



TOTNES DRAGON BOAT CHALLENGE

14 JULY 2019

ENTRY FORM AND INFORMATION PACK



IN ASSOCIATION
WITH



TOTNES DRAGON BOAT CHALLENGE

Competition Format

The Totnes Dragon Boat Challenge is open to all. Previous experience of Dragon Boat Racing is not necessary to enter a crew, but all crew members must be confident in cold water whilst wearing a life jacket. The minimum age for competitors is 18 years. All competitors must wear a buoyancy aid (provided by the event organisers), be entered on a Crew List, signed an Acknowledgement of Risk Form and had a safety briefing before they race, to validate their crew's public liability insurance cover.

Equipment - All boats, necessary equipment for racing and buoyancy vests are supplied. Competitors can only use the paddles provided by the organisers. Wax or similar substances are not permitted to be used on paddles, gloves and/or boat seats or parts.

Race Results - All race results, apart from the semi-finals and final, will be based on times. Each crew will receive three races, conditions permitting, and their fastest two times will count. The crews with the fastest times go through to the semi-finals. From the semi-finals, the winning crews and the fastest loser(s) will proceed to the Grand Final in three boat races.

Boats & Race Course - Each crew will get the opportunity to race in a different boat and racing lane in each heat to ensure complete fairness. The race distance is approximately 200m.

Prizes - A Dragon Boat Race trophy will be awarded to the overall winning crew and medals will be presented to the top three crews. A Dragon Boat Challenge Charity Trophy will be awarded to the team raising the most sponsorship money overall.

Race Administration

Sponsorship – Minimum sponsorship of £40 per paddler (maximum £400 per boat) must be in the hands of the Event Organiser by 11 July 2019. A crew will not be allowed to race unless this sum has been paid. Crews are encouraged to raise sponsorship above the minimum which can be donated for the support of charities nominated by The Rotary Club of Totnes or to a charity of the crew's choice. Please identify any chosen charity on your entry form.

Crew Lists - A Combined 'Squad List' and 'Acknowledgement of Risk' form certifying that all squad members are water confident and listing all the squad members by name must be signed by each individual member and handed to the registration team before the crew competes in its first race. Only those named on the squad list will be allowed to compete, additions can be made during the day for newcomers etc. Failure to complete the Squad List correctly and in full may invalidate the insurance cover provided for crews.

Sponsorship Money - Copies of the Sponsorship Forms or proof of monies raised should be forwarded to Totnes Dragon Boat Challenge, Higher Beneknowle, Diptford Totnes TQ9 7LU or handed in to the registration team before the first race of the day. Only forms, with monies raised, that are handed in on the day will count towards the Totnes Dragon Boat Challenge Sponsorship Trophy. It is the Crew Managers responsibility to ensure that as soon as is reasonably possible all further monies raised are passed to the charity.

Arrival/Check In Times - A race schedule will be forwarded to all crew managers before the event and crews should ensure that they arrive at the competition site **at least one hour before their first race** of the day. Crew Managers or their representatives, should check in with Race Control as soon as they arrive and once their complete team is on site and hand in all necessary paperwork before their first race.

Crew Managers Meeting A Crew Managers meeting will be held 45 minutes before the first race of the day and it is imperative that ALL CREWS are represented, irrespective of their first race time or whether they have competed in the event before, as this is also a Safety Briefing. The exact time will be notified to the Crew Manager with the final Race Schedule.

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Racing Rules & Regulations

Crews – Although squads may be larger, when racing crews are not to exceed 11 persons including the drummer. Crews may race with less than 11 but the number in the boat must be the same at the finish of the race as at the start. You can reduce the number of paddlers to a minimum of 8 but you must always have a drummer.

Crew Manager - Every squad must nominate a Crew Manager on their squad list. The Crew Manager has overall responsibility for the conduct and actions of the crew both on and off the water. The Chief Official and other Race Officials will only communicate on 'official matters' with the Crew Manager.

Crew Composition - Crews may be mixed, all female or all male.

The Drummer - The Drummer must sit on the seat provided and actively beat the drum throughout the race.

Embarking - Crews must report to the Boat Marshalling Area, when called forward by the Chief Boat Marshall or over the PA. This will normally be 20 minutes before a race start time. Crews failing to report on time may be barred from the competition. It is paramount to the smooth running of the event that crews report to the Boat Marshalling Area in plenty of time. Crew Managers assistance with this is greatly appreciated.

Starts - Crews must be in their correct Dragon Boats and be in the start area, at least 5 minutes before their start time. All races will be started without reference to absentees.

Starting Position - The position of the dragon boats on the Start line shall be that the foremost part of each boat (including the head) is on the Start Line and that all the boats are aligned.

Starting Signal - When the Starter is satisfied that all the boats are correctly aligned, the Starter shall alert the crews by saying 'Crews are you ready' If the crew is not ready, the Helm is to indicate this situation by raising a hand clearly above head height and keeping it there, until the Starter acknowledges the situation.

Start - When the starter is satisfied that all crews 'are ready' the starter shall give the starting signal by shouting 'Attention' followed by the word 'Go'. The time between Attention and Go, shall not exceed 5 seconds. A Helm who raises a hand after the word Attention and before Go, will be ignored if, in the opinion of the Starter, the boats are correctly aligned.

False Starts - If a crew starts after the word Attention but before Go, it has made a False Start. The Starter shall determine if a False Start has been made and will immediately recall the crews by shouting STOP, STOP, STOP.

Re-Call - Once all crews have returned to the Start Line, the Starter will identify the crew or crews responsible for the False Start and warn them of their offence. If the same crew causes two False starts in the same race the Starter shall exclude them from that race. Any crew that fails to return to the Start Line immediately after a False Start, may be excluded from the race, or get a time penalty, of up to five seconds, which will be added to their race time.

Finishes - After finishing a race, each participating crew must return immediately to the Embarking area by paddling outside the Racing Course. Crews must be advised that the start and finish lines are calculated using a compass to ensure accuracy. Watching the race from the bankside can often be deceptive as the finish line is not necessarily 90 degrees from the bank. The finish line is enclosed within a gazebo and it is only from this position that you can accurately determine the finishing order.

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Disembarking - After disembarking from the boat the crew is responsible for immediately returning the paddles and buoyancy aids used to the correct boat marshalling area or storage bins, if supplied.

Race Conduct - Crews must paddle a straight line and keep within their allotted lane from the start to the finish of their race. It is forbidden to knowingly impede other boats. Helms must order their paddlers to 'stop paddling' if a collision is imminent. Crews that do not stop paddling and, by doing so, cause a collision, risk being disqualified from the competition.

Collisions - Any crew that causes a boat to collide with another one, or that damages the boat or paddles of another crew, risks disqualification from the competition.

Capsizing – Any crew that deliberately causes their boat to capsize or that deliberately swamps or causes another boat to capsize, risks disqualification from the competition.

Officials - All Race Officials are responsible to the Chief Official for the conduct of the races and for ensuring that these Festival Rules & Regulations are fully complied with. Crews must always follow directions of the Race Officials. The Chief Official's decision is final and will be made in accordance with these Festival Rules & Regulations and any safety issues that might have arisen.

Competitors Code of Conduct

Code of Conduct - Crew Managers are requested to bring to the attention of all their team members that although this is a fun event, safety is paramount, and the instructions of the officials must always be followed.

Crew Managers - The Race Organiser, Chief Official and Race Officials will only deal with the Crew Manager in all aspects of race conduct and disputes.

Venue Facilities

Changing Facilities & Toilets – There will be toilet facilities on site. There will be a 'crew village' on Longmarsh and crews are encouraged to bring their own gazebo/tent which can be used as a team base and changing facility.

Car Parking – The car parks at Longmarsh and Steamer Quay Road will be closed to normal traffic. Teams will be issued with car park passes and we encourage car sharing as far as possible to maximise space availability.

How to Get There – Longmarsh can be found at the end of Steamer Quay Road Totnes, the post code is TQ9 5AL

Event and Race Organisers

Gable Events is the Race Organisers for the day and all questions relating to the dragon boat racing element of the programme should be directed to them. All questions relating to the set-up and organisation of the event should be directed to Totnes Rotary Club who are the Event Organisers.

Boat Helms (Steerers) - All crews will be allocated a Helm for each race by the Chief Boat Marshall. The Helm will automatically become the Boat Captain once the crew is ready for loading and all crew members should take instruction from the Helm and NOT their own Crew Manager whilst racing.

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Qualifications - All Helms/Steerers and Race Officials will be provided by the Race Organisers and are fully trained and qualified for this type of event with majority of them being registered with the British Dragon Boat Racing Association (BDA).

Safety on the Water

Fit to Race - The safety of a Dragon Boat Crew on the water is of prime concern to everyone associated with the event, not least the crew itself, who have a responsibility to conduct themselves properly, in both a competitive and social sense. Crew Managers are to ensure that their crews are fully briefed on the contents of the British Dragon Boat Association 'Safety on the Water' guide, a copy of which is enclosed in this Crew Managers Pack.

Crew Checking - All crews will be checked by the Chief Boat Marshall, before they embark, to ensure that they are 'Fit to Race'. If a crew or competitor is deemed not to be 'Fit to Race', they will not be allowed to race and may be disqualified for the remainder of the competition.

Alcohol & Drugs – Alcohol/Drugs and water sports do not mix. It is the Crew Managers responsibility to ensure that all their crew members are advised that any competitor and/or whole crew deemed to be unfit to Race due to alcohol and/or drugs will be disqualified from the competition. This is for your own safety.

Water Safety Cover – Safety boat(s) staffed by RYA qualified personnel will be on the water during races.

First Aid Cover – St John Ambulance technicians with full response kit will be on site during the event.

Dress - It is recommended that all competitors wear shorts, T-shirt and trainers for racing, and bring with them a warm top and waterproofs in case of inclement weather. Crew members are advised not to wear jeans or boots in the boats. We also suggest that everyone brings a towel and change of clothes, as competitors can expect to get damp from the splashes made by fellow paddlers during racing. Footwear, not Flip Flops, must always be worn whilst racing

Valuables – There is a risk of getting wet or possibly capsizing and for these reasons we recommend that all valuables i.e. wallet, phone, keys etc. are left in a safe place on land.

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TOTNES DRAGON BOAT CHALLENGE 2019 Entry form

For full details of the entry requirements, race schedule, rules and sponsorship arrangements please see the Totnes Dragon Boat Challenge Crew Managers Information Pack.

To enter please complete the form below and send it with your minimum donation of £40 per paddler with no charge for the drummer (£400 per boat) to

Totnes Dragon Boat Challenge, Higher Beneknowle, Diptford, Totnes TQ9 7LU
(Cheques payable to Rotary Club of Totnes)

Or you can enter online at www.totnesdragonboats.co.uk

| | |
|--|----------------------|
| Team Name | <input type="text"/> |
| Crew Manager | <input type="text"/> |
| Contact Address | <input type="text"/> |
| Postcode | <input type="text"/> |
| Contact e-mail | <input type="text"/> |
| Contact phone | <input type="text"/> |
| <p>As crew manager I certify that all crew members comply with the entry requirements of the event and I hereby release Gable Events Ltd and the Rotary Club of Totnes from any liability for loss or injury caused by our participation in this competition. We compete entirely at our own risk.</p> | |
| Signed | <input type="text"/> |
| Date | <input type="text"/> |

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Combined Squad List and Acknowledgement of Risk Form

This acknowledgment of risk form and crew list MUST be handed in to Race Control BEFORE the crew's first race of the competition. By signing the squad list (overleaf), all individuals agree to the conditions of the Acknowledgment of Risk Form below. A crew will not be permitted to race if a fully completed squad list has not been submitted.

Crew Name.....Representing.....

Crew Manager.....Email.....

Please complete all parts:

YES

NO

- | | | | |
|----|---|--------------------------|--------------------------|
| 1. | I understand that this is a water based activity and that, whilst all the normal and appropriate precautions for a water sport will be taken by the Organisers, such as the use of buoyancy aids, qualified staff and the provision of rescue craft, each Crew Member has a duty of care to themselves and each other whilst on the water | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. | Dragon boating is a physical activity and I consider myself to be medically and physically fit to take part, if in doubt I will consult the Event Medic | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. | I confirm that I can swim and/or am confident in cold water conditions when dressed for racing and wearing a buoyancy aid. If I am in anyway unsure I will advise the Helm or Chief Boat Marshal before each race | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. | I confirm that to the best of my knowledge, I do not have any present or previous medical conditions which may affect my ability to take part in Dragon Boat Racing. If in doubt, please ask the Event Medic <i>*(If NO, please notify the Chief Official of the condition, e.g. asthma, back problems, reoccurring injuries or pregnancy)</i> | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. | Photos taken at the event may be used in publicity and/or Social Media <i>*(Please notify the Rotary Club of Totnes if you do not wish your photo to be used)</i> | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. | I agree to follow all the instructions given by the Event Organisers, Staff and Officials and to act in a responsible manner during the races, especially whilst on the water. Failure to do so may result in individuals and/or teams being removed from the competition | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. | I am over 18 years of age. | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. | I accept that the organisers will refuse participation of individuals and/or crews if in their opinion they are under the influence of alcohol and/or drugs | <input type="checkbox"/> | <input type="checkbox"/> |
| 9. | I understand that, as this is a water sport, there is a risk of getting wet or possibly capsizing and for these reasons I will not have on my person any valuables i.e. wallet, mobile phone, keys etc. | <input type="checkbox"/> | <input type="checkbox"/> |

Crew Managers Declaration

I certify that the crew members named overleaf are the only people who will take part in the races. No others will be substituted without them being added to this list. I accept that an incorrect crew list may invalidate my crew's public liability insurance cover.

Signature

Date

Squad List

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Member Signed

Member Signed

Member Signed

Member Signed

Member Signed.....

Member Signed

Member Signed.....

Member Signed.....

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By signing this form, we do not release the Event Organiser from any obligations towards us nor does the signing affect our statutory legal rights.

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CREW INFORMATION SHEET

The information requested below is required for the following two reasons:

- to give to the race commentator so that when you are racing they have some light-hearted background on your crew
- to assist us in making Press Releases and to give correct information on the crews to the media should they require it

Crew Name

Representing

Town

Crew Manager

Type of Business

Charity being supported (if any)

1) Interesting information on Crew members.....

2) Race Strategy

3) Background on the Company or squad

4) Other interesting facts

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Totnes Dragon Boat Challenge

| | |
|-----------|-------------|
| Team Name | Team Member |
|-----------|-------------|

I am taking part in the Totnes Dragon Boat Challenge on 14 July 2019 and it is all for charities supported by Totnes Rotary Club/my chosen charity* (delete as necessary) which is

Note to sponsors—Gift Aid

Using gift aid means that the Totnes Rotary can claim an extra 25p from the taxman for every £1 donated and it will cost you nothing extra! If you wish to donate with gift aid please read the declaration below, tick the box on the form and provide your post code and house number. Thank you for your support.

Declaration

If I have ticked the box headed 'Gift Aid?', I confirm that I am a UK Income or Capital Gains taxpayer. I want the Totnes Rotary Trust Fund to reclaim tax on the donation detailed below. I understand that I must pay an amount of Income Tax and/or Capital Gains Tax in the tax year at least equal to the amount of tax that all the charities I donate to will reclaim on my gifts for that tax year or it will be my responsibility to pay any difference. I understand that other taxes such as VAT and Council Tax do not qualify. I also understand that if I pay Income Tax at the higher or additional rate and want to receive the additional tax relief due to me, I must include all Gift Aid donations on my Self-Assessment tax return or ask HM Revenue and Customs to adjust my tax code.

I consent to the information provided on this form being used by The Rotary Club of Totnes solely for the purpose of reclaiming Gift Aid from HMRC

| Given name and surname | House number or house name (Essential for gift aid) | Postcode (Essential for gift aid) | Gift Aid (please tick) | Amount |
|------------------------|--|--------------------------------------|---------------------------|--------|
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TOTNES DRAGON BOAT CHALLENGE

BRITISH DRAGON BOAT RACING ASSOCIATION

GUIDE TO SAFETY ON THE WATER



THE CONDITIONS

Because of the size and design of the Dragon Boat, and the water conditions in which racing takes place, that is placid water, dragon boating is inherently safe and a capsizing especially in such conditions, unless the crew is at fault, is a rarity.

However, in any water sport, because of the environment itself, there is always an element of danger. Add to this the folly and impatience of human nature and the ingredients for an accident may eventually come together to the detriment of the sport as a whole. Dragon Boat Racing is no exception to the rule and it is the duty of all who practise the sport - competitors, race organisers, coaches and officials alike - to be aware of the potential dangers inherent in the sport; to be safety conscious - not safety extreme - and to ensure that dragon boating is conducted in a responsible manner.

In adverse weather conditions and when there are strong winds, Dragon Boats can be swamped with water and have been known to capsize, especially when turning sideways on to the prevailing wind or wave pattern. The inexperience of the crew in such circumstances can be a major factor in a boat capsizing.

In all water conditions, good or bad, the key to safety is the application of good old **COMMON SENSE** by all those taking part in the activity. Playing around in a Dragon Boat and deliberately capsizing it, even in warm and sunny conditions, can be dangerous to both the crew and other water users alike. In certain circumstances it could be lethal; a Dragon Boat moving at speed through the water cannot easily be stopped and another crew in the water from a capsized boat cannot easily be seen! Crews that cause another boat to capsize when racing, or who ram another boat during a race, will be disqualified from the event.

WHO IS RESPONSIBLE

Dragon Boat Racing is a 'team sport', each boat can carry a crew of up to 11 persons. It is not unusual for over 35 competitors to be on the water in one race. The safety of this number of competitors at any one time is the concern of many people but primarily the **Event Organiser** and the **Chief Official**. However, '**Safety on the Water**' is also the concern of every **Crew Member**.

THE RESPONSIBILITIES

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The broad areas of responsibility for safety are:-

The Chief Official. It is the Chief Official's responsibility to ensure that during the racing, all rescue boats are in place and briefed; that in all conditions competitors wear PFAs and that all weak swimmers make themselves known to their helm before they get in the boat; and that all the safety procedures laid down by the Organisers are complied with.

The Crew Manager. It is the Crew Manager's responsibility to ensure that all the crew members can swim to the required standard; that any weak swimmers are noted on their Crew List; that the Crew List is completed and lodged with Race Control; that the crew is briefed on the Racing Rules and 'Safety on the Water' and that at all times they are 'fit to race'. This means that it is the Crew Manager's responsibility to ensure that 'socialising' does not adversely affect the safety and performance of the crew on the water.

The Crew Members. It is the responsibility of the individual crew members to ensure that when *they are on the water*, that they are adequately dressed for the weather conditions and comply with all instructions given to them. Dragon Boating is a social sport too, so the safety of the whole crew must not be jeopardised through the consumption of alcohol or drugs; or thoughtlessness or horseplay by individual crew members.

The Helm (Boat Steerer). The Helm is the **Boat Captain**. It is the Helm's responsibility to make the final check to ensure that that the boat is water worthy and in racing condition. The Helm shall ensure that all crew members are correctly briefed on boat handling and capsize drills and that they are suitably dressed for the weather conditions and not wearing anything that may impede their ability to exit the boat or swim, in the event of a capsize or boat swamping. **When on the water** the Helm shall ensure that collisions with other craft are avoided. In the event of a Crew capsizing, the Helm shall ensure that the capsize drills are correctly carried out and that all crew members are accounted for and rescued

The Safety Officer. It is the Event Safety Officer's responsibility to ensure that all Officials and Crew Managers are aware of, and briefed regarding '**Safety on the Water**' and **any notifiable diseases, for example Weil 's disease**. The Safety Officer is responsible for ensuring that the Chief Boat Marshall is made aware of any known weak swimmers or competitors with medical conditions that may affect their ability to race. The Safety Officer is responsible for producing a safety plan for the competition, to include a water circulation system for crews going to the start or 'warming up'. In most regattas the Safety Officer and Chief Boat Marshall or Chief Official will be the same person.

The Chief Boat Marshall. The Chief Boat Marshall shall determine if a crew is 'fit to race' or not and will keep a record of the number of people embarked in each boat, in each race. The Chief Boat Marshall shall ensure that all boats and equipment are in good racing condition before the first race and that they remain in good racing condition throughout the competition.

THE DETAIL

Swimming - The Standard Required. Ideally, all members in a dragon boat crew should be able to swim at least 50 metres, but as a minimum, they must be water confident in cold

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and moving water and when dressed in light clothing, that is, racing dress (shorts and vest) plus waterproof top and trousers and light footwear (trainers, boat shoes or similar footwear, **but NOT Flip Flops**) and wearing a PFA.

Personal Floatation Aids (PFAs) - When to wear them. Personal Floatation Aid (PFA), such as a Buoyancy Aid **MUST** be worn by all competitors whilst in a dragon boat. The Race Organisers will supply these.

SAFETY ON EMBARKATION

Boat Balance. Before leaving the embarking area, the Helm should ensure that the boat is well balanced. That is, that each pair of racers are of similar weight or height and that, generally, the heavier pairs are seated in the boat's middle section. The Helm **must** know the number of people in the boat.

The Buddy System. The crew should be 'numbered off' from the front of the boat and made aware that they are each responsible for the person they are paired with (across the boat) and that in the event of a capsize or the boat being swamped and sinking, their first responsibility is to themselves then to ensure that their partner is safe and well.

This is called the 'buddy system' and it gives each person in the boat a specific responsibility for another. The 'Stroke Pair' (first pair – No.2 left and 3 right) in the boat are responsible for the Drummer (1) and the 'rear pair' (last pair) for the Helm.

Steadying the Boat

A boat will feel 'tippy' especially if the crew is out of balance or moving about in an uncoordinated manner. To steady the boat in such circumstances (and when sideways on to the wind or wave pattern) the crew should be instructed by the Helm to slightly lean out over the side of the boat and place their paddle blades flat on the water, at arm's length.

With all of the paddles on the water in this manner the boat is effectively stabilised. This is called a paddle brace and the Helm's command should be '**Brace the Boat**'.

Stopping the Boat

When maneuvering, turning or racing the boat it may be necessary to stop the boat suddenly, to avoid a collision with another boat or object. It is important that the crew reacts quickly but safely. **An unbalanced crew over-reacting can capsize their own boat!** The quickest way to stop a boat is for the crew to do a reverse paddle stroke, that is, everyone takes a backwards stroke with their paddle instead of a forward stroke.

The initial command should be '**Stop Paddling**' followed immediately by '**Brace the Boat**' if the boat is unstable and there is no immediate danger of a collision. If there is a danger of a collision the command '**Stop the Boat**' should be given and the Crew instructed by the Helm to paddle backwards.

In a race situation when a collision is imminent, the Helm must immediately tell the crew to 'Stop the Boat'. Failure by the Crew to stop the boat in such circumstances will result in disqualification.

RESCUE BOATS

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There will be adequate rescue boats on duty throughout the event

CAPSIZED DRAGON BOAT

What to Do. In the event of a Dragon Boat capsizing each pair of paddlers should account for their buddies. The Helm should immediately ensure that all the crew are accounted for by calling out their numbers and noting the response. The crew must initially stay with the boat and leave it in the capsized position. When a boat has over-turned never swim underneath it, however in such circumstances it can be used as a floating platform, providing that the crew space themselves evenly around the boat. Alternatively, under the instructions of the Boat Captain the boat may be rolled back to the upright position and used to support the crew. In all situations the Helm should remain in control of the crew and, in a race situation, await the arrival of the rescue boats. The crew should, if their paddles are within easy reach, attempt to retrieve them.

On the arrival of the rescue boats, the crew should move as directed by the operators of the boats, with the Boat Helm remaining in the water until all members of the crew have been rescued.

Recovery of Craft. As soon as the boat is alongside the water's edge, the crew must again be accounted for on the land and any injuries dealt with immediately. If upturned, the boat may then be turned the right way up (in the water) and bailing out commenced. The boat should not be lifted out of the water unless there is only a small amount of water left in it, as this puts a considerable strain on the hull of the boat. Once the boat is almost empty of water it may be lifted on to the bank and checked for damage and all the boat's equipment accounted for.

IN CONCLUSION. Safety is the concern of every crew member and is largely a matter of **COMMON SENSE - USE IT!**

The overall responsibility for the crew off the water is the Crew Manager's and on the water is the Boat Helm's – ACCEPT IT!

It is every competitor and official's responsibility to ensure that Dragon Boat Racing is conducted as SAFELY AS POSSIBLE - DO IT!

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SAFETY NOTICE

PLEASE READ THIS BEFORE LOADING YOUR BOAT



This notice gives important safety information for crew members taking part in Dragon Boating. Please take time to read it carefully.

Dragon boating is inherently safe and capsizes are rare, except where the crew is at fault. However, in any watersport there is always an element of risk. This information is intended to minimise the risks to you and your fellow paddlers.



CONDUCT

Crews must comply with all instructions given to them. Once in the boat, crews must obey the commands of their Helm. Crews who engage in dangerous, unruly, thoughtless or offensive behaviour will be disqualified.

Deliberately capsizing a Dragon Boat can be dangerous and may damage the boat. It also disrupts the racing programme. Crews that cause their own or another boat to capsize or who ram another boat will be disqualified.

Alcohol impairs judgment and can increase the risk of hypothermia. Crews or individual paddlers who have been drinking could be a danger to themselves and/or others and will not be allowed to race if in the view of the Chief Boat Marshall they pose a safety risk.



ABILITY TO SWIM

All crew members must confirm that they can swim and/or are confident in cold, deep water conditions when dressed for racing and wearing a buoyancy aid.



BUOYANCY AIDS

Buoyancy aids must be worn at all times by both paddlers and drummers as well as the Helm. Gable Events will supply sufficient buoyancy aids for all crews.



DRESS

Crew members must be appropriately dressed for the conditions. Typically, paddlers should wear:

- T-shirt and shorts – not jeans
- buoyancy aid
- suitable light footwear e.g. trainers, plastic sandals, wetsuit boots that will not come off the feet whilst in the water. Footwear such as flip-flops will not be allowed
- waterproof top and trousers, when conditions require it



BEFORE RACING

Before racing begins, Crew Captains must complete a combined Crew List & Acknowledgement of Risk form and give it to the Race Officials.

Crew members must tell their Crew Manager if they are weak swimmers, or they have a medical condition which may affect them during the day.

Before each race, a count of the number of people in the boat must be made by the Helm, and notified to the Chief Boat Marshall. This will be used in the event of a capsize to ensure everyone is accounted for.

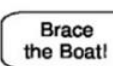


AFTER RACING

The crew remains under the command of the Helm until the boat is unloaded.

When approaching the landing stage, hands must be kept clear of the boat's gunwales, to avoid them being crushed between the boat and the jetty. Do not try to fend off the jetty.

Do not get out of the boat until told to do so. Then unload one person at a time starting from one end, as directed by the Helm. Otherwise the boat could capsize or may be damaged.

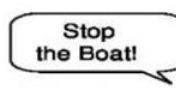


Brace the Boat!

BRACING THE BOAT

To steady the boat, when sideways on to the wind or waves, the Helm will tell the crew to 'Brace the Boat'.

Paddlers must lean out slightly over the side of the boat and press their paddle blades flat on the water, at arm's length to act as outriggers.



Stop the Boat!

STOPPING THE BOAT IN AN EMERGENCY

To prevent a collision or stop the boat on the Start Line, the Helm will tell the crew to 'Stop the Boat'. Paddlers must immediately place their paddles deeply and vertically in the water and hold them firmly. A backwards stroke with the paddle can then be made if needed.



BUDDY SYSTEM

The Buddy System allows the crew to be checked quickly following a capsize.

- Each person in the boat is paired with the person on the same seat and is given a number by numbering off from the front.
- The 'Stroke Pair' (first pair) in the boat are responsible for the Drummer and the 'rear pair' (last pair) for the Helm.
- In the event of a capsize, each person's first responsibility after looking after themselves is to ensure that their partner is safe and well.



CAPSIZED BOATS

If a Dragon Boat capsizes, each pair of paddlers must immediately account for their buddies, to ensure that no one is trapped under the overturned hull, lost or injured. The Helm/Boat Captain must account for every crew member by shouting "NUMBERS" and waiting for each person in turn to reply with their number. He will ensure the number of crew corresponds with the count made when the boat was loaded.

The crew should stay calmly in the water with the boat and await the arrival of the Safety Boats or assistance. The up righted boat can be used as a float for all paddlers to hold onto evenly spaced on one side.

Once on the land all crew members must again be accounted for and checked by the Medic with any injuries dealt with immediately.

The boat recovery should only be attempted by experienced people. The boat can be damaged if it is lifted while there is water left in it.



WATERBORNE INFECTIONS

The water may carry serious diseases such as Leptospirosis (Weil's Disease), hepatitis, gastro-enteritis, etc. To minimise your risk of contracting an illness:

- Do not drink or swallow the water
- Avoid deliberately splashing water on your face, or in your eyes, nose or mouth or those of other paddlers
- Avoid swimming or wading in the water
- Cover all cuts and grazes with waterproof dressings
- Use footwear at all times to avoid injuring your feet
- Wash or shower as soon as possible after watersports and before eating or preparing food
- If you fall ill after watersport, go to your doctor early, and tell him you are a watersports participant
- If your symptoms include a high temperature, an influenza-like illness, and joint and muscle pains (particularly in the calf muscles) also tell your doctor about the possibility of Leptospirosis and give him a copy of the Leptospirosis leaflet (ask your Crew Manager or the BDA if you do not have a copy)



FURTHER INFORMATION

This notice supplements the BDA leaflets 'Safety on the Water' and 'Weil's Disease', which contain further information on safety for Helms, Crew Captains, Crew Managers and Race Officials. Your attention is also drawn to the BDA Competition Regulations and Rules of Racing included in the Crew Managers Information Pack sent to all Crew Managers prior to the event.

Produced by Gable Events with acknowledgment to the BDA and Watersafe

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TOTNES DRAGON BOAT CHALLENGE

LEPTOSPIROSIS and WEIL'S DISEASE

It is stressed that Leptospirosis and Weil's disease are both rare but can be caught by anyone engaged in a water sport. The information in this leaflet is published on the basis that 'forewarned is forearmed'. ENJOY YOUR RACE BUT - BEWARE OF LEPTOSPIROSIS and WEIL'S DISEASE.

WHAT IS IT?

Leptospirosis is an animal infection. After recovery the animal excretes the organisms in its urine. The bacteria survive for days or even weeks in moist conditions but only for a few hours in salt water. The infection is caught by direct contact with urine or a polluted environment. Bacteria enter through skin abrasions or via the eyes, nose or mouth.

THE ILLNESS

The usual incubation period is 2 to 12 days. Usually a 'flu' like illness occurs which resolves itself in 2 to 3 weeks. There may be fever, severe headache, pains in the back and calf and prostration. A few cases develop jaundice when the condition is known as Weil's disease. Although death may occur in about 15% of the jaundiced patients, death without jaundice is virtually unknown. Antibiotics during the first few days help in limiting the infection. Many people recover without specific treatment.

WHAT TO DO

If you think that you may have the infection go to your doctor and say that you participate in water sports and think that there may be risk of Leptospirosis. The doctor's diagnosis is by clinical suspicion. Blood tests can rarely confirm the illness in time to effect treatment. They may, however, subsequently confirm it.

The microbiologist at the local hospital is the best source of advice.

PREVENTION

1. Cover all cuts and abrasions with waterproof plasters.
2. Always wear footwear to avoid cutting your feet.
3. Avoid capsize drills or swimming in suspect water.
4. Where at all possible, shower soon after Dragon Boating.
5. If in doubt, contact your doctor early.

THE LEVEL OF RISK

On average each year, 9 water sports people contract Leptospirosis. The instances of infection are therefore very rare and its deterioration into Weil's disease even rarer. Weil's disease is, however, a very serious illness which must be diagnosed and treated swiftly.

REDUCE YOUR RISK BY BEING AWARE!

TOTNES DRAGON BOAT CHALLENGE

Completed entry forms should be sent to

totnesrotarytreasurer@btinternet.com

or by post to

Totnes Dragon Boat Challenge
Higher Beneknowle
Diptford
Totnes
TQ9 7LU

Fees can be paid by BACS to

30-98-69
01213233

Please quote your team name as reference

If paying by cheque to the above address, please make cheques payable to

Rotary Club of Totnes Trust Fund

We look forward to seeing you and your squad