

# Rules and Expectations For World Beat Dragon Boat Club Members

## Expectations:

It is expected that members will make an effort to develop and promote the sport of dragon boating while encouraging a healthy social culture.

By joining a team, you are agreeing to attend all practices unless otherwise agreed upon. If you are unable to make a practice, communicate with your captain.

Captains and members strive to ensure the needs of both social and competitive members are met as best as possible. Achieving a balance between sporting and social requirements is not easy, but members need to strive to support the needs of all paddlers.

Everyone must be open to coaching/training. Expect critiques and encouragement from the coaches and strive to adjust and accommodate them.

Captains choose seating assignments, stroke technique, and practice schedule. Choosing to join a team is acceptance of their training plan and authority on the boat.

Captains decide who paddles at races. Taken into consideration will be: dues paid on time, practice attendance and skill. In the case of mixed teams, the amount of men/women paddlers needed for the race. (Racing is a privilege)

All paddlers will show respectful behavior on the dock when loading and unloading to help maintain a positive impression of the sport with community members.

Wear: athletic clothes that can get wet. Splashing is expected. Avoid flip-flops. Sneakers or barefoot is fine. There are a few life vests on the dock for visitors. Paddlers are expected to bring their own vests. **Paddles are provided.**

Weather related cancelations will be made by the captains the day of, ideally 3 hours before practice. If the weather turns during practice, or if lightening is present, practice is canceled. Captains will do their best to inform the team of any canceled practices.

## **Rules/Responsibilities:**

### **Respect for all paddlers at all times.**

Dragon boating is an inclusive sport that welcomes all abilities, genders and anyone between ages 14 & 100 (some may need Dr. approval). However, captains reserve the right to ask someone to not return for any reason, including: bad sportsmanship, behavior, refusal to be coached, disrespecting another paddler and constant complaining. With such close quarters, one negative/combatative person can affect the entire team.

Everyone properly wears a Personal Flotation Device (PFD) at all times while in the dragon boat.

Paddle from a seated position. No kneeling or standing in the boats except when the boat is braced for switching seats.

Only pre-approved steers may take out SMI's Dragonboat.

Do not lay gear (paddles/vest/water bottle) on the dock when loading or unloading the boat, it can become a tripping hazard. Hand it off to your bench mate then retrieve it from them once out of the boat.

Everyone must sign a Waiver Form. If a child is going to be in the practice session (with captain's approval), their parent must sign a Waiver Form for that child and bring it to the dock. The minimum age to join a team and race is 14.

Fees must be paid by the third week of the season. If not paid, paddler will be asked to not return to the boat until they have paid. If a paddler comes mid-season, they have 2 weeks to decide to join. ***Fees MUST be paid regardless of whether a paddler will be racing that season.***

Fees: \$25 yearly membership and \$75 per season (3 months).

## **Calls/Commands:**

**Paddles Up:** Paddles are up in the prepared position, paddles hover over the water, parallel to the boat. Paddler leaning forward, straight back and outside arm fully extended, and looking straight ahead.

**Take it away:** Start paddling, watching the lead paddlers, not the water.

**Let it ride/run:** Paddles laid across the lap

**Hold the boat** (or HOLD HOLD HOLD): Paddle blade fully submerged, flat forward as brakes for the boat.

**Brace the boat:** Paddles lay flat on the water, as extensions of the boat to add stability.

**Prepare to back paddle:** Paddle up but not extended, blade at your side.

**Take it back:** Paddle extends behind you, and water is pushed forward (in time with other paddlers)

**Draw:** Paddle faces flat to the side of the boat and (without leaning out of the boat) water is pulled towards the boat.

The caller is the “captain on the water”. Follow all instructions from the caller unless the Steersperson gives an instruction. Steerspeople defer to the captain, and do not call the practice, coach or give commands **except when safety is an issue**. Their attention should be on the water and environment. In an emergency, the Steersperson takes control until all clear.

In the unlikely event of a swamped boat, the steersperson (tiller) makes sure that all paddlers are accounted for. Steers also decides if paddlers should stay with the boat or swim to shore, and report any missing or injured persons to 911 immediately. Listen to your tiller, and obey commands.

Signed: \_\_\_\_\_

Date: \_\_\_\_\_