

S A DRAGONS ABREAST INC. (SADA)

P O Box 7035
West Lakes SA 5021

www.sadragonsabreast.com.au



CLUB MANUAL

WELCOME TO SA DRAGONS ABREAST (SADA)

A special welcome to all paddlers joining us for the first time or returning after a break.

Dragon boat racing is a unique, exciting and fun team sport. We encourage and assist newer members to determine the level at which they wish to participate and enjoy the sport for its healthy lifestyle, social and competitive benefits.

A crew consists of 22 participants including 20 paddlers, one sweep who steers the boat and a drummer who beats the rhythm of the paddling stroke. Races are held in Open, Mixed, Women's, Social and Breast Cancer Challenge events over both 200 and 500 metres. Longer course races include 1km and 2km events.

HISTORY

In February 1996 the first Dragons Abreast team was formed in Canada, organised by Dr Don McKenzie, a sports medicine and exercise physician. He set about proving that people who have been treated for breast cancer can participate in strenuous activities involving the upper body.

SA Dragons Abreast was established in December 2001 to support and provide hope and inspiration to breast cancer survivors. We aim to help raise awareness of the disease by providing the opportunity for survivors of breast cancer and their supporters to participate in the professional sport of dragon boat racing.

We are a member group of Breast Cancer Network Australia (BCNA). Our founder was Carlene Butavicius of BCNA, who played a key role in the formation of the club. Since incorporation, we have purchased our own boats and had boats donated. Members have competed in international regattas in Rome, Cape Town, Penang, Hong Kong and Ravenna and also at numerous interstate events.

CLUB AIMS

We aim to

- Support and provide hope and inspiration to breast cancer survivors
- Raise awareness of breast cancer through participation in the sport
- Demonstrate that women and men living with breast cancer can lead full and active lives
- Provide a support network for survivors undergoing treatment or suffering ill health
- Promote wellness, fitness, fun and camaraderie and a sense of wellbeing for all members.
- Develop our club spirit and unity by encouraging each member to become actively involved with the welfare and safety of all other members and the club as a whole.

TRAINING

Training duration is approximately one and a half hours and is held at **West Lakes Canoe Club**, Aquatic Reserve, Bower Road, West Lakes. Paddlers should arrive 20-30 minutes before training time to assist with launching boats and for warm up exercises.

Tuesday	West Lakes – on water at 6pm
Thursday	West Lakes – on water at 6pm (as advised)
Saturday	West Lakes - on water at 10am.

Training sessions are scheduled by the Coach and the Committee and a recess of training is at times called by them.

An accredited sweep must be present in the boat at all times and a mobile phone carried in case of emergency. There must be sufficient members present when moving boats for prevention of accident or injury.

Members may not take a boat out for training without the knowledge of the Committee.

If you are selected in a team for special events, you will be expected to attend regular training sessions.

SADA recognises that fitness is a yearlong, lifetime commitment and it is each paddler's responsibility to maintain their fitness. Warm up and cool down exercises are part of each training session.

Dragon boat racing is a strenuous sport so it is advisable to consult your doctor prior to participating. In the case of any health concerns or injuries, please notify the coach, boat captain or the sweep.

Medical clearance will be required before competing in State, National & World Club events.

TRAINING GEAR

You will need a club training top, or T-shirt preferably in the club colours of pink/ navy and navy or black shorts or leggings, gloves, hat, sunscreen, water bottle and a spray jacket. Aqua/water shoes must be worn and are available from most department stores. A change of clothes and a towel may be useful. Shower facilities are available at the Canoe Club.

TEAM SELECTION

Paddlers for race day crews will be selected by the Boat Captain(s), Coach and occasionally sweeps. Factors taken into consideration include attendance at training, attitude, boat discipline, commitment to improving general fitness, paddling technique and weight distribution in the boat for balance and safety. The club has a Team Selection Policy.

RACE DAY

Club uniform is needed and other clothing as for training sessions, plus a chair, refreshments and a sense of fun.

Set up time is approximately 8.15 am with the first race at approximately 9 a.m. and finishing approximately 4pm.

Club members are at times rostered to help with official duties e.g. start and finish line and clubs are allocated a task for the day e.g. boat storage at the end of the day. Members are advised of these details prior to the race day.

DBSA race rules and regulations can be viewed online.

The current race program and regulations can be found on the website of Dragon Boat SA (DBSA) www.dragonboatsa.com

CODE OF CONDUCT

Both DBSA and SADA have Codes of Conduct set down in their Constitutions. Breaches of these Codes may involve penalties including suspension or expulsion from dragon boating events, the Club or the Association. It becomes the duty of each Club member to ensure that no member acts in any way that may bring disrepute to the Club or the Association.

Members of SADA are promoting both their Club and its sponsors by becoming a sporting ambassador. A member may not act in any way that may bring discredit to either SADA or to our sponsors.

Only by agreement with the Committee may members speak on behalf of the club.

PRIVACY

The SADA Committee respects your right to privacy. Your personal details will be used for administration purposes only and unless you agree otherwise, will not be disclosed to other people except as required by law or in other circumstances where disclosure is reasonably required (e.g. in a medical emergency) By applying to become a member of SADA you agree to be bound by the constitution of SADA (a copy of which can be obtained from the secretary if required)

UNIFORM

SADA has a club uniform identified by the club colours and logo. The uniform is to be worn on race days, at public engagements or when the club travels as a team. The club uniforms can be ordered and purchased through the Uniform Coordinator.

Racing: club top with navy/ black shorts or leggings, white club cap or visor and polar fleece jacket or vest and spray jacket (Raspberry colour for women and navy for men)

Casual: club polo shirt, navy sleeveless vest or long-sleeved club jumper or jacket and navy or black pants

Formal: as advised

Life jackets: Members can lease a life jacket from the club.

FUNDRAISING

Fundraising helps us to achieve one of our aims which is to attend local, interstate or international regattas. If members wish to participate in these events they will be called upon to contribute to or arrange fundraising activities. Any donations of money received at speaking engagements will be passed to the Committee for use by the club as a whole.

THE COMMITTEE

Committee meetings are scheduled once a month. Members are welcome, but please advise the Secretary of intention to attend as the venue for meetings may change.

The committee consists of a President, Secretary, Treasurer and five general committee members.

CONCERNS and INFORMATION

For any club issues or concerns, please contact the President or Secretary. On - water or paddling questions or concerns are to be addressed to the Coach or Boat Captain. Agenda items for Committee meetings are welcome and must be in writing to the Secretary with cc to President.

secretary@sadragonsabreast.com.au

or **SA Dragons Abreast Inc., PO Box 7035 West Lakes, SA 5021**

MEMBERSHIP FEES

Information about membership and fees will be provided by the Committee. To participate at any level, DBSA membership is compulsory and includes insurance cover. The club also offers a Social, Friends of SADA and an Associate Membership. Further information re fees is available from Treasurer or Membership Liaison Officer.

AIMS: to ensure the safety of all paddlers, particularly following a dragon boat capsizes.

SAFETY: Every paddler must take responsibility for their own safety by following all the safety rules.

SAFETY RULES:

Number Off

- Once the boat is loaded and ready to paddle the sweep will call “number off”
- The drummer starts as number 1, followed by the front left hand paddler (the stroke), and then right hand paddler and so on down the boat.
- **Remember your number**
- **Remember your paddling partner and number**
- Your paddling partner is your buddy if a capsizes occurs –each making sure their buddy is safe.
- Lead strokes also buddy with the drummer
- Back paddlers also buddy with the sweep

CAPSIZES:

- **Stay calm**
- The boat will float, whether inverted or not
- **Ensure your own safety first**
- If you come up under the boat, swim to the side then surface and let your buddy know you are OK
- **Look for your buddy**
- If they are not visible **immediately** advise the sweep and paddlers around you and continue to search
- **All paddlers move to the sides of the boat**
- Spread yourselves evenly along both sides of the boat (to stop it rolling over)
- **Do not swim under the boat**, always swim around it
- **Swim boat to closest shore following instructions from sweep**

Capsize on RACE DAYS:

- Follow all above rules but do not swim boat to the shore unless instructed by the rescue boat
- **Sweep** to communicate with rescue boat – advise status of the head count

NON RACE DAYS:**WHEN SECOND BOAT PRESENT**

- Second boat is not a rescue boat
- Sweep of capsized boat to advise second boat of head count. If paddler missing second boat to raise the alarm.

WHEN ONLY CAPSIZED BOAT IS PRESENT

- Follow rules of capsize

SAFETY RULES:

An accredited sweep must be in the boat at all training sessions.

LIFE JACKETS:

It is mandatory for any paddler who cannot swim 50 metres or at least remain afloat for 15 minutes to wear a life jacket. A sweep must also wear a life jacket. It is an Adelaide City Council direction that life jackets be worn while competing on the Torrens. At West Lakes life jackets are worn when paddlers are on the water after sunset. This generally coincides with daylight saving.

ASTHMA:

Paddlers who suffer from asthma must take medication with them in the boat.

FIRST AID - all sweeps and coaches are required to hold a current Senior First Aid Certificate.

A DEFIBRILLATOR – is available immediately to the left of the rolladour at Aquatic Reserve in case of cardiac emergency.

CONTACTS AND LINKS:

S.A. Dragons Abreast Inc. – www.sadragonsabreast.com.au Find us on Facebook
 DragonBoat SA – www.dragonboatsa.com
 Australian Dragon Boat Assoc. – www.ausdbf.com.au
 International Dragon Boat Federation – www.idbf.org

Sweep's Calls

To avoid confusion, the Australian Dragon Boat Federation has issued the following calls to be used in Australia.

Call	Action
Head Count	Number off starting with the drummer as No 1
Paddles Set	Paddles forward just out of the water ready to paddle forward
Go, Gun, or siren	Go
Let it run or easy oar	Paddles out of the water and let the boat glide
Paddles Out	Paddles come out of the water and let the boat glide
Paddles Flat	Press the blade of your paddle flat on the water to keep the boat from rocking
Paddles Back	Paddles in the backward position ready to paddle backwards
Dig it in or Jam stop	Stop the boat by holding the paddle blade vertically in the water
Stop the Boat	Stop the boat by holding the paddle blade vertically in the water
Are You Ready?	The first call from the Starter. Drummer holds up both arms if the crew is not ready
Attention	Move paddle to the start position
Back 2,3,4 Rows	Only paddlers in the designated rows paddle under the sweep's instructions. Other paddlers have paddles out
Draw Left or Right	Move the boat sideways usually to line up for a start. Sometimes only the front or rear paddlers will be asked to draw
Hold Water	Hold the paddle blade vertically deep in the water to keep the boat still
Hold the drift	Hold water with the paddle blade parallel to the boat to stop it from drifting sideways
Rest / Relax	Rest / Relax