



Blue Mountains Dragon Boat Club Inc. (Mountain Dragons)

Members Guide

Welcome to the Blue Mountains Dragon Boat Club Inc. (BMDBC), also known as the Mountain Dragons.

BMDBC is a registered Dragon Boat Club with Dragon Boats NSW (DBNSW) and is bound by the rules & regulations of DBNSW.

Our Club

Mountain Dragons is a social and sporting club.

- We paddle on Wentworth Falls Lake on Sunday morning 8:40am to 10:00am and one weekday evening (during daylight savings) 5:40pm to 7:00pm
- There is no pressure to attend regattas or any weekly paddling session.
- We arrange other social functions.

At each session we allow 20 mins at the start to do some warm up exercises and to get the boat in the water correctly loaded for balance before we start to paddle (approx. 9.00am at a morning session; 6.00pm at an evening one). These are important safety functions and responsibilities for the entire team and form an integral part of the paddling session.

After the paddle, there are warm down exercises and whenever possible members stay on for a short while to have a drink together (something hot in winter, something cold in summer).

Mountain Dragons is a club that aims to attend local Dragon Boat Regattas. In the Western Region, there are dragon boat clubs at Lithgow, Bathurst, Mudgee, Dubbo, Orange (2), Parkes, Forbes and Wagga.

For the enthusiastic you may expand your paddling to include:

- Western Region teams
- NSW teams
- Australian teams
- Dragons Abreast

Fees

Club annual fees go essentially to cover insurance, DBNSW administration, lake fees, training costs, boat up-keep & equipment purchase. Regatta fees are paid separately as an extra by those who wish to participate and may vary according to the event.

Before you paddle

It is a requirement that you have read and signed the following two documents:

- DBNSW Membership Application and Declaration
- DBNSW Code of Conduct

Please ensure you have returned a signed copy of these forms to a Club Official.

Paddlers Responsibilities

Dragon Boating is a water sport & has an element of danger. For this reason, once the dragon boat is on the water, there is only one person in charge of the boat. That person is the Sweep. Additional points:

- Fully enclosed footwear is required (no thongs)
- Take personal water bottle (no glass); also hat and sunscreen in summer
- Only take directions from the sweep
- The coach will explain the paddling routine
- Make movements slowly in the dragon boat
- No horseplay
- Learn the padding calls, which will be explained to you

Regulations and Policies

DBNSW has a number of regulations and policies based on statutory requirements and best practice; these are updated from time to time and are available on the DBNSW website. BMDBC, as an affiliated club, is bound by these policies and as individual members of DBNSW so is each member of BMDBC.

The Code of Conduct is an important policy document and provides the template for a Member's behaviour, and notes specifically that the Code applies both in person and online, including social media platforms.

BMDBC has its own Constitution and Regulations which may be seen in the Members section of our website and Members are also bound by these rules.

Health and Safety

Health and safety issues arise in various ways.

As regards safety, Members are asked to advise the coach if they have reported that they are required to wear life jackets (this is in the DBNSW membership application).

As regards health, the pre-paddle warm up and the post-paddle warm down is important. Members are asked to advise the coach ahead of any session if they have any illness or aches and pains which require care.

Privacy and Personal Information

Personal information regarding any health issues, together with details of who to contact in the event of any emergency are kept by the club, with privacy conditions observed. Members are asked to provide the necessary information to the Club Secretary.

Paddles up.....