



CANADIANS ABREAST –  
MESSENGERS OF HOPE NATIONAL BREAST CANCER SURVIVOR DRAGON BOAT  
TEAM

***MY COMMITMENT AS A MEMBER OF CANADIANS ABREAST***

- *I understand my responsibilities to my teammates and will contribute to a positive environment when publicly representing Canadians Abreast.*
- *I will actively work to positively and respectfully promote our message.*
- *I will participate in a regular exercise program to improve my physical well-being and my ability to participate in races.*
- *I will notify a member of the executive or my team captain if I am unhappy or dissatisfied with any aspect of the team.*
- *I will respond appropriately and in a timely fashion to communications.*
- *I understand and accept the risk involved in participating in the sport of dragon boat.*
- *I will notify my team captain and personal physician if I experience unusual medical problems.*
- *I will notify a member of the Executive or my captain if I am no longer able to paddle*
- *I understand that my health is my responsibility and that Canadians Abreast's executive, medical support personnel and team captain act in an advisory role without personal liability*