



ROTARY CLUB OF BROOME INC.

"Port of Pearls" — Western Australia

Dragon Boat Regatta

HINTS FOR A SUCCESSFUL DRAGON BOAT TEAM

1. Make sure you are aware of who is sitting beside you and what number position you are in the boat. This helps you get into the boat quickly at the start of the race and also, if the boat should capsize, you are responsible to look out for the person beside you.
2. The side you paddle on is very individual - whichever side you can lock in (see commands below) to the boat is best.
3. Make sure you are in time with the person **diagonally** in front.
4. Your stroke needs to be long and deep to the point that the hand at the base of the paddle should touch the water. If you find the pace is too hard for you, **do not stop paddling!** This is when the boat can capsize - all you need to do is paddle shallower.
5. Once in the boat and on the water, the **Sweep** (person steering at the back of the boat) should be the only one talking.
6. Make sure you are aware of commands that the Sweep may call out:
 - **Paddles up** – This is when paddles are held in front of you with the blade at face height, usually prior to the start of a race.
 - **Lock in** – This is the sitting position when paddling - one knee needs to be pressed firmly against the boat, the other knee against the person beside you, and your bottom needs to be placed firmly against the side of the boat for balance.
 - **Let it run** – This is when you stop paddling and the boat coasts to a stop on its own - paddles should just skim the top of the water.
 - **Check (hold) the boat** – This is when you are stopping the boat - put the paddle deep into the water in an upright position beside you.

POSITION NAMES

- **Sweep** – The person at the back of the boat who is control of the boat on the water.
- **Strokes** – The two paddlers at the front of the boat who are setting the pace – make sure you paddle at the same rate as them.
- **Drummer** – The person who sits in front of the Strokes beating the pace.

Good Luck

