

Medb's Dragon Warriors Water Safety Guidelines

Following governing bodies IDBA & IDBF Water Safety Policy

A live document subject to review and amendment as required

EMERGENCY dial 112 or 999 eircode F91K461

Medb's Dragon Warriors Dragon Boat Club Waterglades, Aughamore Near, Sligo

- The Dragon Boat is stored onshore and transported on a trolley by minimum 6 people (22crew DB) and minimum 6 people (12crew DB) over approximately 60m to the water's edge
- Entry to the water is via a slipway
- Paddlers will front load or side load as per Helm's instructions
- Appropriate clothing and footwear (NOT flipflops) to be worn
- Care to be taken boarding and disembarking as slipway may be slippery
- Paddlers will perform warm up and cool down exercises onshore
- People aboard dragon boat and safety boat (RIB) will wear PFDs at all times
- **Any non-swimmers/weak swimmers/compromised paddlers are to speak with Helm directly before getting in the boat and must wear a green bib**
- Dragon Boat will be accompanied by the Safety Boat at all times on open water
- All Safety Boat Coxswains hold Powerboat Level 2 certification
- Helms hold certification from IDBA
- Trainee Helms will be supervised at all times by a certified Helm
- All Crew to be briefed by Helm or Safety Officer before boarding

Safety Specific to 12Crew Dragon Boat

- Minimum 8 paddlers & Helm
- Paddlers must be water competent ie. **No non-swimmers**
- **Paddlers must remain focused towards bow at all times "heads in the boat"**

Helm Overboard

- Helm alerts the rear paddlers
- Rear paddlers command stop the boat and any necessary manoeuvres as **ONE VOICE**
- Rear paddlers assist the Helm aboard whilst remaining paddlers brace the boat. Assistance may be sought from attending Safety Boat
- If Helm is injured they will be taken aboard the Safety Boat for first aid assessment and any further action required
- If Helm is unable to return to the Dragon Boat (DB) the decision will be made for a competent paddler to steer the boat back to shore or for the Safety Boat to assist DB with return to shore

Dragon Boat Capsize

- **All paddlers to remain with the Dragon Boat (DB)**
- Paddlers to check for their “buddy”
- Helm takes control and calls for paddlers to number off
- Helm to instruct paddlers to gather alongside the DB
- Helm to instruct for DB to be righted
- Helm to instruct paddlers to climb aboard DB and bail out
- Safety Boat is close by to assist when requested by Helm

Helm Checklist (minimum)

- Phone in waterproof casing and/or VHF radio
- Whistle
- Throw bag x1 minimum
- Bailers
- Seating Plan

Safety Boat Checklist (minimum)

- Minimum 2 crew
- VHF Radio/Phone in waterproof casing
- Throw bag x2 minimum
- First Aid kit
- Knife
- Paddle

Safe Conditions for Dragon Boating

Winds

- **IF IN DOUBT DON'T GO OUT**
- Check weather using Windy.com app
- Check weather and water conditions locally
- Wind strengths as per Beaufort Scale:

Force 0	Calm	0-1 km/h	0-1 mph
Force 1	light air	1-5 km/h	1-3 mph
Force 2	light breeze	6-11 km/h	4-7 mph
Force 3	gentle breeze, large wavelets, crests beginning to break	12-19 km/h	8-12 mph
Force 4	moderate breeze	20-28 km/h	13-17 mph
Force 5 !!!	fresh breeze- white tops to waves	29-38 km/h	18-24 mph

TRAFFIC LIGHT WINDS

Steady winds 0-19km/hr = ideal

Steady winds 20-28km/hr = local decision based on wind direction & water conditions

Steady winds >28km/hr = NO PADDLING

Gusts < 38km/hr = local decision based on wind direction & water conditions

Gusts > 38km/hr = NO PADDLING

Medd's
DRAGON
WARRIORS

Please complete all sections:

1. I understand that Dragon Boating is a water-based activity, and the club will insist on adherence to their water safety guidelines
2. I understand that each crew member has a duty of care to each other while on the water
3. I understand that I am ultimately responsible for my own safety on and about the water
4. I understand that Dragon Boating can be physically demanding, and I am to notify my 'buddy' and the Helm if I need to rest
5. I confirm that I can move through the water over 50 metres while wearing a PFD, or as a minimum, I will notify the Helm of any potential difficulty I may have
6. 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 Boating
Please list any previous/present conditions:

7. I agree to follow all instruction given by the Helm and to act in a responsible manner while on and about the water
8. I confirm that I am not under the influence of any alcohol or drugs, prescribed or recreational, that may impair my senses, balance or co-ordination, before or during Dragon Boating
9. I will read the water safety policy of our governing bodies on the link below

<https://www.dragonboat.ie/wp-content/uploads/2020/03/IDBF-Water-Safety-Policy.pdf>

I have read and understand all elements of this document

Signed: _____ Date: _____
(Crew member)

Signed: _____ Date: _____
(on behalf of Medb's Dragon Warriors)