LAKE MARTIN DRAGON BOAT RACE LOGISTICS

REGISTRATION

- Registration/sponsorship fee per boat (10 paddlers, 1 drummer) - $500 per boat
- To secure your team for the Lake Martin Dragon Boat Race, please complete the registration by completing the form at bottom of the page.
- Once you complete your information and click submit, it will take you to the payment processing page. You can elect to pay electronically or request an invoice.

WAIVER

- Each member of the paddle team will need to complete the Lake Martin Dragon Boat Race waiver form.
- Each member of the team will need to bring the signed waiver with them to your first practice run check in. (or submit to payton@explorelakemartin.com)

CONDITIONS OF ENTRY

- **Rules** - All participants must agree to abide by the regulations set forth by the Lake Martin Dragon Boat Race Organizer as a condition of their participation in the event.
- **Waiver/Roster** - All team members must sign a waiver form stating they have read the conditions of the waiver, and are aware of the risks associated with dragon boat racing, and accept the risk, waiving any right they may have to any cause of action against any or all sponsors, organizers, charities, volunteers, officials, Festival Organizer and Race Manager for injury to person(s) or loss/damage to personal property. The Team Captain is responsible for ensuring every team member has signed a waiver. You may also be required to turn in a team roster. You may print off the waiver below.
- **Register** - Each team member must have submitted a waiver before paddling.
- **Double Rostering** - If you plan to double roster - paddle on more than one team – it is permitted, but not advised for everyone, because of the strenuous nature of the sport. Please use your own discretion, and know your physical capabilities. Any paddler on multiple rosters should understand when signing the waiver that it presents even greater risk for injury. If you are paddling on more than one team, keep in mind the festival will not, under any circumstances, delay races to permit a paddler to join another team.

REQUIREMENTS

- **Team** - Each mixed team must race with a minimum of four (4) women paddlers. It is recommended each team race with a full crew of 10 paddlers, a drummer and steerer (provided by Race Management). You may have two alternates, for a total of 14 on your roster. Your team will receive a time penalty of three (3) seconds for every female your team is short. There is an exception to this rule, however. There is no penalty if the seat is left empty for every female required and not filled. On an adult boat, 15 is the minimum paddling age. The drummer must weigh 160 pounds or less.

RACING REGULATIONS

- **Equipment** - All dragon boats, paddles, life vests/PFDs, and any necessary ancillary equipment needed for dragon boat racing will be provided by the Festival Organizer. Teams may use their own IDBF-approved paddle and/or U.S. Coast Guard approved PFD. Waist PFDs are allowed. No other use of personal equipment is permitted unless approved by the Festival Organizer and/ or Race Manager.
- **Equipment Replacement** - All dragon boats, paddles, life vests/PFDs, and any other ancillary equipment used by teams during racing must be returned to the Festival intact. Replacement costs of damaged or missing equipment will be charged to the responsible paddler or team if the Festival Organizer and/or Race Manager determines negligence occurred.
- **Sound Devices** - Devices including radios, electronic signaling devices, such as bullhorns, air horns, whistles and other noise making devices are prohibited. Drummers' use provided drumsticks, their voices and/or plastic megaphones to direct team members. Some small sound devices and cox box are allowed.
- **Wristband** - All paddlers MUST wear the wristband provided signifying each team member has signed a waiver for the duration of race day. Participants will not be allowed in the boat without the wristband.
- **Race Procedure** - Each race will start as soon as possible following the heat preceding it. The Race Manager and Festival Organizer will do their best to move the race day along in sufficient time. Teams must report to the marshaling area 15-20 minutes prior to their scheduled heat. No race will be held to wait on any team not loaded in the boat on time. Any team that does not report to the marshaling or dock area on time is subject to automatic forfeit of that heat.
- **Authority** - The Chief Official will judge, stop the race under any circumstances, caution or disqualify any team or team member at his/her discretion. All rulings by the Chief Official are final.
- **Steerers** - Race Management provides all steerers/coaches. Steering is an acquired skill. Any team desiring to use their own steerer must obtain consent from the Festival Organizer and Race Manager.
- **Conduct** - Each captain is responsible for the conduct/sportsmanship of his/her team and complying with race rules. A team is subject to disqualification from competition if any team member purposely exits the dragon boat into the water, or in any way endangers the crew.
- **Format** - Teams will follow the format as outlined by race management.

SAFETY PROCEDURES

- **Responsibility** - Each team member is responsible for his or her own safety at all times during any activity in or near the dragon boats. Team members, especially the team captain, drummer and provided steerer must know that they have responsibilities regarding the safety of their team. The team captain and steerer will make sure that each team member: 1) Wears a properly fitted U.S. Coast Guard approved PFD; 2) Is reasonably dressed for the weather, water and race conditions; and 3) Can ideally swim at least 50 meters wearing a PFD in case of capsize or other emergency.

- **Distress Signal** - If the team is in distress due to a capsize, medical emergency, or any other unusual occurrence, each team member should listen to the steerer/coach for instruction. In case of medical emergency, each paddler should turn their paddles upside down – blade up – to signal others to the emergency. The steerer should blow his or her whistle for a few seconds three times to alert water safety officials.

- **During Distress** - The Steerer will take control of the safety of the boat. The steerer and captain should take note of the number of crew on board before embarking the boat. The team captain and steerer will work together to make sure all paddlers are safe in case of capsize, or other emergency. In the case of capsize, get to the boat and stay with it. Grab your paddle, if you can, and hang on to the boat and listen for instruction from your coach. Make sure you know where your seatmate is, and verify that he/she is safe. If you end up underneath the boat after a capsize, get out as soon as possible. Everyone will count until all are deemed present. Everyone will be instructed to stay with the boat and then handle the emergency as instructed by the steerer/coach. DO NOT swim to shore unless instructed to do so by the coach and/or steerer. If safety personnel approach the dragon boat (most likely U.S. Coast Guard), they may take command, or help coordinate a rescue. When a capsize occurs, the crew can usually get the boat up righted and then use bailers to empty the water before safely embarking again.

- **Person Overboard** - In the event someone inside the boat falls overboard, the dragon boat must stop immediately and implement the safety plan by following instructions from the coach/steerer.

- **Loss of Steerer or Control of the Boat** - If the steerer falls out of the boat, loses control, or if your boat is in danger of hitting another dragon boat, the drummer should instruct the team to "Let it run" and then immediately follow with "Hold the Boat." Other commands like "stabilize", aka "flare" (paddle blades flat on top of the water) and asking the crew to paddle backward may also be required under these circumstances. It is important that the drummer understands race commands, not panic, and that each paddler stays against the gunwale (side of the boat).

- **Injury** - Any injuries sustained as a result of participating in practice or on race day should be reported immediately to the Dock or Marshaling personnel and/or Chief Official.

- **Position** - All paddlers must remain seated for the duration of the race. Kneeling or standing is prohibited. If your paddle breaks or falls, let it go. For your own safety, do not attempt to save it.

- **Weather** - In the event of lightning or any other severe weather emergency, the Festival Organizer may cancel the event with no rain date or refund of entry fees. Races may continue in the rain.

FESTIVAL RULES

- **Lost or Stolen Items** - The Festival Organizer, staff and volunteers will not be held responsible for lost or stolen articles left at the site.

- **Medical Personnel** - Emergency medical personnel will be on site, but teams are also encouraged to bring a First Aid kit as well.

- **Chief Official** - Should teams need to consult the Chief Official for any questions or discrepancies on race day, the team captain only should discuss the matter with the Chief Official by asking the Chief Marshaler to summon the Chief Official. Teams must address race discrepancies to the Chief Official within 15 minutes of the end of the race heat.

SUGGESTED ITEMS TO BRING FOR YOUR 10X10 SPACE

- Tent
- Chairs
- Tables
- Decorations
- Food
- Non-alcoholic beverages
- Games
- Sunscreen
- Hats
- Garbage bags
- Towels
- Comfortable shoes
- Etc.