

Powerblades Dragon Boat Racing Club Inc.

Member Handbook 2023-24

<https://www.powerblades.com.au>



POWERBLADES
DRAGON BOAT RACING CLUB
SOUTH AUSTRALIA



We are a Good Sports club



GOODSPORTS

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1. ABOUT THE CLUB

At a glance

Powerblades Dragon Boat Racing Club aims to be known as **THE FRIENDLY CLUB**.

The values of the club are reflected in the following words:

Discipline Honesty Passion Ambition Commitment Respect Fun

Club training sessions are held throughout the year, while the race program generally goes from September – April/May. The standard membership period is from July 1 – June 30.

History

The Powerblades Dragon Boat Racing Club is South Australia's longest continuously running Dragon Boat Racing Club in South Australia.

The Powerblades Dragon Boat Racing Club of South Australia has the RED-BLUE-GOLD tri-colours of the state of South Australia. The club was formed in the mid-1980s by staff members of ETSA, the electricity supply company for the state at that time. For a time, the club was also sponsored by ETSA, and was known as the 'ETSA Powerblades' club. It is this association with ETSA that explains the 'POWER' in the club's name. The 'Blades' part of our club's name refers to the blade or wide part of the dragon boat paddle. The Powerblades Dragon Boat Racing Club was formed after changes in the power industry in South Australia saw the discontinuation of the long serving ETSA sponsorship. Powerblades has been awarded Metropolitan Club of the Year by Dragonboat SA in 2018, 2021 and 2022.

Star Club

The STARCLUB - Club Development Program has been designed by ORS (SA Government's Office for Recreation and Sport) for use by sport and active recreation clubs of all sizes. In January 2017, the Powerblades Club achieved Star Club recognition through its adoption of 'Good Governance' practices and policies. The club has therefore become better recognised by the government and other organisations that value the role that well-run clubs can play in our community.

Good Sports Club

Powerblades has achieved Level 3 Good Sports Accreditation. This is the top level of the Good Sports program which recognises the club's comprehensive alcohol management policy – see website: Our Club > Policies and Guidelines. Powerblades was runner-up in the Good Sports Club of the Year Award for SA in 2018.

2. CLUB GOVERNANCE

Powerblades Committee

The committee is elected at the Annual General Meeting, usually held towards the end of the season (i.e., in May or June). The committee comprises: President, Treasurer, Secretary, Coach, and general members.

The members of the 2022-23 Committee were elected at the AGM on 4 July 2022. ***Club members can approach Committee Members should they wish to raise any matters.***

Committee contact details:

Committee	Name	Email	Phone
President	Peter Button	peter.button@sa.gov.au	0439 510 961
Treasurer	Joan Daly	joan.daly2@bigpond.com	0439 801 612
Secretary	Lisa Standen	epkstanden@hotmail.com	0411 269 026
Head Coach	Todd Amos	todd.amos@tollgroup.com	0418 289 023
Head Coach	Janetta Angel	Janetta.angel@internode.on.net	0400 734 912
	Lynn O'Brien	mickobrien@iprimus.com.au	0402 911 391
	Nat Golder	Nathaniel.golder@gmail.com	0473 566 263
	Neil Parker	oneilpark@hotmail.com	0417 080 433
	Sharon Etherington	sharon.etherington@icloud.com	0418 159 921
	Bill Parousis	b2parousis@outlook.com	0407 003 175
	Lyn Sparkes	lynsparkes58@gmail.com	0408 706 913
	Rod Purbrick	rodneypurbrick@gmail.com	0448 936 168

President – Peter Button 	Secretary – Lisa Standen 	Treasurer - Joan Daly 	Head Coach – Todd Amos 
Head Coach – Janetta Angel 	Bill Parousis 	Lyn Sparkes 	Lynn O'Brien 
Neil Parker 	Rod Purbrick 	Nat Golder 	Sharon Etherington 

Coaching Staff

The coaches have all been accredited by AusDBF as Level 1 dragonboat coaches.

Head Coaches: Todd Amos and Janetta Angel

Assistant Coach: Sharon Etherington, Bobana Mihaljevic

Club Captains –

Female Club Captain: Tina Pike
Email: tinapike@bigpond.com



Male Club Captain: Mark Harvey
Email: markmatthewharvey@bigpond.com



Role Statement for Male and Female Club Captains

General

- Be recognised as a voice for paddlers (both for praise and grievances)
- Encourage paddlers to participate in an effective warm-up and cool down to avoid injuries
- Encourage paddlers to attend training
- Be an encouraging voice in the boat during training
- Encourage paddlers to try for the state team at all age levels
- Be a role model of conduct
- Be familiar with rules and regulations

Race Day and major events

- Assist coaches on regatta days by ensuring timely and orderly loading of boats
- Represent the team through pre-event communications and during the event (e.g. attend sweeps meetings, represent coach as needed)
- Relay all pertinent updates to the team on race day (i.e. schedule changes and race progression)
- Ensure that team members know when and where to be throughout the race day
- Organise helpers for assigned Race Day club tasks

COVID-19 Safety Plan

The Powerblades Dragon Boat Club completed the DBSA Return to Paddling Declaration on June 25, 2020, which indicates that the club has:

- Received and understood the Risk Management Plan V2 & COVID-19 Step 3 requirements V2^[SEP]
- Communicated with club members their requirements when returning to training^[SEP]

- Assigned one club member as a COVID-19 contact for your club (consider 'Deputy COVID Officer')
- Complete Attendance Register V2 for each event.

Neil Parker is the club's designated COVID Safe Officer. Peter Button has also completed COVID SAFE Sport Coach training and certification.

Sub-committees

The following sub-committees attend to the following areas:

Uniforms – contact: Sylke Roberts
Craig.4@bigpond.com 0484 606 839



Bunnings BBQs – contact: Pam Thompson

Social events – contacts: Lynn O'Brien

Communication

Minutes of Committee meetings are circulated by email to all members as soon as practicable after committee meetings. Regular communication via email (usually from the Club Secretary) aims to ensure that all members are informed of all aspects of the club including training, race days, DBSA matters, social events, etc.

The Powerblades Team App is also used so that members can indicate their availability for training sessions and Race Days. It can also be used to facilitate car pooling. Further information about Team App is in Section 3.

Strategic Plan

The club's Strategic Plan (revised in October 2017) can be viewed in full on the website. As outlined in the Strategic Plan, the club's goals are as follows:

Training - To provide three training sessions per week

Racing - To participate effectively in all DBSA regattas and the National Championships

Governance - To ensure that the club's policies and procedures are transparent and align with the club's governance and strategic plan

Membership - To continue to increase membership and to maintain continuity of membership

Resources - To provide good quality paddles for training and racing

Safety - To develop awareness of safety at all times and to provide strong first aid support

Constitution

The club's constitution is included in the Appendix here, and is also available on the club website.

DBSA [Dragon Boat Association of South Australia]

Policies

DBSA has a full range of policies which provide a policy 'umbrella' for the Powerblades Club. All the policies are readily accessible via the DBSA website at:

<http://www.dragonboatsa.com/administration/policies/>

The attention of members is drawn particularly to Policy 036 AUSDBF National Member Protection Policy which also incorporates the Code of Conduct. Powerblades members should acquaint themselves with this policy as the club expects its members to comply with this policy - <http://www.dragonboatsa.com/media/2366/036-ausdbf-national-member-protection-policy.pdf>

Racing Information

The DBSA website also contains various information about racing including the season race schedule, race results and various organisational aspects of DBSA. Refer to:

<http://www.dragonboatsa.com/racing/>

DBSA Race Committee

The Race Committee [RC] comprises 2 representatives from each club. For 2022-23, Neil Parker and Sharon Etherington represent Powerblades. The RC meets approximately 10 days before each Race Day to discuss the next regatta. Each club is responsible for organising one regatta each season – this entails drawing up the race day program, assigning tasks to each club for the day, and ensuring all facilities and personnel are available. Powerblades has been allocated to organise the regatta on October 9 (20s x 500m). In addition, the RC addresses matters that arise regarding equipment, season program and related matters.

DBSA Policies – see <http://www.dragonboatsa.com/about/administration/policies/> for latest policies. The list of Policies follows.

Policies

NO.	DOCUMENT	ISSUE NO.	ISSUE DATE
000	Regulation and Event Organisation	07	Apr-19
001	Sunsmart Policy	09	Jan-19
002	Smoke Free Policy	08	Oct-19
003	AusDBF Anti-Doping Policy		Jan-15
004	AusDBF Competition Regulations & Rules of Racing	7.2	Jan-19
005	Condition of Entry to Races (Eligibility, Fixtures & Team Composition)	15	Mar-19

006	Use of DBSA assets	01	Mar-19
007	Participant Clearance Procedure	14	Apr-19
008	Equity and Inclusive Policy	09	Jun-19
009	Role of the Dragon Boat Drummer	08	Jun-19
010	DBSA Heat Policy	06	Oct-18
011	DBSA Starts and Starting Procedure	05	Aug-18
012	Protocol for Race Day Disputes	08	Mar-20
013	DBSA Appeals Process - Withdrawn - part of Member Protection Policy	05	Jul-14
014	Lifting Environment (SOP) Withdrawn - see #034		
015	Conflict of Interest	02	Feb-19
016	Breast Cancer Challenge Races	05	Aug-18
017	Sweeps' Committee - now a Charter		
018	State Team Selection Process	08	Sep-18
019	Director's Code of Conduct	04	Sep-17
020	Life Membership	05	Nov-18
021	Risk Management	04	Sep-17
022	Workplace WH&S	04	Sep-17
023	Privacy	04	Sep-17
024	Environment	04	Sep-17
025	Paddling Event	04	Nov-17
026	Allocation System for New Paddlers to DB	06	Mar-19
027	Race Day Organisation & Draws	11	Aug-18
028	State Championships Qualifying Regulation	07	Jun-19
029	Appointment of Delegates to AusDBF	07	Nov-18
030	Dragon Boat Training Protocol West Lakes & Port River	07	Nov-18
031	Race Fee Payments - withdrawn 11/01/18		
032	Board Secondment	07	Jan-19
033			
034	SOP Lifting Equipment	06	Jan-18
035	Social Media	07	Nov-18
036	Member Protection Policy	04	Mar-14
037	Procedure for the Formation and the Functions of the Website Committee - now a Charter		
038	Procedure for the Formation and the Functions of the Cultural and Publicity Portfolio	04	Nov-17
039	Including People with Disability	05	Oct-18
040	Volunteer Recognition	04	Feb-19
041	Maintenance Committee - now a Charter		
042	Medical	06	Feb-19
043	AusDBF Anti Doping Policy	05	Feb-19

044	Interstate Visitor	04	Feb-19
045	Reimbursement	03	Aug-18
046	Safe Transport	02	Aug-18
047	Alcohol Management	03	Nov-18

Club Policies:

Code of Conduct

Refer to the AusDBF National Member Protection Policy (DBSA Policy 036).

Uniform Policy

Race Days

- **Red** singlet during ALL race events where representing the club unless negotiated with the committee by exception to allow for extreme weather or special event.
- **Black** shorts, tights, long or short compression garment etc.
- **Black** short or long sleeved Rashie or compression garment.
- **Red** Club Cap
- Footwear: thongs, boat shoes etc. preferably in black or club colours. For safety, members should use footwear during training and competition
- Paddle: Club Paddle or paddle of a colour that does not detract from the team 'look' or pose problems (in the view of the coaching staff) for team timing

Training

- Club Red singlet
- A rashie or other garment of white or black may be worn under the singlet. Those who possess the red 2016-17 season racing top may wear that under their singlet during training. Special event uniform may not be worn during club training or racing events.
- Black or dark coloured long or short legged bottoms
- Paddles: Club Paddle or paddle of a colour that does not detract from the team 'look' or in the view of the coach does not pose problems for team timing.
- A club spray jacket/windcheater of a dark colour may be worn over the training uniform on particularly cold or wet days.

Managing a collapse on the boat

GUIDELINE: Managing a person who is in a state of **CONSCIOUS** collapse when on the water.

RECOMMENDATION: Where conscious collapse has occurred.

1. the collapsed crew member should be assisted by the nearest crew member to stop paddling immediately, to be still, upright and breathing slowly and deeply, head in the neutral position or tilted slightly back for ease of breathing (or tilted to the side if vomiting). Allow the person to vomit into the boat rather than risk leaning them over the side as this may lead to capsize. A second paddler should stop paddling and assist and should work to keep the 'collapsed' person as calm as possible by providing verbal and non-verbal reassurance.
2. the assisting crew members must notify the Sweep by raising an arm and calling out "Collapse or some other agreed unambiguous term"
3. On hearing the word "Collapse" the sweep should immediately go directly to the nearest easily accessible flat space ashore to permit assessment of the best response to the 'collapse' ie. Call an ambulance or paddle back to the boatshed.
4. Using the phone on the boat, one member will be assigned to contact Emergency Services via '000' or '112', request an ambulance and agree on a meeting location. Once ashore, one crew member should attempt to meet and direct the ambulance at the nearest street. Other paddlers not directly involved in supporting the collapsed

person should keep still, listen for directions from the Sweep and ensure that the boat remains stable.

GUIDELINE: Managing a person who is in a state of **UNCONCIOUS** collapse when on the water

RECOMMENDATION: Where unconscious collapse has occurred.

1. the crew members most impacted by the person who has collapsed should support the 'collapsed' person as best they can to prevent them falling out of the boat or from capsizing the boat. These are equal priorities. They should endeavour to ensure that the person is in a supported upright (sitting) position and that the person's head is tilted back slightly to keep their airway open, the assisting crew member/s must notify the Sweep by raising an arm and calling out "Collapse....UNCONSCIOUS COLLAPSE"
2. On hearing the word 'Collapse' the sweep should immediately call all paddlers to stop paddling and go into the "Paddles-On or Brace" position and determine the collapsed person's state of consciousness. If so, paddling members must be directed to take the boat directly to the nearest accessible flat shore space
3. Under no circumstance should in-boat CPR be attempted on-board because the amount of crew movement foreseeably required to carry out in-boat CPR creates an extreme and unacceptable risk of capsize, an increased risk to all.
4. Using the phone on the boat, one member will be assigned to contact Emergency Services via '000' or '112', request an ambulance and agree on a meeting location. One member should attempt to meet and direct the ambulance at the nearest street.
5. Once safely ashore. 6-8 paddlers should transfer the unconscious 'collapsed' person to a flat surface and assess for the commencement of Cardio-Pulmonary resuscitation (CPR).
6. Once it is established that the heart has stopped, cardiac compressions should commence at the rate of 100-120 compressions a minute.
7. If it is possible, and the collapsed person's airway seems clear and someone is willing to do mouth-to-mouth breathing, then two breaths can be added every 30 chest compressions provided that they do not seriously disrupt the rate of compressions.
*** The current Australian Resuscitation Council Guidelines (2016) state clearly that priority must be given to compressions and circulation over breathing in emergency situations.*
8. If the 'collapse event' occurs near within 200 metres of the boatshed then a member should be dispatched to retrieve the Defibrillator and to bring it to the shore.

Club Awards

There is usually an end of season Awards Presentation night during which Awards are presented.

The **Peter Bristow Paddler's Choice Club Champion Award** is the most esteemed of the Powerblades' Club Awards. The award is named in memory of Peter Bristow, an enthusiastic Powerblades paddler and coach, who sadly passed away at the finish line while representing SA in competition at the National championships in Melbourne in 2012. Voting for this award is carried out around the time of the state championships, with each member having one nomination/vote. This award is presented to the club member who receives the most nominations. The award criteria are as follows:

- Contributes to members feeling and being supported and included
- Encourages and promotes fitness, health and training attendance and participation
- Adds value to the experience of others as a club member
- Models club values
- Is fair, honest and reliable in his/her dealings with others

Peter Bristow Paddler's Choice Club Champions (since 2015):

2015	Andy Kelly
2016	Bill Kither
2017	Jenny Rosevear
2018	Colin Greig
2019	Avi Kleinburd & Jenny Rosevear
2020	Neil Parker & Pam Thompson
2021	Jenny Rosevear
2022	Lynn O'Brien
2023	Lynn O'Brien

The **Tim Monson Award** is presented to a club member who has provided service to the club "above and beyond expectation" and is decided by the committee. Tim Monson was a former Club President and DBSA Life Member who passed away in 2016. The inaugural Tim Monson award was presented in 2015.

Tim Monson Award winners:

2015	Paul O'Sullivan
2017	Bill Kither
2018	Dennis Whitford
2019	Denise Schinella
2020	Dennis Whitford
2021	Jenny Rosevear
2022	Peter Button
2023	Lyn Sparkes and Sue Power

Life Membership is another award that is presented and is also decided by the committee. This award is presented to a club member who has provided outstanding service to the club for an extended period of time (eg. 10 years).

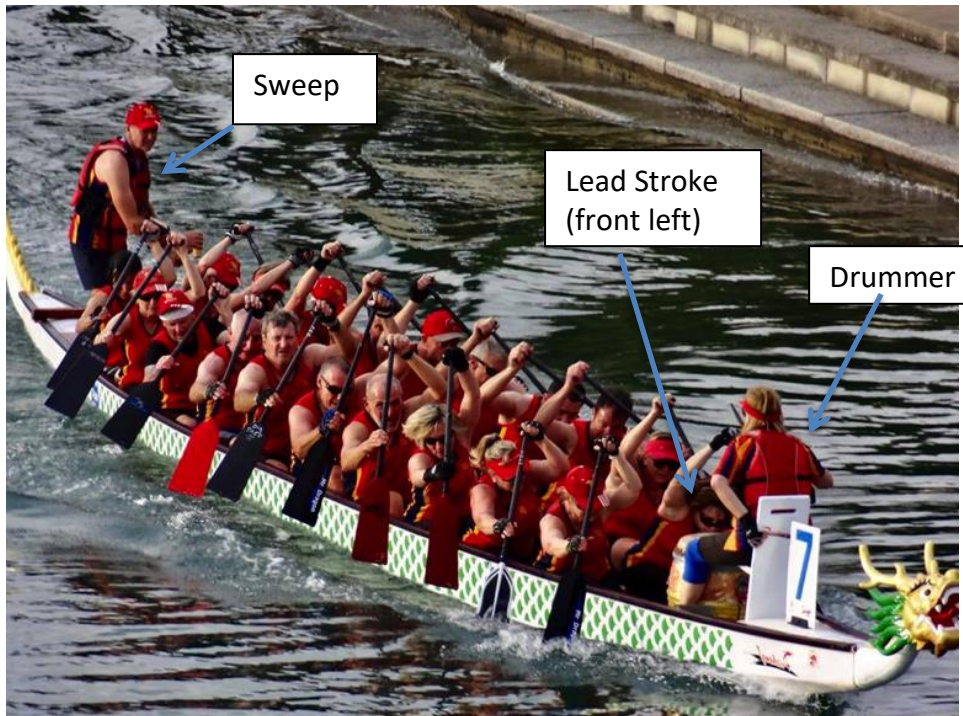
The Award of Life Membership entitles the recipient to be exempt from membership fees, including both DBSA and club component fees (if a paddling member), and be invited, along with partner, to the Awards Dinner as a guest of the club (if a non-paddling member).

Life members:

2015 Tim Monson, Peter Bristow (posthumous)
2016 Gavin Kohler
2017 Andy Kelly
2019 Neil Parker
2021 Jenny Rosevear

3. PADDLING TRAINING AND SAFETY

WHO'S WHO IN THE BOAT



The **'Sweep'** is in charge of the boat when on the water. The 'Sweep' is responsible for steering the boat, and issues the commands for drills or exercises on advice from the coach. The 'Sweep' is responsible for crew safety and **all orders from the Sweep must be followed immediately they are given.**

The **Lead Stroke (front left paddler)** leads the crew and sets the rate of the stroke. **All paddlers should follow the front pair of strokes to ensure accurate timing.** If seated on the left, look diagonally forward to watch the Right Stroke, and if seated on the right, watch the Left Lead Stroke. The Right Stroke also keeps in time with the Left Lead Stroke.

The **Drummer** beats in time with the Lead Stroke, and is responsible for relaying the Sweep's commands, and can assist in motivating and encouraging the crew. Drummers are required during regattas, but are not usually used during regular training sessions. Drummers should provide non-verbal signs to reinforce commands in noisy situations.

Loading and unloading (getting in and out of the boat).

This is achieved with greatest safety and efficiency when paddlers load and unload two paddlers at a time. Paddlers who are not in the boat are expected to hold the boat steady for those paddlers moving into/out of the boat. When unloading, the Sweep will give the instructions (usually, front 4 out and hold the boat, next 2 and pull the boat up, etc).

What if the boat capsizes (rolls over)? – although this is highly unlikely to occur, you need to be aware of what to do should this happen. ***In summary: Swim to the boat, number off, hang on to the side of the boat (don't attempt to climb in), and await further instructions from the sweep.***

Make sure you watch the safety video found on the club website at:

<https://www.powerblades.com.au/safety-policies>

Sweep Commands

- these vary slightly between clubs but those referred to in the following represent those most commonly used in Powerblades crews.

“COUNT-OFF”

On the command ‘Count-Off’ paddlers count off from the front left hand paddler to the last member on the boat with each paddler remembering their own number and that of the person sharing their seat on the boat. In the event of a ‘rollover’ paddlers **MUST** swim to the boat (THEY MUST NOT SWIM AWAY FROM THE BOAT) hold the boat and count off again to ensure that all are present and safe. The count is repeated once any member on the boat changes seats or sides.

A video demonstrating a ‘rollover’ can be found on the club website at:

<https://www.powerblades.com.au/safety-policies>

All club paddlers are expected to watch this video at least once each season.

“SET”- paddlers move into the forward lean position immediately ready to strike the first ‘Catch’ as they take the first stroke.



“GO” –This is the command to start paddling in a non-race or training situation.

When practicing **Race Starts** the Sweep will call: **“ARE YOU READY, ATTENTION PLEASE, GO!”** which is what the official starter says on Race Days, when a gun is usually heard instead of “Go”. The Race Start requires paddlers to move **IMMEDIATELY** into a position with paddles kept deep in the water ready for the first stroke.



“EASY ALL” or “EASY” - This command is to stop paddling, and to place paddles in the Paddles Flat position.

“PADDLES FLAT”, or “PADDLES ON” - Paddles are placed in a relaxed position with blades resting on the water. This position provides boat stability and improves paddler safety.

Whenever the boat is stopped, the Paddles Flat position should be assumed. During times of instability (e.g. in rough water and while members are changing position on the boat) the paddles should be held rigidly (BRACED) with the blade on the water and the paddler maintaining a firm hold on the paddle.

“EASY, - LET IT RUN” - paddling stops and boat coasts to a stop on its own. Paddles are in EASY position but off the surface of the water.

“DRAG YOUR PADDLES” - now resting the paddle blades on the water while the boat is moving. The dragging paddles will slow and eventually stop the boat.



“JAMB-STOP” or “DIG-IT-IN” – bring the boat to a full and prompt stop with the use of the paddles. This is done by holding the paddles vertically and deeply in the water so that they act as a brake for the boat. **This is also an emergency command and MUST ALWAYS BE CARRIED OUT IMMEDIATELY** because it may at times be called to prevent a collision during a race or for some other safety reason. **The “Jamb” is held continuously until the next command is given.**



“PADDLES UP” Following this command, the paddler moves into the forward position and the paddle is held upright with the blade uppermost above the head of the paddler. It is now commanded by the Sweep when trying to appraise the balance of the boat and paddler weight distribution. It may also be used as a ceremonial salute at special events.



“PADDLING BACKWARDS” – at times, it may be necessary to manoeuvre the boat backwards (eg. on the start line of a race, or to avoid other water craft etc). Don’t turn around, but watch the lead strokes at **front of the boat** which will set the rate. Backwards paddling is usually quite slow.

“LIFT” - At key points in a race the Sweep and/or Stroke may call for a ‘LIFT’, often a set of 10 or 20 strokes that are more powerful. Sometimes called in training to resume full effort or in a race to maintain speed, pass another crew or recover ‘lost ground’.

“FINISH OFF”

The final 20% of a race may see the Sweep and Stroke call for a ‘LIFT’ or ‘FINISH’ series of 30 to 50 or so strokes building in power and speed to get the boat over the finish line at maximum speed.

The actual finish line may be well past the last buoy so paddlers must maintain their ‘FINISH’ strokes well after the buoys, until our Sweep’s call of ‘Easy All’ then “Dig It In”.



“HEADS IN THE BOAT” - This command reminds paddlers to keep looking forward and to not look at other crews during the start of a race or during a race. Not only is there a risk of falling out of time with your crew but a likelihood that you will begin paddling in time with the other boat.

Paddling & Training techniques

The following link to the AusDBF Coaching Video is a good demonstration of the technique that Powerblades club aims to use:

<https://www.youtube.com/watch?v=0qMQ9X6x6n0>

RACE START TECHNIQUE

The standard Powerblades’ race start series commonly consists of 30 strokes. The first 5 are very deep, powerful slower strokes followed by 25 strokes building in speed and power. The last three strokes are increasing in power ready for the transition into slower powerful more rhythmic strokes for the main section of the race. At the 28th stroke, the sweep usually calls “3, 2, 1, long and strong”, or “Lift, Now”.

RESTING AND RESUMING PADDLING, OR RESUMING A SPECIFIC PADDLING STROKE. During training the Sweep or Coach may request that a paddler or group of paddlers rest whilst the remainder of the crew continue. When making the command for crew members to stop or recommence paddling, the Sweep will ‘Count In’ paddlers with a loud 3-2-1 count. When being ‘Counted Out’, paddlers stop paddling after the ‘1’ stroke. When being ‘Counted In’, paddlers are ready on ‘3’ and resume paddling on the ‘1’

POWER & RATING

When asked to paddle, the sweep will inform paddlers of the power and speed at which they are required to paddle for that series. Power of 50, 70, 80 or 100% means each paddler is required to apply that percentage of their maximum power for this series. **100% refers therefore to every stroke as strong as you can do at the rate currently set by the Stroke** which may be fast or slow or increasing incrementally. **‘Race Pace’** refers to maximum power and the fast pace/rate set by the Stroke (*builds power, timing, speed and concentration*).

COMMON DRILLS USED BY OUR CLUB IN TRAINING:

ZIG-ZAG: In this series paddler are called either Zigs or Zags. Zigs are every alternate paddler throughout the boat beginning with the FRONT LEFT paddler. While Zigs are paddling, Zags sit still with their paddles up and out of the way until called in....etc. Then the Zags take over paddling until called out (*builds timing and concentration*).

FRONT TWO, FRONT FOUR, FRONT HALF, BACK HALF, LEFT SIDE, RIGHT SIDE etc. Those paddlers so described by their position in the boat are counted in and every other paddler stops paddling and sits still, remembering to keep their body and paddle out of the way of those currently paddling. (*builds power, fitness, timing and concentration*)

PYRAMID: a pattern increasing incrementally. For example, 50-60-70 where there is the pattern: 50 strokes at 100%, 20 strokes at 50% (=recovery), 60 strokes at 100%, 20 strokes recovery, 70 strokes at 100%, 20 strokes recovery, 60 strokes at 100%, 20 strokes recovery, 50 strokes at 100%. (*Build endurance and timing*)

2's & 4's: The boat moves continuously, with the first two paddlers only paddling. They are joined at 30 second (or longer) interval by the next two paddlers. When the third and subsequent paddler pairs join in, the front most paddlers stop and rest. This pattern means that each pair gets to paddle for 30 seconds alone and for 30 seconds assisted by the next pair. (*builds power, timing and fitness*)

RACE START, or RACE START AND 20 etc. Paddlers set for a race start of 30 strokes and then stop, or 50 strokes (30+20) and then stop. This is to practice race starts for race days. (*builds power and speed and aerobic fitness*)

Training sessions & feedback

Training sessions are normally held 3 times per week – Mondays and Wednesdays at 6pm for 6.15pm on the water, and Saturdays 8.15am for 8.30am on the water. The venue is Aquatic Reserve, corner of Bower Road & Old Port Road. Occasionally, training sessions might be held on the Port River, departing from the Sailing Club, Jenkins Street, Birkenhead – members are advised well in advance if this is to occur.

Before loading the boat/s, paddlers should ensure they have paddle, buoyancy vest (if dark), and carry out warm up exercises. At the end of the training session (approx. 1 hour), all should assist with cleaning and putting boats away, then do warm-down exercises.

There is an expectation that paddlers attend at least 2 training sessions per week, especially if they wish to participate fully in race days.

In the event of adverse weather conditions, training sessions may be cancelled. This is usually decided by the coach for the session. If a training session is cancelled, there will be a notification on Team App.

FEEDBACK

It is expected that the coaching staff may give direct feedback to paddlers from time to time. Whilst paddlers are welcome to give generic encouragement in the boat, specific feedback to paddlers is to be provided by coaches only, otherwise it can seem that there are “too many voices in the boat”.

Equipment

Club training paddles are available for use during regular training sessions, and are located in the Powerblades locker at the rear of the Aquatic Reserve boat shed. DBSA buoyancy vests

are also available for use – required if dark and for sweeps at all times, optional for paddlers when it is light. The vests are sorted into sizes on hooks on the southern wall of the boat shed. Members are welcome to bring their own paddles and vests if they wish.

After unloading the boat at a training session, each paddler is responsible for their own gear. Paddlers should **not** remove other people's gear from the boat. All equipment should be returned to where it belongs.

Club racing paddles are available for use on race days. Most of the paddles are standard size, but there are a small number of shorter paddles and adjustable paddles.

Many paddlers use individual cushion seats (which may help to prevent blisters). Specially designed paddling pants also have some inbuilt cushioning. These and other items are available online at various sites – JPX2 is an Australian company that sells a range of paddling items - <https://jpx2.com.au> .

Team App

The Team App enables members to indicate whether or not they are attending training or race days. Click on Events, then the specific event – indicate Yes, or No (then Save your response) – can be modified later if necessary. There is also the facility to add in a comment if you need – click on *Comment* within the event. The Team App is important not only for organising boat/s, it also provides a record of training attendance. It is important that you indicate 'Yes', especially in the rare event of a last minute cancellation you can be notified personally. **If you indicate 'Yes', then please view that as a commitment, as it affects number of boats and sweeps.** If it turns out that you can't attend at the last minute, then make sure you notify someone who is going.

Race day availability should be indicated by each paddler at least two weeks before the Race Day. In order to enable optimal participation and smooth running on Race Day, again please regard your decision as a **commitment**. There is not much scope to make changes to the crews, and any changes tend to have a domino effect which can compromise everyone's involvement and enjoyment.

To get Team App on your (smart) phone, you will need to:

1. Download Team App from the App store or from Google Play.
2. Log in using your email address and a password of your choosing.
3. Go back to the home page
4. Sign up – request to join what is relevant for you (choose '**Paddlers**')
5. An email will be sent to you to confirm - you will need to click on the link in the email.
6. You can then log into Team App on your smartphone and request access to your team. You will be asked for your team's name – Powerblades. You will be notified via email when your access to the team app is enabled.

4. RACE DAYS

What to expect

The club enters the crews for the various events within the race program. This is worked out based on the number of paddlers available, and the types of events in the program. Events can be crews of 10's or 20's, and have age categories as follows:

Open Age (any age) –[O]

Senior A - 40+ years

Senior B - 50+ years

Senior C – 60+ years

Crews can be:

Open – [O] – any gender

Women – [W] – all women including sweep & drummer

Mixed – [M] –

Standard Boat, 20's Mixed Crew - A minimum of 8 paddlers to a maximum of 10 of either gender (excludes drummer and sweep).

Small Boat, 10's Mixed Crew – A minimum of 4 paddlers to a maximum of 5 of either gender (excludes drummer and sweep)

Regattas are over either 200m or 500m, and usually include a 2km race.

In each event, there may be one or more races – e.g., final; heat & final; heat, recharge & final; heat, semi & final etc. – it depends on the number of crews entered for each event.

Squads are selected for the various events within the race program. For a 10's event, up to 14 paddlers can be named, which includes sweep, drummer, 10 paddlers and 2 reserves. For a 20's event – up to 26 paddlers can be named – sweep, drummer, 20 paddlers and 4 reserves. Even though drummers aren't usually used during regular training sessions, each boat must have a drummer during races.

It is intended that race squads and boat seating will be distributed well before the race day (ideally at least 3-5 days). Each paddler should work out which races they are in, and where seated in the boat before race day (seat number and whether Left or Right). This can be written on a small race card (provided by club) and kept on their lanyard with ID tag on the day. This allows each person to have their involvement written down and near at hand – race number, event type, lane number, and seat position for each race that they are in.

Sample Race Card:

Race no.	Event	Lane no.	Seat
R 2	Sen A M10	1	4L
R 4	OO20	4	7R
R 6	OO10	2	Reserve
R 7	Sen C W10	5	2L
R			

Seats are numbered from the front of the boat. With 20's racing, seats 1-10 are used. With 10's racing, usually seats 2, 3, 5, 7, 9 are used (although may be modified due to weather conditions).

For regular race days, where possible, it is intended that everyone will participate as much as possible, unless a paddler needs a lighter load, e.g., due to injury recovery. Less experienced paddlers may also have slightly less races to begin with. Reserves are expected to assist with boat loading, water bottles, and be ready to be in the race in case there is a last minute withdrawal by a named crew member. Reserves are also expected to check that all paddlers in the crew are ready to go.

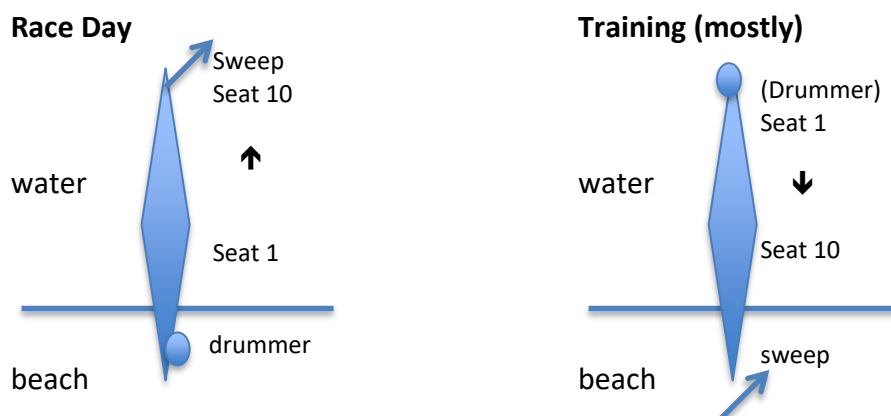
For championship/marquee events (ie. 7km long race, state and national championships), then the club policy is applied which aims to select the best paddlers for each event.

There is usually a race day fee of \$10 – paid in cash on the day.

The full race program for the day is sent to all club members. Each club is also assigned a race day task, such as setting up the start or finish line, or judge's tent or similar. Information about the tasks is on the DBSA website – see "Setting Up of Courses" at <http://www.dragonboatsa.com/racing/>

The club has some tents for shelter on race days. Racing paddles are also provided. Paddlers should wear race uniform, bring water, sunscreen, towel, change of clothes, folding chair. Depending on the race schedule, members often bring drinks and nibbles to share after racing has finished. Paddlers are usually expected to be at the race venue from 7.30am to assist with setting up tents, doing assigned race day tasks, warming up etc.

On race day, the front of the boat is closest to the shore. Therefore, the boat is loaded first by the sweep and those paddlers who are seated at the rear of the boat. This is the opposite of what usually occurs at training and can take some getting used to!



Selection guidelines for Race Days

These Guidelines and Criteria are to guide Coaches and Selectors. Members should familiarise themselves with these to understand how teams and squads are selected for specific events.

GENERAL PRINCIPLES

- As many eligible paddlers as possible for each category to have as many races as possible
- Paddlers who train most frequently to make up the core of any crew
- Newer paddlers to expect the probability of fewer races initially

SQUADS

- Eligible paddlers will be formed into squads for each category entered in the race program.
- Squads to be determined by age and gender.

TEAMS

- Teams will be selected from the relevant squads by the coach/selection panel.
- Teams are to be set and made available **prior** to race day.
- Teams are to be clearly posted on race day.
- Each team to consist of the maximum number available:
10 (or 20) paddlers
2 Reserves
1 Sweep
1 Drummer
2 Boat handlers
1 Crew Sheet bearer
- Team sheets are to be collected at the end of Race Day to enable an accurate record of race participation to be kept.

PADDLER SELECTION CRITERIA

- The paddler is a club member
- Paddler is fit* to paddle in the opinion of the Coach/selector/s. (*where this is disputed, the final call will be made by one of the elected committee members*).

**Refers to physical and/or emotional capacity to safely undertake the requirements of that event without apparently placing themselves, others or the club at risk.*

- Paddler fitness
- Paddler power to strength ratio
- Paddler capacity to utilise good technique in cooperation with other crew members
- Paddler size, weight can be balanced in the boat
- Paddler is eligible by age and gender for an event
- Paddlers from external clubs may join a Powerblades crew for 'Marquee' events such as the Masters Games ONLY if the club has insufficient numbers to compete in that event. Once selected for the team they have equal opportunity to be selected in the team in a championship heat. No paddler has priority of place in the team.
- Paddlers not selected for any race event should assume responsibility automatically for a crew support role such as:
- Holding the boat for loading/unloading

- Taking drink bottles and wax to the loading area to enable last opportunities to hydrate or wax up paddles
- Carry jackets etc. from the crew preparing to race
- Assisting crew members to put on life jackets if required.
- Bailing out and cleaning the boat that our crew will be next racing in
- Support the Drummer and push off the boat if required.
- Care for the security of member property kept in the tent during each race.

NO criticism of the Coach/selector/s may be made on race day to the coach or any other person directly or indirectly.

If a paddler is not getting the number of races that they feel is reasonable given their experience, training etc. then they should request feedback from the coach prior to the next training session (or at the earliest time) about what it is that they may do to improve the opportunities for increased selection in the future. Paddlers should check that they fully understand what is required by the coach.

CHAMPIONSHIP EVENTS

Championship events include competitions where medals/trophies are awarded and the club gains kudos for their team's success. Examples include: State, National and international championships, The Peter Bristow Long Course and special events such as the Masters Games.

For each Championship winning team it is usual that medals are struck for each category team member plus 4. For championship events the team selection for each race will be made by the Coach/selector and will be based on the guidelines and criteria outlined above. In addition, the following aspects may be considered:

- Best crew mix to achieve championship points
- Crew most likely to achieve champion status for the club
- Fair use of equal talent within each category squad (considering power for weight)

5. SOCIAL MEDIA

Website

The Powerblades website is: <http://www.powerblades.com.au>

In the part headed “Our Club” there is a section on policies and guidelines – we ask paddlers to look at, in particular, Policy 036 Code of Conduct.

Facebook page

There is also a Powerblades Facebook page:

<https://www.facebook.com/Powerblades-Dragon-Boat-Club-SA-211468612202550/?fref=ts>

6. MEMBER RECRUITMENT

The club welcomes new paddlers all year round. These may come out through MeetUp, from advertising Come’n’Try sessions, or through being friends or acquaintances of members.

New paddlers are permitted have a maximum of 4 free Come & Try sessions. These are normally on Saturday morning sessions. If new paddlers wish to continue, then they need to become club members, otherwise they are not covered by DBSA insurance and are not entitled to access the facilities.

Once a new paddler has become a member, they can then apply for access to the Team App, and are added to the club’s email list.

POWERBLADES DRAGONBOAT RACING CLUB INCORPORATED

CONSTITUTION

1. THE NAME

The name of the club shall be “**THE POWERBLADES DRAGONBOAT RACING CLUB INCORPORATED**”.

2. AIMS AND OBJECTIVES

2.1 THE POWERBLADES DRAGONBOAT RACING CLUB INCORPORATED shall be accessible to any person 18 years of age or over who wants to take part in the sport of Dragon Boat racing and its related social activities.

2.2 To promote, foster and assist in the social and sporting interests of all members of the Club.

2.3 To fulfil the Club plan as set out in the Club Guidelines. These Guidelines may be varied from time to time at the discretion of the Committee.

3. COMMITTEES

(In this and other paragraphs “The Committee” refers to the POWERBLADES DRAGONBOAT RACING CLUB INCORPORATED Committee.)

3.1 COMPOSITION

3.1.1 The members at the AGM shall determine the structure of the Committee.

3.1.2 Office bearers including President, Secretary, Treasurer and Captain/Coach must be elected from the financial members at the time of AGM.

3.1.3 The Committee may co-opt non-committee members to act on sub-committees.

3.2 CONDUCT OF MEETINGS

3.2.1 Meetings shall be held at regular intervals to be determined by the Committee. Periods between meetings shall not exceed three calendar months.

3.2.2 Two thirds of the Committee shall form a quorum for such meetings.

CONSTITUTION

3. COMMITTEES (Cont)

3.2 CONDUCT OF MEETINGS (Cont)

3.2.3 The Annual General Meeting shall be held at a time determined by the Committee after the last race at the end of each local Dragon Boat racing season.

3.3 TERM OF OFFICE

3.3.1 The year of office or racing season shall end at the AGM. All Committee members will be eligible for re-election.

3.4 ELECTION OF COMMITTEE

3.4.1 The election of the Committee shall be conducted at the AGM

3.4.2 Nominations for the committee will be sought prior to the AGM but will also be accepted at the AGM.

3.4.3 Nominations must be in writing on an appropriate form, with the nominee signifying their willingness to stand for the position nominated.

3.4.4 A returning officer and scrutineers shall be appointed by the Committee to conduct all ballots.

3.4.5 The procedure for calling for nominations and the form of any ballot will be determined by the Committee.

3.4.6 If no nomination is received for a specific vacancy, the Committee may nominate a person to fill that vacancy. The nominee must signify willingness to stand for the position.

3.5 VACANCIES

3.5.1 If a vacancy occurs during the Committee year, the Committee shall call for nominations from the financial members of the club to fill that vacancy.

3.5.1.1 the remaining committee shall nominate an eligible person to fill a vacancy on the committee.

POWERBLADES DRAGONBOAT RACING CLUB INCORPORATED

CONSTITUTION

3. COMMITTEES (Continued)

3.5.1.2 in the event of a committee member being absent from three (3) consecutive meetings without a satisfactory reason, the committee has the right to declare the position vacant.

3.5.1.3 a replacement member will hold office until the end of the committee year.

3.6 RECORDS

3.6.1 The Secretary shall keep proper minutes of all proceedings of the Committee. The Treasurer shall keep proper books or record of account that shall satisfy the requirements of the Auditor and the Committee as appointed at point 5.2 and 5.3.

3.7 PROPERTY AND FUNDS

3.7.1 The Committee shall on behalf of its members determine the purchase, management, use, allocation, storage, maintenance and disposal, of all assets, property, investments and funds in compliance with proper accounting asset management procedures which may be varied from time to time in accordance with directions and suggestions from the Auditor as appointed at 5.2.

4. CONSTITUTION

4.1 The Committee or any financial member may propose subsequent amendments to this constitution.

4.2 Any subsequent or proposed amendments to this Constitution must be approved at either a Special meeting comprising of at least two thirds of all financial members or at an Annual General Meeting.

5. FINANCIAL

5.1 The Committee shall operate a Bank or Credit Union account to handle all financial transactions. The President, the Treasurer, the Secretary, and one other member (to be determined by the Committee) shall be the signatories to the accounts. The signature of any two of these shall be required to effect a withdrawal.

5.2 A competent Auditor shall be appointed to audit the books, accounts and asset holdings of the Club and attest the Annual Financial Statements.

POWERBLADES DRAGONBOAT RACING CLUB INCORPORATED

CONSTITUTION

5. FINANCIAL (Continued)

- 5.3** The Treasurer shall keep the books and accounts to the satisfaction of the Committee and of the Auditor.
- 5.4** All monies received are to be paid into the Bank or Credit Union accounts, except where a reasonable amount may be held by the Secretary or Treasurer for petty cash disbursements. Such payments are to be controlled by the Committee so as to be readily accounted for at any time. The Treasurer shall keep records of all financial transactions and shall present a current statement of Receipts and Expenditure at all committee meetings.
- 5.5** At the end of the Committee year, the Treasurer must prepare an Annual Statement of Receipts and Expenditure and a Balance Sheet.
- 5.5.1** Accounts shall be balanced to the end of the racing season or Committee year and shall be Audited for presentation at the Annual General meeting. A copy of the audited Annual Statement of Receipts and Expenditure and the Balance Sheet must be available to each financial member.

6. MEMBERSHIP

- 6.1** Membership to the POWERBLADES DRAGONBOAT RACING CLUB INCORPORATED is open to any person, provided they are not a current member of another team. If they are a member of a current team then an unconditional written clearance by their original team must be provided.
- 6.2** Membership Fees and method of payment shall be fixed at the AGM by the Committee, once DBSA Registration Fees have been advised.
- 6.3** Should a member be in arrears with their Membership Fees and after being notified of such arrears, fail to pay the full or nominated/agreed amount within the nominated/agreed time, they will be deemed to be unfinancial and may be barred from participating in the activities of the Club.
- 6.4** Should a member be deemed to be unfinancial in accordance with clause 6.3 and wish to rejoin the Club, the member must pay to the Club all arrears and fees and should the Committee deem appropriate a fee fixed as per clause 6.2.

POWERBLADES DRAGONBOAT RACING CLUB INCORPORATED

CONSTITUTION

6. MEMBERSHIP (cont)

- 6.6** If a member is found guilty of an act, proceeding or practice, which the Committee considers to be dishonourable, or to bring discredit to the Club or its members, the member may be expelled from the membership of the Club, upon a majority vote of the Committee.
- 6.7** Should a member have an issue that they may wish to raise, the method of dealing with these issues are set out in Grievance procedure in the Club Guidelines. These Guidelines may be varied from time to time at the discretion of the Committee.

7. FUNDRAISING, SPONSORSHIP ETC.

- 7.1** Fundraising, Sponsorship and any other activities, whereby goods or services are purchased, items donated or monies granted to the Club or the Committee on behalf of the Club, for resale, raffle, subsidising of events or funding in any way, must be conducted using sound accounting practices and principles approved by the Auditor to ensure that no cause for dispute relating to the use of such items arises.

8. DISBANDING OR GOING INTO RECESS.

- 8.1** In the event that the Club disbands or goes into recess, all monies or assets held by the Committee, shall be disposed of at the discretion of the Committee, after the settlement of all outstanding debts.
- 8.2** Any Bank or Credit Union accounts operated by the Club or the Committee shall be closed. A final statement of Receipts, Expenditure and Balance sheet shall be prepared and Audited. Copies of these statements must be available to all members.

This is to attest to the ratified and amended Constitution of the POWERBLADES DRAGONBOAT RACING CLUB INCORPORATED passed by its members :-

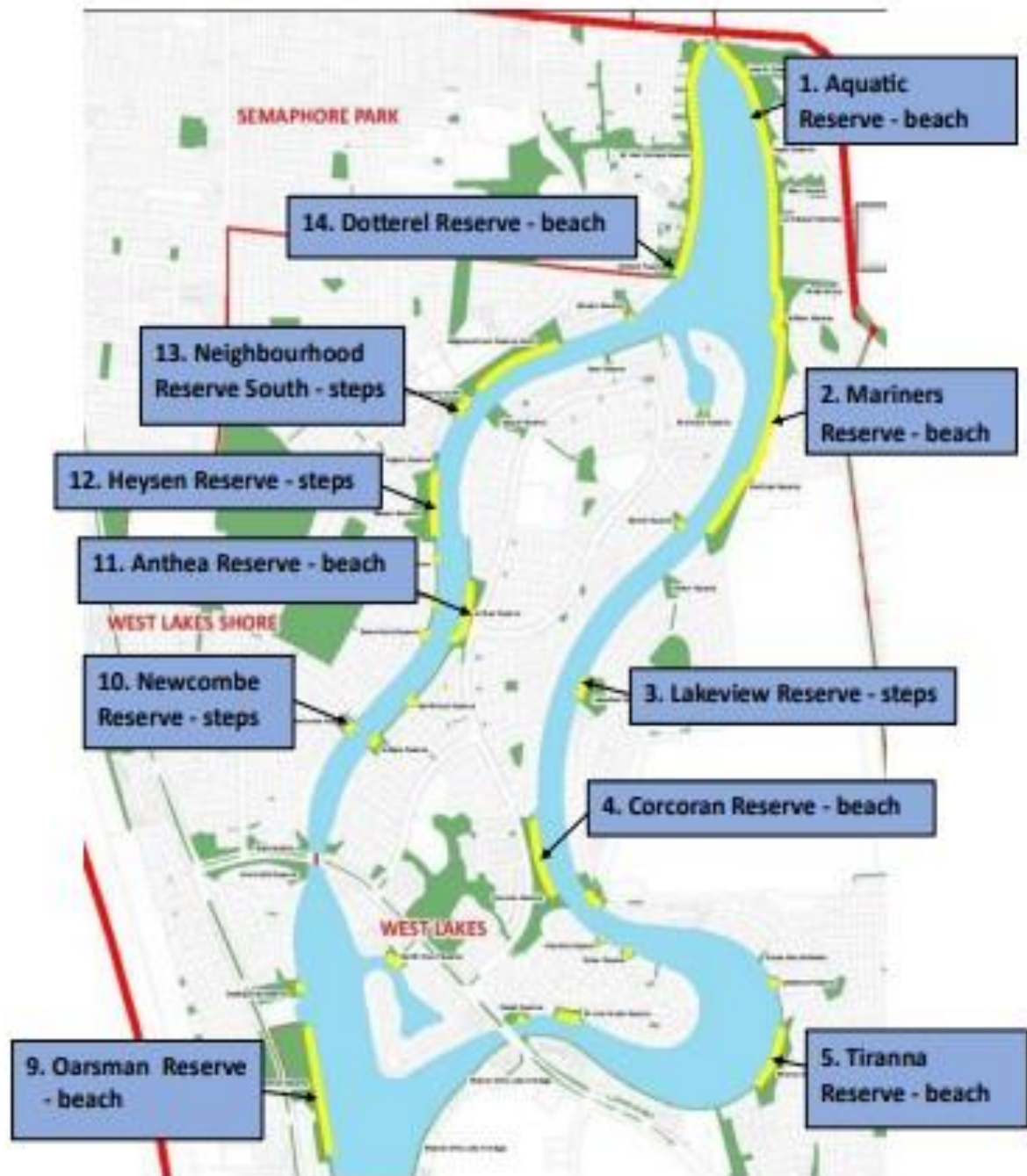
this.....4th.....day of.....July.....2018.....

Signed
President Date

.....
Secretary Date

.....
Treasurer Date

Emergency Points Around West Lakes – Delfin Island



Emergency Points Around West Lakes – Ramsay

