



2016 BBCC - Information for Dragon Boat Paddlers

Welcome to the Balmy Beach Canoe Club. We hope you enjoy your dragon boat experience at our club. This guide will help ensure you maximize your experience and safety at our practice site. Our Club is located at the Lions' Club building that can be seen looking south from the south-west corner of Lakeshore Blvd East and Coxwell Avenue.

We have Site Supervisors on site at every practice to ensure the site is open and ready for your use at least 25 minutes prior to your scheduled practice and 20 minutes afterward.

Directions:

The club house is located in the east end of Toronto near Lakeshore Blvd East. It is located on Ashbridges Bay Park Road, which is what Coxwell Avenue is renamed to when south of Lakeshore Blvd. Follow the winding road, keeping right at the first fork, then following the winding road all the way south to the big parking lot. You will pass Balmy Beach along the way (when road turns sharp left), but can't park there so you will have to park first then walk back to Balmy Beach (just a minute walk away).



TTC: From Woodbine subway station take Bus #92 to Ashbridges Bay (stops near top right of map), or take the Queen #501 streetcar and exit at Coxwell. Then walk south to the Balmy Beach Canoe Club.

Site Regulations:

1. Your team captain/manager/coach will complete a one-page waiver form that includes the names of all paddlers on your team. Please ensure your name and details are accurately recorded on this list and that you have signed a hard-copy of the form beside your name.
2. There is **STRICTLY NO PARKING** in the lot at the Lions' Club at Ashbridge's Bay. The parking lot is not the property of the Balmy Beach Canoe Club. Violators will be ticketed and towed at owner's expense. There is parking available in the public lot to the south (see map above), and in the immediate vicinity of the bay. Please ensure you park within marked spots for cars, and not in the long parking spots for trucks and trailers (by the boat launch ramps on west side of the lot). The lot is Pay and Display (\$3 or less) only when the ticket units are installed (two of them, usually starting in mid-May to June).
3. Warm-ups take place in the space to the north west corner of the Club building, or out on the park grass across the road from the Lion's Club . On arrival, team captains or coaches are asked to report to the Site Supervisor who will unlock the boats and the boathouse.
4. Dragon boat paddlers may not obstruct the dock areas where small boats (canoes and kayaks) go on and off the water. All dragon boat paddlers must meet and prepare for loading in their designated area.
5. Team captains are expected to immediately notify the Site Supervisor of any equipment problems. Make sure the steering oar does not catch the ground in the shallow waters when backing out of the dock. It will cause the steering arm to break and will result in cancelling practices until repairs are made.
6. All dragon boat paddlers including coach and steer person must wear a PFD while on the water as required by Canadian Coast Guard rules. Inflatable PFDs are permitted. The club has a set of various sized life jackets for use by paddlers. They are not to be removed from the site, and should be hung back up on the rack when you are finished your practice.
7. The Club has a selection of wooden (oak) regulation dragon boat paddles for use by paddlers during their practices. They must not be removed from the site and should be hung back up on the wall to inside right of the main clubhouse door.
8. Unless prevented by rough waters, all dragon boats must paddle outside of Ashbridges Bay to allow normal water conditions for small boats.
9. **Please return to the dock 5 minutes before the hour** so the next team can start on time.
10. Team captains must ensure that all equipment (oar, paddles, life jackets, etc.) is returned to its designated place. Due to limited space, no private equipment may be stored at the Club.
11. Team captains must secure their boat to the dock at the front and back.
12. Team Captains are responsible for keeping their Paddler Registration Form up-to-date.
13. The club reserves the right to withdraw use of the dragon boat or equipment from any team not complying with club regulations with or without refund of fees.

If you have any questions or issues with the site, please notify your team captain / coach / manager immediately. They will in turn notify the BBCC Dragon Boat Coordinator if needed.

If the question or issue is urgent, please do not hesitate to contact the Dragon Boat Coordinator Maria Halavrezos directly by cell 514-702-5056 or at balmybeachdragonboat@gmail.com