

Dragon Boat 101

Safety

- ✓ Lifejacket on, appropriately fitted and secured
- ✓ Follow steerspersons instructions
 - Strict and immediate attention at all times on water (since we do this often, we may be aware of hazards or potential dangers that you aren't.)
 - Finish Line: pay special attention immediately after crossing the Finish Line. Steers direction may vary each time depending on which lane you are in, wind direction, waves created by teams racing etc. May need to hold the boat, may need to paddle. Timeliness is crucial at this point in order to avoid capsizing.
- ✓ Alcohol: wait until after your races
- ✓ Full team must attend practice
 - People who don't attend practices aren't aware of safety issues; who is in charge, or how to paddle with the team. An inattentive or out-of-synch team is a danger to themselves and others and they don't even know it.
- ✓ In case of a capsize all paddlers must stay with the boat. Locate your seat partner and the paddlers from the seat ahead and behind you. Notify your team manager immediately if anyone is not accounted for. Team Manager will know if all 22 were in the boat to start with or if you were short. We don't want to be anxiously trying to locate someone who wasn't there to begin with.
 - Team manager accounts for all members and reports to Steersperson.
 - Steers will give directions once all are accounted for.
 - Swim boat to nearest shore
 - A rescue boat will assist if needed

Train-in Drummer: turn over coaching to drummer ASAP,

- ✓ Steers remains in ultimate command especially when quick action is needed
- ✓ Timing is THE most important performance element, above all else

Paddle Length: shorter than usual since lower hand is at water level

- ✓ Personal preference: shorter people = shorter paddle, taller = longer paddle. Best to err on the short side.

Boat Set-up - smaller, lighter people toward ends. Bigger, heavier people toward center.

- ✓ Pacers – good rhythm
- ✓ Engine room – follow tempo, stay smooth, power
- ✓ Rockets – perfect timing, watch pacers

Technique – “R’s”

- ✓ Rhythm (timing) (best to back off and stay in time, look up center to Pacers)
- ✓ Reach, Rotate, Return, Relax, Respiration

Commands

Explanation

- | | |
|------------------------|---|
| -Sit up! | <i>Sit up tall in the boat</i> |
| -Paddles Up! | <i>Paddle blades forward, reaching past seat in front of you</i> |
| -Take it away | <i>Begin Paddling. On race day, GO on the horn/gun</i> |
| -Hold / Check! | <i>Paddles in the water, stop the boat.</i> |
| -Let it ride | <i>At ease.</i> |
| -Draw | <i>Reach out and pull the water towards the boat perpendicularly.</i> |
| -Hips against gunwales | <i>Body weight to the side/gunwales of the boat is more stable.</i> |