



## The Warriors of Hope

Breast Cancer Survivor Dragonboat Racing Team

P.O. Box 1495

North Bay, ON P1B 8K6

Name: \_\_\_\_\_

Date: \_\_\_\_\_ 20\_\_

Prior to joining the team paddlers **must** consult with their family physician. The work of paddlers is physically demanding and involves:

- Maximal exercise that lasts three minutes during a race
- This represents significant cardiopulmonary stress
- Racing represents repetitive upper body exercise lasting three minutes in duration that elicits a maximal exercise response
- The training program lasts for several months prior to paddling being initiated and this includes weight and on-water training
- Training is more stressful as maximal exercise is often repeated several times over a 60 – 90 minute training session

For persons with possible cardiac problems or asthma, these physical demands can represent a significant risk.

Dragonboat racing is an excellent exercise but it is not for everyone. It is important to acknowledge the physical demands of the sport.

It is important that each paddler acknowledge their ability or inability to meet the physical demands of the sport.

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For the Physician:

**Is your patient able to meet the Physical Demands required in Dragonboat racing?**

YES \_\_\_\_\_

NO \_\_\_\_\_

Date: \_\_\_\_\_ 20\_\_

Name: \_\_\_\_\_

Signature: \_\_\_\_\_