

# ***Machestic Dragons Member Agreement***

## ***Paddling Member***

*All members should notify their physician(s) that they are paddling on a dragon boat team.  
All members are encouraged to maintain an adequate level of fitness in order to participate without injury.*

**As a paddling Machestic Dragon, participating in coached practices, I agree to the following commitments:**

- To embrace the Machestic Dragons Mission Statement.
- To complete all Machestic Dragons' membership forms and pay dues before attending practice.
- To use the electronic practice site to sign up for practices, or I understand I risk not getting a seat on the practice boat.
- To be at practice on time and participate in warm-ups. If late, I understand I risk missing the boat as it will return for only 1 "Late Pickup" after scheduled practice starts.
- To arrive 15 minutes early or stay 15 minutes late to help with boat retrieval/mooring at least *twice* a month and always help bail, clean, and cover the boats.
- To inform the coach/captain immediately if I sense any unusual discomfort/physical issues.
- To never participate when I am sick, injured, or under the influence of alcohol or drugs.
- To follow equipment/safety policies and always wear an approved PFD (personal flotation device) in the boat.
- To always wear firm sole footwear (*not* flip flops) around the Lake and not walk around barefoot.
- To take action to maintain a safe practice area and to comply with Mercer Park Lake's facility regulations.
- To speak up and notify a coach should I see, feel, or sense a team or individual safety risk.
- To give my best effort *and* to care for my health.
- To support and not speak ill of teammates or opponents about their performance or abilities.
- To be a good ambassador for the Machestic Dragons and dragon boating at practices and events.
- To pose questions/comments on practice issues diplomatically to a Board member AFTER practice.
- To understand and accept: If I fail to follow this "Member's Agreement" in good faith, my membership in the Machestic Dragons may be forfeited and dues paid to date are lost for the season. I may appeal to the Machestic Dragons BOARD in writing within two weeks after I receive the notice of membership termination, AND I will accept the Machestic Dragons BOARD's decision, which will be made within 2 weeks of the appeal.

**Membership Option: As a **Non-Paddling** Associate Member, I agree to the following commitments:**

- To embrace the Machestic Dragons Mission Statement and to complete all Machestic Dragons' membership forms and pay dues before attending an event.
- To pledge to play a supporting role – for the team(s) – as a volunteer for events and organizational activities. I will be on the Member email list, be eligible to attend fitness programs, buy team apparel, and attend all fundraisers, socials and other Machestic Dragons events.
- I understand as an Associate Member, I **MAY NOT be a paddler at any time (practice or event) without changing my member status.**