

Active Sports 2014

The Active Sports flyer is shown below.

A secondary waiver and additional information is required for the Dragon Boating sessions in December. This information is shown on page 4 and 5.



Do you love sports but don't know what to try first? Do you want the whole family and your friends to be able to join you? Or did you used to play but have let other things get in the way? Then join Active Launceston's new program Active Sports where you can try 8 different group sporting activities over 8 weeks.

15TH OCTOBER TO 6TH DECEMBER 2014
Wednesdays 6pm - 7pm & Saturdays 9.30am - 10.30am

Session	Address	Session 1 – Wednesdays	Session 2 – Saturdays
Mix Netball	Northern Tasmanian Netball Association. 1 Hoblers Bridge Rd, Newstead TAS, www.ntna.tas.netball.asn.au	6.00pm, 15th October	9.30am, 18th October
Tennis	Trevallyn Tennis Club. Gorge Rd, Trevallyn TAS www.tennis.com.au/trevallyntc	6.00pm, 22nd October	9.30am, 25th October
Bowls *	East Launceston Bowls Club. 22 Adelaide St. East Launceston TAS, www.bowlstasmania.com.au	6.00pm, 29th October	9.30am, Friday 31st October
Croquet	The Northern Tasmanian Croquet Centre. St. Leonards Sports Centre, LAUNCESTON TAS, lee-tee@bigpond.com	6.00pm, 5th November	9.30am, 8th November
Bike Riding ***	Tamar Bicycle Users Group. Churchill Park, Heritage Forest, www.tbug.org.au/content.php , www.mountainbiket Tasmania.com.au	6.00pm, 12th November	9.30am, 15th November
Mix Softball	Northern Tasmania Softball Association. Churchill Park Drive, INVERMAY TAS, sarahian2001@yahoo.com www.facebook.com/public/Northern-Tasmanian-Softball-Assoc	6.00pm, 19th November	9.30am, 22nd November
Hockey	Launceston City Hockey Club. St. Leonards Sports Centre, LAUNCESTON TAS, www.lchc.org.au	6.00pm, 26th November	9.30am, 29th November
Dragon Boating **	North Esk Dragon Boat Club (NEDBCI). North Esk Rowing Club opposite the Seaport, northeskdiragons@gmail.com	6.00pm, 3rd December	9.30am, 6th December

*Please note that due to the long weekend on the 1st November the second bowls session will be held on a Friday morning.
See additional requirements and waiver form for Dragon boating at www.activelaunceston.com.au go to Active Sports, click on link, this session is also weather dependent, call 0418503634 if uncertain weather on the day. *Please bring your own bike and helmet on the day.

More information & bookings contact

Active Launceston: 6324 4027 or 6324 4047

Move More, Live More!

Active Launceston relies on grants, sponsorships and donations to operate. The Active Launceston Appeal gives you the opportunity to say thank you and contribute to programs and events into the future. To make a donation please visit the UTAS Foundation website www.utas.edu.au/foundation/donate and follow the links to the Active Launceston Appeal.

Active Sports 2014

Active Sports is a new program which has been developed to support local sporting clubs and groups by encouraging community members to reengage with team and group sports. This program is a good opportunity for families or friends to get together and return to a sport they used to play or even try something new.

Each week of the Active Sports program you will visit a different sporting club or group activity provider at their premises to allow you to trial the activity the organisation has to offer. At each session an instructor will demonstrate and teach you the basics to get started, play or join in the team/group activity for a trial taster and then find out how to continue on with that activity.

- ⓐ Please arrive 10 minutes early to each session
- ⓐ Sports sessions are open to any fitness level and anyone over the age of 10 (if under 18 years participants must have a parent or guardian attend for insurance and safety purposes)
- ⓐ Bring a friend, family a group or the whole workplace
- ⓐ This is a FREE program
- ⓐ Wear loose comfortable clothing, appropriate footwear and bring a drink bottle and bath size towel
- ⓐ Bookings are recommended to ensure appropriate instructor numbers on the day
- ⓐ There are additional requirement for Dragon boating please go to www.activelaunceston.com.au under Active Sports or call 63244024
- ⓐ For bookings and more information please contact Active Launceston on 6324 0427 or 6324 4047



The Active Launceston Information Hub is your one stop shop for information on everything that is active in Launceston. Visit us to find out more about our great programs and events as well as other community initiatives at 41 Frankland Street Launceston.

Move More, Live More with Active Launceston

**North Esk Dragon Boat Club Inc
Dragons Abreast Northern Tasmania Inc
Application for temporary membership,**

Agreement and Indemnity

This agreement is made on the day of 20.....
between Dragons Abreast Northern Tasmania Inc / North Esk Dragon Boat
Club Inc (hereafter called 'the club')

and(print first and surname) of

.....(print address)

The club will provide an opportunity to the person named (hereafter called 'the
paddler') to paddle at a specific time and venue nominated by the club.

The paddler acknowledges that the practical training/activity is given at the
risk of the paddler and not the instructor or the club and that those persons
and the club shall not be responsible in tort or contract or otherwise, for any
loss or damage sustained by the paddler or his/her property of any kind
whatsoever.

The paddler also indemnifies the instructor and the club against all actions,
claims, demands, liabilities, losses, damages and expenses of whatever nature
the paddler may suffer, incur or sustain, in connection with or arising in any
way whatever out of the practical training/paddling.

The following section must be completed:

1. Do you have any medical or physical condition that would place you at risk if
you participate in paddling? Yes/No (Please circle)

If 'Yes' please elaborate:.....

2. Would you be able to swim 50 metres if required? Yes/No (Please circle)

Signed

The club reserves the right to deny participation by the paddler, should there
be a significant and obvious risk to the well-being of the paddler from their
participation.

Please refer to the below Dragon Boating additional requirements and sign waiver before participating:

- Participants must be over 12 years of age, if under 18 years of age must be accompanied by an adult.
- Max. 14 participants (we will have four of our experienced paddlers in the boat to guide paddlers/ participants)
- Participants are to wear comfortable, non-restrictive sports type clothing, older shoes such as joggers, no heels or open thong type sandal, gardening gloves or cycling type gloves,
- Participants will need to be able to step down 1/2 metre into the boat and step up out of boat and also be able to swim 50m. On occasions paddlers may get some water splashed onto them from other paddlers.
- We reserve the right to cancel the session if weather inclement or river in flood
- All participants will need to read and sign our liability waiver on the day and we reserve the right to refuse participation of any person on the day due to health or fitness concerns
- Prior to brief paddle in dragon boats, we offer paddling and safety instruction to the participants and each paddler will be given a PFD jacket and a paddle to use in our dragon boat.