



The False Creek Women's Regatta

Information Package 2018

General Information

Date: Saturday May 26, 2018

Location: Creekside Park (corner of Athlete's Way and Ontario Street), Vancouver, British Columbia

Driving Directions:

<https://www.google.ca/maps/dir//49.272392,-123.1026021/@49.2729868,-123.1048463,17z/data=!4m2!4m1!3e0?hl=en>

Parking:

There is underground paid parking at Creekside Community Center and the London Drugs on Salt Street. There is also a pay lot on the east side of Quebec just south of Terminal Avenue. Parking at Science World is available, but very expensive. There are also various spots of free street parking scattered south of 2nd Avenue. We encourage you to carpool to the event.

Public Transportation:

We recommend taking public transit to the site if possible. The Science World Skytrain Station is a 5 minute walk to the venue. To find a bus route from your location use the following Translink trip planner using Creekside Community Centre or Science World as your destination.

<http://tripplanning.translink.ca/hiwire?.a=itineraryDetail>

Biking:

The venue is easily accessible on bike. Bike racks are available on the south and west sides of Creekside Community Centre and along the seawall to the south of Science World. Ensure the safety of your bike with a good locking system. To plan your cycle trip, consult:

<http://www.translink.ca/en/Getting-Around/Cycling/Cycling-Maps.aspx>

Race Information

Race Length: 500m (green line on map is start, red line is finish)

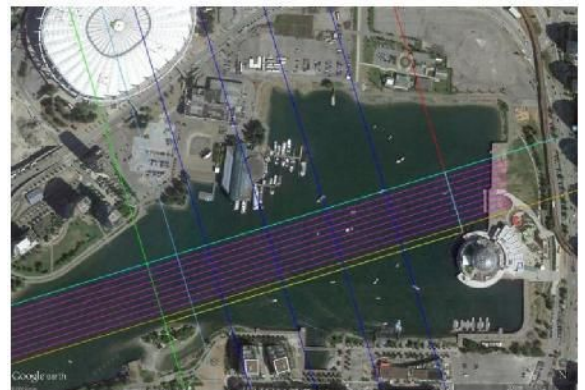
Boats: BUKs (4 boat heats)

Race Format: There are 3 races: progression will a first round, semi-final and final; the finals are based on cumulative times.

Forty two teams are currently registered.

Race Grid: The race grid will be available online when complete at <http://www.fcrcpremier.com/?pageid=397>

Please check your emails prior to Saturday for notification of any last-minute changes to the grid.



Waivers & Rosters:

Please bring your completed Waiver form with you to check-in at Registration – the waiver must be **signed by all participants** with the Team Name inserted at the top of the page. The Waiver will also serve as the team roster for Adult teams. There is a separate form for the Junior Roster. Adult Waiver, Junior Informed Consent and Junior Roster forms are available online [FCRCC Premier Dragon Boat Team](#)

Steersperson Pool:

If you need a steersperson for your crew, please email fcrcwomensregatta@gmail.com by May 23rd; also, please confirm your need for a steersperson at check-in; And, if your team's steersperson is willing to spare for another crew, please let us know, via email or at check-in.

Abreast in a Boat Breast Cancer Survivor Challenge

This year **Abreast in a Boat** (AIAB) is sponsoring the **Breast Cancer Survivor Challenge Races** – thank you! If there are paddlers on adult teams who are Breast Cancer Survivors and are willing to fill available spaces on a BCS boat for these races, please have them contact regatta@abreastinaboat.com prior to the regatta. We will also have a sign-up sheet for extra BCS paddlers willing to jump into a boat for the BCS races at the Registration Desk.

Pink Carnations will be available by donation at Race Headquarters for anyone at the race site who would like to participate in the Pink Flower Ceremony honouring those affected by breast cancer. This is usually an emotional ceremony as too many women and men are affected by breast cancer. However, we are fortunate in British Columbia that the excellent health care we receive results in a survival rate of about 96%. Public awareness and research efforts have really made a difference in the past 20 years and dragon boating, which began in BC, has had a significant hand in this statistic.

Racer's Village

Racer's Village is in Creekside Park (see FCRCC Premier Team website.) You may choose your own tent location within the grassy areas designated for Team Tents on the map. Team tents will need to be close together to comfortably accommodate all teams. A special site for Breast Cancer Teams will be designated by pink signs on the lawn.

Please help us keep the race site clean. There will be plenty of garbage cans and recycling stations on site and we will provide a garbage and recycling bags for your tent.

Race Headquarters (Registration)

Team check-in is located across from the marshalling area on the north side of the sidewalk (next to the railing overlooking the water).

Race Results will be posted on the fence surrounding the porta-potties and will also be posted on the Women's Regatta Facebook page [The False Creek Women's Regatta and Breast... - FCRCC PREMIER](#) .

Costume Contest

The team with the best costumes wins a free entry for next year's False Creek Women's Regatta! There will be a Costume Parade with judging beginning shortly after completion of the Pink Flower Ceremony. Any team is welcome to perform a 1-2 minute skit at this time. **Please notify the Registration Desk in the morning at check-in if your team intends to perform a skit and sign up on the list.**



The False Creek Women's Regatta

50/50 Draw

We will be selling 50/50 tickets. Proceeds go to KidSport. [KidSport BC](#)

Shopping

Between races and during the break you can shop! A variety of vendors will be onsite offering athletic clothing, women's clothing and paddling related items – see our website for a complete list, along with the information sheet included in this package.

Silent Auction: The FCRCC Premier team is offering a silent auction as an additional fundraiser. Items will be displayed near the Gazebo. Bidding will end at the completion of the break (about 2:30 pm). Please be sure to check the auction results before you leave. Cash (preferred) or cheques will be accepted payable to FCRCC Premier DB Program. Sorry, no credit card or Paypal payments can be accepted.

Dragon Saddles will be sold at the FCRCC tent. You can also order them using the order form attached below.

ATMs Near Site: If you require cash, bank machines are accessible near the race site: TD Canada Trust is in Olympic Village (1689 Manitoba St.) and Bank of Montreal is nearby (104 West 2nd Ave.)

Food and Water

Please encourage your paddlers to bring their own refillable water bottles. There is a water bottle fill fountain at the Creekside Community Center and a water fountain in the park. Note that the Vancouver Parks prohibits the use of glass bottles on Park Property.

There will be 3 food trucks on site serving delicious food: Chickpea, The Juice Truck and Thai Box on Truck.

Race Rules and Regulations

Team Composition/Roster

- A team may use an experienced steersperson from another team.
- Junior Steerspersons must be 12 years and older (adults can steer for Jr teams).
- The drummer for a Junior team must be 12-18 years of age.
- **New steerspersons will be required to wear a safety vest**, which will be available on the dock.
- Teams using paddlers not on their roster, as of their first race, may be disqualified.
- All members of the crew must be female with the exception of the **steersperson who can be male**.
- All members participating in a BCS race must all be survivors, including the steer. The only exception, is if a team does not have a certified survivor steer, then, with the permission and approval of the Race Director, a certified non-survivor steer can be used.
- All paddlers in the BCS races must be Breast Cancer Survivors

Equipment

- Only dragon boat paddles not meeting the IDBF PS202a specifications may be used (carbon fiber paddles will be allowed). The Grey Owl dragon boat paddle meets the IDBF PS202a size specification.
- Any "Department of Transport/Canadian Coast Guard" approved PFD will be allowed (except "self inflating jackets") – they will be inspected by dock personnel before each race, it is up to the discretion of the Dock Marshall if the personal Flotation Device will be allowed. Vaikobi and waist packs will not be allowed.
- **Paddles and PFD's** will be available on the dock – please return them after each race to ensure that other paddlers have access to them
- Friction tape and wax may be used on *your own personal paddles only*.

Staging

- Staging will occur 30 min prior to each race. Please keep tabs on which races are running in case the regatta runs ahead of time. There will be a sign by marshalling that indicates the race being staged.
- CAUTION: watch for bike and pedestrian traffic when approaching the staging area.

The Start

Race Referee will have the boats line up in their proper lanes 2 boat lengths back of the Start Line. Race Referee will hand the race over to the Starter. The start commands will be:

1. "We have alignment"
2. "Paddlers are you ready?"
3. "ATTENTION" or attention please
4. An air horn blast or similar signal (1-5 seconds after "Attention")

Re-race Rules

At the Water Official's discretion, a re-race may be ordered when there is:

- a false start called by the Starter
- clearly a collision within the first 50M of the race
- an equipment breakage, other than a paddle, within the first 50M of the race

There will be no grounds for re-races once all boats have passed the 50M mark, except one that is initiated by Officials under extraordinary circumstances.

Protests

Protests require a \$50 non-refundable fee and the protest must be in written form. A team may protest:

- illegal paddle/PFD used by another team,
- a crew not complying with the roster rule
- collision initiated by another team during the race

A protest must be brought up before leaving the dock area, otherwise, the offence cannot be verified.

A team may not protest:

- boat or lane assignment
- interference from another boat that did not result in a collision

Penalties

At the Water Official's discretion, a varying-second penalty or team disqualification may be imposed for the following infractions:

- verbal/physical abuse to any Official, Volunteer or Participant
- crews that do not comply with the Official Team Roster
- false starting
- crews that do not follow Official's instructions to change course, resulting in impeding another crew or resulting in a collision with another crew
- the use of an unofficial paddle or PFD

Safety and Emergency Plan

Safety

- All participants and volunteers will be required to wear DOT approved lifejackets (PFD) while in the dragon boats, safety boats, and on the docks. Extra lifejackets will be provided by Dragon Zone, for those who do not have their own.
- All motor boat drivers will have their Pleasure Craft Operator's Certificate (PCOC).
- First aid kits will be at the dock and at the First Aid tent.
- Crews will be marshalled away from the docks and called down to the docks by the Dock Marshall to ensure the docks do not become overcrowded and there is a clear path along the dock area for

emergency personnel. Travel on the docks will be in one direction with oncoming teams using one ramp and outgoing teams using another ramp.

- In the event that the weather becomes too dangerous for racing to continue, i.e. high winds, thunder &/or lightning, the Race Director, in consultation with the Water Marshall, will suspend racing until it is safe to resume. All personnel will evacuate the water and remain on land during this time.

Emergency

A First Aid Attendant will be on site and located in the grassy area west of the gazebo,

In the event of an on-land medical emergency:

- the first aid attendant will be dispatched to assess the situation
- If necessary, **911** will be called – **Locator:** Creekside Community Centre (1 Athlete's Way) – Docks on south side of False Creek
- The first aid attendants will continue to provide medical assistance until handover to ambulance/paramedics is completed.
- A member of the Premier dragon boat team will be dispatched to direct the Ambulance to the dock area

In the event of an on-water medical emergency:

- the drummer and steersperson will immediately signal the Chase Boat
- depending on the severity of the emergency and the location of the dragon boat, the injured will either be transferred to the Water Officials boat, or the dragon boat will immediately proceed to the docks.
- The Water Officials will contact the Dock Marshall who will ensure the dock is cleared for Ambulance/Paramedic personnel
- Racing will be suspended until the emergency has been cleared.

In the event of a capsized boat:

- all paddlers, drummer and steersperson will hang onto boat and await assistance and direction from the on-water officials. Paddlers are not to try to right the boat.

Vancouver Police Department - Marine Unit (604) 353-0731

Canadian Coast Guard . Kitsilano Guard Base Office:(604)-369-3802 Cell: (604) 369-3802

Vendors at FCRCC Women's Regatta 2018

We are pleased to include the following vendors as part of our regatta this year and hope that you will take time to have a look at the offerings on display.

RYU

Athletic apparel engineered for fitness, training and performance in multi-discipline athletics <http://www.ryu.com/>

Three Stones Clothing

Street-inspired quality women's fashion: <http://www.threestones.com/>

Agnes and Dora

Specializing in fun and flirty, high quality, affordable women's clothing. Featuring soft leggings, dresses, skirts, tunics, tanks, kids leggings, and other specialty items. <http://www.adorewithchristine.com>

Fashion On the Move Mobile Boutique

A 'Pop-up' boutique that travels to unique festivals and events. They offer trendy looks in fashion that flatter all shapes and sizes. Hits are tunics, leggings, and lifestyle fashions.

False Creek Racing Canoe Club

Club clothing from FCRCC will be sold with proceeds going to support club athletes. Seat Saddles will also be available. <http://www.fcrcc.com/>

Oddball Workshop

Material-based digital printing, including direct-to-garment printing on custom team shirts, vinyl printing on banners and signage and stickers, etc. <http://www.oddballworkshop.com/>

Residence and Conference Centre-Kamloops

(WILL NOT BE AT REGATTA: Please visit their website) The Residence & Conference Centre in Kamloops, British Columbia, is located on the South West side of the City overlooking the beautiful Thompson Rivers on the west side of the University Campus. Our location, service and amenities provide the best overall value in accommodation. http://www.fcrccpremier.com/?page_id=594

Silver FX Jewelry -

A selection of BC First Nations hand-carved sterling silver jewelry. <http://www.silverfx.ca>

Burnwater Canada

Finest performance carbon fiber dragon boat paddles, grip tape and supplies. <http://www.burnwater.ca>

Nerium International

Exclusive age-defying skincare and wellness products with patented ingredients to help people look and feel their best. <http://www.nerium.com>

Whirling Girl

Fine dragon boat jewelry, padded shorts and capris, and other paddle-related gear!

Food Vendors

The Juice Truck

Vancouver's first and original Cold-Pressed Juice Company. <http://www.thejuicetruck.ca>

Chickpea

Offering delicious vegetarian comfort food with a Mediterranean twist. Most of the ingredients are organic and dishes can be made gluten free/vegan. <http://ilovechickpea.ca/menu/>

Thai box on Truck

Authentic Thai Street Food bringing you an experience of Thai street culture. <http://www.thaiboxontruck.com>



The False Creek Women's Regatta

Dragon Saddle.com

The most comfortable dragon boat seat cushion in the world.

Ride the dragon in total comfort during long practices on a Dragon Saddle, including two inserts for cushioning adjustment.

Since 2010 the Dragon Saddle has been the top selling dragon boat paddling sport product because of the adjustable soft cushioning for short sprints or long practices, elegant in simplicity and used by the winning dragon boat racing teams.

\$45.00

To order please contact Rae-Ella Pratt raepratt@telus.net, all orders received before May 15th can be delivered to the May 27th Women's Regatta.

***Note: team discounts are available

****Note: More colours are available



Grey floral

Black floral

Red Floral

Navy Floral

Ocean

Digital Camo

Red

Black
(it is there really)

Pink

Navy

Turquoise

Flo Orange

Burgundy
(much darker than shown in picture)
More of a wine colour

