Join the group. Book your next workout.

A quick start for your winter training group. Paddlers use DragonSignUp free, in a phone or computer browser.

1. Join the right crew

- Open the invite link your captain sent. Create an account or sign in. If your captain already added you, use the email they have for you and finish the setup email. Check the crew name.
- Use your DragonSignUp account for these signups; your Heylo account and RSVPs do not carry over automatically.

2. Complete your paddling profile

- Add your preferred side and the seats you can fill. Weight helps balance the boat: choose Coach only or System only for visibility. If you prefer not to enter a weight, tell your coach so they can seat you manually.
- Check your email. Phone sharing and waitlist texts are separate, optional choices in your profile. Your crew directory shows your name and email; your phone is shared only if you choose.

3. Sign up for a workout

- Open the workout practice and claim a spot. Check your status: confirmed or waitlisted. Each date needs its own signup, even in a recurring series.
- To handle several dates, use List view > Available, select the dates, and choose Sign up. Review which dates are confirmed and which are waitlisted.

4. Know what happens next

- If the event is full, join its waitlist. When your turn comes, you automatically hold a seat and receive an email. If you can no longer attend, cancel promptly. Optional waitlist texts notify you of promotions; message and data rates may apply.
- If plans change, open the event and cancel your signup, or choose Give up my spot in the day-before check-in. Telling the group chat alone does not free the seat.
- Check arrival details and equipment notes before leaving. Use the channel your captain named for questions. On-water lineups are shared separately by the coach.