

Paddlers for Life Windermere

To relieve sickness and protect and preserve good health for persons facing cancer, in particular, but not exclusively breast cancer, or persons in need of rehabilitation as a result of such illness within Cumbria and Lancashire by providing or assisting in the provision for physical activity and recreation, notably Dragon Boating.



Supporters' Guidelines (November 2025)

See <http://paddlersforlife.co.uk/documents/> for the latest version of all documents

Supporters are an integral part of our team, and are highly valued members of Paddlers for Life

Windermere. Our supporters are made up of family, friends, people who may not have had, but have been close to, somebody with cancer, as well as volunteers who just like to be part of such a wonderful group. Supporters have many roles - all are important and often varied.

All supporters can volunteer to do most of the tasks, but some require training, i.e. taking out the support boat and helming.

Attendance by supporters at General Meetings is welcomed and encouraged.

Role of the Supporter

Sign in as soon as you arrive.

Prior to getting on the water, supporters help with tasks alongside survivors. These include

- Helping to dress the boat(s) – adding dragon head, tail, drum and seat
- Ensuring First Aid equipment is in the boat(s)
- Helping to launch the boat(s)
- Helping, if needed, to launch the support boat
- Accompanying, if needed, the driver of the support boat

Most of the time, at the lake, survivors and supporters do everything together. There is an exception – if there are too many paddlers for the session, the supporter will usually relinquish his/her seat in the boat to a survivor, although this is a very rare occurrence. At regattas, where only breast cancer crews participate, supporters have a pivotal role in supporting our team. There is usually a supporters' race.

Often there is no drummer on the boat as most people, especially survivors, would rather paddle, as it is an important form of exercise for breast cancer survivors. Therefore if, as a supporter, you would like to try drumming, **this would always be appreciated, and even met with a few cheers!** Drumming is a skill in itself – if possible, talk with somebody who has drummed, to get a few tips.

Getting off the water, supporters, again, help with tasks alongside survivors. These include

- Helping to take the boat(s) off the water
- Helping to undress the boat(s)
- Helping to clean the boat(s)
- Helping to cover the boat(s)
- Helping to store away any equipment used
- Helping, if needed, to take the support boat off the water

Out of the Paddling season, there are various tasks that need doing. These include

- Helping with boat maintenance, including the trailers
- Helping with trolley maintenance
- Helping with preparations prior to the start of the paddling season, e.g. assembling the pontoon
- Helping with cleaning, storing, tidying at the end of the season, including the garage
- Dismantling and storing the pontoon
- Volunteering as a Trustee (Treasurer etc). There is a specific ratio of places for supporter Trustees (see Constitution). The only supporter to have a vote at meetings is a supporter who is a Trustee. Other supporters can contribute to discussions where there is likely to be a vote, but cannot vote. All survivors have the right to vote.

Discuss with one of the Trustees if you wish to train for the support boat or to try helming.

Guidelines updated by Barbara & Jen in April 2025.

Reviewed: 6.11.25 by Jen English, Trustee PflW

Adopted: 7.12.25

Next review date: November 2026