



Captains Guidelines for Racing 2011

Racing Information - Teams in the Corporate and Open mixed categories **must include 4 women paddling**. Before racing each team member will have a registration band plus a band to confirm they have received training instruction. Crews must comply with all instructions given to them. Once in the boat, crews must obey the commands of their Helm/Steering person.

Preparation & Boating - The training area is set up into 8 sections; instructions are given on the basic principles of Dragon Boat racing. Here you will receive a paddle and life vest. It is important to check that the life vest is securely fitted. Once the instruction is complete each member of the team will receive his or her second band to confirm training. In the program you have been assigned a boat number for each race and this will vary with each race. It is important you lead your team to the correct boat for embarkation. Boat Marshals will assist team members into the boats.

Note: It is good practice to arrange your team into their race position prior to boating. Heaviest in the middle where power is needed with lighter and smaller people towards front and back, this will give good balance to the boat.

Start & Alignment - This year there will be two start teams one on the bank, the primary start and the other in a boat. The bank gives the signal and at the same time the boat drops a white flag. Hence there is a sound plus visual aid to help the Helms. To ensure a fair start the Helms will first align the boats through two buoys acting as gates. When all boats are level they will drift towards the starting buoys. The starter will ask the Helms are you ready then Shout "Go" and you're off. It is very important when the Helms are aligning you, that you take instruction from them. They will ask only some of the crew to paddle not the whole team, typically front or back two. This avoids over shooting and necessitates paddling backwards which may delay the start.

Note: Swift alignment and start are critical to the success of the day; please give you support and attention to this process. **It is a good rule to instruct your team to be silent once the starting process is underway.** It is difficult to hear on the water, chatting often leads to confusion!

Finish - The finishing line is set up in a fixed line of sight position, slightly ahead of the buoys. It is important that you race through the buoys before stopping. Each race is filmed across the fixed line and measured electronically. The race results will be printed out at regular intervals and will be on display for everyone to see.

Note: depending on the wind, the buoys may move so they should only be regarded as an indicator, the fixed sight line remains constant all day!

Help - Should you need any assistance or help during the day Rob and Patsy will be available at all times to answer your questions.