

Sunshine
Coast



Dragon Boat Club Inc.

INFORMATION BOOKLET

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CLUB MANAGEMENT COMMITTEE

Position	Member	Contact Details
President	Karen Riddell	0409591181
Vice President	Roger Benton	0418252677
Secretary	Cass Swanson	0419634362
Treasurer	John Matthews	0409217647
Registrar	Sue Bray	0400356225
Training Officer	Cheryl McConnell	0409744262
Head Coach	Deb Matthews	5451 0859 / 0407510852

CLUB SUB COMMITTEES

Position	Name
	Sue Bray Cheryl McC
Maintenance and Safety	John Matthews

TRAINING DETAILS

When: The Club trains on average 3 times per week – there is a seasonal variation to these times with one session being dropped over winter, generally a Thursday morning session. Serious paddlers can attend all three sessions, those who paddle for social reasons can attend any session with Sunday training designed as a lighter session where paddlers work on technique.

Where: Kawana Lake Stockland Park, Sportsmans Parade, Kawana (opposite Kawana High School)

How Much: Cost for the first three training sessions is only \$20, which covers administration. Should you then wish to join the club this amount is deducted from your annual membership fee.

What to Bring: Water bottle and towel, wear old cloths that can get wet, and foot covering – wet shoes or old sandshoes. Hat, Sunnies, Sunscreen

Date/Time	Team	Session
TUESDAY 4:30pm – 5.30pm 5.30pm – 6.30pm	TTBB Sports	Fun / Fitness Sport
THURSDAY 5.30pm – 6.30pm	Sports	Intensive Intensive
SUNDAY 7.00am – 8.00am 8.00am – 9.30am	TTBB Sports Beginners	Technique Technique

Please note that these are 'on water' times. Make sure members arrive 30 minutes prior to times listed for warm up and to help get the boat on the water.

Please note: Lake Kawana is becoming more popular and at times we will need to move our training venue. If we are not at the usual place please check down behind the Community Centre before you decide to head home.

FEES 2012/2013 SEASON

Membership	\$80.00
Junior Member	\$55.00
Supporter Non Paddler	\$10.00

UNIFORMS

Sunshine Coast Dragon Boat Club takes pride in their appearance and encourages all members to wear their uniform when traveling, at all regattas or any other Dragon Boat function.

Item	Application	Cost
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Rashee short sleeve	Race day and training – sun protection	\$35.00
Black shorts	Race day and training	No set style
Purple hat	Race day and training – sun protection	\$10.00

SUNSHINE COAST DRAGONS ABREAST

Sunshine Coast Dragons Abreast, team 'Tittytittybangbang are a group of breast cancer survivors of various ages from a great variety of backgrounds, athletic abilities and interests. High on their list of priorities is having fun, trying new things, meeting interesting people and being involved in a challenging, physical activity whilst promoting breast cancer awareness.



SUNSHINE COAST DRAGONS ABREAST UNIFORM

Rashee	\$35.00
Name Badges	\$10.00
Pink Gloves	\$22.00

CONTACTS FOR SUNSHINE COAST DRAGON BOAT CLUB

Wendy Clarke	President	0416 988 860
Fiona Anderson	Secretary	5477 6284

Email: sunshinecoast@dragonsabreast.com.au

SAFETY GUIDELINES

- Safe lifting techniques (bend at the knees, not at the back) when lifting and carrying the boat.
- Make sure enough people are there to carry the boat. Ask other teams for help if needed.
- Lower the boat slowly when putting it down.

- Two people hold the front of the boat to steady it, pointing the back of the boat into the water.
- Paddlers load and unload the boat at the front.
- Decide seating positions before getting into the boat.
- Avoid erratic movements.
- When seated, put paddles on the water (brace stroke).
- Do not push the boat while people in it are not seated.
- The strokes and drummer should enter the boat last and leave it first.
- When the full team is in the boat, the sweep will call for a head count. This starts with the drummer or the right stroke, number off down the boat. Repeat until everyone knows their number.
- When leaving shore and arriving carry out a head count.
- All paddlers should take note of their buddy who will be the person sitting next to them. In some cases, such as the drummer or sweep, paddlers will have 2 buddies. This is the person you will look out for if there is a capsized. Your buddy's safety depends on you.
- The boat should be balanced left and right before leaving shore.
- Do not lock or tie yourself into the seat such that you would be stuck if the boat were to capsize.
- If you cannot swim more than 50 m with clothes on, wear a life jacket.
- Lights must be used at night when paddling after dark.
- Paddlers who suffer from asthma must bring their medication with them on the boat.
- Teams must not train during lightening, strong winds or adverse conditions.
- It is recommended all coaches have a senior first aid certificate or higher.
- It is the coaches' responsibility to ensure that paddlers do not get overly cold and suffer from hypothermia.
- Paddlers should bring plenty of water to drink during all training and race days.
- Sunburn should be avoided by wearing hats and sunscreen.



CAPSIZE DRILL

If the boat capsizes, remain calm and follow these steps:

- Make sure YOU are OK, get your head above water. If you come up under the boat, swim under and to the side of the boat, then surface.

- Find your buddy. Call out to them as they might be on the other side of the boat. If you cannot find your buddy, alert the people around you. Then search for your buddy.
- Distribute yourselves around the boat and hold onto it, to stop it from rolling over. Do not swim under the boat to get to the other side, swim around it.
- The sweep or second in charge will do a head count twice. If people are missing, then search for them.
- Carefully turn the boat right side up, and swim it to the nearest accessible bank. The whole team should move with the boat. Paddlers should not swim on ahead or be left behind. Do several head counts as you swim the boat to shore.
- When on shore do another head count. If paddlers are missing then ring '000' for the emergency services.



BOAT CALLS AND MEANINGS

Standardised boat calls mean less confusion on the boat, ensuring safety of all participants.

Command	Meaning
Stand by the boat	Line up each side of the boat
Prepare to lift	Take a firm grip on the boat
Lifting on 1, ... 3 – 2 - 1 lift	Bending at knees lift the boat
Easy	Setting the boat down
Numbering from the front	Call and remember your number as explained during the safety briefing
Paddles in	Paddles held vertical for balance check
Paddles on	Paddles resting on the water for stability
Ready for back paddle(nominate how many hits) Attention, Hit	Prepare to propel the boat backwards by facing backwards
Paddlers Ready (nominate rate) Attention, Hit	Paddles in ready position then commence paddling
Coming Down	Continue to paddle reducing rate and pressure
Easy Oar	Stop paddling – return paddles to paddles on position to maintain boat stability
Stop the Boat	All paddlers apply negative pressure in the water to stop the boat
JAM STOP	Emergency stop – all paddles in water, back paddle if necessary
Sound Off	In the event of capsize call your seating number as explained during safety briefing

REGATTA DAY REQUIREMENTS

If you are not a financial member of the club you will not be allowed to participate in regattas

Be sure to have your nomination and regatta fee in by due date or you may miss out on having a paddle

All **CLUB MEMBERS** must wear their **QDBF ID CARDS** at **EVERY** Regatta.

<p>Suggestions:</p> <p>Arrive 1 hour before competition starts, to assist in putting up the sun shelter, and to enable you to set yourself up for the day.</p>	<p>What to wear:</p> <p>SCDBC polo shirt or singlet Black shorts / trousers or tracksuit pants Training Shoes Club hat</p>
<p>What to bring:</p> <p>Rashee Black shorts Wet shoes Water Bottle Sun Block Towel Paddle Wax</p>	<p>Extra items:</p> <p>Folding Chair Change of clothes – season appropriate Plenty of healthy food Bag to stow wet gear at end of day</p>

CODE OF CONDUCT

Every organisation has a code of conduct and Sunshine Coast Dragon Boat Club is no different. This code of behaviour has been developed in an attempt to ensure that differences of opinion between club members remain as a simple disagreement, and that such differences do not affect the enjoyment other paddlers gain from their involvement with SCDBC and/or the sport of Dragon Boating.

BOAT BEHAVIOUR

1. The sweep is in charge of the boat on the water. Listen out for, and respond quickly to their instructions as your safety could be at risk.
2. Listen carefully to instructions from the coach, and always follow them to the best of your ability. If in doubt, ask them to repeat the instructions.
3. Be courteous at all times, and support your team by supporting your teammates.
4. Respect other paddlers and their paddling skills, regardless of their experience.

5. Constructive criticism is only acceptable when made in the spirit of helping others hone their technique.
6. Respect all people who have taken on positions of responsibility in the club. This includes the management committee, and the coach. They have been elected to do a job, and they need your support to help build a winning team.
7. Coaches are responsible for running training sessions. In the absence of a coach, the team captains, or other nominated paddlers are to run the session.
8. Only those paddlers nominated by the coaches should be calling instructions in the boat.
9. Mentors chosen by the coaches are responsible for training new members in our paddling technique and boat safety, so leave it up to them.
10. Paddlers are responsible for their own and their partners safety.
11. Keep paddles on the water at all times when in the boat.
12. In case of a capsize we use the buddy system, the back seat paddlers are also to ensure the safety of the sweep.
13. Following capsize; you must stay with the boat at all times.

RACE DAY BEHAVIOUR

1. Paddle by the rules.
2. Respect the Team Selector's decision. Approach the Team's Captain if there are any problems with the selected team.
3. Never argue with a regatta official. If you disagree with them, discuss your feelings with the Team Manager, and it is their decision on what action, if any, should be taken.
4. Control your temper. Any abusive behaviour towards the officials, coaches, selectors, other teams, or paddlers, is simply not acceptable.
5. Be a good sport. Applaud the achievements of all teams, not just ours.
6. Treat all paddlers, as you would like to be treated.
7. Participate for your own enjoyment and benefit. All other paddlers are there for this reason, so please don't spoil it for them.

8. Respect the rights, dignity, and worth of all paddlers, regardless of their gender, ability, cultural background, or religion.



INFORMATION FOR 'BEGINNERS' PADDLING SESSIONS

All new paddlers will need to be at Lake Kawana Stockland Park, Sportsmans Parade, Kawana by 7.30 am Sunday morning

Cost will be **\$20.00** for 3 sessions – this is an club admin requirement

After 3 sessions should you wish to join the Club, **\$20.00** will be deducted from the annual membership fee

What to bring

Sunscreen
Hat Water
bottle
Rashee
Towel and set of dry clothes (should you get wet)

Paddles and life Jacket will be provided.

There will be no training on Regatta days

Start the Day with a good breakfast at least 2 hours before paddling

Hydration is of most importance especially in hot weather. Water or diluted sports drinks should be sipped during the day. Fizzy drinks and sugary soft drinks should be avoided.

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For more information on the Club log onto the web:

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