



Wellington Dragon Boat Festival

Water Training Rules



RESPONSIBILITIES

- The Water Training Supervisor (WTS) is in charge at all times.
- The Team Manager is responsible for completing the Safety Waiver on behalf of the crewmembers. The safety waiver ensures that the crew can swim to the required standard, and have read the Water Training Rules and Capsize Procedures prior to water training. **The Team Manager is responsible for the actions of the Crew at all times.**
- The Coach & Sweep must attend the Water Training Meeting at the beginning of the season.
- The sweep is responsible for the safety of the Crew and the boat when on the water.
- Sweeps must wear a lifejacket and carry a radio during training.

PERSONAL RESPONSIBILITY

1. Non swimmers are not permitted in the dragon boat. All Crewmembers must be water confident and able to swim at least 50m in clothing.
2. All Crewmembers must be aged 14 or older during training and racing.
3. No alcohol or drugs are to be consumed within 12 hours of using the dragon boats.
4. Long trousers are not permitted in the dragon boats. Appropriate clothing, eg polypropylene, thermals, shorts and/or wetsuits must be worn at all times.
5. Rescues take between 7-10 minutes, but can take longer if several boats are tipped so crews must dress to cope with being in the water for 10-15 minutes.
6. Wearing an approved flotation device or life preserver/life jacket is strongly recommended by Festival Management, but optional and at the discretion of individual Crewmembers and their Crews.
7. Each competitor is solely responsible for their own safety during official practice sessions and during races. No responsibility will be accepted by the Festival Management, as well as any other individuals or organisations connected directly or indirectly with the event, for any injury, damage or loss incurred by competitors or members of a Crew.



GENERAL RULES

8. Inform Festival Management at least 2 hours prior, if the Crew cancels a training session.
9. Report concerns about water training and services to Festival Management.
10. All Crews must have done an on land capsized drill before training on the water. Refer to capsized rules for details.
11. The WTS will have a cell phone and marine based radio for contact with appropriate emergency services and all crews, as well as a basic first aid kit.

CARE OF BOATS

12. Crews must cooperate with Water Training Staff carrying out routine damage/condition checks before or after training sessions.
13. Any damage to boats must be reported to the WTS.
14. Boats must be launched & returned to the pods provided on the ramp.
15. Boats must be brought to a stop and floated to the ramp, or any other off-loading area.
16. Carry boats by spacing evenly along both sides of the boat. **DONOT LIFT UNDER THE SEATS OR GUNNEL** as this pulls them out.
17. Rowlocks may not be used for resistance training (esp. towing tyres or paddling with boats tied to poles). There may be limited use of Sea Anchors permitted (secured to the towing hole only) provided approval is received from the WTS first.
18. All paddlers must stop paddling and hold water immediately if on a collision course with any solid or moving object.
19. Any damage caused to the dragon boats by an action deemed irresponsible will be repaired at the cost of the Crew concerned. In addition to this cost Festival Management may impose a penalty of up to \$500.00 on the organisation entering the Crew. This may include collisions with another boat (training or racing) regardless of whether the collision results in visible damage.

WATER TRAINING- GENERAL

20. The WTS will advise Beacon Hill of; training start time, total dragon boats in the harbour, and end of training



21. Sweep/Manager to report to the WTS 15 minutes before training start time for boat allocation and any instructions/restrictions for the session. Coach to advise the WTS of training intentions ie. staying in the lagoon, training in the harbour, returning to lagoon for seating adjustments.
22. In rough conditions, the WTS may restrict the number of Crews allowed on the harbour, or the number of people in a boat if the WTS think they can train in the harbour with less people. Crews must abide by decisions made by water safety personnel. THE DECISIONS ARE MADE TO KEEP YOU SAFE.
23. Crews must take their allocated boat and return it within their training hour. **Delays can result in forfeiting subsequent training sessions.**
24. Crews should assemble at least 15-20 mins earlier for warm-ups
25. Use the ramp for boat loading/unloading (start and the end of your session). Lagoon steps may be used for changing of paddlers during a session.
26. Make sure you have a bailer.

WATER TRAINING– LAGOON

27. Crews are not allowed out of the lagoon until the Rescue Crew gives the go-ahead.
28. Crews are not permitted in the harbour without a Rescue Craft in attendance.
29. Boats entering the lagoon have right of way to boats exiting the lagoon. When entering the lagoon, Crews must enter and exit the lagoon to the sweeps right of the bridge.
30. Teams may be restricted to the lagoon if the WTS decides that conditions are too rough.
31. Crews that stay in or return to the lagoon during their session, must stay there unless authorised to leave by the WTS. If in doubt speak with the WTS.
32. If unsure of your Crew's ability, stay in the lagoon.
33. Keep clear of lagoon entrance, ramp & steps if a capsized rescue is underway.

WATER TRAINING– HARBOUR

34. Crews can not train in the restricted areas indicated on the training map. This includes restrictions added by the WTS on any session. Any Crew failing to comply with this rule jeopardises the safety of all Crews training and will automatically forfeit their next training session.
35. Rescue crews may send teams back to the lagoon or to different areas if conditions become rough during training. These instructions must be followed or crews will forfeit sessions.



36. Crews must have a minimum number of 14 paddlers to train in the harbour area.
37. Keep the land to the sweeps right when close to land.
38. The Crew must stay within sight of the Rescue Craft at all times.
39. Dragon boats give way to all other sea craft (at least 200m). With large vessels (i.e. container ships) Crews must stay at least 400 metres away. Give way to the right & give way to Rescue Craft towing dragon boat's at all times.
40. The WTS and Rescue Craft will sound a 10-minute warning (long air-horn blast) to indicate the end of the session.

CAPSIZE DRILLS

41. Coaches should take crews through a dry run on land, to ensure the team is aware of correct procedure.