



BRITISH SKIN FOUNDATION

DRAGON BOAT RACING EVENT



Thursday 11th September 2008

Docklands Sailing and Watersports Centre
Isle of Dogs, London



6.00pm till around 8.30pm

Bar open till 11.00pm

Entry cost: £125 per team member (8-9 people in a team)

(Includes the famous DSWC barbeque and event t-shirt)

**** there is a prize for the team which fundraises the most.****

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Eight people paddling side by side in a boat twenty foot long, a drummer, sitting on the bow, beating time, a steerer at the stern with a giant paddle; all working together as one – **this is dragon boating.**

It's exciting, motivating, very social, but above all its great fun.

The venue

Docklands Sailing and Watersports Centre is one of the premier racing venues in the country with over 4,000 people racing at the centre every year.

There is a **fully stocked bar** overlooking the water, where participants can relax between races. Lockers are available to keep belongings in and changing areas for participants.



Racing

A race is 250 metres long and takes in the region of a minute and a half to complete. Normally there are between 2 to 3 races per team (depending on numbers, light, amount of time) and fastest times go through to the final. The event will take between 2 to 3 hours followed by the BBQ and prize giving.

The crews

Dragon Boating requires no previous experience and caters for all ages and abilities in one crew. Each dragon boat can hold up to 9 people. Crews can consist of not just employees but also their friends or family.

Crews need to choose a team name, the funnier the better. They are also encouraged to have a dress theme, i.e. pirates, vicars, Chinese, Vikings, 118 118, nurses. This makes it more fun and there will be a prize for the best dressed crew!



Supporters

Friends, family and colleagues are more than welcome. They can cheer their teams on, enjoy drinks from the bar and soak in the atmosphere. Supporters can also join in the BBQ for £20.00 per head (BBQ numbers must be confirmed before the day).

Safety

A full safety briefing including instruction on how to paddle a dragon boat is carried out for all participants before racing begins. All staff are qualified helms and first aid trained.

BBQ Menu

Fish

Head on Malaysian King Prawns
Tuna Steaks
Shark Steaks
Whole Sardines

Meat

Satay Chicken in Sweet Chili Sauce
Hoi Sin Chicken pieces
Quarter Pounder Beef Burgers
Pork Sausages

Vegetarian

Vegetarian Quarter Pounder
Roasted vegetables including: mushrooms, peppers, courgettes and aubergines

Salads

Potatoes and spring onions with mayonnaise
Taboulee
Caribbean rice
Tai Pasta with French beans
Sundried tomato and olive pasta
Egg mayonnaise
Tomatoes, cucumber and basil
Green salad

Bread or buns
Seasonal fruit
Dips and sauces