



DASA Safety at a Glance

Overview

This document gives you the highlights of our safety procedures. All members should read this document and the accompanying document “DASA Safety Procedures” that explains specific safety procedures.

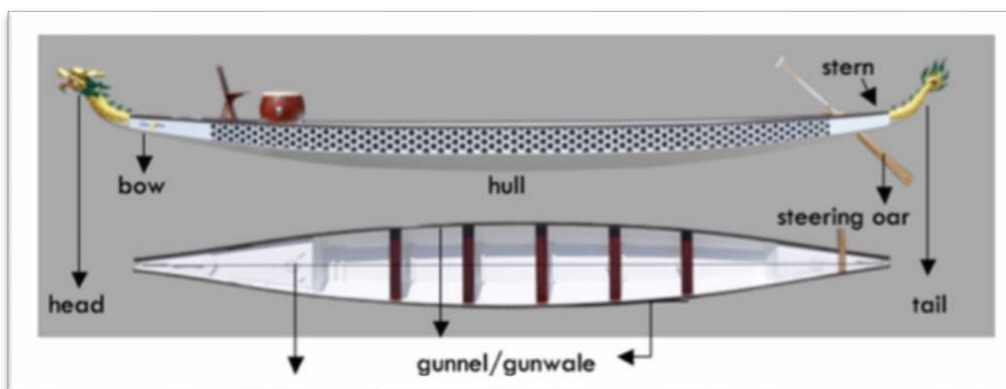
General Safety Principles

Everyone is responsible for safety while involved in dragon boat activities. The Steer and/or Drummer is in command of the boat, and paddlers should be attentive to their commands in the event of any issues on or around the boat.

- **Your PFD must be worn at all times** while on the dock and on the water.
- It is your responsibility to dress appropriately the weather and water conditions.

General Rules

1. Henderson Lake is a multi-use recreational area with wildlife, natural and human hazards. Be aware of your surroundings and share the lake graciously. Dragon boating requires following the rules of Right-of-Way in conjunction with other users on the water.
2. Dragon boat practice and DASA events are dependent on the weather and lake conditions.
3. The Dock Master and / or Safety Director is responsible for ensuring emergency procedures are followed. **Follow their directions.**
4. You are responsible for knowing Dragon Boat Swamp, Capsize & Person Overboard procedures as explained in the Safety Procedures document. When experiencing an incident use the Buddy System and follow the directions of the person in command and / or the Safety Team.
5. The emergency procedures are on a board at the DASA trailer, including directions to the hospital.
6. Loading and unloading the dragon boat is directed by Dock Master and Dock Volunteers with assistance from the Steer, Coach, or Drummer.
7. Inform your Coach, Drummer, and / or Steer if:
 - you are not comfortable in the water or cannot swim
 - you have any health condition that may affect their or other's safety.
 - recognize the Steer and / or Coach is ultimately responsible for the above information



DASA Definitions and Terms:

1. Bow - Front of a dragon boat
2. Buoys - Floating markers anchored to the bottom of the lake defining lanes and direction.
3. Dock - Floating plastic platform where dragon boats load and unload
4. Drummer – The first position on the dragon boat, sets the cadence for the paddle pace
5. Fenders/bumpers - Plastic safety equipment hanging from side of dragon boat
6. Gunnel / Gunwale - Upper side of a dragon boat
7. PFD - Personal Flotation Device
8. Safety Boat - Rescue and safety boat operated by DASA safety member
9. Safety Team: include any of the following: Safety Director, Technical Director, Dock Master, Dock Volunteers, safety boat crew, the Steer, Drummer, and Coach
10. Steer/Steersperson - The person controlling dragon boat with the steering oar at the stern
11. Stern - Rear of a dragon boat

Dragon Boating Commands

Steers, Drummers, Coaches, or Dock Volunteers may issue the following commands:

Back Paddle: Paddle backward in unison to back up the boat

Check: Used to slow the boat; quickly put the paddle in and then out of the water

Check for Drift: Used to prevent side drifting in windy conditions, bury your paddle blade deep in the water parallel with the boat. Hold this position until told otherwise

Draw: Used to move the boat sideways, only performed by one side of boat as designated by the commander. Tilt out, bury your paddle deep, then pull the paddle toward you and under the boat

Focus (in the boat): Suspend conversation, diversions or distractions, and focus in the boat and on the task at hand

Hold the boat / hold hard: Used to quickly stop or slow the boat; lean out, put your paddle blade deep into the water perpendicular to the boat. Hold this position until told otherwise

Lean Out/Tilt Out: Stabilizing position within the boat. Upper body is shifted so that body weight toward the gunnel (outside) leg

Let it Ride: Stop paddling and hold the paddle resting across the paddler's legs

Paddles Up: Hold the paddle in the A-frame forward ready position

Pry: Opposite from draw; bury your paddle deep beside the boat, push the water away from the boat

Safety Count: A head count used to confirm the number of people in the boat. Should be done before going into the boat and after coming out

Steady / Brace the Boat: Used to stabilize the boat; paddle blades flat on the surface of the water with blades gently feathering back and forth. Use a slight pressure to stabilize the boat (like spreading butter on toast)

Take it Away/Go: Begin paddling at a gentle pace



Dragonboat Association of Southern Alberta

Box 961 Lethbridge, Alberta T1J 4A2 DASALethbridge.ca