

Community and Corporate Dragon Boat Race Preparation

1. Training Venues / Dates / Times

To be set by CCDBC coaches to suit availability of community teams and CCDBC members.

2. Bring and Wear

Bottle water, hat, sunscreen (already applied), sunglasses, shoes that can get wet, change of clothes and any medication required.

Please leave valuables locked in your car. You will be required to wear a PFD if you cannot swim 50 metres in light clothing. PFD's and Paddles will be supplied.

3. Waiver Forms

You will be required to sign a waiver form for each session. This is a DBNSW requirement.

Preparation Sessions

1. On Land

Complete paperwork.

On land warm-up exercises and demonstration of paddling technique.

'Building the boat' – placing paddlers in their position in the boat.

Loading the boat row by row, Sweep and back row first. Sweeps to sit on bow.

2. On the water

Head count, Safety brief, Balance the boat (this is all done by the Sweep).

Warm-up paddle, timing, technique, race starts, tactics and psychology.

Cool down paddle back to shore.

3. Back on Shore

Paddlers out of boat, help load boat onto trailer.

Cool down stretches.

Wash and clean the boat.

4. Personal Training

Until the regatta keep up your personal exercise program or start one. This will assist you to participate in and fully enjoy the exciting sport of Dragon Boat Racing