

## BOAT SAFETY - SUMMARY

- i. The Helm has control of the boat at all times whilst on the water. Listen to the helm, he/she will order loading and unloading, give commands to proceed, stop and other general instructions.  
**Do what the helm instructs at all times.**
- ii. The crew will operate a "buddy system", where each pair of paddlers on the same seat are "buddies". Buddy pairs will be numbered from the front left of the boat. You must ensure that your buddy is safe and well at all times, and that you do not compromise their safety by your actions. The front pair, 'strokes', are buddies with the drummer, and vice versa . Likewise at the rear, the last pair and the helm are buddies together.
- iii. If at any time you feel unwell or in distress, inform your

buddy. They will inform the helm.

- iv. In the event of a capsize, you must look after your "buddy". When you surface, check that your buddy has surfaced as well. If you cannot see your buddy, tell the helm and also the rescue boat crew.
- v. The Helm or crew captain will check that every one is present, by calling out pair numbers and checking everyone answers OK. In the event that anyone is missing, the helm or rescue crew will check that no one is trapped under the hull.
- vi. Unless told otherwise, stay with the boat.
- vii. No attempt to turn the boat back over should be made.
- viii. The helm and the rescue boat will take charge and tell you what to do next.

## ADDITIONAL WATER SAFETY

1. Buoyancy aids must be worn whilst dragon boating during the winter i.e. until the end of April.
2. In the summer a crew may train without buoyancy aids provided that the individuals involved can swim 100 metres, in light clothing, and have given a written undertaking to this effect.
3. Crews should ensure that they are appropriately dressed (i.e. with sufficient warmth) for the conditions in which they are training.
4. The London Regatta Centre will not permit crews to train in excessively windy conditions, or unsuitable water conditions. The assessment of conditions will be made by a representative of the Centre.

For complete safety guidelines, refer to LRC and BDA notices.