



## POLICY: MEDICAL

Policy No	042	Issue			12
Board Approval	November 2025	Review cycle	2-yearly	Next review	November 2027

### Introduction

DragonBoat SA encourages all participants, volunteers and officials to ensure that they are fit to participate in the sport and that their risks to health, safety and well-being are minimised.

### Purpose

The purpose of this policy is to highlight to participants the importance of regular medical check-ups as part of their duty of care for themselves and others.

### Policy

DBSA encourages all participants to practice duty of care with their health and well-being being as dragon boat racing can be physically demanding. The best time to do the annual check is early in the Dragon Boat season before high intensity training begins. New participants are encouraged to have a pre-exercise assessment by a medical or allied health professional prior to undertaking strenuous physical activity.

The following pre-exercise questionnaire is an example of an assessment tool provide by Physical Activity Australia:

- Have you ever been told that you have a heart condition?
- Have you ever had a stroke?
- Do you ever have unexplained pains in your chest at rest or during physical exercise?
- Do you consistently feel faint or suffer from spells of dizziness?
- Do you suffer from asthma and require medication?
- Do you suffer from type I or II diabetes?
- Do you suffer from any major muscle or joint conditions that may limit you or be aggravated by physical activity?
- Do you suffer from any medical conditions that may be made worse by participating in physical activity?
- Do you suffer from high blood pressure over 140/90 or low blood pressure below 100/80?

(If you have answered NO to all of the above questions and you are confident that you have no other concerns with your health then you may proceed to participate in physical activity. If you have answered YES to any of the questions above or are unsure, please seek a referral from your GP or allied health professional before commencing physical activity).

To safely respond to any medical incident that may arise please ensure that you have a current medical action plan for your condition available.

All coaches and sweeps are mandated to be First Aid and Basic Life Support certified.

An Automatic External Defibrillator should be accessible at all DBSA events.

### Resources:

- Physical Activity Australia:
  - <https://www.physicalactivityaustralia.org.au/wp-content/uploads/2016/09/Pre-Exercise-Screening-Form.pdf>
- Participants Annual Health Check Questionnaire
  - [Participants Annual Health Check questionnaire.pdf](#)