International Dragon Boat Association

Dragon Boat Safety Briefing

This safety briefing is to be given to all paddlers utilizing the International Dragon Boat Association's Dragon Boats in practice or competition. As a minimum, the following items must be understood and agreed upon by all paddlers.

Information prior to entering the Dragon Boat:

- To participate in any water activity (practice/race), all persons must:
  1. Sign the International Dragon Boat Association's "Liability Waiver"
  2. Agree to wear a safety vest at all times while in the boat.
  3. Assure your name is listed on the boat's manifest. The boat manifest is to be maintained by either the Coach, Team Captain or Safety Officer.
  4. Agree to abide by all safety rules/directions given by the Drummer, Steersperson, Coach, or Safety Officer.
- Before practice, remember to put on sunscreen;
- During and after practice, drink plenty of liquids!
- Team Captain, or person-in-charge, is to carry a whistle at all times while in the boat.
- Paddlers must understand that nothing goes in to the boat that can't get wet.
- For safety reasons, enter boat one at a time. Make sure the boat is balanced and stabilized when paddlers are getting in the boat.
- All non-swimmers must have strong swimmers sitting behind them.
- In the event the boat is swamped or capsized, the safety boat will radio for help. Please follow these instructions:
  1. **Keep calm**, the water will be *COLD*!
  2. **Listen** to the person-in-charge for instructions.
  3. **Assist** or bring attention to those who are in distress.
  4. **Stay close** to the boat unless instructed to swim to shore.
  5. On shore, **stay together as a group** until a head-count is done.
- Practice these safety commands from the coach, drummer, and steersperson:
  1. Learn to **"hold water"** to stop the boat's forward momentum.
  2. Learn to "**brace the boat**" when added stability is needed.

These Rules and Our People Are There to Protect You.
Please Help Us Keep You Safe!

I, the undersigned, have read the Safety Briefing and the rules outlined above and agree to abide by them.

_____	_____	_____
Print Name (Clearly)	Signature	Date
_____	_____	
Team Name	Paddler's Contact Number	
_____	_____	
Emergency Contact Name	Emergency Contact Number	