



# KP DRAGONS BOAT SAFETY BRIEFING AND PADDLER GUIDELINES 2021

This safety briefing is given to all paddlers utilizing KP Dragon team's boat whether in practice or for competition purposes. At a minimum, the following items must be discussed, understood, and agreed by all paddlers.

## **These Rules Protect You Please Help Us Keep You Safe!**

- To participate in any water activity (practice/race), all persons must:
  1. Sign the "Agreement and Release from Liability".
  2. Agree to wear a safety vest at all times while in the boat (there are no exceptions to this rule).
  3. Assure their name is listed on the boat's manifest before entering the boat. The boat manifest is to be maintained by either the Team Captain/Coach/Steersperson (on land).
  4. Agree to abide by all safety rules/directions given by the Steersperson, Captain or Coach.
  5. Should a safety issue arise on the boat, the Steersperson overrides everyone else on the boat.
- Remember: before practice--sunscreen; during and after practice--hydration!
- Paddlers must understand that nothing goes into the boat that can't get wet (including YOU!).
- Paddlers are to pre-position themselves on the dock prior to entering the boat. Do not allow paddlers who are not listed on the boat manifest to get in the boat. Direct them to the Team Captain, so they may be added. We must know who is on the water at all times.
- All non-swimmers must identify themselves to their teammates. They should be partnered with swimmers (preferably strong ones).

## **In-Boat Safety Briefing**

- Learn how to safely enter or exit the boat.
- In the event a large wave or wake approaches, paddle into it and power through it.
- As necessary, the Steersperson or Coach will have you stop paddling and bail water out of the boat.
- If the boat is swamped, the Steersperson will radio for help and start to assist paddlers. The boat will not sink, but if you must get out of it, do the following:
  1. Keep calm.
  2. Hang on to your paddle if possible.
  3. Get out of the boat and hang onto the gunwale (boat rim) when instructed to do so.
  4. Find your partner and stay with him/her. Hold hands (or paddles) if possible.
  5. Keep as calm and quiet as possible. Check with your neighbors. Pass on information about anyone who is in extreme distress or who is injured.
  6. Assist any distressed paddlers out of the water first.
  7. Upon getting to shore, stay together as a group until a head-count is done.
  8. Assist with getting water out of the boat; activity will get you warmer than standing and shivering.



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## On the Water

- If the boat capsizes, in addition to the directions above for swamping, you must do the following:
  1. Get to your respective side of the boat.
  2. Stay especially quiet & listen to the directions of the Steersperson/Captain/Coach to "right" the boat.
  3. Wait for assistance from boat or wait for command to swim to shore together.
  4. Stay together for an account of all paddlers on shore before departing.
- Learn to both follow and repeat safety directions from the Coach, Drummer, and Steersperson:
  - "HOLD WATER" or "HOLD THE BOAT" = insert paddle blade straight down into the water to stop the boat.
  - "PADDLES UP" = set up position and prepare to paddle.
  - "TAKE IT AWAY" or "HIT" = begin paddling. Always follows "PADDLES UP" command.
  - "LET IT RIDE" = stop paddling and let the boat coast.
  - "BRACE THE BOAT" = blades on the surface of the water to stabilize the boat.
  - "BACK PADDLE" = paddle in reverse.
  - "RIGHT SIDE DRAW WATER" = paddle to pull water underneath the boat; "LEFT SIDE, LEAN OUT SLIGHTLY" = to balance the boat, always follows "Right side draw water" command.
  - "LEFT SIDE DRAW WATER" = paddle to pull water underneath the boat; "RIGHT SIDE, LEAN OUT SLIGHTLY" = to balance the boat, always follows "Left side draw water" command.

**REMEMBER to have fun and be safe**

## Paddler Guidelines and Considerations

- Alcohol and illicit drugs are PROHIBITED on or near the boats during practice.
- Paddlers are responsible for bringing their prescribed drugs, such as an inhaler or epipen, for emergency purposes.
- All KP Dragons members, guests and youth paddlers must annually review the dragon boat safety briefing sheet.

## Paddler/ Member Responsibilities

1. Be discreet and respectful of others when expressing personal viewpoints and desires in both public and private forum.
2. Attend as many practices as possible.
3. Take care of team equipment as if they were your own and alert captain/team manager of any damage to equipment.
4. Rinse borrowed equipment and help put all equipment back in order before leaving each practice.
5. Share with Captain/Co-captain and/or coaching staff any health condition and/or physical limitation that may affect your individual welfare while paddling and/or on the water.



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**PLEASE SIGN AND RETURN THIS PAGE ONLY**

*You may also use Adobe Reader or any "Form Fill & Sign" app to fill out the form and email it to:*

*KP Dragons Secretary: [kpd.thrive@gmail.com](mailto:kpd.thrive@gmail.com)*

**Paddler Name:** \_\_\_\_\_

**Paddler's Phone:** \_\_\_\_\_ **Email:** \_\_\_\_\_

**Emergency Contact Name and Phone:** \_\_\_\_\_

Do you know how to swim?    ☐ Yes    ☐ No    [Ability to swim is not a prerequisite; we need to know swimming ability for safety preparation]

I, the undersigned, have read the KP Dragons Boat Safety Briefing and Paddler Guidelines and agree to abide by them.

This agreement is binding as long as I am paddling with KP Dragons, as a guest or as an active member.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

If paddler is under age 18, a parent or guardian must also sign.

Name of Parent or Guardian: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_