

Dragonboat Association of Southern Alberta



Safety Procedures

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Dragonboat Association of Southern Alberta

Box 961 Lethbridge, Alberta T1J 4A2 DASALethbridge.ca

To promote, support, and develop dragon boating by providing training, equipment, and events

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Introduction

Dragon Boat Canada (2020) recommends that “each club/crew is responsible for assessing the risks in its particular environment and in establishing the appropriate safety procedures to minimize those risks.” These procedures also follow Transport Canada regulations for boating safety and must be observed during all practices and DASA related events.

This document explains DASA safety procedures in detail, expanding on the **DASA Safety at a Glance** document (2020). Any member in a leadership role on a team or boat should be familiar with these procedures.



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DASA Definitions and Terms

Common Terms

1. Bow - Front of a dragon boat
2. Buoys - Floating markers anchored to the bottom of the lake defining lanes and direction.
3. Capsize - When the boat is turned over in the water
4. Dock - Floating plastic platform where crews load and unload from a dragon boat
5. Drummer – The first position on the dragon boat, sets the cadence for the paddle pace
6. Fenders/bumpers - Plastic safety equipment hanging from side of a dragon boat
7. Gunnel / Gunwale - Upper side of a dragon boat
8. Mooring – A permanent structure to which a boat is secured
9. Person in Command: Refers to Steer, Drummer, Coach or designate or DASA Safety Crew who takes primary responsibility for boat
10. PFD - Personal Flotation Device
11. Safety Boat - Rescue and safety boat operated by DASA safety member
12. Safety Team: The Safety Team consists of any number of the following: Safety Director, Technical Director, Dock Master, Dock Volunteers, Safety Boat Crew, the Steer, Drummer, and Coach
13. Steer/Steersperson - The person controlling dragon boat with the steering oar at the stern
14. Stern - Rear of a dragon boat
15. Swamped - When the boat's gunwale is below the water line but the boat has not capsized

Henderson Lake

Henderson Lake is a multi-use recreational area with wildlife, natural and human hazards. All members should be aware of their surroundings and share the lake graciously. Dragon boating requires following the rules of Right-of-Way in conjunction with other users on the water.

Potential Hazards

The intent in highlighting the potential hazards to the participants is to support the prevention of injury, illness or incident.

Observe the environment, structures, equipment, other users etc. at Henderson Lake.	Potential Hazards
rocky shore or shallow rock; including wet rocks	<ul style="list-style-type: none">• boat, steering oar or paddle strike• pinch point, crunch• slip, fall
floating docks	<ul style="list-style-type: none">• boat, steering oar or paddle strike• pinch point, crunch• slip, fall• shake, shift



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solar bees	<ul style="list-style-type: none">• boat, steering oar or paddle strike• pinch point, crunch
logs or other debris	<ul style="list-style-type: none">• boat, steering oar or paddle strike• strike, pinch point, crunch
bridges	<ul style="list-style-type: none">• strike, pinch point, crunch, overboard (e.g. Drummer and Steer)
other boats, stand-up paddle boards, canoes, kayaks, sailboats, and RC boats	<ul style="list-style-type: none">• boat, steering oar or paddle strike• strike, pinch point, crunch, overboard
high winds	<ul style="list-style-type: none">• difficulty steering,• overexertion, muscle strain,• swamp, capsize, overboard• flying debris, falling branches
waves and currents	<ul style="list-style-type: none">• difficulty steering,• swamp, capsize, overboard• weather exposure (wet)
cold weather/cold water	<ul style="list-style-type: none">• hypothermia
hot weather	<ul style="list-style-type: none">• hyperthermia, sunburn, dehydration, heat stroke
fish, geese, ducks and other wildlife	<ul style="list-style-type: none">• strike, bite• feces, biohazard
ropes (mooring lines) or fishing line	<ul style="list-style-type: none">• trip, fall• muscle strain, rope burn
sharp objects; hooks, needles, sticks	<ul style="list-style-type: none">• contaminated, biohazard

General Rules of Conduct

- Walk while on the dock.
- Children may access the dock or boats when safe to do so and under the supervision of a parent/guardian.
- Pets are to remain on shore; off of the dock area.
- Alcohol or drugs are not permitted on the docks or in boats. Persons under the influence of drugs or alcohol will not be permitted on the dock or in the boats.
- Dispose of all garbage appropriately.

Weather and Water Conditions

Review of weather and water conditions.

- DASA Technical Director (or designate, e.g. Dock Master) will review the weather and water conditions and determine if a practice or event may commence or continue.
- The Technical Director (or designate) monitors the conditions constantly during the practice or DASA event.



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Severe Weather Procedures

- Cancellation of a practice or event will be posted by the Technical / Safety Director (or designate) on DASA website, Facebook, Instagram and Twitter.
1. If severe weather (high winds, heavy rain, hail, lightning, tornado) is observed during a practice or event:
 - a. All participants follow the directions of the Safety Team.
 - b. Severe weather may require a crew to take shelter.
 - i. In the event of lightning appropriate places include vehicles and buildings with plumbing
 - ii. In the event of high winds or tornado find a low area and stay away from trees
 - c. The Dock Master will advise all crews on the water to come into the dock using a sounding device or walkie-talkie.
 - d. The crew will secure the boat to the nearest dock and report to the Dock Master.
 - i. Should a boat(s) need to remain at the dock for the duration of the weather event, the Safety Director (or designate) will determine security for boat(s) and equipment.
 - e. The person in command conducts a Safety Count and reports results to the Dock Master.
 - f. A severe weather system will be continuously monitored by the Technical / Safety Director (or designate).
 - i. In the event of lightning, no one will be allowed on the water for approximately 30 minutes after the last observed lightning flash.
 2. If severe weather results in an incident or injury, the Dock Master will provide assistance to local emergency services agencies.

Personal and Crew Safety

Every member is responsible for personal safety at all times while involved in dragon boat activities.

- Members must inform the person in command if:
 - they are not comfortable in the water or cannot swim
 - they have any health condition that may affect their or others' safety
 - recognize the Steer and / or Coach is ultimately responsible for the above information
- Members should dress appropriately for the weather and water conditions.
- PFDs must be worn at all times while on the dock and on the water.
 - PFDs must fit well, be worn correctly, and conform to Transport Canada Regulations.
 - DASA will provide a PFD to all DASA participants who do not have their own approved PFD.



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- Do not sit or rest on DASA's PFDs (compression decreases the buoyancy and life span).
- Gas operated PFDs are not permitted during practices or DASA events.
- The person in command is in control of the boat, and the paddlers need to be responsive to their commands.
- Any injuries or incidents that occur during a practice or event must be reported to a DASA Safety Team member as soon as possible. A *DASA Incident Form* must be completed by witnesses to the incident, anyone involved, and a DASA safety person (refer to **DASA Incident Form Procedures**).
- Transport Canada Safe Boating Guide applies to all DASA members.
- All DASA Steers must attend and be qualified through DASA's Steering Clinic (held annually).

DASA Emergency Contact Information document is available in the DASA trailer.

DASA Dock Volunteers

Dock Volunteers assist with the boats and the crews under the direction of the Dock Master.

- Be aware the dock may be slippery or unsteady.
- Dock Volunteers need to wear appropriate clothing for the weather.
- All Dock Volunteers are required to sign in and out on the registration folder provided.
- Assist in ensuring the dock runs smoothly and efficiently by:
 - Assisting crews as they load and unload the boats.
 - Instruct the crews to leave the dock area immediately after exiting a boat.
 - Recording the Safety Count of each crew leaving and returning to the dock.
 - This is recorded on the DASA board located dockside and includes the count and crew name.
 - Ensuring each crew and boat going out and returning has the mandatory safety equipment:
 - Whistles on Drummer and Steers
 - Correctly fitting PFDs
 - Throw bag (located at bow of boat next to Drummer)
 - Bailer(s)
 - Fenders/Bumpers secured to the boat
 - Ensuring that the Safety Equipment Box is dock side. The box includes:
 - Air Horns for severe weather warnings and emergencies
 - Binoculars
 - Additional dock equipment such as a knife and a small first aid kit
- Dock Volunteers determine the order and right of way for each boat leaving and returning to the dock. This information is communicated to the Steer.
- Dock Volunteers will use ropes and carabineers to secure boats.



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- Any damage to the boats or equipment must be reported as soon as possible to the Safety Director and Dock Master (or designates).

The Buddy System

The buddy system gives each person in the boat a specific responsibility for the crew member they are paired with. Each person is to know who their buddy is before entering the boat. In the event of an emergency, the crew member's first responsibility is to ensure that their buddy is safe and well.

1. Familiarize yourself with the crew member you are paired with.
2. Safety Count: The crew is to 'count off' starting at the front of the boat.
3. Bench one (strokes) in the boat is responsible for the Drummer.
4. The last bench is responsible for the Steer.

DASA Safety Procedures

Loading and Unloading Dragon Boat Procedures

Loading and unloading the dragon boat is executed by Steer, Coach, or Drummers in conjunction with the Dock Volunteers. Loading sequence will be under the direction of the Dock Master.

1. A Safety Count is required prior to walking on the dock and will be recorded on the DASA board with the crew name and time departing the dock.
2. For the safety of all concerned, talking and visiting needs to be kept to a minimum while loading and unloading the dragon boat.
3. The Steer is the first person to step in and last to step out of the dragon boat and should confirm all safety checks and equipment are in place.
4. One person steps onto the dragon boat at a time while the Steer maintains the balance of the boat. Do **NOT** step on the seats of the dragon boats.
5. The Steer or Drummer may assist in calling the rows to be loaded and unloaded.
6. Paddlers shall load as follows:
 - Load from the front to the back.
 - The outside paddler gives their paddle to their seat mate on the dock, then steps into the middle of the boat.
 - Their hands should be on the seat and their weight kept low and balanced
 - Sit in the middle of the seat and then take both paddles from their seat partner on the dock
 - The seat partner then gets in, holding onto a hand or shoulder for support



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- Once both paddlers are in the boat, each person slides over to their respective gunwale
- Paddles should be kept out of the way of other paddlers getting in and out of the boat. If possible, the paddles should be held on the water to brace the boat. Do not rest paddles on the dock.
- Unload from the back to the front in a similar but reverse sequence.

Checking Boat Balance

Dock Volunteers, Drummer and Steers will coordinate and execute the following steps to ensure the boat is safely balanced.

1. The boat balance check is done after the crew loaded and ropes are untied.
2. Ensure everyone is against their gunwale and sitting up straight or tilting out.
3. When safe to do so, the Dock Volunteers will push the boat away from the dock while holding the ropes.
4. The Steer will check to confirm if the boat is balanced.
5. If balance is off, the Dock Volunteers will pull the boat back to the dock. Dock Volunteers will hold the boat as seating/balance adjustments are made.
6. The Steer will re-check the boat's balance. Once a working balance is achieved, the crew can continue with their practice.

Retrieving / Returning Boats Procedures

DASA members may be asked to retrieve and return dragon boats, done under the leadership of an experienced DASA member.

General Points

- The number of people needed to retrieve and return dragon boats is dependent on the conditions.
 - Usually, two to four individuals collect and return the dragon boat to its mooring.
 - One member must have experience steering.
- All must wear PFDs and have a paddle.
- There should be one person on the dock to secure and release ropes.
- At least one volunteer per boat must have a cell phone, radio or whistle.
- Volunteers need to listen to the commands of the experienced DASA volunteer in unlocking, retrieving, returning, and relocking the dragon boat.
- Keep your hands and fingers completely inside of the boats or canoe or on the dock
 - If hands or fingers are in between they may be pinched or crushed.

Canoe Procedures

The canoe is used to retrieve and return the dragon boats.

- Volunteers will unlock the canoe from the DASA trailer and carry it to the water. Do not drag the canoe across the ground or dock.
- Load the canoe from the middle, and then each end.



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- Be aware of the load capacity of the canoe in varying weather conditions.
- Unload the canoe in reverse order when transferring to a dragon boat or the dock
 - Use caution when transferring from the canoe to the dragon boat and vice versa, as the canoe may shift away from the dragon boat.
- The canoe must be secured to the dock area while crews are practicing and must be locked to the DASA trailer when the practices are finished.

Dragon Boat Procedures

Retrieving the Dragon Boats

1. Individuals volunteering to retrieve a dragon boat should arrive 45 minutes (reduce to 30 minutes during COVID) prior to the scheduled start time of the practice.
2. Confirm the lead volunteer has the key to the moorings. It should be worn on a lanyard around the neck.
3. Load and unload the canoe following the canoe procedures.
4. Once you reach the boats, secure the canoe to the back of the boat you are retrieving.
5. Follow the directions of the experienced volunteer to do the following:
 - a. Unlock the boat(s)
 - b. Secure the remaining boats.
 - c. Pull in the fenders on your boat and adjust fenders on the remaining boats
6. One volunteer should be in the front of the boat, one steering from the back and the rest of the volunteers (if needed) evenly spaced and balanced throughout the boat.
7. Proceed back to the dock.
8. Use caution when approaching the dock as the dragon boat handles differently with only a few paddlers.
9. There should be one volunteer on the dock to indicate where to dock and to receive the boat.
10. Toss the ropes from the dragon boat to the Dock Volunteer who will secure them to the dock.
11. The Steer ensures the dragon boat has its fenders out to protect the boat(s)
12. A Dock Volunteer secures the canoe to the dock area.

Returning the Dragon Boats to their Moorings

1. Attach the canoe to the back of the dragon boat before leaving the dock.
2. Confirm the lead volunteer has the key to the moorings. It should be worn on a lanyard around the neck.
3. Paddle back to the correct mooring.
4. Follow the directions of the experienced volunteer to do the following:
 - a. Moor and lock the boat(s).
 - b. Reset the fenders on the boats.
 - c. Tie the boats together.
5. Load and unload the canoe following the canoe procedures.
6. Dock Volunteer will assist you as you exit the canoe.
7. Remove the canoe from water and carry it back to the DASA trailer. Do not drag the canoe across the ground or dock.
8. Lock and tie the canoe to the DASA trailer for security.



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Swamped Boat Procedure

A dragon boat is swamped when the boat's gunwale is below the water line, but the boat has not capsized. Swamped dragon boat may occur in practices or races.

If a swamp occurs, follow these procedures:

1. Follow the directions of the person in command – Steer (primary) or Drummer (secondary)
2. Stay with the boat - under no circumstances are any of the crew to try and swim away.
3. The Steer will instruct the crew to hold the boat (hold hard). The Steer will call a Safety Count as soon as safely possible
4. Use the buddy system to ensure the person you are paired with is safe and well.
5. The Steer or Drummer will signal for help by blowing a whistle or calling on the radio / phone.
6. All crew members must tilt out to stabilize the boat.
7. Brace the boat and do not make any unnecessary movement in the boat.
8. The person in command will instruct crew members in seat 5 to start bailing while the rest of the crew braces the boat.
9. When it is safe, the person in command will instruct the crew to take boat back to the dock. Crew members in seat 5 may need to continue bailing enroute to the dock.
10. If necessary, the Safety Team will arrive and take over the situation.

Swamped Boat

Source: Vancouver Island Dragon Boat Team. May 2019 Facebook.



Person Overboard Procedure

If a crew member goes overboard, follow these procedures:

- Follow the directions of the person in command – Steer (primary) or Drummer (secondary).
- The Steer or Drummer will instruct the paddlers to hold hard immediately. The Steer or Drummer will call a Safety Count as soon as safely possible (which may not be until a rescue is completed).
- Use the buddy system to ensure the person you are paired with is safe and well.
- The person in command will immediately signal for assistance.



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- The Steer or Drummer will ensure the boat is balanced before proceeding to rescue the crew member.
- If you are the person who has gone overboard, assess your physical condition. Let the person in command know your status.
 - Hang onto the gunwale at the stern end of the boat.
 - Do not attempt to climb back into the boat unless you have been given clear instructions from the person in command.
 - If hanging onto the boat threatens to capsize the boat, the person in command may make the decision to have the overboard person let go of the boat. A crew member will then toss a rescue throw bag to the person overboard.
- As soon as safely possible, the crew will paddle the boat back to the nearest dock.
- The dock crew will then help the overboard person get safely back onto the dock.
- Only under the direction of the Safety Team, if asked to assist pulling the crew member into a boat, use the following procedure:
 - *Only to be attempted with a D2, or safety boat; a Champion style boat will capsize if attempted.*
 - All boat members not involved in the rescue should brace the boat
 - Only two crew members assist in the rescue
 - The overboard crew member faces the boat
 - Each of the two assigned crew members grabs the person overboard by the straps at the top of the PFD.
 - Use the buoyancy of the PFD to “bounce” the person back into the boat
 - The two assigned crew members are to hold onto the straps at the top of the PFD
 - The assigned crew members should determine their timing (“pull in on 3”)
 - Warn the crew member you are going to push them straight down; then push them straight down until their head is just above the water line
 - You may have to do this a couple of times
 - While the crew member kicks with their feet, pull them straight up by the straps and then straight over into the boat face first.
 - *This procedure will enable the person to gain speed so they “pop” out of the water more effectively.*
 - Once the upper body is over the gunwale, crew members can pull the rest of the person on board.
 - The rescued person should then stay in the bottom of the boat until they reach the dock.

Dragon Boat Capsize Procedure

Dragon boats can capsize for various reasons such as rough water, strong winds, or movement in the boat. Please use your best judgement, follow the leadership of the person in command.

When a boat capsizes, all other dragon boats must return to the dock.

Provided the crew space themselves evenly around a capsized boat, it can be used as a floating platform

If a capsize occurs, follow these procedures:

1. Follow the directions of the person in command – Steer (primary) or Drummer (secondary).



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2. If you are on the high side of the boat when it flips, try to jump clear of your seat mate to avoid injury.
3. Stay with the boat - under no circumstances are any of the crew to try and swim away.
4. Use the buddy system to ensure the person you are paired with is safe and well
5. If you come up under the boat, the air space may be dim and cold, but there will be an air pocket available. Feel your way to the side of the boat and let others know you are there by calling them. Do not try to get out from under the boat without assistance.
6. Hold the gunwale until told otherwise.
 - o A capsized boat can be used as a floating platform.
 - o Crew members should space themselves out evenly around the boat
7. The Steer or Drummer will call a Safety Count as soon as safely possible.
8. Once all crew members are accounted for, stay calm, focused, and **stay with the boat**.
 - o *Swimming to shore is only used as a last resort when the Steersperson, Coach, safety boat or support boat determines it is needed for safety reasons.*
 - o *Only when necessary, use the buddy system and swim to the nearest shoreline.*
9. If a crew member is missing, have everyone look around.
10. If necessary, the person in command will assign one individual (best and strongest swimmer) to go under the boat to ensure the missing person is not trapped underneath.
11. Identify any injuries or possible safety issues for any crew member. This information must be provided to the Safety Team.
12. Use whistles to draw attention to the shore or another boat if needed.
13. Once the safety boat arrives, the Safety Team will assess the situation and take over command.
 - o Anyone that is injured or in serious distress will be helped first.
14. The safety boat will contact the shore to confirm the Safety Count and identify any missing individuals. They will also relay any emergency needs.
15. Once the rescued crew is on the shore, the Dock Master is responsible for ensuring proper care is provided, including but not limited to emergency blankets, first aid and/or calling 911.
 - o All crew members must stay together as a group until a final Safety Count has been completed.
 - o Anyone needed further support/first aid will be accounted for by the Dock Master.

Capsizing Boat

Source: Vancouver Island Dragon Boat Team. May 2019 Facebook.





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Emergency Communications Procedures

- The emergency procedures are shown on the board located at the DASA trailer and includes directions to the hospital.
- The Dock Master is responsible for ensuring emergency procedures are followed.
- In an on-water emergency, the dock must be cleared.
- All DASA members must follow the directions of the DASA Safety Director or Dock Master (or designates).
- The Safety Director or Dock Master (or designates) will ensure that 911 has been called.
- If an emergency occurs, the Dock Master or Safety Director must inform the DASA President of the situation as soon as possible.
- For any situation, an incident report must be filled out and signed. Follow the procedure as given on the form.

Off-Site DASA Activity Procedures

These procedures apply to DASA designated activities only.

- *Typically, a DASA activity involves use of DASA equipment and generally involves a user fee.*

Current DASA off-site locations include (but are not limited to):

- **Henderson Lake:** Any of the docks and surrounding areas used during practices or other DASA activities. This area includes the DASA trailer, warm-up area, and boat launches.
- **Swimming Pools:** Any spaces used during practice or other DASA activities, including but not limited to, the meeting room, the equipment room, and any change rooms. May also include other pool sites if booked by DASA (eg: Max Bell Aquatic Centre, Nicholas Sheran Pool, or others).

Procedures

1. Offsite training must be approved by DASA Technical Director.
2. DASA Executive will ensure the activity is covered by DASA's insurance policy.
3. Safety Director and Technical Director will ensure the proper facilities / equipment are available for the activity / training.

DASA Night Paddle Procedure

Prior to any night paddle event, all DASA crews must obtain approval from DASA Executive before going out on the water.

- *Standard weather procedures must be followed.*
1. All DASA participants must sign in at the equipment trailer before loading into a boat.
 2. Flashlights and whistles must be carried by the Steers/Coach.
 3. All boats and the Dock Master must have a compatible, functional and charged walkie-talkie, set to the same channel.
 4. There should be Dock Volunteer(s) on the dock while the boats are out on the water.



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5. The following lights must be in place throughout the event:
 - a. Illuminated points on the dock, and boat moorings.
 - b. Each boat must have the following lights:
 - i. Lights on the boat(s)' bow and stern.
 - ii. A white light that shines forward to prevent a collision.
 - iii. A red light on the left front side (recommended)
 - iv. A green light on the right front side (recommended)

DASA First Aid Addendum

Heat and Cold Related Health Issues

If anyone exhibits any of the following symptoms, seek medical attention.

1. Cold Weather / Water Related Hypothermia

Hypothermia is abnormally low body temperature, less than 34°C (as compared to normal body temperature of about 37°C). Hypothermia results from prolonged exposure to cold weather / water conditions and may result in serious health issues.

- Early hypothermia may manifest as profound shivering; moderate hypothermic patients may act inappropriately: stumbling, mumbling, and fumbling, as their body temperature continues to drop resulting in severe hypothermia (<30°C)
- Left untreated, severe hypothermia may progress to unconsciousness or death
- Early recognition and prompt medical attention is key.
 - Initiate gentle re-warming as quickly as possible.
 - Remove any wet or constrictive clothing.
 - Cover with blankets or sleeping bags.
 - Protect from further heat loss: eliminate contact with cold surfaces, and shield from wind and moisture.
- Don't forget to protect **everyone** from the factors that originally lead to the situation

Source: Alberta Health Services. Cold Weather Safety Tips. January 2020

<https://www.albertahealthservices.ca/ems/Page16935.aspx>

2. Hot Weather Hyperthermia

Hyperthermia occurs when the body produces more heat than it can cope with or it cannot cool down fast enough. Hyperthermia results from prolonged exposure to hot weather / water conditions and may result in serious health issues.

Symptoms of heat-related illnesses include some / all of the following:

- Heat rash (prickly heat) occurs when the sweat ducts to the skin become blocked or swell, causing discomfort and itching.
- Heat cramps occur in muscles after exercise because sweating causes the body to lose water, salt, and minerals (electrolytes).
- Heat edema (swelling) in the legs and hands, can occur when you sit or stand for a long time in a hot environment.



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- Heat tetany (hyperventilation and heat stress) is usually caused by short periods of stress in a hot environment.
- Heat syncope (fainting) occurs from low blood pressure when heat causes the blood vessels to expand (dilate) and body fluids move into the legs because of gravity.
- Heat exhaustion (heat prostration) generally develops when a person is working or exercising in hot weather and does not drink enough liquids to replace those lost liquids.
- Heatstroke (sunstroke) occurs when the body fails to regulate its own temperature and body temperature continues to rise, often to 40.6°C (105°F) or higher. **Heatstroke is a medical emergency. Even with immediate treatment, it can be life-threatening or cause serious long-term problems.**

When recognized in the early stages, most heat-related illnesses, such as mild heat exhaustion, can be treated at home.

- Stop your activity, and rest.
- Get out of direct sunlight and lie down in a cooler environment, such as shade or an air-conditioned area. Elevate your feet. Remove all unnecessary clothing.
- Cool down by applying cool compresses or having a fan blow on you. Place ice bags under your arms and in your groin area, where large blood vessels lie close to the skin surface, to cool down quickly.
- Drink rehydration drinks, juices, or water to replace fluids. Drink 2 qt (2 L) of cool fluids over 2 to 4 hours. You are drinking enough fluids if your urine is normal in colour and amount and you are urinating every 2 to 4 hours. Total rehydration with oral fluids usually takes about 36 hours, but most people will begin to feel better within a few hours.
- Rest for 24 hours and continue fluid replacement with a rehydration drink. Rest from any strenuous physical activity for 1 to 3 days.
- *Don't forget to protect yourself from the factors that originally lead to the situation*

Source: Alberta Health Services. Heat Related Illnesses. February 2020.

<https://www.albertahealthservices.ca/news/heat.aspx>

Additional Resources

1. Dragon Boat Canada Safety Guidelines. Dragon Boat Canada (DBC) Safety Protocol 070216. (n.d.).
2. [Dragon Boat Instructional Video 2017 / Rough Draft](#). Lethbridge Rotary Dragon Boat Festival (LRDBF). YouTube.
3. [Dragon Boat Capsize Drill](#) Dragon Boat Innovate. 2012. YouTube.
4. [Dragon Boat Capsize Drill](#) Dublin Vikings Dragon Boat (n.d.) YouTube.
5. [Dragon Boat Capsize \(Highlights\)](#) Rodger Garfinkle. (n.d). YouTube.
6. [Dragon Boat Capsize Drill Liverpool 2011](#) Ron Williams. 2011. YouTube.