



## Dragon Boat Sweep Training Course

**TRAINEES:** Dragon Boat Paddlers who wish to attain accreditation as a sweep (steerer)

**TRAINING NEED:** Paddlers who wish to progress through to Level 3 Dragon Boat Sweep Accreditation

**COURSE TITLE: SWEEPING (STEERING) A DRAGON BOAT**

**AIM of training program:** Develop skills and safety awareness to gain level 3 Dragon Boat Sweep Accreditation

**Length of course:** 1 day – 10.00am to 4.00pm

### TOPICS:

1	<b>SAFETY</b>	Crew and Sweep responsibilities
2	<b>STANDARD SWEEP CALLS</b>	Crew instruction and boat control
3	<b>BALANCING</b>	Methods and Reasons
4	<b>SWEEP GUIDELINES</b>	Review Document
5	<b>STEERING</b>	Push / Pull / Twist
6	<b>MANOEUVERING</b>	Utilising different sections of the boat
7	<b>RACING</b>	Rules and Regulations, Etiquette
8	<b>TRAINING SESSIONS</b>	Safely running a training session

**TRAINING OUTCOMES: The trainee will be able to**

1	Explain the capsize policy including crew and helm responsibilities
2	Utilise the standard Dragon Boat instructional calls
3	Explain and utilize 3 of the methods to balance a boat
4	Confidently change the boats direction of travel
5	Manoeuvre the boat into a position using crew drawing, backward paddle or forward paddle as a whole or in sections
6	Start a race, continue in a straight line and communicate with the crew
7	Effectively follow a training program utilising standard calls

**The delivery approaches or methods of training:**

1	Review capsize DVD – group discuss the effectiveness of the procedure
2	Group discussion “ <b>Standard Calls</b> ” – What and Why
3	Group utilise balancing methods in role play
4	Group review of Sweep Guidelines & Safety procedures document
5	Practical demonstration and hands on practice – steering and manoeuvring
6	Practice racing
7	Practice following a Training Program

**The range of learning activities or tasks recommended:**

1	Review “Dragon Boat sweeps Guidelines and Safety Procedure”
2	Review “Recreational Boating Handbook” from your State or Territory

## Assessment Methods

Method 1	Written test – Level 0 Sweeps Questionnaire
Method 2	Role play – balancing boat and standard calls
Method 3	Practical assessment - level 2 sweep assessment

## Resources required for training

1	Dragon Boat Sweeps Guidelines and Safety Procedure
2	Recreational Boating Handbook
3	DVD – Capsize Procedure
4	Dragon Boat (minimum 10 crew)
5	Sweeps Training Guide
6	Sweep Accreditation Log Book

## Re-accreditation

Accreditation is valid for 3 years

An authorised sweep log displaying regular sweep activity (at least 20 hours per annum) is sufficient for re-accreditation for a further 3 years.

If no Log Book available the sweep can attend a training course.