



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

Our Mission Statement

To spread our message of hope to those living with breast cancer

- Our purpose:
- To provide support, camaraderie and encouragement to team members.
 - To demonstrate that one can lead a full and active lifestyle after a breast cancer diagnosis.
 - To raise breast cancer awareness and encourage the pursuit of a cure.
 - To honour the memory of those who have passed on.
- Our objective:
- To support survivors as they regain control of their lives through sport and physical activity
 - To promote the values of physical activity through the sport of dragon boat.
 - To seize the moment, have fun, laugh, love, embrace life, support each other, make each day count
- Our guidelines:
1. All members will have equal opportunity to participate in races
 2. All members will commit to personal fitness and training, recognizing that training is mandatory for health, well-being and to avoid injuries.
 3. All members are required to abide by the safety and emergency procedures of event organizers
 4. All members will have received a breast cancer diagnosis at some time in their lives
 5. All members must complete and sign the Corporation waiver before competing in events
 6. Canadians Abreast – Messengers of Hope will carry out its purpose without financial gain for its members
 7. Membership in good standing is required prior to registration for any event
 8. Members will be notified of meetings and are encouraged to participate.
 9. Each member is entitled to one vote.
 10. Any member may stand for election or appointment to the Board