

I wonder.....

When I join Dragons Abreast ACT what do I belong to?

You belong to

- Dragons Abreast ACT and Region (DA ACT)
- Dragons Abreast Australia (DAA) www.dragonsabreast.com.au
- Canberra Dragon Boat Association (CDBA) www.cdba.com.au
- Australian Dragon Boat Federation (AusDBF) www.ausdbf.com.au

CDBA also require that all members are financial members of the Canberra Southern Cross Club. We use their facilities.

Who determines membership fees?

Your membership fees are determined by the Canberra Dragon Boat Association (CDBA) and DA ACT.

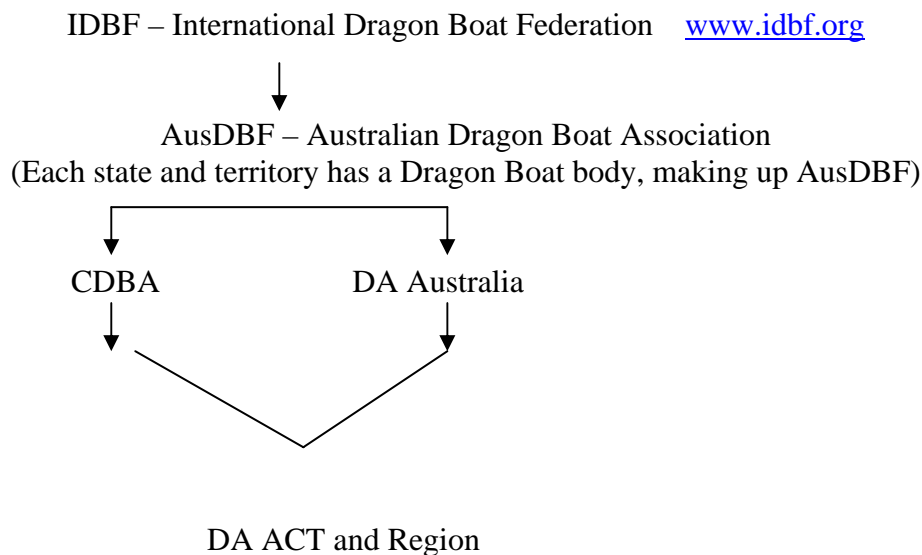
The CDBA set their fees for the season and it includes \$5 per person for membership to AusDBF. DA ACT add an amount onto this, to cover

- the team membership to DA Australia (our national body)
- costs involved in running DA ACT and maintaining GoAnna.

Who makes the Rules?

All organisations have rules.

Dragon boating is one of the fastest growing sports and so is constantly developing. This is a hierarchy starting at the top, which looks like this.



Regattas are mainly run under the IDBF race rules but each state body has its own set of rules that cover their particular circumstance. For example in Victoria everyone has to wear a PFD all the time, we only have that rule in winter but in Victoria it is a maritime rule and has to be complied with. In major regattas you must have a legal paddle but in local regattas it is not obligatory. So you need to look at the rules of the regatta before you compete. Every regatta is slightly different depending on what type it is and where it is held.

What is a legal paddle?

All dragon boat paddles have to have a license number, they also have life expectancy. IDBF set out the specifications and regulations governing dragon boat racing, for all equipment, including paddles, boats seat paddling, gloves, crew composition everything. They have a list of legal paddles and recognized paddle manufacturers. Regatta instructions will advise you of the requirements regarding paddles. So if you are racing in an AusDBF sanctioned race (major regatta) you need to make sure that your paddle has the correct license number. When buying a new paddle make sure it is made by an accepted manufacturer and meets the current requirements.

Paddles are made of wood, carbon fibre /wood mix or carbon fibre. They vary in cost: wood is the cheapest and the easiest to maintain and are around \$80 , carbon fibre can cost anything from around the \$200 to \$300 mark. Carbon fibre is lighter but less flexible and not as durable as the wooden paddles.

How do I become a sweep?

The Sweep is responsible for the safety of both the crew and the boat. Anyone can become a sweep. Sweeping a dragon boat is not just about steering the boat, it is about Being in Control of the boat. That is maneuvering the boat by use of not only the sweep oar but also by using the crew. It also means being able to direct the crew to manage the boat in all conditions and in some cases the weather and water conditions are not dragon boat friendly – lots of fun, but a lot of hard work for the sweep.

AusDBF have Sweep accreditation scheme which sets out the basic responsibilities and requirements for the sweeps. An apprentice sweep is mentored by an experienced sweep while they are learning.

Once a sweep has learnt to manage the boat with a full crew, the apprentice sweep can present for sweep accreditation. This involves both theory and practical tests. The theory is a multi choice question sheet and the practical exam is a demonstration on water by the sweep that they are in control of both crew and the boat.

When the sweep passes both the theory and practical exams they then are provisionally accredited until they sweep 4 sports teams over 2 regattas (without incident) when they become fully accredited and then can sweep social teams as well as sports teams in regattas and must sweep 4 races per season .

How do I become an accredited Coach?

AusDBF run a Accredited Level 1 Coaching Course – Dragon Boat specific which is run by DBNSW (Dragon Boat NSW) several times through the year. The course is approved by the National Coaching Accreditation Scheme. The coaches must attend the course and meet the practical requirements.

The practical component involves planning and analysing a series of training sessions (20), having 5 sessions monitored by another coach. A training schedule for a specific period must be produced and submitted along with the reviewed training sessions.