

# DRAGONS ABREAST ACT & REGION

[www.dragonsabreast.com.au](http://www.dragonsabreast.com.au)

P.O. Box 7191 Yarralumla 2600

## 2008 DRAGONBOAT CHALLENGE FOR CORPORATE & SOCIAL TEAMS

Saturday 25 October 2008  
Lotus Bay



Thank you for your support!

Dragons Abreast has received your team's registration and we look forward to your participation in the 2008 Dragonboat Challenge. Our training coordinator will be contacting you soon to arrange for your team's training.

### TEAM CAPTAINS:

- **PLEASE ENSURE ALL TEAM MEMBERS ARE FAMILIAR WITH THE SAFETY REQUIREMENTS BELOW, and**
- **Please maintain an updated team list and give a copy of list to your trainer.**

### Prior to Regatta day

- **Two on-water training sessions must be completed by all members of participating teams**
- Training sessions **cannot go ahead with fewer than 10 paddlers**
- Paddlers are required to **be on time** as other sessions may be scheduled after theirs, or the volunteer sweep/coach may have other commitments.
- **All team members must be aware of the safety requirements which will be explained at the first session.**
- Training **sessions may need to be cancelled** if weather or water conditions are not safe as determined by the coach/sweep.
- **Appropriate clothing** should be worn, i.e sports pants or shorts, shoes that can get wet and perhaps a spray jacket. Bring a change of clothing in case you get wet.
- Personal Flotation Devices (pfd's) and paddles will be provided.
- **No training can commence until full team entry fee has been paid.**
  
- **On Regatta Day**
- Team Captains are required to be present at the safety briefing prior to the start of races – time to be advised.
- All paddlers/drummers are required to wear **appropriate footwear** on the boat - no thongs.
- A maximum of **4 sports paddlers** allowed per boat – a sports paddler is one who is currently registered with a sporting Dragon Boat team.
- Mixed Crews should **ideally** comprise **no more than 12 male paddlers** to ensure fair competition.

The sweep (provided by CDBA) is the captain of the boat. His/her instructions must be executed without question immediately to ensure safety at all times.

- **Absolutely no paddlers affected by alcohol will be allowed on any boat.**
- **Absolutely no unruly behaviour will be allowed on any boat.**

***DRAGONS ABREAST – keeping the spirit alive !***