



False Creek Women's Regatta

Information Package 2022

General Information

Date: Saturday May 28, 2022 (approx. 8am to 12:00pm; 6:45am race registration opens)

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. <https://www.translink.ca/trip-planner>

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:

<https://www.translink.ca/rider-guide/bike-and-ride-on-transit/cycling-in-metro-vancouver>

Race Information

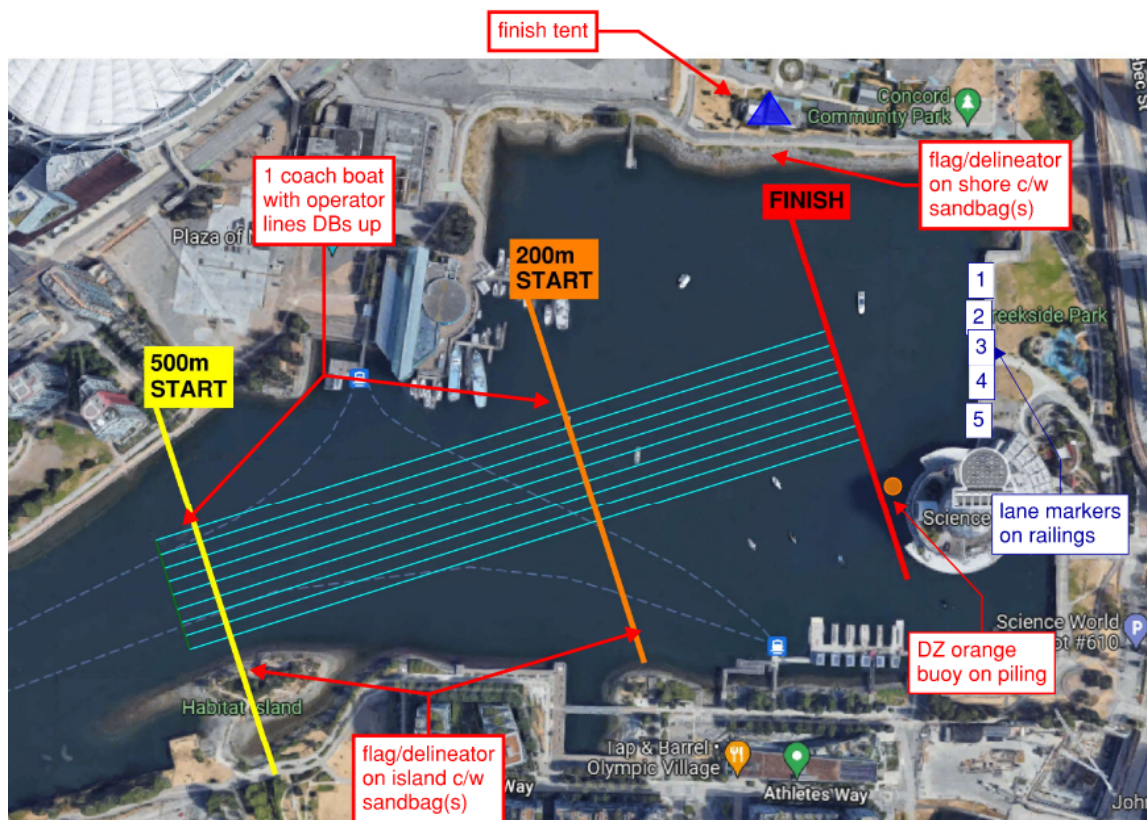
Race Length: 500m

Boats: BUKs (4 boat heats)

Race Format: There are 3 races: a first round, semi-final and final. *Twenty (20) teams are currently registered.* Progressions will be as per Race Grid.

IMPORTANT - this year's race course will have NO buoys or lane markers on the water. Race course markers will be a combination of a motorized dinghy, Science World's Pier, orange pylons on land, and signs hung off the east railing (see waterways map below). Teams will have an opportunity to review the race course in person during the pre-race meeting.

Race Grid: The race grid will be available online when complete at http://www.fcrcpremier.com/?page_id=1587. Please check the website 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

http://www.fcrcpremier.com/?page_id=1587

Steersperson Pool:

IMPORTANT - due to minimal markers on the course this year, **we request that each teams' steersperson(s) is comfortable with navigating a course with no marked lanes.** Ideally, the steersperson(s) has past experience racing Victoria Dragon Boat Festival, and/or other similar races with no marked lanes.

Our event staff will have only 2 spare steerspeople. If you need a steersperson for your crew, please confirm at the registration desk when you 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

A floral offering in the water after the Breast Cancer Survivor Challenge Race started as a gesture to honour a fellow teammate. It has become a ceremony held around the world to remember and honour our angels who are no longer with us, as well as all those who are still living with this disease.

It is a motion that touches the heart, allows a moment to remember, to grieve, but also to hope and celebrate the lives of all breast cancer survivors.

Abreast in a Boat (AIAB) is sponsoring the Pink Flower Ceremony that follows the breast cancer survivor (BCS) races. This is an emotional ceremony as too many women and men are affected by breast cancer. Public awareness and research efforts have really made a difference for over 25 years; and dragon boating for breast cancer survivors, which began in BC in 1996, has been an invaluable source of support and inspiration to many.

All participating BCS teams gather on the water (and land), each with a pink carnation, for a moment of silence to honour all who have been diagnosed with breast cancer and to also remember our angels who are no longer with us, so that their stories will not be forgotten. It is a moment of hope for all survivors and an extension of gratitude to our families, supporters & communities

Racer's Village

Racer's Village is in Creekside Park. 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 avoid pitching tents in the designated Vendor area

*please do not stake your tents as the landscaped areas will have municipal irrigation lines underneath, use weights if needed due to wind

Please help us keep the race site clean. There will be plenty of garbage cans and recycling stations on site and we will provide garbage and recycling bags for your tent (pick up at registration.)



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 a whiteboard close to the headquarters

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.

Dragon Saddles and hats will be sold at race headquarters

ATMs Near Site: Olympic Village TD (1689 Manitoba St.), BMO (104 West 2nd), ScotiaBank (1750 Manitoba St.), and RBC (1798 Ontario St.) are nearby if you require cash.

Food and Water

Please encourage your paddlers to bring their own filled/refillable water bottles. There is a water bottle fill fountain at 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: Mom's Grilled Cheese, Takenaka, and SinAmen

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 may 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 BC survivors**. For this year's edition of the BCS races, due to the difficult race course and reduced pool of experienced personnel, **non-BC survivors steerspeople will be permitted**.

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Equipment

- Only dragon boat paddles 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/Fisheries and Oceans" 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 PFDs** 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*.



Marshalling

- 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. First Round Only: "GO!" from the starter

Subsequent Rounds: An air horn blast or similar signal (1-5 seconds after "Attention")

IMPORTANT - Due to the lack of lane markers, we acknowledge that this race course will be less fair than other events. Provided the situation and our event's time limit (before transitioning to FCRCC Knockouts), challenging race results/reracing will only be granted under exceptional circumstances as determined by our race officials. We appreciate your understanding ahead of the event.

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,
- a clear collision within the first 50M of the race, or
- 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, unless 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:

- an illegal paddle/PFD used by another team,
- a crew not complying with the roster rule, or
- a 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 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 on the dock, for those who do not have their own (and must be returned to the dock after use).
- All motorboat 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 near race headquarters (along the railing and overlooking the water).

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.

On-Water First Responders:

- Kitsilano Coast Guard - Base Office:
 - Tel: (604)-369-3802
 - Cell: (604) 369-3802
- Vancouver Police Department – Marine Unit
 - Assigned Planner: 604-717-9083 (office)
 - Marine Unit general line: 604-717-2791

On-Land First Responders:

- Vancouver Police Department/Vancouver Fire Rescue Services/Emergency Medical Services (Ambulance) - 911



Vendors at Women's Regatta & FCRCC Knockouts 2022

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

Sweetlegs New Westminster with Nora- Nora will be bringing dozens of colourful prints, including the latest designs, for you to check out. If you are not familiar with SweetLegs but LOVE leggings...you NEED to come by and feel how soft they really are. If you are already a fan of SweetLegs...you will want to come check out the latest designs in person.

Fashion On the Move Mobile Boutique - A 'Pop-up' boutique that travels to unique shows/festivals and events. They offer trendy looks in fashion that flatter all shapes and sizes. Hits are the tunics, leggings, and lifestyle fashions.

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/>

Burnwater Canada - Finest performance carbon fiber dragon boat paddles, grip tape and supplies: burnwater.ca

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: silverfx.ca

Going Flat Fashions- is a unique project that offers second hand clothing, thrifty wardrobe styling and personal shopping services to women who have undergone mastectomy surgery and have chosen to remain flat. Going Flat was founded by a breast cancer survivor and avid thrifter, and this project is her way to give back to the community.

Food Vendors

Mom's Grilled Cheese - Mom's Grilled Cheese Truck serves classic home style gourmet grilled cheese, soups and other comfort foods... like Mom used to make.

Takenaka - Takenaka is specialized in on-the-go authentic Japanese food and operates in a big food truck and a commissary kitchen in East Vancouver. Some of our most popular menu items are signature Bento, Seafood Bara Chirashi Bowl, and Omakase Aburi Sushi! Our original frozen products are also available at more than 10 grocery stores in Greater Vancouver Area! Not only do we provide appetizing real Japanese food but also we're committed to the appearance of food and the achievement of customer satisfaction. We look forward to serving you all!

SinAmen - We offer a variety of gourmet cinnamon buns. Our buns are handmade with unique flavors. You can't get these specialty buns at your average cinnamon bun store

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

