



Dragon Boat Paddling Club
Cape Town

New members' information 2019

Welcome to the Amabele Belles Dragon Boat Paddling Club! The club was started in in 2006 for breast cancer survivors and has been going ever since. Over the last few years a number of non-breast cancer survivors have also joined - as supporters, friends or partners. Everyone is therefore welcome!

PRACTICES

Club practices are behind the Cape Grace Hotel at the Waterfront, on a Monday evening 5.30 for 6.00 to 7.00 pm, and a Saturday morning 8.00 for 8.30 to 10.00 am. Please arrive punctually.

We are also trying out an optional Thursday evening practice from 6.00 to 7.00, and will go out if there are enough paddlers.

Practices are only cancelled when there is a strong wind. You don't have to ask about the weather; you will be informed via Whatsapp of any cancellations.

Keep an eye on your whatsapp for confirmation of all practices!

Very limited parking is available in the road and in the parking area just before the hotel. The closest parking garage is Portswood, in Dock Rd, opposite the Aquarium. You then have to cross the bridge to get to the Cape Grace.

COMMUNICATION

The WhatsApp group allows you to let everyone know if you are coming to practice or not.

We also have a second WhatsApp group (Belles Social Chatter) for fun or social messages eg birthday greetings.

Please contact Merlin (083 475 8582) who will pass your name on to the administrator of these groups.

PADDLES

A few club paddles are available at practices. There are also some paddles available for purchase from individuals or other clubs. Paddles cannot be purchased in stores in South Africa, but are ordered online or brought in from other countries like Australia, Singapore, etc. Examples of firms are Merlin (www.merlin.gear.com) or Grey Owl (www.greyowlpaddles.com). There are also other sites on the web – just check that they are IDBF approved.

Please ask one of the members to assist you if you are not sure of the size, need advice or wish to purchase a paddle.

PADDLING GEAR

You can wear anything comfortable that can get wet. Most of us wear black lycra shorts or $\frac{3}{4}$ pants, a pink or black top and water friendly shoes that grip well. We do have special Belles kit and recommend that you purchase this as soon as you are sure you wish to join the club.

A cap and sunblock is definitely needed in summer and a water bottle is essential at all times.

Optional life jackets are available at a cost of R550. This is a subsidised cost, and we request only that you return your jacket to the club should you decide to resign.

MEMBERSHIP AND FEES

When you have decided that you want to become a member, please complete the Application Form and Indemnity Form and email to maureenrobinson20.10@gmail.com or give to Maureen (083 326 9431) at a practice.

Membership fees are an annual fee of R200 and R80 per month. The monthly fee can be paid in a lump sum for the year, quarterly or monthly.

Please make payments via EFT using “your name” and “fees” as the depositor’s identification otherwise it is difficult to track the payer.

Bank: Nedbank, Century City
Branch code: 192621
Account name: amaBele Belles Paddling
Account number: 2005 484 709
Account type: Savings

EFT is the preferred method of payment. Contact Antoinette on 084 661 4747 or raymondb@mweb.co.za for more information.

Guests are welcome. Three sessions of paddling are open to guests and potential new members at no charge. From the 4th session, we ask that you decide whether or not you wish to formally join the club, and arrange to complete the membership form and start paying the fees.

SOCIAL MEDIA

Keep an eye on these links for photos and useful tips:

Club website <http://amabelebelles.co.za>

Facebook <http://www.facebook.com/pages/AmaBele-Belles-BCS-Dragon-Boat-Team>

KEY TERMS

You will learn a whole new vocabulary on the boat! To get you started, here are some key terms to learn and remember:

Catch/ Helm/ Stroke/ Drop and Drive/ Rate up/ Power up/ Twist/
Gunnel/ Fender/ Sweep Oar

IN SHORT

In summary, here is what you need to know about getting started:

Action	Person responsible	Contact details
Request application form and indemnity form and return these asap, either	Maureen	maureenrobinson20.10@gmail.com 083 326 9431

in hard copy or electronically		
Pay joining fee and subs Enquire about life jacket	Antoinette	raymondb@mweb.co.za 084 661 4747
Join the WhatsApp groups: one for paddling information and one for social news	Merlin (she will pass your number on to Cheryl and Lenora, the administrators of the groups)	083 475 8582
Borrow or buy a paddle		There are various options: speak to Merlin or any other club member
Purchase kit	Heather	Heather-webb@mweb.co.za 084 350 2064

Most of all - come along and have fun!