



The Rotary Club of Pangbourne

DRAGON BOAT CHALLENGE

2008



Important Information For Competing Crews

Issued by the Henley Dragons Race Marshals

Crew Captains of each Competing Team
are responsible for ensuring that
all crew members read these instructions
before the day of the race.

Crew Briefings and Safety

The event has been organised with safety as the main priority.

We need all participants to behave sensibly ... to ensure that they and everyone else enjoy themselves!

- Each crew will receive a crew briefing before they go on the water for the first time, immediately prior to the race.
- Anyone who intends to paddle with their team at any point in the day must attend this briefing.
- For your safety please listen to the safety briefing very carefully.
- The Marshals' decisions are final on all aspects of waterborne activity! The Marshals are qualified and experienced.

Please note the following particular safety points

- Anyone wearing denim will not be allowed to race
- Participants must not consume alcohol until they have finished competing. Any individual or team thought to have had alcohol or who is considered not to be in a 'fit state' to participate will not be allowed to race.
- All participants must wear a buoyancy aid as supplied. Every effort will be made to have ones to fit, but if this is not possible, racing may not be permitted. This has not been necessary previously.
- All team members must be able to swim in light clothing.
- The minimum age in a dragon boat is 10 years, and a nominated adult must accompany any person under the age of 16

CREW COMPOSITION

16 paddlers

1 drummer (maximum weight 11 stone)

Teams are advised to bring three reserve/substitute paddlers