



## FREQUENTLY ASKED QUESTIONS

### **What is Dragon Boat Racing?**

Dragon Boating is a sport which has been imported from China and goes all the way back to ancient times. A dragon boat is very colorful, it is forty feet long, has a head and a tail and carries 22 people. This includes 20 paddlers, a drummer who sits up front and beats time for the paddlers, and a steersperson who stands at the rear. Dragon boat festivals take place throughout Canada each summer and invariably you will find at least one survivor team racing to the finish line. At present there are over thirty survivor teams in Canada. There are usually 4 to 6 boats in each race of between 500 and 640 meters, which last from 2 ½ to 4 minutes, depending on the capabilities of the teams.

### **What is the mission of Avalon Dragon Boating?**

Avalon Dragon Boating will demonstrate that people living with breast cancer can lead full, active lives. We want to advance participants' understanding of lymphedema and the importance of regular exercise in its prevention and management. We will instill in participants a commitment to take responsibility for their health and make physical exercise a lifelong activity. We will also promote public awareness of the role of exercise and healthy lifestyle in preventing breast cancer and lymphedema.

### **How is Avalon Dragon Boating structured?**

Avalon Dragon Boating is a non-profit organization, relying on sponsors and private donations as well as member participation for its financial and administrative needs. We have wonderful volunteer resources and are run by a organizing committee made up of survivors, family and friends.

### **How do I qualify to be a paddler?**

To be a member of Avalon Dragon Boating, all you need is to have had a previous diagnosis of breast cancer and have a passion for fun and fitness. We'll train you, support you and ensure you have the time of your life!

### **Is there an age limit?**

All ages are eligible to paddle. You will be advised to check with your doctor before commencing training and review the training program.

### **I have had no previous sports or fitness training - can I still join?**

Absolutely! Just make your situation known to the coach and our fitness trainer and you'll be advised to check with your doctor before commencing training and review the training program. We'll train you, support you and ensure you have the time of your life!

### **What is involved in the training?**

We're still working out the commitment level required. Every paddler will be asked to sign and commit to a training program with the team and on their own. We'll ensure there's flexibility to accommodate schedules and personal fitness levels.



### **What if I'm not a breast cancer survivor, can I still join?**

The team will be made up of breast cancer survivors but you can still join the organizing committee. If you have a passion for the cause, we'd love to have you on board. Join us by visiting our web site at [www.avalondragonboating.com](http://www.avalondragonboating.com). We're looking for organizers, fundraisers and generally fun, outgoing folks to bring this team together and on the water!

### **What costs are involved?**

We're still in the early stages but we're working hard to get sponsors on board to cover most, if not all, of the costs involved for paddlers. For example, New World Fitness has generously joined us as our fitness sponsor and is providing access to their pool and facilities for paddlers to train. We hope to bring other corporate sponsors on over the next year. In the meantime, there may be some costs which paddlers will have to cover but it remains unknown at this point.

### **Is there only one team?**

Right now we're starting a team in the St. John's area but with enough interest and support, we hope to have more than one team.

### **Will there be other teams in Newfoundland and Labrador?**

We hope so! One of our long-term goals is to promote the benefits of dragon boating to survivors across the province. We'll also help any other community bring dragon boating to their town. Get in touch with us for more information. You can find information on our web site at [www.avalondragonboating.com](http://www.avalondragonboating.com).

### **I'd like to be a sponsor, how can I become one?**

We'd love to have you on board. This is a unique opportunity to be part of the first dragon boating team in Newfoundland and Labrador. It's a unique way to promote health and fitness amongst breast cancer survivors and show people there's life after a diagnosis of breast cancer. Visit the sponsor section of our web site at [www.avalondragonboating.com](http://www.avalondragonboating.com) to get more information.

### **Why are we doing it?**

Very few exercise programs specifically target individuals with a history of breast cancer or lymphedema. We plan to increase participants' understanding of lymphedema and the importance of regular exercise in its prevention and management. We hope to instill in participants a commitment to take responsibility for their health and make physical exercise a lifelong activity. We want to promote public awareness of the role of exercise and healthy lifestyle in preventing breast cancer and lymphedema. We believe that our Avalon Dragon Boating team will serve as a powerful message that people living with breast cancer can lead full, active lives.

### **What benefits can this team offer me?**

Studies show that survivors who participate in dragon boat racing experience considerable physical and psychological benefits. Avalon Dragon Boating will provide breast cancer survivors with:

- the tools to increase their fitness levels and general well being
- the network to develop a strong support group
- the sense of well being that comes from being physically active
- the opportunity to experience the thrill of competition
- the opportunity to experience the powerful bond that exists among team members working toward a common goal
- every member of the team will be a source of hope and inspiration to others