



## St. Paul's Co-educational College Alumni Association

Dear Alumni,

SPCCAA is launching our inaugural Dragon Boat Team and calling for outdoor and fun loving alumni to come join this stress relieving and fitness promoting activity!!!

Details on regular practices and competitions below! The 6-month weekly training will begin on Sunday, 19 March at 2:00 – 4:00 p.m. at Tseung Kwan O. Details are listed as follows:

Instructor:	Mr. Franky Choi (SPCCAA Dragon Boat Team Coach)
Training venue:	Tseung Kwan O area
Training Fee:	\$850 annually/ head
Capacity:	30



### Sunday Practice Schedule in 2017 (subject to changes)

March:	19, 26
April:	2, 9, 23, 30
May:	7, 14, 28
June:	11, 25
July:	2, 9, 16, 23, 30
August:	6

### 2017 Races (subject to changes)

June 18:	Sun Life Hong Kong Dragon Boat Short Course Races
August 13:	2017 Southern District Dragon Boat Race - Ap Lei Chau

### Notes

1. Registrants must be able to swim 50m in light clothing without buoyancy aids.
2. Bring a pair of water sport shoes which covers the entire foot; a pair of gloves; shorts or trousers and short/long-sleeve top; sunscreen lotion and bottle of water.

For interested alumni, please fill in and return the attached registration form, together with payment, to Ms Carroll Yeung at St. Paul's Co-educational College Alumni Association, No. 33 MacDonnell Road, Hong Kong or [spccaa@spccaa.org](mailto:spccaa@spccaa.org) on or before 10 March, 2017. Enrolments will be accepted on a first-come-first-served basis.

Best regards,

SPCC Alumni Association  
Tel: 2877-2885 | Fax: 2522-2255  
Website: [www.spccaa.org](http://www.spccaa.org)



## St. Paul's Co-educational College Alumni Association

### **SPCCAA Dragon Boat Team 2017 Application Form**

To: St. Paul's Co-educational College Alumni Association Limited  
33 MacDonnell Road, Hong Kong  
Tel: 2877-2885 Fax: 2522-2255 Email: [spccaa@spccaa.org](mailto:spccaa@spccaa.org)

Name: \_\_\_\_\_ (English) \_\_\_\_\_ (Chinese)

Year of Graduation: \_\_\_\_\_

Telephone No: \_\_\_\_\_

Email address: \_\_\_\_\_

Address: \_\_\_\_\_

For payment, please send in a cheque payable to '**SPCCAA Events Limited**', and payments made are not refundable.

Total amount payable: \_\_\_\_\_ Cheque No.: \_\_\_\_\_

Issuing Bank: \_\_\_\_\_

Dragon Boat Experience:

☐ No Experience ☐ Beginner ☐ Intermediate ☐ Advance ☐ Competed in open races



## St. Paul's Co-educational College Alumni Association

### **SPCCAA Dragon Boat Team 2017 Application Form**

#### **Declaration**

I declare that I do not suffer from any illness/disability that renders me unfit to participate in the above activity. I will immediately notify SPCCAA if, for any reason, my health subsequently renders me or may render me unfit to participate in the above activity. I fully accept that SPCCAA will then consider whether I should, in the interest of safety or the safety of the other participants, continue to be allowed to further participate in future sessions and that his/her/the decision of SPCCAA will be final.

Where trainers are in place, I agree to follow the trainer's instructions. I agree that this may be a verbal, visual, physical or demonstrative form of communication. I will ask for further clarification of any ambiguous and/or inaudible instructions. I understand that I will be asked to leave a session immediately if deemed to be deliberately ignoring the instructions from the trainer.

I further declare that, for the purposes of joining and participating in the activities of SPCCAA Dragon Boat Team, I can swim for at least 50 meters with light clothing without buoyancy aids.

#### **Assumption of Risks and Disclaimer of Liability**

As a participant in the above activity, I recognize and acknowledge that there are certain risks for physical injury and I agree to assume the full risk of physical injuries, including death, damages of loss which I may sustain as a result of participating in any and all activities connected with or associated with the SPCCAA Dragon Boat Team.

I recognize the risk of harm due to the hazards inherent in the dragon boat activity and that serious injuries can and do occur. I accept the full responsibility for any injuries that may occur to me as a result of my participating in the SPCCAA Dragon Boat Team. I waive any and all liability against Saint Paul's Co-educational College Alumni Association Limited, SPCCAA Events Limited, their officers, coaches, trainers, volunteers, affiliated organizations, sponsors, and the owners and operators of any facility utilized by SPCCAA Dragon Boat Team, and hereby release and discharge the same, from any claim, loss, injury, cost, damage or expense incurred/sustained by me or on my behalf as a result of my participation in the SPCCAA Dragon Boat Team.

#### **Notes:**

1. Enrolment is offered to SPCCAA members only.
2. Successful registrants will be notified of their enrolment status by email in March 2017.
3. SPCCAA reserves the right to change the venue and date of the class due to unforeseen circumstances.
4. Bad weather arrangement: A training will be cancelled if typhoon signal no. 3 or above/ Red Rainstorm Warning is hoisted 2 hours prior to the commencement of the session. In the event that a training is cancelled due to bad weather, a make-up session will be arranged.

Print Name: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Emergency Contact Person:

Name: \_\_\_\_\_ Mobile: \_\_\_\_\_