



Dragon Boat ACT Social and Corporate Dragon Boating Guidelines

Canberra Dragon Boats Association Inc.
t/a Dragon Boat ACT
www.dbact.com.au
PO Box 268 Macquarie ACT 2614
ABN: 89 647 128 044

Corporate and Social Dragon Boating Guidelines

Canberra Dragon Boats Association Inc (t/a Dragon Boat ACT) [DBACT] is the governing body that promotes and supports the sport of dragon boating in the Australian Capital Territory (ACT). The Association offers dragon boating opportunities for corporate and social groups to provide members of the public with the opportunity to experience this unique sport. DBACT aims to encourage people to participate in dragon boating, get the benefit of a great form of exercise in a safe and friendly environment and to enjoy Lake Burley Griffin. The funds raised assist DBACT to support and promote the sport of Dragon Boating in the ACT.

DBACT conducts dragon boating sessions for:

1. Corporate team building;
2. Social groups; and
3. School or Youth groups.

A normal session takes approximately one and a half hours, including on water time of around forty-five minutes and is run as follows:

- Names checked off against requisite forms;
- Equipment, including life jackets issued to all paddlers;
- On land briefing and safety instructions;
- Warm up;
- Line up and pairing;
- Launch boat;
- On water drills including boat balancing and safety briefing;
- Paddling, including technique exercises, short and long paddling and possible racing if there is more than one boat involved in the session; and
- Off water warm down and pack up.

Additionally, in advance of the event, a group may request a longer session such as a half day. At the sweeps discretion a half day activity would include a the group touring around the lake once the paddlers are confident and depending on weather conditions.

These sessions are conducted by experienced sweeps accredited to the Australian Dragon Boat Federation level and hold a Working with Vulnerable People identification card.

Who Can Paddle

Anyone age twelve years and over can paddle. Dragon boating is a sport for the young and old however our safety protocols do not permit us to take out children under the age of twelve.

Location

The Dragon boats are located at Grevillea Park, which is accessible via Morsheads Drive, Barton.

Equipment and Clothing

The Dragon boats, paddles, life jackets and sunscreen are provided. Participants need to bring a drink bottle, towel and a change of clothing just in case they get too wet. Wear clothing that can get wet; light weight comfortable clothing is ideal; something layered, if the weather is cold. Footwear is a safety requirement: old sneakers, boat shoes or sandals are ideal - no sandals, thongs, flip flops or bare feet.

Behaviour on Boats

DBACT adheres to the Australian Dragon Boat Federation Safety Manual.

No alcohol is allowed to be consumed before or during a session. If a person is intoxicated or smells of alcohol the session will be cancelled and no refund offered.

The sweep is the ultimate authority while on water as the coach and safety officer. Paddlers must obey their directions. This includes remaining seated at all times while on the water unless requested to move. The decision of your sweep is final in all matters of safety, including returning to land early or not going out on the lake at all.

Weather Considerations

In the event of bad weather, the session may be cancelled or postponed. For safety reasons boats cannot be out on the water when there is lightning. High winds may also cause safety concerns and rain can also cut short your session.

Cost

The cost for groups is as follows:

- Corporate or Social Group - \$20+GST per person (price may vary for longer activities)
- School Group - \$10+GST per person (teachers free)
- Youth Group (e.g. Scouts) - \$10+GST per person

Cancellation

We understand that, for various reasons, you may need to cancel a booking. We ask that you notify the DBACT officer you have been communicating with as soon possible as we need to notify the sweeps. A fee applies where a cancellation notification is received within 24 hours of the session. A cancellation notification should be sent to corporate@dbact.com.au and cc to vicepresident@dbact.com.au

A cancellation fee of 25% of the total fee that would have been charged applies. This is based on the number of paddlers that were expected to participate. Where the number of paddlers had not previously been supplied the cancellation fee will be based on a full boat (20 paddlers) per boat booked.

Payment

Groups will be invoiced by DBACT for the activity after the event, the team coordinator is required to provide correct details for the invoice to be issued. The details required are the name of the organisation and the correct person to address for the invoice. Payment details will be provided on the invoice.

Forms

Prior to the session ensure all forms are completed and handed to the DBACT sweep, these include:

- Corporate Crew List and Agreement Form – all members of your crew need to be included on this form. If you have multiple teams, wherever possible, a separate form for each team.
- Temporary Membership Form – this must be completed for any team member under the age of eighteen and include the permission sign off from a parent or guardian.