

MARLOW DRAGON BOAT FESTIVAL - SUNDAY 16TH JUNE 2019

Dragon Boat Festival Details

Teams- Teams can select 10 paddlers and 1 drummer for each race from a maximum of 15 per team (minimum of 6 paddlers and 1 drummer allowed). The helm will be provided by Team Activity Group.

Open Team - any ratio of male and/or female paddlers

Ladies Team - only female paddlers and drummer

Junior Team - any ratio of male and/or female paddlers

In an Open and Ladies team the minimum age is 8 years; in a junior team it is 12 years. For participants under the age of 18 years a responsible adult will be required to countersign the declaration form on their behalf following the safety briefing.

Racing Format- Every team can expect to take part in a minimum of three races; the fastest teams going through to the finals. The race programme will be available on the day.

Previous Experience- Each team will be given a full briefing on the day detailing how to paddle and control a dragon boat – so previous experience is not necessary!

Clothing- You should wear light clothing such as shorts, jogging trousers, t-shirt or sweatshirt & a pair of old trainers. Your feet will get wet; so don't wear your most expensive pair! We recommend that you bring a complete change of clothing & a towel. No jeans, wellingtons, heavy footwear or ostentatious jewellery. Fancy dress is welcome & a prize will be presented to the best-dressed team on the day.

Timings

From 8.30am*	Crew registration and safety briefings begin
9.30am TBC*	First race
There will be a short break in racing between the end of the heats & the first semi-final.	
4.00pm	Final race
4.15pm	Presentation

*Final timings will be advised 7 days before the event

Registration & Safety Briefings on the Day- Each team will be allocated a registration time at least 7 days prior to the event date; it is the responsibility of the Team Manager to let their team know their designated arrival time.

On arrival the Team Captain Manager must register at Race Control and collect the teams race pack for the day. NO other team members are required to register at Race Control but all team members must be on site at their allocated registration time so they are present for their safety briefing before racing commences.

Each team member will be asked to sign a declaration form on completion of the safety briefing. On signature each team member will be given a green wristband to wear for the duration of the day, this confirms they have received the briefing & have signed the declaration. Any latecomers will be unable to race, as there will not be the opportunity for additional briefings once racing has started! **No green band = no racing!**

Prizes-

Prizes will be awarded to:	1st, 2nd, 3rd Place Open Team 1st Place Ladies Team 1st Place Junior Team Best Dressed & Named Teams (<i>awarded from public nominations on the day</i>)
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Car Parking- Car parking is available in the regatta car park, entry will need to be purchased online beforehand or on the day (price and website details will be shared as soon as tickets go on sale). Please note that vehicles are not allowed inside the enclosure. Please ensure that you park neatly & follow the directions given by the attendants. Cars are parked at the owner's risk. For sat navs enter the postcode SL7 2AE to be directed to Lower Pound Lane.

Tent Spaces- Must be booked beforehand (via the online entry system), spaces are 3x3metres and tents must be provided by the teams. It is also possible to hire tables.

Programme Advertising - Should you wish to advertise in the weekends programme please contact Charles Hill - ca.hill@tiscali.co.uk from the Marlow Town Regatta & Festival organising committee.

RACING RULES & REGULATIONS

Team Manager - Every team must nominate a Team Manager who will have overall responsibility for the conduct & actions of the team. The Chief Official and other Race Officials will only communicate on matters with the Team Manager.

Experience - The competition is open to all comers. Previous experience of dragon boating is not necessary, but all team members **MUST BE WATER COMPETENT IN LIGHT CLOTHING**. A responsible adult must supervise competitors under the age of 12 years, when in a dragon boat.

Teams - Teams are to consist of a maximum of 12 participants per race, which must include a drummer & a helm. The minimum number of paddlers is six. Only the number of paddlers in the team may be reduced, a drummer & the helm must be present. Teams may race with less than 12 but the number in the boat at the finish of the race must be the same as at the start.

Equipment - All boats & necessary equipment will be provided.

Paddles - Teams may use their own paddles provided they conform to the design & dimensions laid down by the British Dragon Boat Association. All paddle looms (shafts) must be of straight design. Paddles with a cranked (off set) design or loom are not permitted.

Buoyancy Aids - All competitors must wear a buoyancy aid provided by the race organiser when on the water. Team members will not be allowed to race in their own buoyancy aid.

Helm (steerer) - Team Activity Group will provide a helm for each boat.

The Drummer - The drummer must sit on the 'drummers' seat provided & actively beat the drum throughout the race.

Embarking - Teams must report to the boat marshalling area when called forward by the chief boat marshal or over the public address. However, irrespective of any 'call forward', teams should report to the marshalling area at least 20 minutes before the race start time. Teams failing to report on time may be barred from taking any further part in the competition.

Starts - Teams must be in the dragon boats & at the start area at least 5 minutes before their start time. All races will start without reference to absentees.

Starting Position - The position of the dragon boats on the start line shall be that the front most part of the boats (including the heads) are aligned.

Starting Signal - When the starter is satisfied that all the boats are correctly aligned, the starter shall alert the teams by saying 'ARE YOU READY?'. When the starter is happy that all teams are ready the starter shall give the starting signal by shouting 'ATTENTION' followed by the word 'GO'.

False Starts - If the starter considers there to be a false start they will immediately recall the teams by shouting STOP, STOP, STOP teams should stop paddling & return immediately to the start line.

Finishes - A boat has finished the race when the foremost part of the boat, which normally includes the head, crosses the finish line. After finishing a race, each participating team must return immediately to the embarking area.

Disembarking - After disembarking from the dragon boat the team is responsible for the safe return of all paddles & buoyancy aids to the place designated by the boat marshal & bailing out any water from their boat.

Race Control - Teams must paddle a straight line and keep within their allocated lane/line from the start to the finish of their race. It is forbidden to knowingly impede other boats. Helms will order their paddlers to 'STOP PADDLING' if a collision is imminent. Teams that do not stop paddling and cause a collision will be disqualified from the competition and may face a further ban from racing in the future. Any team that causes a boat to collide with another one whilst racing, or that damages a boat or paddles of another team, or that deliberately swamps or causes another boat or their own boat to capsize will be disqualified from the competition.

Officials - All the officials appointed for the competition are responsible to the Chief Official for the conduct of the races and for ensuring that the Rules and Regulations are fully complied with. Crews must follow the directions of the Race Officials at all times. Failure to do so may result in disqualification of the crew or participant concerned. The Chief Official's decisions on all matters affecting the races are final.

Safety on the Water - The safety of a dragon boat team on the water is the prime concern of everyone associated with the event, not least of which is the team itself, who have a responsibility to conduct themselves properly, in both a competitive and social sense. All competitors are to attend their team safety briefing before racing commences, after which they will be issued with a green wrist band.

Medical Restrictions - Each participant must be reasonably fit and able to swim in light clothing. Must be a minimum age of 8 & not vastly overweight to their height. If you are unsure whether you can take part please seek your doctor's advice. If you have any medical condition which the Race Organisers should be aware of, please speak to the Race Official before your first race of the day.

No Alcohol - Consumption of alcohol, by any participant is strictly prohibited until racing has finished. Any participant who is thought to have consumed alcohol or is not in a 'fit state' to participate will not be allowed to race & their green wrist band will be removed. The unlawful use of any banned substance is not permitted at any time.

Notice - The event is an adventure sport & as such involves a risk of injury regardless of the standard of training, supervision & equipment involved. Each participant will be required to sign the team sheet following their safety briefing on the race day. By signing the team sheet each participant voluntarily accepts all risks involved & is fit and able to swim as per the medical restrictions above & will not hold Team Activity Group liable for any claims arising from any accident resulting in any loss or damage including bodily injury or death.

Leptospirosis & Weils Disease - It is stressed that Leptospirosis & Weil's disease are both rare but can be caught by anyone engaged in a water sport. An infection of Leptospirosis resembles a cold and influenza infection in the initial stages. The incubation period is 4 - 10 days. If you show the above symptoms after taking part in a water sport activity, you should contact your doctor & tell them you have been participating in water sports & you suspect leptospira infection. Level of risk - On average each year, 9 people contract Leptospirosis through the participation in water sports. The instances of infection are therefore very rare & its deterioration into Weil's disease even rarer. Weil's disease is, however a very serious illness which must be diagnosed & treated swiftly. Reduce your risk by being aware!

**PLEASE NOTE THAT RACING WILL NOT BE DELAYED FOR ANY LATE COMERS
if you miss your race it is deemed bad luck!**