



Limerick Dragons Constitution April 2025

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1. PREAMBLE

1.1. We, the undersigned, wishing to secure for ourselves the pleasures and benefits of an association of persons commonly interested in Dragon Boat Paddling, Water Activities and Walking, constitute ourselves the Limerick Dragons Club, hereafter called Limerick Dragons and enact this constitution as our governing law. Limerick Dragons is an unincorporated body.

2. OBJECTIVES

2.1. Mission Statement

2.1.1. The objectives of Limerick Dragons are to regain health and fitness through Dragon Boat Paddling, Water Activities and Walking for Breast Cancer Survivors, their families, and supporters over the age of 18 years. *The needs of the breast cancer survivors will always be the priority of the club.*

3. VISION STATEMENT

3.1. To develop, promote and foster wellbeing by encouraging a healthy lifestyle which encompasses a range of sporting, recreational and social activities.

4. POWERS

4.1. The Club may

- 4.1.1. Only enter into transparent contracts
- 4.1.2. Acquire, hold, deal with and dispose of property
- 4.1.3. Make charges for services and facilities it supplies
- 4.1.4. Do other things necessary in carrying out its affairs

5. CLASSES OF MEMBERS

5.1. The membership of the association shall be made up of the following classes of members

- 5.1.1. Full Members - Full members pay an annual fee and are entitled to avail of all activities run by the Limerick Dragon's. Full members have voting rights at the LD's AGM.

- 5.1.2. Committee Members - Committee members are elected by the full members at an AGM.
- 5.1.3 All prospective members usually get two free paddling sessions as a trial, but they must indemnify Limerick Dragons by signing a waiver and visitor sheet prior to participating in any and all activities. The responsibility for signing lies with each helm or activity leader.

6. MEMBERSHIP

- 6.1. Annual membership runs from April 1 – March 31. Application for membership must be completed, in full on an annual basis; on the current application form issued by the committee and must be submitted to the club secretary preferably online along with the membership fee, for approval by the committee. Incomplete application forms will be returned to applicants.
- 6.2. Only fully paid-up members with completed application forms will be allowed to avail of activities.
- 6.3. All adults over the age of 18 can apply to be a member. Preference will be given to breast cancer survivors always.

7. MEMBERSHIP FEES

- 7.1. The membership fee is:

Membership Type	Term	Cost
Breast Cancer Survivor	Annual	€100.00
Non-Breast Cancer Survivor	Annual	€130.00
Elected Consultants	Annual	€1.00

8. ADMISSION OF MEMBERS

- 8.1 All members must be made aware of and adhere to the Limerick Dragons Constitution, Code of Conduct, Safety Statement, COVID Policy and Privacy Statement. These are issued to members in their annual membership application package and will be available to the members on the Stack app

9. LIMERICK DRAGONS: CODE OF CONDUCT

- 9.1. The Limerick Dragon is committed to fairness, equality and good sportsmanship in all of its activities. The Club aims to provide the best possible environment in which its participants can excel and its officials and administrators can discharge their responsibilities to ensure the participants are able to be and perform at their best. The Code of Conduct is designed to ensure that appropriate forms of behaviour are adopted, is and remains the norm for all persons associated with all of the club's activities.

- 9.2. The Code governs the conduct of all persons associated with the Club's events and those who may from time to time be a member of The Club's representative teams.
- 9.3. The Code shall govern the conduct of all those who are participating in all Club sanctioned events and training activities, including club, local, national and international championships and shall be read down and applied accordingly.
- 9.4. In the Code, unless otherwise stated, the words 'person or persons' shall include but are not limited to:
- 9.4.1. A delegate to The Club
 - 9.4.2. A person elected or appointed to, or otherwise, a member of The Club
 - 9.4.3. A person who is an employee of The Club
 - 9.4.4. A person who is elected or appointed to any commission, committee or other body established by The Club for the promotion of its objects
 - 9.4.5. A person who holds The Club approved official's certification
 - 9.4.6. A person who is a member of a dragon boat racing team as an athlete, helm, captain, coach, or any other persons who is appointed to a team position.

10. GENERAL BEHAVIOUR PROTOCOLS FOR THE CLUB TEAM MEMBERS

All persons who from time to time are representing The Club in a team under the auspices of The Club shall act in accordance with the conduct outlined hereunder:

- 10.1 Be subject to the control, management and direction of the Limerick Dragons Committee or any other person appointed by them
- 10.2 Observe and comply with all directions and orders given by the Limerick Dragons Committee or any other person appointed by them
- 10.3 Conduct themselves in a proper manner so as not to bring themselves, the Club or the team generally into public disrepute or censure and to the absolute satisfaction of the Limerick Dragons Committee.
- 10.4 Not to make, comment, issue, authorise, offer, or endorse any public criticism or statement having or designed to have an effect prejudicial to the best interests of Club, or the activities of the club.

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- 10.5 Respect the law and customs at all times and in all places including in foreign countries
 - 10.6 Treat all persons with respect, dignity and proper regard for their rights and obligations
 - 10.7 Perform all duties and responsibilities as a representative of Club in a fair and professional manner
 - 10.8 Demonstrate and ensure a positive commitment to Club programs and policies
 - 10.9 Not disclose to any unauthorised person or organisation information which is of a confidential or privileged nature.
 - 10.10 Not misuse funds or property of the Club.
 - 10.11 Not use information obtained in the course of employment or appointment or selection or otherwise on official duties in a nominated role to gain directly or indirectly a financial advantage for themselves or for any other person.
 - 10.12 Not promote, pass on, exchange or publish information whereby that information may be of a confidential, offensive, scandalous, unsubstantiated or derisive type.
 - 10.13 Not to harass, ridicule or embarrass a fellow appointee or representative of Club in such a way as would constitute an offence either in person or on any form of communication i.e. WhatsApp.
 - 10.14 Not participate in nor promote any demonstration or propaganda of any kind or form including but not limited to political, religious or racial whilst in the Club uniform.
 - 10.15 Not defame or knowingly injure any person.
 - 10.16 Not use, attempt to use, have in his or her possession, attempt to have in his or her possession, traffic or attempt to traffic any illegal drug or substance.
 - 10.17 Neither to use or consume alcohol to excess nor to encourage other persons to use or consume alcohol to excess.
 - 10.18 To ensure that all directions given by Club and or its authorised representatives regarding the wearing of appropriate attire whilst representing the Club are adhered to.
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- 10.19 Not to take liberties with the privacy of other persons.
- 10.20 To act at all times in a manner beyond reproach and in such a way as to ensure good relations within and between teams and other clubs.
- 10.21 When participating at sanctioned events, team members are to seek dispensation from the Limerick Dragons Committee or their delegated representative, before nominating to compete as a team member of another club.
- 10.22 Social policy on communication within the club

11. DUAL MEMBERSHIP

- 11.1 The Club does not allow its paddlers to have dual membership in regards to Club regattas and National Club titles

12. EXEMPTIONS FOR DUAL MEMBERSHIPS

- 12.1 Exemptions to Dual Membership will only be given in the following circumstances:
- 12.1.1 If the Club is not entering a Club team in a National Club title or an international event.
 - 12.1.2 State and National composite teams.
 - 12.1.3 Paddlers from emergent clubs and breast cancer survivors that wish to be sports paddlers but do not have the resources within their own club to enter a team in Club regattas and National Club regattas.
 - 12.1.4 At the Limerick Dragons Committee's discretion for special occasions that are not mentioned in this Clause.

13. ACTING IN A MANNER INCONSISTENT WITH THE RULES OF LIMERICK DRAGONS AND ACTING IN AN UN-SPORTSPERSON LIKE MANNER

- 13.1 All persons who participate in Club sanctioned race events in any capacity as
- 13.1.1 Player, coach, manager, captain, doctor, administrator, volunteer, official, etc. shall abide by Club Rules
- 13.2 The Committee shall deal with breaches of the laws in accordance with its Rules and Code of Conduct
- 13.3 All persons participating in Club sanctioned events and activities shall at all times act in a sportsperson like manner having regard to principles of fairness and common courtesy and shall desist from:
- 13.3.1 Directing personal abuse against a player on or off the water
 - 13.3.2 Abusing an official whether directly or indirectly
 - 13.3.3 Dissenting from the reasonable direction of an official
 - 13.3.4 Physical intimidation of another player
 - 13.3.5 Abusing equipment
 - 13.3.6 Throwing tantrums on or off the water

13.3.7 Striking or threatening to strike

14. BREACHES OF ALL CODES/ RULES

14.1 Any breach of the code will be reported to the Club's Committee.

14.1.1 Grade One breach: One month suspension from all club activities. The committee will allow three breaches at Grade One before termination of membership

14.1.2 Grade Two breach: Two months suspension from all club activities. The committee will allow two breaches at Grade Two before termination of membership

14.1.3 Grade Three breach: Membership termination

14.1.4 The grade of the breach and the level of discipline required will depend on severity of the breach as determined by the Code of Conduct and the Club's Committee.

15. TERMINATION OF MEMBERSHIP

15.1. The Limerick Dragons Committee may terminate a member's membership if the member

15.1.1. Does not comply with any of the provisions of the Club rules

15.1.2. Non-payment of membership fees

15.1.3. Conducts themselves in a way considered to be injurious or prejudicial to the character or interests of the club.

15.2. Before the committee terminates a member's membership, the committee must give the member a full and fair opportunity to show why the membership should not be terminated.

15.3. A Member/s can request a special meeting with the committee. The request must be sent to the committee within 14 days of issue of termination notification. The committee must arrange the special meeting within one week of receipt of the letter requesting a special meeting.

15.4. The committee thereafter must deliver their decision to the member within 48 hours of said meeting. It is permissible to use email to issue notifications and decisions to allow for speedy conduction of business.

15.5. Membership may be terminated if the member does not advise of any health issues which may compromise the safety of themselves and other paddlers.

16. APPEAL AGAINST REJECTION OR TERMINATION OF MEMBERSHIP

- 16.1. A person whose application for membership has been rejected, or terminated, may give the secretary written notice of intention to appeal against the decision within 14 days of receiving the written notice of the decision via email
- 16.2. If the secretary receives a notice of intention to appeal, the secretary must, within one week after the day of receipt, call a committee meeting to decide the appeal.
- 16.3. At the meeting, the applicant must be given a full and fair opportunity to show why the application should not be rejected or the membership should not be terminated.
- 16.4. The committee must be given an opportunity to show why the application should be rejected or the membership should be terminated.
- 16.5. An appeal must be decided by a majority vote of the committee within 48 hours of the meeting and delivered to the member via email

17. REGISTER OF MEMBERS

- 17.1. The committee must keep a register of members that is open to inspection by the committee members in accordance with GDPR. All membership forms are valid for one year only and are destroyed thereafter in line with GDPR.

18. SECRETARY

- 18.1. If a vacancy happens in the office of secretary, the members of the committee must ensure a secretary is appointed or elected for the club within 1 month.
- 18.2. The secretary must be an individual who is a member of the club elected by the Club members as secretary or appointed by the committee.
- 18.3. The committee may appoint and remove the club's secretary at any time.

19. MEMBERSHIP OF COMMITTEE

- ~~19.1.~~ Committee membership: it is hoped that the heart of the committee will be a minimum of two breast cancer survivors.
- 19.2. Limerick Dragons Committee shall include a Chairperson, a Secretary, Treasurer, PRO, Events Coordinator, Safety Officer (minimum total 6 or a maximum of 8).
- 19.3. Use of a computer is a requirement of all committee members.

- 19.4. At each annual general meeting of the club, the members of the committee must retire from office but are eligible, on nomination, for re-election.
- 19.5. There must be no conflict of interest between Committee members regarding roles
- 19.6. An outgoing committee member may be appointed to an alternative role.

20. ELECTING THE COMMITTEE

- 20.1. A member of the committee may only be elected as follows:
 - 20.1.1. Any 2 full paid-up members of the Club may nominate another member to serve as a member of the committee.
 - 20.1.2. Each fully paid-up member present at the annual general meeting may vote for any number of candidates not more than the number of vacancies.

21. RESIGNATION OR REMOVAL FROM OFFICE OF COMMITTEE MEMBER

- 21.1. A committee member may resign from the committee by giving written notice of resignation to the secretary.
- 21.2. A committee member may be removed from office at a general meeting of the Club if a majority of the Club members present at the meeting vote in favour of removing the committee member
- 21.3. Before a vote of Club members is taken about removing the committee member from office, the committee member must be given the opportunity to show cause why they should not be removed from office.
- 21.4. A committee member has no right of appeal against their removal from office under this section.

22. VACANCIES ON LIMERICK DRAGONS COMMITTEE

- 22.1. If a casual vacancy happens on the committee, the continuing members of the committee may appoint another member/person of the club to fill the vacancy until the next annual general meeting.
- 22.2. The continuing members of the committee may act despite a casual vacancy on the committee. However, if the number of committee members is less than the number fixed under these rules as a quorum of the committee, the continuing members may act only

to increase the number of committee members to the number required for a quorum; or call a general meeting of the association.

23. FUNCTIONS OF COMMITTEE

- 23.1. Subject to these rules or a resolution of the club members carried at a general meeting,
- 23.2. Has the general control and management of the administration of the affairs, property and funds of the club
- 23.3. Has authority to interpret the meaning of these rules and any matter relating to the club on which the rules are ambiguous.

24. THE COMMITTEE MAY EXERCISE THE POWERS OF THE CLUB

- 24.1. To borrow, raise or secure the payment of amounts as agreed by the majority of the committee
 - 24.1.1. To secure the payment or performance of any debt, liability, contract, guarantee or other engagement incurred or to be entered into by the club in any way, including by the issue of debentures (perpetual or otherwise) charged upon the whole or part of the club's property, both present and future
- 24.2. To mortgage or charge the whole or part of its property
- 24.3. To issue debentures and other securities, whether outright or as security for any debt, liability or obligation of the club
- 24.4. To provide and pay off any securities issued
- 24.5. To invest in a way the committee of the club may from time to time decide.

25. MEETINGS OF COMMITTEE

- 25.1. The committee may meet and conduct its proceedings as it considers appropriate online or in person.
- 25.2. The committee shall meet a minimum of 6 times per year, usually the second Tuesday of the month, to exercise its functions.
- 25.3. If the secretary receives a written request signed by more than 50% of the committee members, the secretary must call a special meeting of the committee stating why and what business is to be conducted.

- 25.4. At a committee meeting, 3 of the 4 members elected or appointed to the committee as at the close of the last general meeting of the members form a quorum.
- 25.5. A question arising at a committee meeting is to be decided by a majority vote of committee members present at the meeting and, if the votes are equal, the Chairperson will have the deciding vote.
- 25.6. A committee member must not vote on a question about a contract or proposed contract with the club if the member has an interest in the contract or proposed contract, and if the member does vote the member's vote must not be counted.
- 25.7. A committee member must notify the Secretary of any conflict of interest on the agenda.
- 25.8. The secretary must give each committee member at least 5 (five) days-notice of a special meeting of the committee stating the day, time and place of the meeting; and the business to be conducted at the meeting.
- 25.9. The chairperson, or, if there is no chairperson or if the chairperson is not present within 5 (five) minutes after the time fixed for a committee meeting, another elected Committee member is to preside as chairperson at the meeting.
- 25.10. If a quorum is not present within 15 minutes after the time fixed for a committee meeting called on the request of committee members, the meeting lapses.
- 25.11. If a quorum is not present within 15 minutes after the time fixed for a committee meeting called other than on the request of committee members, the meeting is to be adjourned to a day, time and place decided by the committee.
- 25.12. If, at the adjourned meeting mentioned in 25.10, a quorum is not present within 15 minutes after the time fixed for the meeting, the meeting lapses.

26. DELEGATION OF COMMITTEE POWERS

- 26.1. The committee may delegate the whole or part of its powers to a subcommittee of club members. These powers are to be exercised in a way delegated by the committee.
- 26.2. A question arising at a subcommittee meeting is to be decided by a majority vote of the members present at the meeting and, if the votes are equal, the question is referred back to the full committee.
- 26.3. All decisions made by the subcommittee are referred back to the main committee for approval

27.RESOLUTIONS OF COMMITTEE WITHOUT MEETING

- 27.1. Where necessary the committee can agree a motion between meetings, if agreed in writing by a quorum, and is as valid and effectual as if it had been passed at a committee meeting that was properly called and held.

28.FIRST ANNUAL GENERAL MEETING

- 28.1. The first annual general meeting must be held within 18 months after the day the club is established.

29.SUBSEQUENT ANNUAL GENERAL MEETINGS

- 29.1. Each subsequent annual general meeting must be held -
- 29.1.1. At least once each year
 - 29.1.2. The Secretary will issue a Notice of AGM to the members at least 7 days in advance of the meeting via email or published on Strike

30.BUSINESS TO BE CONDUCTED AT ANNUAL GENERAL MEETINGS

- 30.1. The following business must be conducted at each annual general meeting -
- 30.1.1. The statement of income and expenditure, assets, liabilities and mortgages, charges and securities affecting the property of the club for the last financial year must be available for all members.
 - 30.1.2. A treasurer's report on the financial affairs of the club for the last financial year is to be delivered to the members
 - 30.1.3. Electing members of the committee.
 - 30.1.4. Appointing an auditor (if required)

31.SPECIAL GENERAL MEETING

- 31.1. The secretary may only call a special general meeting by giving each member notice of the meeting within 14 days after;
- 31.1.1. Being directed to call the meeting by the committee or
 - 31.1.2. Being given a written request signed by more than 50% of committee; or
 - 31.1.3. At least the number of ordinary members of the club equal to double the number of members of the club presently on the committee plus 1

32.NOTICE OF GENERAL MEETING

- 32.1. The secretary may call a general meeting of the club by giving at least 14 days' notice of the meeting to each club member

32.2. The committee may decide the way in which the notice must be given however; notice must be given in writing where:

32.2.1. A meeting called to hear and decide a proposed special resolution of the club.

32.2.2. A notice of a general meeting must state the business to be conducted at the meeting.

33. QUORUM FOR, AND ADJOURNMENT OF, GENERAL MEETING

33.1. At a general meeting more than 50% of the number of members of the club forms a quorum.

33.2. No business may be conducted at a general meeting unless a quorum of members is present when the meeting proceeds to business.

33.3. If a quorum is not present within 15 minutes after the time fixed for a general meeting called on the request of members of the committee or the club, the meeting lapses.

33.4. If a quorum is not present within 15 minutes after the time fixed for a general meeting called other than on the request of members of the committee or the association, the meeting is to be adjourned to a day, time and place decided by the committee.

34. PROCEDURE AT GENERAL MEETING

34.1. Subject to these rules, at each general meeting –

34.1.1. The chairperson or, if there is no chairperson or if the chairperson is not present within 15 minutes after the time fixed for the meeting or is unwilling to act, an elected Committee member is to preside as chairperson

34.1.2. If the Committee member is absent or unwilling to act as chairperson, the members present must elect 1 of their number to be chairperson of the meeting

34.1.3. The chairperson must conduct the meeting in a proper and orderly way

34.1.4. Each question, matter or resolution must be decided by a majority of votes of the members present

34.1.5. Each member present and entitled to vote is entitled to 1 vote only and, if the votes are equal, the chairperson has a casting vote as well as a primary vote

34.1.6. A member is not entitled to vote at a general meeting if the member's annual subscription is in arrears at the date of the meeting

34.1.7. Voting is by a show of hands or conferencing software voting system

- 34.1.8. The secretary must ensure full and accurate minutes of all questions, matters, resolutions and other proceedings of each committee meeting and general meeting have been recorded.
- 34.1.9. The secretary must ensure the minutes for each general meeting are open for inspection at all reasonable times by any member who previously applies to the secretary for the inspection.

35. TO ENSURE THE ACCURACY OF THE MINUTES RECORDED

- 35.1. The minutes of each committee meeting must be signed by the chairperson of the meeting, or the chairperson of the next committee meeting, verifying their accuracy or agreed online via video link by majority.
- 35.2. The minutes of each general meeting must be signed by the chairperson of the meeting, or the chairperson of the next general meeting, verifying their accuracy.
- 35.3. The minutes of each annual general meeting must be signed by the chairperson of the meeting, or the chairperson of the next meeting of the club that is a general meeting or annual general meeting, verifying their accuracy.
- 35.4. Where COVID-19 or any other force majeure prevents the signing of minutes the Secretary can email them to committee members for approval. The committee can sign by replying to the email.

36. ADDITIONS, ALTERNATIONS OR AMENDMENTS TO THE CONSTITUTION

- 36.1. This constitution may only be amended, repealed or added to by a special resolution carried at a general meeting or in line with best practice.
- 36.2. Alternation of Code of Conduct, rules, policies, and procedures are a matter for the sitting committee to amend and update as appropriate
- 36.3. No addition, alteration or amendment shall be made to the provisions of the object(s) clause, the income and property clause, the winding up clause, the keeping of accounts clause of this clause of the Constitution for the time being in force unless same shall have been previously approved in writing by the Revenue Commissioners.

37. FUNDS AND ACCOUNTS

- 37.1. The funds of the club must be kept in an account in the name of the club in a Bank/financial institution decided by the committee.
- 37.2. Records and accounts must be kept in the English language showing full and accurate particulars of the financial affairs of the club.
- 37.3. Annual accounts shall be kept and made available to Revenue on request.
- 37.4. Where the gross annual income exceeds €250,000 the accounts will be audited
- 37.5. All amounts must be deposited in the Limerick Dragons account as soon as practicable after receipt, ideally within 3 working days.
- 37.6. All cheques must be signed by any 2 of the 4 nominated signatories as appointed by the committee.
- 37.7. The signatories will be reviewed annually following the AGM, or at a committee meeting if the need arises and necessary documents must be signed by all committee to execute this change.
- 37.8. A petty cash account will be managed by the Treasurers who are accountable to the committee and must give updates to the committee at each meeting. Separate petty cash accounts must be maintained
- 37.9. All expenditure must be approved or ratified at a committee meeting or via electronic committee communication methods.
- 37.10. The treasurer must, as soon as practicable after the end of each financial year, ensure a statement containing the following particulars is prepared:
 - 37.10.1. The income and expenditure for the financial year just ended
 - 37.10.2. The club's assets and liabilities at the close of the year on a stock count sheet
 - 37.10.3. The mortgages, charges and securities affecting the property of the club at the close of the year.
 - 37.10.4. The auditor, if applicable, must examine the statement prepared and present a report about it to the secretary before the next annual general meeting following the financial year for which the audit was made
 - 37.10.5. Following each AGM the committee if changed must update the Banking agreements as soon as possible. The bank cards must be surrendered and reappointed to the

agreed committee members. The bank statements go the treasurers address until a permanent home is found.

38. INCOME AND PROPERTY

38.1. The income and property of the club must be used solely in promoting the club's objects as set forth in this Constitution. No portion of the Club's income and property shall be paid or transferred directly or indirectly by way of dividend, bonus or otherwise howsoever by way of profit to members of the Club. No officer shall be appointed to any office of the Club paid by salary or fees or receive any remuneration or other benefit in money or worth from the Club. However, nothing shall prevent any payment in good faith by the Club of:

38.1.1. Reasonable and proper remuneration to any member or servant of the Club (not being an officer) for any services rendered to the Club

38.1.2. Interest at a rate not exceeding 1% above the Euro Interbank Offered Rate (Euribor) per annum on money lent by an officer or other member of the Club to the Club

38.1.3. Reasonable and proper rent for premises demised and let by any member of the Club (including any officer) to the Club

38.1.4. Reasonable and proper out-of-pocket expenses incurred by any officer in connection with their attendance to any matter affecting the Club

38.1.5. Fees, remuneration or other benefit in money or money's worth to any Company of which an officer may be a member holding not more than one hundredth part of the issued capital of such Company

38.1.6. Members travelling to a training session outside of Limerick are to be refunded €50

39. DOCUMENTS

- 39.1. The committee must ensure the safe custody of books, documents, instruments of title and securities of the Club as indicated by Irish Law.
- 39.2. All official Documents are to be held by the committee for a seven-year period. They should be stored annually in the filing cabinet in the container until an official home is realised.
- 39.3. In line with GDPR all personal documents are removed from the system of Stack annually prior to new memberships.

40. FINANCIAL YEAR

- 40.1. The financial year of the club closes on 31 December in each year.

41. WINDING UP

- 41.1 If upon the winding up or dissolution of the Club there remains, after satisfaction of all debts and liabilities, any property whatsoever, it shall not be paid to or distributed among the members of the Club.
- 41.2 Instead, such property shall be given or transferred to some other institution or institutions having objects similar to the objects of the Club.
- 41.3 The institution or institution
ns to which the property is to be given or transferred shall prohibit the distribution of their income and property among their members to an extent at least as great as is imposed on the Club under or by virtue of the Income and Property Clause hereof.
- 41.4 Members of the Club shall select the relevant institution or institutions at or before the time of dissolution, and if and so far as effect cannot be given to such provisions, then the property shall be given or transferred to some charitable object.
- 41.5 Final accounts will be prepared and submitted that will include a section that identifies and values any assets transferred along with the details of the recipients and the terms of the transfer.

41. ADOPTION OF GOVERNING RULES

42.1 This constitution also adopts rules as set down by the following institutions:

- Revenue Commissioners
- Sports Exemptions
- Charity Regulator
- Irish Dragon Boat Association
- International Dragon Boat Association
- Get Ireland Walking
- Limerick Public Participation Network
- Garda Vetting Procedures
- Irish Heart Foundation Heartsaver CPR AED
- And any other governing body the Club may be associated with from time to time

42.SIGNATURE PAGE

Signed this 30th April 2025

Signature: _____

Type Name: _____

Chairperson

Signature: _____

Type Name: _____

Secretary

Signature: _____

Type Name: _____

Treasurer