

DRAGONBOAT SA's CORPORATE CHALLENGE



Hotels, Fitness & Health Groups, Corporate & Social Team Competition

Sunday 2 February 2019

to be held at Aquatic Reserve, Bower Road, West Lakes

Information Sheet

Venue

Aquatic Reserve, Bower Road, West Lakes.

Time

10am to 2pm approx. Race times will be confirmed a week prior to the event.

Race Distance

200 metres.

Heats/Finals

Each team will race 3 races per category entered. All races will be timed. The best 2 times will be used to calculate the winner (ie your worst time will be dropped).

Entry Fees

\$11 (inc GST) per team member.

Insurance

DragonBoat SA has a current Public Liability Insurance (as an Organiser of Events), covering members of the public for bodily injury or damage to property arising out of the business operations of the Insured.

Team Composition

Teams will have no more than 12 people on board – 10 paddlers, a drummer and a sweep. **DragonBoat SA will provide all teams with a fully accredited sweep and a drummer.** Minimum age for a paddler is 12 years of age. A maximum of 12 paddlers can be nominated on the Team Sheet (which includes 2 interchange/reserve paddlers). Minimum paddler numbers to race is 8.

Hotels, Fitness & Health Groups, Corporate and Social teams may race in 2 Divisions (subject to entries), if they choose to.

- > **Open teams** can be comprised of either gender paddlers.
- > **Mixed teams** need to have a minimum of 5 of either gender paddlers. There needs to be a minimum of 8 paddlers in each team. If this option is not available, then the Open category can be entered. Drummers and sweeps can be of either gender.
- > **Womens teams** – all women (including sweep & drummer)

Team members may comprise staff, spouses, business associates, family & friends.

Please note: Only 1 (one) DragonBoat SA registered paddler can be listed on the Team Sheet.

What to wear & bring

Comfortable clothing (eg shorts & T-shirt) and footwear that can get wet. You will also need a bottle of water, hat and sunscreen (depending on the weather).

Team Uniform

All teams are encouraged to wear a distinguishable uniform/outfit to promote their organisation or something just for fun.

Catering

A variety of food & beverages will be available for purchase at the venue.

Information Sheet continued

Training Sessions

Your team will be assigned to one of our Association's affiliated Clubs who will provide training/water safety sessions for all crews who would like them. We recommend a minimum of 2 sessions to ensure a level of competency and competitiveness. These 45min-1hr sessions will be conducted at Aquatic Reserve, Bower Road, West Lakes or Torrens Lake, Adelaide by arrangement with the nominated Club. Additional sessions can be arranged, if required.

Your nominated Club will book training sessions with DragonBoat SA.

For safety reasons, it is a requirement of DragonBoat SA that each participant must have undertaken at least one training session before taking part in this race meeting.

DragonBoat SA will provide:

- > Paddles, boats, training
- > A PFD (Personal Floatation Device) for every paddler in the boat.
- > A fully accredited sweep and a drummer for each team.

Rules of Racing

Standard DragonBoat SA Rules of Racing will apply.

Rescue Craft

A motorised rescue craft will be used during the event in case of an emergency situation.

First Aid

Qualified personnel will be on duty.

Alcohol

Be aware that alcohol and water sports **don't** mix. If any paddler/crew is found to be intoxicated, they will be disqualified from competing for the remainder of the day.

At the conclusion of the event you are welcome to have a social drink with your team mates.

To register your interest or for further information please contact:

Vi Duong – 0410 340 722
or info@dragonbaotsa.com

