can be found [here](#).

Help us Raise Funds for the Tim Hortons Foundation Camps

We are pleased to announce the Tim Hortons GWN Dragon Boat Challenge is in support of Tim Hortons Foundation Camps.

Tim Hortons Foundation Camps is committed to helping youth from underserved communities achieve their full potential. Tims Camps equip young people from low-income families with the skills they need to design their future.

Thanks to our vast network of supporters including corporate sponsors, community partners, donors, Tim Hortons restaurant owners, managers, team members and guests, we help youth gain the skills they need to pursue their education, contribute to their communities, find meaningful jobs and lead fulfilling lives.

Multi-day, overnight camp experiences are uniquely powerful in quickly building strengths and critical skills in youth. Strengthening social ties and community connections can help youth develop protective factors to better cope with challenging circumstances.

Whether at camp or back home in their communities between visits – our youth work to build social and emotional skills to become civically and academically engaged, and successfully transition to adulthood.

To make a donation, please [click here](#).