

Safety Procedures Derby City Dragons – Revised 2018

Paddlers:

- All participants must have a current waiver and membership form on file. Guests of members are required to make reservations in advance as well as sign waiver forms.
- PFD's must be worn at all times with an attached whistle.
- Water bottles or camelback, waterproof container for phone, keys, sun hat/glasses and paddling shoes, no flip flops.
- New paddlers will have a paddler's orientation. During practice focus on paddling, keep cell phones off and conversation to a minimum.
- Have the common sense to only participate in activities that you can do. Because conditions will vary daily according to water levels, rain, wind, heat and your own abilities, you must assume the role of judging for your own safety. If you cannot carry the boat, that is okay. Be careful on the dock and at boat ramps. Inform the Steersperson and the Coach about any problems before the practice.
- Agree to follow all directions from the Coach and Steersperson.

Steersperson and Coach: Every time the boat leaves the dock there shall be a qualified steersperson and coach or assistant coach who shall be in charge. The Coach is responsible for paddling practice, instruction and paddler fitness. The Steersperson is responsible for all aspects of boat safety, navigation as well as steering. They jointly are responsible for first aid, launching and landing procedures and trailering the boat. The boat should be checked before each practice to ensure that there are no leaks, cracks or other damage.

Boat Balance: Before leaving the embarking area, the Coach and Steersperson should ensure that the boat is well balanced. That is, that each pair of racers are of similar weight or height and that, generally, the heavier pairs are seated in the boat's middle section. Coach and Steersperson must know the number of people in the boat, when the crew is embarked.

Weather Requirements: In case of inclement weather, the team shall check www.weather.com before departure. All trips will be cancelled if heavy rain or thunderstorms (greater than 50% as forecasted for that time of day). Decision will be made two hours before the practice, and the team will be notified by email or text. If on the river and thunderstorms develop head to shore and wait until they pass. We will use the 30-30 rule. If from the time one sees lightning, you have to wait 30 seconds, to hear the thunder. If you hear thunder in less than 30 seconds, one should wait for 30 minutes before paddling.

Programs on all rivers will adhere to the 100-degree rule: add the air and water temperature together. If the combined temperature is below 100, protective clothing should be worn; i.e., wetsuits or dry suits.

We use the KMA / KHSAA Heat Index Chart for determining Reduction in Activity (color). If the heat index is above 105 degrees all programs are cancelled. If the heat index is between 95 and 105 ice wraps shall be provided, and all participants shall carry water and drink often. If possible, go earlier or later in the day.

Knowledge of the area: All practices shall be held in the chute and or the Ohio River between the 2nd Street Bridge and Cox Park. Avoid paddling in the barge channel except when crossing the river and therefore the barge channel. A thorough visual check must be made to verify that there is no visible barge traffic, and then cross as quickly as possible to the opposite shore.

The team can practice in other areas, but before they do the area must be scouted by both the Coach and Steersperson. Regular practices should be developed so they leave after dawn and return before dark. If

planned in advance, paddling practices can be on the water after dark, but they must have a white light and flashlights.

Equipment for a Derby City Dragon Boat

Life jackets with whistle per participant

Paddle per participant

Butt Pad per participant

Steering oar

First aid kit

3 Bailing Buckets

Throw Bag

Cooler and ice wrap as needed

Cell phone

GPS

Marine Radio

Sufficient water for the participants

What to Do in the Event of a Capsize?

It is the steersperson's job to ensure that the boat does not capsize. Be cautious and prudent. Assess your participants abilities, the conditions and act safely.

- Know your bench buddy and how many people are on the boat.
- Paddlers should not grab onto any person as this might result in drowning the person. Keep an arm's length away from each other until everyone is calm. Trust in your PFD.
- Cover and protect your head with your arms while coming back up. Make the sure the boat does not run you over as you surface.
- Immediately after surfacing, check to see if your partner is present and okay. Front pair checks on caller, back pair checks on steersman.
- Count off from the front.
- Remember that commands come from the steersman only (or if incapacitated, the coach/caller/drummer).
- Immediately search for missing crew; they may be trapped underneath the capsized boat.
- Immediately administer aid to injured or incapacitated crew.
- Instruct everyone to hang onto the boat, stay together, and not wander or swim off by themselves.
- Follow the directions from the Safety Boat on how to right the boat.
- As soon as it is safe to do so, return the boat back to shore.

In the Absence of a Safety Boat

- Do not worry about anything floating away, unless it is a bailer, which should be on board every time you leave shore. Anything else can be gathered up later.
- Pull the steering oar fully aft so the handle is at the steering oar arm (and therefore out of the way).
- Position three or four strong members at the middle of the boat to help push the gunnels up into the air. A few members should be on the other side to help roll the boat right side up.
- As the boat comes over, be careful to keep clear as it rolls. It will come over pretty quickly so watch out!

- Once the boat is the right way up, help two or three lighter paddlers into the boat and have them start bailing water.
- While the boat is being bailed, the coach or steersperson should assign others to gather the paddles, and move weaker swimmers to the bow and stern of the boat.
- As the boat rises more paddlers can climb in (in pairs as the rest of the crew hold the boat stable).

Dehydration - Dehydration occurs when you lose more fluid than you take in, and your body does not have enough fluids to carry out its normal functions. Not drinking enough water during hot weather or exercise can cause dehydration. Anyone can become dehydrated, but young children and older adults and people with chronic disease are more at risk. It is the responsibility of each paddler to have enough water and to drink that water. The Steersperson's job is to monitor their paddlers and ensure that people are fit to paddle. Heat Stroke and Heat Exhaustion are both related to dehydration. Review the temperature chart on next page.