



**CLUB INDUCTION  
MANUAL  
2014 – 2015**

## 2014/15 BURLEIGH FIRE DRAGONS CLUB EXECUTIVES

Position & Portfolio	MEMBER	CONTACT
President, QDBF rep, Maintenance. Grants	John Cooper	55207458 - 0402043117
Vice President Social Co-ordinator	Rachel Roy	55226426 – 0414878252
Secretary	Kaye Hart	55789443 – 0419572663
Treasurer/ Grants	Verne Tyzack	0413583063
Committee Members <ul style="list-style-type: none"> <li>• Recruitment</li> <li>• Marketing/Recruitment</li> <li>• Regattas</li> </ul>	Tania Hesford Keli Robinson Allison Elliott	55221819 – 0433199557 55939290 – 0421811218 5533 9376 - 0410221549
Team Manager, Uniforms Coordinator	Allison Elliott	5533 9376 - 0410221549
Boat Maintenance	Mark Hesford	55221819 – 0430918005
Club Coaching Team		
Head Coach	Bill Veitch	0427908588
Assistant Coach	Allison Elliott	5533 9376 - 0410221549
Team Captains		
Women’s Boat	Narelle Freeman	55273721-0447604018
Men’s Boat	Steve Sharpe	0466663493
Email		<a href="mailto:burleighfiredragons@outlook.com">burleighfiredragons@outlook.com</a>
Web site		<a href="http://www.burleighfiredragons.com">www.burleighfiredragons.com</a>
Face Book		Burleigh Fire Dragons Club Inc.

## Training:

### When:

The club trains on the water an average of 4 times per week. Paddlers are encouraged to attend as many sessions as they can, however, feel free to adapt the schedule to suit your commitments, but remember; leading up to major events full commitment is required by all.

Sunday generally has an emphasis placed more on technique for paddlers and trainee sweeps.

**Tuesday & Thursday:** 5.30 pm, on the water by 6.00 pm and finish around 7:15 pm

**Saturday and Sunday:** 6:00 am land training (Boot Camp) and 7:30am, on the water by 8.00 am and finish around 9:15 am

### Where:

111 Christine Ave, Burleigh Waters (behind the Burleigh Sports Club)

### To Bring:

#### Summer:

Drinking water, hat, sunnies, sunscreen, foot covering (**no bare feet or thongs**), suitable sports clothing.

#### Winter:

Drinking water, hat, sunnies, sunscreen, foot covering (**no bare feet or thongs**), suitable sports clothing and warm 'skins' or 'thermals'

Remember to be sun-safe. water, rashies, a cap and sunscreen are a must and yes, you will get wet.

## Communication:

**Email:** To keep you posted on all events, dates and news, please ensure the club secretary has your current contact details including Email address. If you do not have access to email, buddy up so you can PHONE for details.

**Website:** [www.burleighfiredragons.com](http://www.burleighfiredragons.com) – for posting of events, dates and special details.

**Face book:** Burleigh Fire Dragons Club Inc.

## Fees:

2014-15 financial year Fees (July 01, 2014 – June 30, 2015):

Adult - \$180.00;

Juniors – (under 18) - \$70.00

### Bank details:

Please pay by cash, cheque or direct deposit (preferred).

Account Name: **Burleigh Fire Dragons**

Bank: **Bank of Queensland**

BSB: **124001**

Account no: **20272417**

**Please supply a reference name on your deposit and email BFD secretary at**

**[burleighfiredragons@outlook.com](mailto:burleighfiredragons@outlook.com)**

**If paying cash or by cheque please give to club secretary or club treasurer.**

**Uniforms:**

**BURLEIGH FIRE DRAGONS** take pride in their appearance at regatta and club days. We encourage all members to wear full uniform when travelling to and from regattas or BFD events.

Full race uniform must be worn when competing at ALL regattas.

**Travelling uniform:**

Club Polo shirt with black shorts, pants or skirt.

**Race Uniform:**

Club Race singlet (optional dark blue or black long sleeve or short sleeve skins underneath) with black shorts, and BFD cap.

Check with our uniform coordinator for availability of items listed below.

**Stocked Uniform items:**

Club Race singlets (approx. cost \$35.00);

BFD caps (approx. cost \$15.00);

Club polo shirts (approx. cost \$45.00);

A number of other items are available however are needed to be ordered:

Light weight white over jacket with BFD logo;

Jacket in club colours and logo;

Tee – shirt in race colours, short and long sleeve;

**Paddles:**

The club provides paddles for new members to use at training.

There are several outlets available on the web that provides paddles for your specifications. They range from \$60 wooden paddles to \$400+ for carbon fibre paddles.

We suggest you try out other members paddles to find the one that suits you best.

**Volunteering:**

As a non-profit club everything that is achieved for the club is done on a voluntary basis. As you can imagine a lot of hard work is required to give you all the pleasure of a well-organized successful club. This only happens because of the hard work of dedicated and committed members.

From time to time, we need the assistance of members to participate in helping the club, be it working bees at the compound, or in an official capacity at BFD organised regattas or even representing BFD at another regatta (Local, State, National or International level).

We also participate as volunteers with Gold Coast marathon, Bunning's BBQ etc, all members are encouraged to commit to some sort of voluntary work.

**Local Regattas:**

Official invitations seeking expressions of interest are sent to Clubs to participate in a regatta, these are usually received 2 months prior to the event. Our Regatta Co-ordinator will advise of details of the event including date, location, race categories, starting times, cost per event and other relevant information.

Our members are then requested to indicate participation by notifying the Regatta Co-ordinator/Team Manager and signing up at training.

Registration of teams is required 3 weeks prior to the event. It is imperative that you advise the Regatta Co-ordinator/Team Manager at least **3 weeks prior to the event** of your intention to compete.

If signing up for ***State, National and International events***, notification of intention, registration and accommodation fees will need to be paid as required by the State/National/International organising committees.

#### **Regatta Day Requirements:**

- For club regattas, arrive one hour minimum or at the pre advised time before the competition starts, this will enable setting up of shelter, warm up, event entry and your position in the boat.
- The Coach and support team advises team lists, reserves and crew positions per race category.
- Ensure the waiver sheet is signed and entry fees paid prior to the event.
- You may wish to bring a folding chair, a change of clothes, bag to store wet gear and plenty of healthy food to keep you going through the day.

Note: There is often food and coffee outlets available at events.

- Full club uniform is to be worn:
  - Travelling uniform: Club Polo shirt with black shorts, pants or skirts and BFD cap.
  - Race Uniform: Club Race singlet (optional dark blue or black long sleeve or short sleeve skin) with black shorts, and BFD cap.

#### **Race Day Behaviour:**

- **Paddle** by the rules;
- **Respect** the team selector's decisions. Approach the team captain/coach if there are any problems with the selected team;
- **Never** argue with a regatta official. If you disagree with them, discuss your feelings/view with the Team Manager/Coach, and it is their decision as to what action, if any, should be taken;
- **Control** your temper. Any abusive behaviour toward the officials, coaches, selectors, other teams or paddlers, is simply not acceptable;
- **Be** a good sport. Applaud the efforts of the other teams, not just ours;
- **Treat** all paddlers as you would like to be treated;
- **Participate** for your own enjoyment and benefit. All paddlers are there for these reasons so don't spoil it for them;
- **Respect** the rights, dignity and worth of all paddlers, regardless of their gender, ability, cultural background or religion.

#### **Code of Conduct:**

Every organisation has a code of conduct.

BURLEIGH FIRE DRAGONS code has been developed in an attempt to ensure that differences of opinion between club members remain as a simple disagreement, and that such differences do not affect the enjoyment other paddlers gain from their involvement with BFD and/or the sport of dragon boating.

#### **Boat Behaviour:**

- The sweep is in charge of the boat on the water. Listen out for, and respond quickly to their instructions as your safety, and that of others, could be at risk;
- Listen carefully to the instructions from the coach, and always follow them to the best of your ability. If in doubt, ask them to repeat the instructions;
- Be courteous at all times, and support your team by supporting your team mates;
- Respect other paddlers and their paddling skills, regardless of their experience; Constructive criticism is only acceptable when made in the spirit of helping others improve their technique;

- Respect all people who have taken on positions of responsibility in the club. This includes the management committee and the coach. They have been elected to do a job and need your support to build a winning team;
- Coaches are responsible for running training sessions. In the absence of the coach, the team captains, or other nominated members/paddlers are to run the sessions;
- Only those paddlers nominated by the coaches should be calling instructions in the boat;
- Mentors chosen by the coaches are responsible for training new members in our paddling techniques and boat safety. So leave it up to them;
- Paddlers are responsible for their own and their partner's safety;
- In case of capsize, we use the buddy system. The back seat paddlers are also to ensure the safety of the sweep;
- Following any capsize, you must stay with the boat at all times.

### Boat Calls:

Standard boat calls mean less confusion on the boat, immediate response to coach and sweep directions and ensures the safety of all participants.



COMMAND		MEANING
1	Stand by the boat	Line up each side of the boat
2	Prepare to lift	Take a firm grip of the boat
3	Lifting on 3 – 1..2..3..lift	Bending at the knees...lift
4	Down	Set the boat down
5	Paddles in for balance	Hold paddle vertical
6	Numbering from the front	Call from the right and remember seat number
7	Paddles on	Paddles resting on water for stability
8	Ready for back paddle	Prepare to propel the boat backwards. <b>Back seat</b> determines pace.
9	Attention	Paddles in position to stroke
10	Hit	Commence stroke. <b>Front seat</b> determines pace
11	Bring it down	Reduce rate
12	Rest	Stop paddling and rest paddles in the boat
13	Stop the boat	Apply negative pressure in the water
14	JAM STOP	Emergency stop
15	Paddles in for drift	Paddles in water parallel with boat
16	Draw	Pull water toward the boat side
17	Pry	Push water away from boat side
18	Sound Off	In the event of a capsize – call your seat number