



COPPER COAST BATTLE DRAGONS

Dragon Boat Club

New Member Information

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HISTORY & CULTURAL TRADITIONS

In Chinese culture, the classic Dragon rides the clouds in the sky and commands the wind, mist and rain a revered symbol of strength and power.



In ancient China, the Dragon Boat with its ornately carved dragon's head and tail, was used for religious purposes as a way of appeasing the rain gods.

The history of dragon boats can be traced back to more than 2000 years ago, along the banks of the life-sustaining rivers in Southern China, such as the Chang Jiang (now the Yangtze). There are two main legends popularly related to the custom of racing dragon boats.

Awakening the dragon - Chinese Dragon Boat Festival

The traditional Chinese Dragon Boat Festival is held on the 5th day of the 5th Chinese lunar month (varying from late May to middle June), which is traditionally considered a month of death and disease, evil and darkness, due to the high summer temperatures in China. Therefore, venerating the awakening Dragon was meant to avert misfortune and to encourage rainfall needed for the fertility of crops and prosperity of the people. The annual celebration is meant to protect the people from evil & disease for the rest of the year.

The Dragon Boat Festival was primarily held as a ceremony to awaken the hibernating 'Heavenly Dragon'. Sacrifices, sometimes human, were involved in this ritual and it could be a violent clash with the crew members of the competing boats throwing stones and striking each other with cane sticks. Originally, paddlers (or even an entire team) falling into the water could receive no assistance from onlookers as the accident was considered to be due to the will of this 'Dragon Deity' and could not be interfered with If people drowned it was considered a sacrifice.

Dotting of the Eye Ceremony

The ceremony called 'Eye Dotting' or 'Awakening the Dragon' traditionally involves a Taoist priest dotting the protruding eyes of the dragon head carved on the boats, thus ending its slumber. The ceremony is practiced at many Dragon Boat events throughout the world today, sometimes with event dignitaries performing the 'dotting of the eye'.

The Legend of Qu Yuan

The other legend connected to the Dragon Boat Festival concerns a famous Chinese patriot poet names Qu Yuan. He lived in the period called 'the Period of Warring States' (475-221BC) during which the area today known as China was torn into seven main states battling among themselves.

Qu Yuan was a minister who advocated reforms in his home state of Chu. He was loyal to the Chu King who fell under the influence of other corrupt, jealous ministers who eventually managed to turn the king against him. Qu Yuan was banished from the State he loved and wrote passionate poetry expressing his concerns for its future.

DRAGON BOATING IN SOUTH AUSTRALIA

Since 1985, DragonBoat SA (DBSA) has had more than a dozen teams competing in regular competition/regatta, with many more competing on a part time or social level. Dragon boat competition takes place each year from October to April, at West Lakes. One regatta is held each year at Wallaroo, usually in November. In addition, there are some social regattas – an annual regional hat regatta, and a regional Masters Games, that, depending on the location, may incorporate dragon boating.

To assist clubs DBSA regularly run courses for Drummers, Sweeps, Coaches & First Aid.

DBSA is the governing body of dragon boating in SA, policies and any other info can be found at <http://www.dragonboatsa.com/>.

Dragon Boating in Australia is governed by AusDBF, internationally it is governed by IDBF. We all come under that umbrella.

COPPER COAST BATTLE DRAGONS DRAGON BOAT CLUB STORY

Dragon Boating began on the Copper Coast in 2009, under the umbrella of Dragons Abreast SA, to support the recovery of breast cancer survivors. In 2011 Copper Coast Battle Dragons Boat Club evolved as its own club to include men and women across all ages, embracing survivors and supporters of Breast Cancer. We support the development of mental and physical wellbeing of our members through safe team sport.

Dragon Boating improves fitness and is a true team sport that caters for a broad range of fitness levels and age-groups.

Our main club involvements include training/ paddling 3 times a week all year round, weather permitting. We are very active in ongoing fundraising, sponsorship activities and continual membership recruitment. We participate in competitions throughout the year and we host an annual competition event in our local marina, 'The Wallaroo Marina Challenge'.

Copper Coast Battle Dragons is a member group of BCNA (Breast Cancer Network Australia).

Boat Location: Lots 11-14 Heritage Drive, Wallaroo SA 5556.

CLUB INFORMATION:

Email: coppercoastbattledragons@outlook.com

Facebook: [Copper Coast Battle Dragons Dragon Boat Club](#)

Webpage: <https://www.revolutionise.com.au/coppercoast/>

MEMBER INFORMATION

MEMBER INFORMATION / REGISTRATION

Copper Coast Battle Dragon Boat Club welcomes non-members to “come and try’ Dragon Boating. Four complimentary practices are allowed before the club requires persons interested to become members, so that they can continue to paddle with the club.

A full member must be registered with CCBDC and DBSA and is able to participate in Dragon boat racing competitions.

Associate/Volunteer membership is for a supporter who does not paddle with the club, but assists members in activities of the club and pays CCBDC fees.

All fees are paid to the Treasurer of CCBDC, and a receipt will be provided for your records.



UNIFORM

The Copper Coast Battle Dragons Dragon Boat Club wears the Club Rashie shirt for Race Meetings. This is worn with black pants/shorts. Non-slip shoes (crocs or other) are required.

TRAINING

Summer: Monday and Thursday – 5.30pm and on the water 6- 7pm
Saturdays 8.30am and on the water at 9-10am

Winter: Monday and Thursday - 4.30pm and on the water 5 – 6pm
Saturdays 8.30am and on the water at 9-10am

Location: Wallaroo Marina Boat Ramp. All start times are at the Boat Shed.

It is expected that paddlers will meet at the boat shed on Heritage Drive, Wallaroo before training. **All members** are responsible for helping wash down the boat and paddles following training. If training is cancelled, due to weather or lack of numbers, we will still meet at the shed and take part in fitness training in the Clubrooms or a mutually agreed venue eg: walking the beach.

BEFORE YOU GET INTO THE BOAT-

Dragon boating is a water sport and as such carries an inherent risk. Regardless of your swimming ability all crew members must wear buoyancy vests. This is a marine safety directive. The club has a number of buoyancy vests for members to use.

The Buddy System

Before paddling, the crew will number off from the front of the boat, starting with the Drummer, then the front left-hand paddler (the Stroke) then number down the boat. Paddlers need to remember who their buddy is and in the event of a capsize, their first responsibility is to ensure their buddy is accounted for and safe. The first two paddlers (the strokes) are responsible for the drummer and the rear paddlers are responsible for the sweep.

While on the water the Sweep is in control of the Dragon Boat and has responsibility for the safety of the crew.

Getting into a Dragon Boat

Know the seating position before getting into the boat. Do not start loading into the boat until told to do so by the sweep. At Wallaroo the Dragon Boat is loaded from the Boat ramp pontoon, starting with the two strokes. Be alert and ready to help others. When getting into the boat try to stay near the middle of the boat, until your buddy is ready to get in, this will keep the boat balanced.

Getting out of Dragon Boat

Stay seated until told to unload. Unload as directed by the sweep. Help your buddy unload and then help the other paddlers as required. During busy summer seasons paddlers are asked not to stand around on the pontoons once unloaded. 3-4 paddlers are needed to put the boat onto the trailer, others can be getting the hose etc organised for the washing of the boat.

GENERAL INFORMATION

EVER WONDERED WHAT EACH PERSON DOES ON A DRAGON BOAT?

IN THE BOAT

The crew in a dragon boat works like a complex machine with different parts all working together to move the boat forward, and ideally, as fast as possible.

Along with the paddlers we have the sweep and the drummer, and within the paddlers themselves we have the strokes, the engine room and the back 6.

Paddlers

Strokes

The primary strokes are on seat one in the boat, they are responsible for setting an appropriate pace for the crew that will allow for the most power to be laid down. The next two seats "lock in" with the front two paddlers and provide a visual cue for the rest of the boat to follow.

Engine Room

The engine room is comprised of the middle eight paddlers, during the middle of the race. Paddlers here are usually heavier, stronger paddlers with the extra space allowing them to reach as far as they can to provide more power.

The Back 6

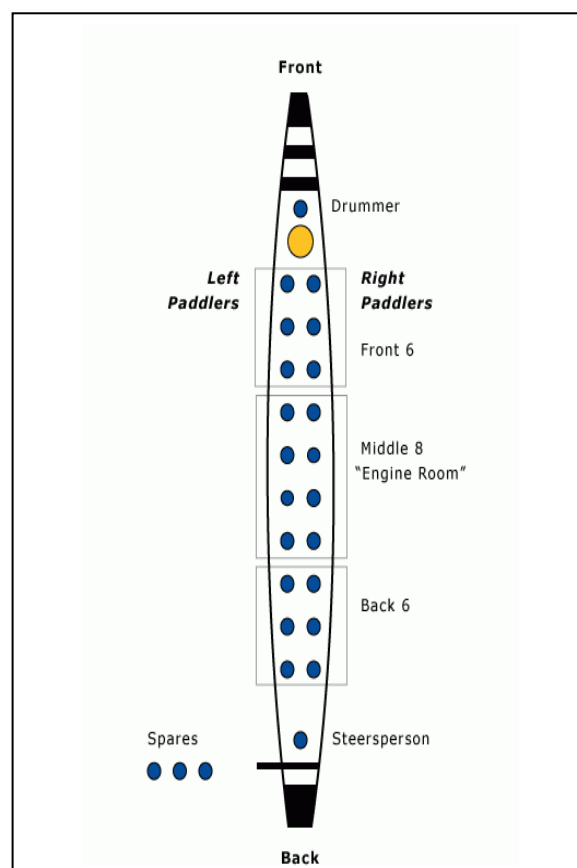
Paddlers at the back of the boat take on an enormous task, their paddling technique has to be spot on and they need a tremendous amount of power in order to tackle the choppy water created by the front of the boat.

The Drummer

The drummer's role is both tactical and ceremonial in dragon boating, the drummer beats the drum to the pace of the lead strokes whilst also relaying information between the sweep, paddlers and lead strokes.

The Sweep

The sweep (steersperson) is responsible for the safety of the crew, along with keeping the boat on course. The job of a sweep is mentally challenging with the requirement to keep track of multiple obstacles, other dragon boats, water currents and wind. The sweep delivers commands to the crew to manoeuvre the boat in order to line up at the start, as well as transit between the course and the loading area.



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SWEEP ACCREDITATION

The Sweep is in charge of the team during training, racing and in emergency situations. Steering a Dragon Boat is not easy, especially during a race. Sweeps must demonstrate certain skills and these skills are tested through the AusDBF Sweep Accreditation process.

Sweeps CALLS

Are You Ready	The first call from the starter of the race. Drummer holds up both arms if crew not ready.
Attention	Move paddles to the start position for a race. Whole of blade in the water, ready to make first pull.
Dig It In	Stop the boat by holding the paddle with the whole blade vertical in the water perpendicular to the boat.
Count Off	Before leaving the pontoon or bank and on return to ensure all crew present.
Draw Left/Right	Is used to pull the boat to the start position.
Go	Start paddling. In a race the starter usually fires a gun or blows a horn or uses a megaphone siren.
Hold the Dig	Used to keep the boat from going forward to backwards, as per Dig it In, above, until told to release
Hold the Drift	Keep the boat stationary by placing the paddle blade in the water parallel with the boat.
Let it Run	Paddles come out of the water and let the Dragon Boat glide.
Paddles Forward	Paddles are placed in a forward position ready to paddle forwards
Paddles Back	Paddles are placed in a backward position ready to paddle backwards.
Paddles Flat / Easy Oar	Paddlers place blade of paddle blade flat on water to stabilize the boat.
Paddles Up	Paddles are placed inside boat in a vertical upright position with blades facing sideways.

TEAM COACH

The coach is a key person. The coach is responsible for team preparation, race plans and fine tuning the crew for maximum racing performance. The right approach to training will increase your enjoyment of the sport, enhance your performance and will improve your overall safety. Every club must have an DBSA/AusDBF accredited coach.

PADDLES

Must comply with the standards set by IDBF and must have IDBF endorsement on the paddle. Some paddlers have their own paddles, the club has paddles you can borrow.

RACE MEETINGS

In Australia, races are generally conducted over a distance of either 200 metres, or 500 metres. The DBSA Season runs from October to April, being divided into a number of events (usually

about 11) culminating in a State Championship Regatta over two days. AusChamps, an Australia wide 5-day regatta follows this.

Race Categories

Open 20's and 10's – no age limit, crew can be any mix of male & female.

Mixed 20's and 10's: For 20's teams minimum is 8 female paddlers, minimum number of paddlers in the boat is 18
For 10's teams minimum is 4 female paddlers, minimum number of paddlers in the boat is 8.

Women's 20's and 10's – All crew must be female, including drummer and sweep.

Race Divisions

Junior - (under 18 years on first day of Australian Championships that year)

Youth - (under 23 years on the first day of Australian Championships)

Premier - (No age restrictions)

Senior A- (Over 40 years on first day of Australian Championships that year)

Senior B – (Over 50 years on the first day of Australian Championships that year) Senior C – (Over 60 years on the first day of Australian Championships that year)

Social / Corporate / School

BOAT CAPSIZES

Capsizes do occur occasionally, eg, when a boat leaves its allocated race lane & causes a collision or when teams do not 'brace' the boat during adverse weather conditions.

On race days there are rescue boats to make sure that boats reach the end of the race and the course is clear before the next event. If a dragon boat capsizes remain calm & look out for your buddy. This is to ensure that no one is trapped under the overturned hull, or lost.

IF ANYONE IS MISSING, INFORM THE SWEEP.

The crew should remain quietly & calmly with the boat. Paddlers should spread themselves evenly along each side of the boat to prevent it rolling. The Sweep will call for a head count, twice, the Drummer will start with "1", with each paddler numbering off until reaching the Sweep.

Once the rescue boat arrives it is in charge. If the rescue boat is to tow the boat & they order it righted then that's ok, otherwise leave it capsized, less chance of injury. If the crew is to swim it to shore leave it inverted, it is much lighter without water in it. Another headcount is done once on shore.

During training sessions rescue boats are not present. The above procedure should be implanted without the presence of the rescue boat. Follow the normal safety drill. Swim the boat to shore & repeat the head count. If anyone is missing raise the alarm, ring 000.

DBSA recommends a 'dry' (on land) scenario take place. The Member Club undertaking a dry capsize drill, is expected to undertake a full dry scenario including a head count and have those being assessed sound off (capsize procedure). All paddlers, especially those new to dragon boating, should be aware of what to do in the event of a capsize.

The Capsize drill is detailed in the AusDBF Safety Handbook section 5.8: ♣

<https://cdn.revolutionise.com.au/cups/ausdbf/files/s4rx8yyxfmnmjwh.pdf>

Capsize Drill Video – DBSA recommends that all paddlers watch this YouTube video: ♣

<https://www.youtube.com/watch?v=go4w1Q8q3FU>

HYPOTHERMIA

Consider the possibility of hypothermia if the weather is cold & wet or windy, particularly if all conditions apply following immersion. Seek a warm dry place, lie down & avoid excess activity or movement. Remove wet clothing, use blankets/towels to provide warmth. Cover your head to maintain body heat. Have warm drinks (not alcohol) & if person is unconscious or hypothermia is severe, seek medical aid.

BOUYANCY VESTS

Are required to be worn, it's a marine safety ruling. If you don't have your own, the club has vests you can borrow.

DRAGONBOAT TRAINING & TECHNIQUES

BASIC GUIDELINES TO DRAGON BOAT PADDLING

Keep the paddle vertical when the blade is in the water (top hand over the bottom hand)

Keep the paddle as close to the gunwale of the boat at all times, during the stroke and also during the recovery.

All body movements are in a forward movement, NOT off to a slight angle to the side.

Minimize any movement in the boat; any rocking of the boat will reduce the glide of the boat.

Try to recover with the blade as close to the water as possible, to reduce any wastage in extra movement.

Keep your head up while paddling to be able to keep in time with the strokes plus to keep your airways open for breathing.

ROTATION AND EXTENSION

Sitting with hips facing forward, paddler starts to rotate forward from the waist and hips.

Good rotation means that you will put most of your weight on your outside butt-cheek with the other side slightly lifted off the bench.

It is very important that ALL paddlers rotate and twist and extend into their stroke at the same time as this will minimise paddlers having to paddle short.

By going into your stroke you will extend slightly out of your comfort zone, your chin should be directly over your knee when you are fully extended. THIS PREVENTS PADDLERS SITTING TOO UPRIGHT which hinders the paddler behind them.

CATCH

At the start of the stroke paddlers should be in the "A" frame position, ready to drive the paddle forcefully into the water.

DRIVE your paddle into the water before you start to pull.

The catch should be silent without splashing (otherwise you have started to pull before your blade is in the water).

Keep the stroke up front and do not pull too far back.

PULL

Once the blade is fully submerged or buried the next component of the stroke is the pull phase.

Copper Coast Battle Dragons

The blade is in a vertical position and then pulled back directly parallel with the boat.

Keep your core tight as most of the work is coming from your back and legs (NOT from your arms).

Lock your bottom arm while pulling. Use bottom arm and back muscles to pull back. Top arm stabilises the paddle.

Maximum power and endurance will come from using the larger muscles of the back, shoulder and trunk rather than using the smaller arm muscles.

Push off your leg/s for extra power.

Think of the pull as if you are pulling yourself and the boat up to the paddle, rather than pushing the paddle into the water.

EXIT AND RECOVERY

Exit of the stroke occurs by the time the blade of the paddle gets to the hip, once your outer elbow starts to bend the blade is already at your hip.

Exiting too far past the hip will only slow the boat.

RECOVERY

When the blade breaks from the water the main emphasis is on muscle relaxation and breathing.

The top hand continues to lift the blade in a forward motion towards 2 o'clock for left paddlers and 10 o'clock for right-hand paddlers.

During recovery the torso starts to rotate and twist forward to set up for another cycle of the stroke

WARM UP / STRETCHING / COOL DOWN EXERCISES FOR DRAGON BOATING

These are very common stretches and simple exercises that anyone can do and they are highly recommended before and after any training session and race. But firstly, why warm-up and why don't we get straight into a training session or race?

Why warm up?

- warms your muscles by increasing the movement of blood through your tissues, making the muscles more supple;
- increases delivery of oxygen and nutrients to your muscles by increasing the blood flow to them;
- prepares your muscles for stretching.
- prepares your heart for an increase in activity.
- prepares you mentally for the upcoming exercise; and
- primes your nerve-to-muscle pathways to be ready for exercise.

Why don't we get straight into a training session or race?

Warming up before a training session or race is simply to help prevent injury. While scientific studies are ongoing to define the best warm-up techniques to gain this injury-prevention

advantage, the warm-up is an important aspect before any dragon boat session that a paddler undertakes.

Ensuring an effective warm up

To make your warm up effective, you need to do movements that increase your heart rate and breathing, and slightly increase the temperature of your muscle tissue. A good indication is warming up to the point where you have raised a light sweat. We would generally allow 5 to 10 minutes for your pre-exercise warm-up (or slightly longer in cold weather).



Warm-up options






Follow these options in the order listed.

1. General warm-up. To begin your warm-up, do 5 minutes of light (low intensity) physical activity such as walking, jogging on the spot. Pump your arms or make large but controlled circular movements with your arms to help warm the muscles of your upper body.
2. Stretching. Any stretching is best performed after your muscles are warm, so only stretch after your general warm-up. Stretching muscles when they are cold may lead to a tear. Static stretching (stretching a muscle and holding it in this position without discomfort for 10-30 seconds) is considered the safest method of stretching. I will list some stretches that we recommend for Dragonboat specifically below, so keep reading.
3. Dragonboat paddling warm-up. One of the best ways to warm up is to perform Dragon boating strokes whilst out of the water. This will allow you to simulate at low intensity the movements you are about to perform at higher intensity during your session. For example, you may stand or sit on flat ground and pretend to hold your paddle out in front of you and start practising your stroke in mid-air. Start with slow paddling as though you were in the boat to warm up your muscles and gradually increase it to a medium pace, until you feel that your muscles are loose and warmed up. Furthermore, I would suggest also taking note to rotate your hip and back muscles so you will warm them up as well during your mid-air warm up.

Dragonboat Stretches

These stretches below should be held at the point where you can feel the stretch but do not experience any discomfort. If you feel discomfort, ease back on the stretch. Remember not to bounce when holding the stretch. Don't spend so long doing your stretches that your muscles cool down and your heart rate returns to normal.

	<p>Shoulder Strangle</p> <ol style="list-style-type: none">1. Cross one arm horizontally over your chest, grasping it with either your hand or forearm, just above the elbow joint2. Exhale, slowly pulling your upper arm in toward your chest3. Aim to keep hips and shoulders facing forward throughout the stretch
	<p>Chest/Bicep Wall Stretch</p> <ol style="list-style-type: none">1. Place the palm, inner elbow & shoulder of one arm against the wall2. Keeping the arm in contact with the wall, exhale & slowly turn your body around, feel the stretch in your biceps & chest

	<p>3. Adjust the hand position either higher or lower & repeat to stretch multiple biceps & chest muscles</p>
	<p>Triceps Stretch</p> <ol style="list-style-type: none"> 1. Extend one hand down the centre of your back, fingers pointing downwards 2. Use the other hand to grasp the elbow 3. Exhale gently, pulling downward on your elbow, aiming to move your fingers along your spine
	<p>Moderate Leg Over Stretch</p> <ol style="list-style-type: none"> 1. Lie on your back, extending your left arm out to the side while taking your left leg over your right, bringing the knee in line with the hip 2. Keeping your right leg straight, use your right arm to push downwards on your left knee, exhaling as you stretch
	<p>Hamstring Stretch</p> <ol style="list-style-type: none"> 1. Stand with feet shoulder width apart. One foot half a step in front of the other 2. Keeping front leg straight, bend rear leg with palms on the bent thigh 3. Slowly inhale, aiming to tilt buttocks forward, keeping front leg straight & both feet flat on the floor, pointing forward 4. Exhale slowly & relax from this stretch. Repeat the stretch again, this time with toes pointing to ceiling, heel on the floor
	<p>Quadriceps Standing</p> <ol style="list-style-type: none"> 1. Stand holding onto a secure object, or with one hand raised out to the side for balance 2. Raise one heel towards your buttocks, grasp hold of your foot with one hand 3. Inhale while pulling your foot toward your buttocks, while gradually tilting your pelvis forward 4. Aim to keep both knees together, having a slight bend in the supporting leg
	<p>Side Lunge</p> <ol style="list-style-type: none"> 1. Stand upright, both feet facing forward, double shoulder width apart 2. Place hands on hips, to keep your back straight, slowly exhale, taking your body weight across to one side 3. Avoid leaning forward, or taking the knee of the bent leg over your toes. As you increase the stretch, the foot of bent leg should point slightly outward 4. To increase the stretch, relax upward, slowly sliding your feet out a few cms to the sides

Cool Downs – a light 5-minute jog and the stretches as outlined above are highly recommended after racing & training

OTHER HELPFUL HINTS

FOOD – RACE DAY PREPARATION ONLY

It is important to top up on fuel stores. Meals should be high in carbohydrates and low in fat, protein & fibre. Eat at least 2 – 3 hours before participating. On race days have regular carbohydrate snacks to top up fuel levels & help delay the onset of fatigue. For more info www.smartplay.net.

BEAT THE HEAT

Dragon boat season usually occurs in the summer months. To avoid dehydration and heat stress, do not wait until you are thirsty to drink. Keep your fluid levels up before, during and after participating in dragon boating.

MASSAGE

It is helpful after race days & hard training to have a massage. The benefits being improved circulation & flexibility to muscles, ligaments & tendons. Massage reduces the risk of injury, as the build-up of lactic acid can cause damage to soft tissue. Massage strips the muscles of this & improves recovery & endurance.

USEFUL RESOURCES

1. Australian Dragon Boat Federation – ausdbf.com.au
2. Dragon Boat SA, DBSA, www.dragonboatsa.com
3. Dragonboat SA newsletter – Dragon's Breath
4. 4 [\(162\) AusDBF Coaching Video presented by Serghei Cucsa - YouTube](#)