



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.

A Festival Guide Newsletter will be sent to participants in preparation for the event the week leading up. You must be **subscribed** to our email list.

Practice & Race Day Info

☐ Event Practices

Pre-event practices will be held on **Thursday, September 10th until Friday, September 11th**. Registered teams with a confirmed practice should **arrive at the venue 15-20 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 7th**, 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** (please stay tuned for the Festival Guide for exact timing).

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 (please stay tuned for the Festival Guide for exact timing).

□ Parking at Marilyn Bell Park on Race Day

The event is held at **Marilyn Bell Park, 1095 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 rates will be set by Exhibition place at their sole discretion. 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 or on event grounds.**
- 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.

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 must be female.
Open Division	<ul style="list-style-type: none">• Any combination of men, women, non-binary, gender fluid, gender non-conforming and gender queer paddlers.
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 9th**. 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 9th** 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 by **Wednesday, September 2nd**. 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 #

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, September 2nd**.

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 9th** 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.

Tims Camps is a non-profit charitable organization founded in 1974 to expand the horizon of what is possible for young people. As a leader in youth development programming, Tims Camps supports youth from low-income communities between the ages of 11 to 16 – an important developmental time that helps shape who they will become as adults.

Through a multi-year camp-based program, youth learn skills like leadership, resilience, and responsibility, which empower them to believe in their own potential and change their stories for the better.

With seven camps in North America that run year-round summer, school and community programs, youth are supported to thrive when they return home, to excel in post-secondary education, to succeed at work and to contribute positively to their communities. More than 320,000 kids have attended a Foundation camp at no cost to them or their families thanks to the generosity of Tim Hortons restaurant owners, guests, corporate sponsors and community partners.

For more information about Tim Hortons Foundation Camps, please visit: www.timscamps.com