

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

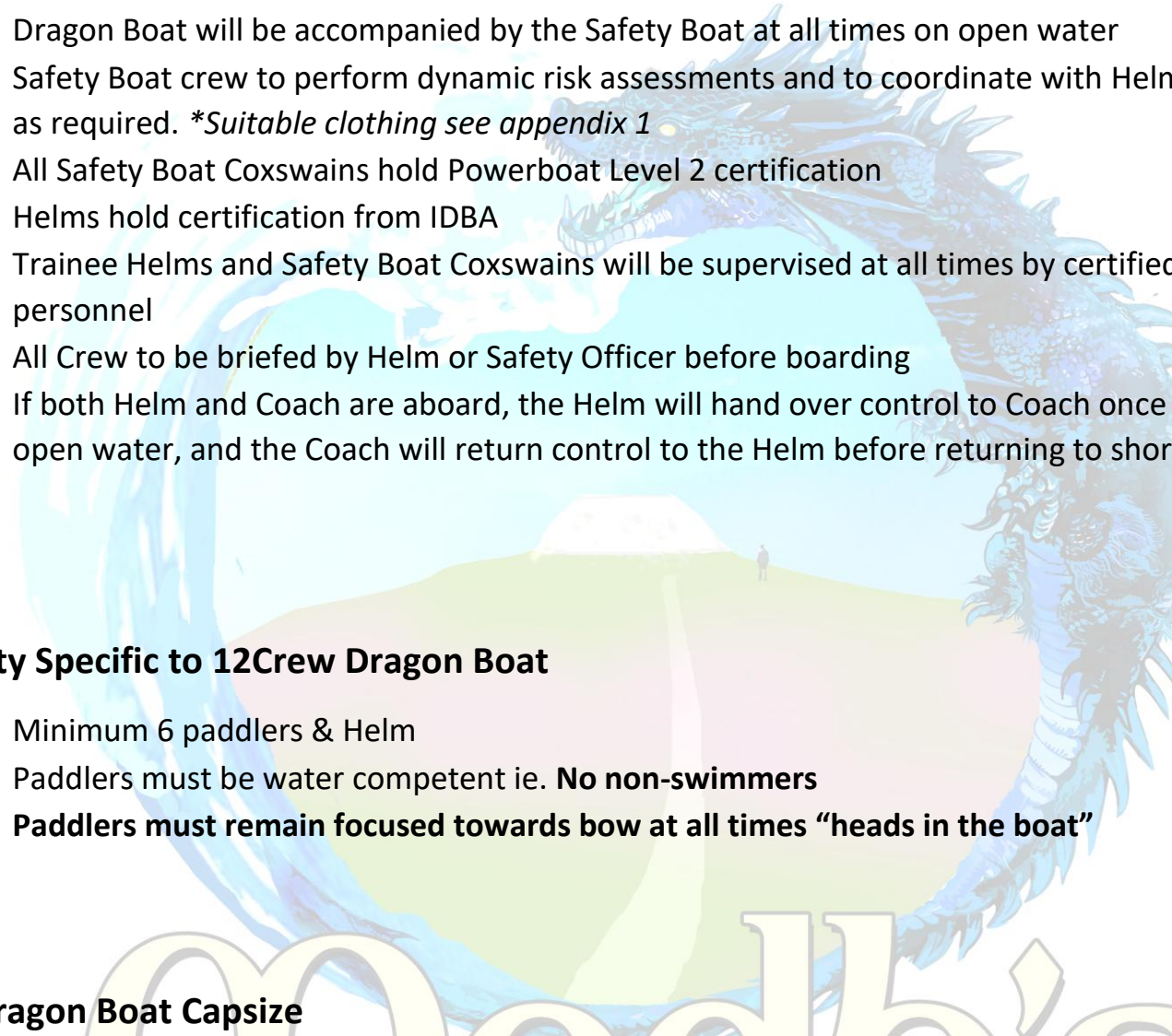
Safety Declaration

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 I have a duty of care to myself and the crew to highlight any medical condition that may impact myself and/or others 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 understand that each crew member has a duty of care to each other while on the water
7. I agree to follow all instruction given by the Helm and/or Coach 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 judgement, 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>

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 to the water's edge
- Entry to the water is via a slipway or pontoon
- Paddlers will load as per Helm's instructions
- Clothing and footwear appropriate for water sports to be worn (NOT flipflops, boots). You may need to swim in what you wear! **see appendix 1*
- Care to be taken boarding and disembarking as slipway may be slippery
- All crew will perform warm up and cool down exercises onshore
- People aboard dragon boat and safety boat (RIB) will wear PFDs at all times

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- **Any non-swimmers/weak swimmers/compromised paddlers are to speak with Helm and/or Coach directly before getting in the boat. Non-swimmers must wear a green bib**
 - Dragon Boat will be accompanied by the Safety Boat at all times on open water
 - Safety Boat crew to perform dynamic risk assessments and to coordinate with Helm/Coach as required. **Suitable clothing see appendix 1*
 - All Safety Boat Coxswains hold Powerboat Level 2 certification
 - Helms hold certification from IDBA
 - Trainee Helms and Safety Boat Coxswains will be supervised at all times by certified personnel
 - All Crew to be briefed by Helm or Safety Officer before boarding
 - If both Helm and Coach are aboard, the Helm will hand over control to Coach once on open water, and the Coach will return control to the Helm before returning to shore

Safety Specific to 12Crew Dragon Boat

- Minimum 6 paddlers & Helm
- Paddlers must be water competent ie. **No non-swimmers**
- **Paddlers must remain focused towards bow at all times “heads in the boat”**

Dragon Boat Capsize

- **All paddlers to remain with the Dragon Boat (DB)**
- Paddlers to check for their “buddy”
- Helm takes control and will provide instructions to the crew
- 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

Safety Boat Checklist (minimum)

- Minimum 1 qualified coxswain with assistant as required based on paddlers abilities and water competence.

If no assistant available, paddle session to remain in Aughamore Bay.

To be risk assessed by Coxwain and Helm

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

Appendix 1

Suitable clothing:

Hat or cap. Neoprene or waterproof gloves.

Lightweight layers including windbreaker to the hips.

Shorts, leggings, waterproof trousers.

Water shoes, runners, flat sandals with heel strap.

UNSUITABLE CLOTHING: Heavy shoes, boots, wellies, flipflops, crocs

Long coats over legs

Jeans

Wool Jumpers

****YOU MAY NEED TO SWIM IN WHAT YOU WEAR****

Safe Conditions for Dragon Boating

Winds

- Check weather using Windy.com app
- Check weather and water conditions locally
- Rostered Helm will risk assess the conditions and paddlers abilities

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

Steady winds 0-20km/hr = ideal

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

Steady winds >28km/hr = NO PADDLING

HELM DECISION IS FINAL

Trainees

Any members undergoing training for positions such as for example Helm or Safety Boat crew must be accompanied and supervised at all times by qualified personnel.