



## DRAGONBOAT SA's 19<sup>th</sup> ANNUAL CORPORATE CHALLENGE

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

**Sunday 31 January 2021**

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 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 Member Clubs who will provide training/water safety sessions for all crews who would like them unless you already have an arrangement in place with a Member Club.
- 🚩 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.
- 🚩 All teams must undertake an "on land capsized drill" arranged by their Organising Club before entering the water.

***For safety reasons, it is a requirement of DragonBoat SA that each participant must have undertaken at least one training session and participated in an "on land" capsized drill before taking part in this event.***

### **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  
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