

Wallis Spirit Dragons Inc

Training Policy

TRAINING VENUE – PALING FENCE BAY, WALLIS LAKE

This document should be read in conjunction with the following DBNSW policies, available on the DBNSW website:

- [Safety Policy](#)
- [Water Safety Guidelines](#)
- [Heat Management Policy](#)
- [Lightning Policy](#)
- [Heat Stress Fact Sheet](#)
- [Sun Protection Guidelines](#)

<https://www.dbnsw.org.au/about/policies-documents/>

The following additional points apply to WSD training sessions:

Coaching and Sweeping

DBNSW *Coaching and Sweeping Guidelines*

[https://s3-ap-southeast-](https://s3-ap-southeast-2.amazonaws.com/piano.revolutionise.com.au/cups/dbnsw/files/whkvuqspr66tcqdt.pdf)

[2.amazonaws.com/piano.revolutionise.com.au/cups/dbnsw/files/whkvuqspr66tcqdt.pdf](https://s3-ap-southeast-2.amazonaws.com/piano.revolutionise.com.au/cups/dbnsw/files/whkvuqspr66tcqdt.pdf)

- If the Coach and the Sweep are the same person, there must be another person on board who has First Aid qualifications.
- Trainee Sweeps are restricted to the training area of Paling Fence Bay, Wallis Lake.
- All qualified Sweeps taking a boat of paddlers out with or without a trainee Sweep, must carry:
 - A mobile phone in a waterproof pouch, switched on.
 - The mobile phone number, displayed in or on the pouch.
 - Marine Rescue phone number listed in phone contacts.
 - An Emergency Access Point document for Paling Fence Bay (and if sweeping out of the training area, Emergency Access Point information relevant to the area).
- It is highly recommended that Sweeps wear a PFD.

Noise

- Where practical, training before 7.00 am weekdays and before 8.00 am weekends, should be located towards the northern shore of the training venue.
- Drumming should not occur during early morning sessions.

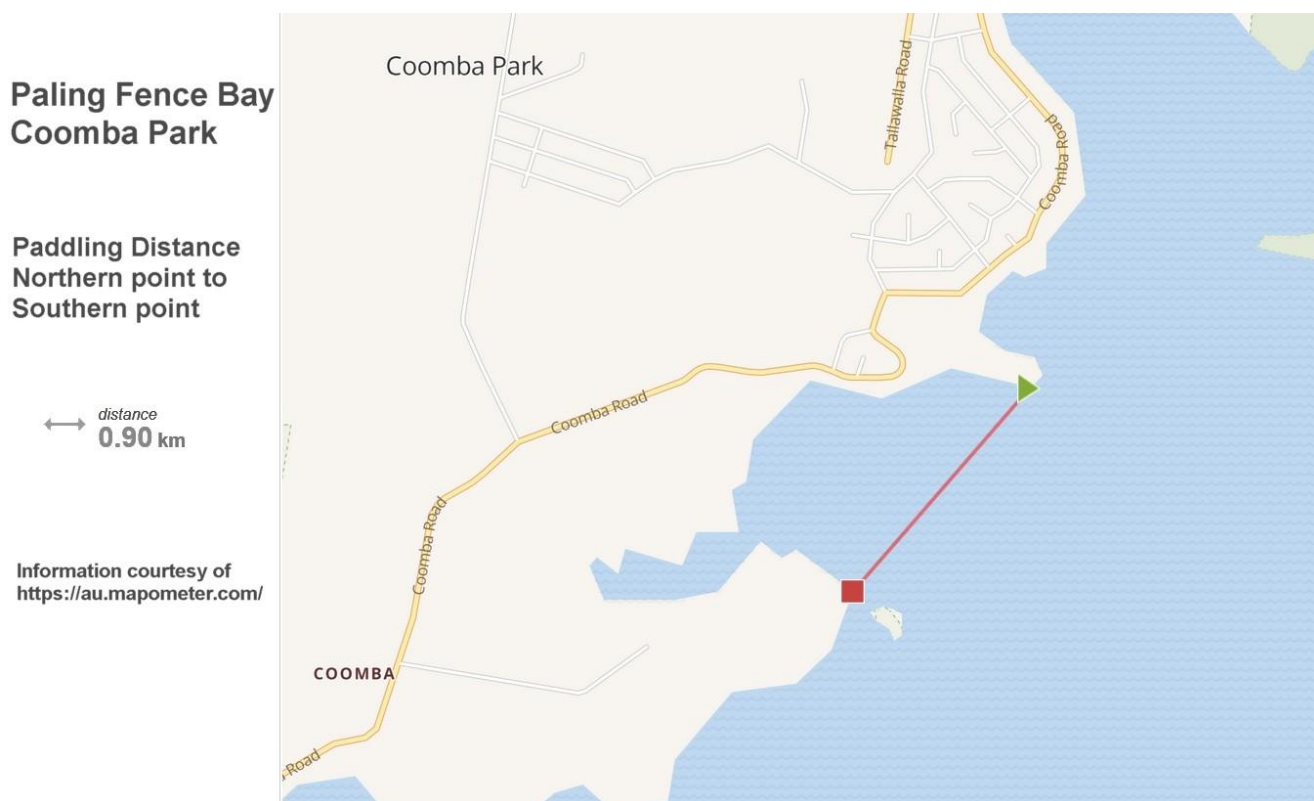
Safety

DBNSW Water Safety Guidelines

Link: [https://s3-ap-southeast-](https://s3-ap-southeast-2.amazonaws.com/piano.revolutionise.com.au/cups/dbnsw/files/p7lwm3qpzdauhjnf.pdf)

[2.amazonaws.com/piano.revolutionise.com.au/cups/dbnsw/files/p7lwm3qpzdauhjnf.pdf](https://s3-ap-southeast-2.amazonaws.com/piano.revolutionise.com.au/cups/dbnsw/files/p7lwm3qpzdauhjnf.pdf)

- **Swim Test:**
 - All new members must complete a 50 metre swim test within 4 months of joining the club. Further swim tests are carried out every 2 years.
 - If the WSD member does not pass or complete the 50m swim test they must wear a PFD. All non-members on the dragon boat, who cannot swim 50m in the clothes they are wearing, must wear a PFD.
- **Capsize Drill:**
 - All WSD members are to participate in an on-land capsize drill as soon as possible after joining the club.
 - On-land capsize drills are to be conducted by a qualified Sweep.
 - On-land capsize drills should be performed at regular intervals, at the WSD committee's and sweeps' discretion.
(For information refer to p26-30 of the Sweep Accreditation and Safety regulations (v5))
- **Medical Forms:**
 - All members are to complete a Medical form within 2 months of joining. This information is kept sealed unless needed in an emergency.
- **Training sessions:**
 - must be conducted less than 400 metres from the shore.
e.g. this excludes paddling from the northern to the southern point of Paling Fence Bay.



- Launching the Boat:
 - 10's boat – a minimum of 8 people (may include wranglers) are required to launch and retrieve the dragon boat.
 - Note:** Wranglers may not be required to launch the boat, if the coach considers that the boat can be launched safely with the available crew.
 - 20's boat – a minimum of 11 people are required to launch and retrieve the dragon boat.
 - It is at the Coach's discretion (dependent on the fitness of the people) as to whether the 10's or the 20's boat is used for a session when 11 people are available.
 - Any movement of rollers by the people launching and retrieving the boat is to be carried out from the starboard side of the boat (this prevents possible injury to a person from the sweep arm).
 - A minimum of 4 people are required to
 - lift stern or bow of boat
 - move the boat closer to shore so paddlers can disembark safely
 - move the boat away from the shore while loaded with crew.
 - During a training session, all boats used must have a safety bag attached containing tow rope, First Aid kit, club mobile phone (turned on) and emergency access point documents (refer DBNSW Safety Guidelines).
 - The First Aid Kit is to be checked and use-by dates reviewed at the beginning of each financial year. This is the responsibility of the WSD Equipment Officer or a member they nominate.
 - If channel marker and Black Rock lights are on, the dragon boat must be fitted with the appropriate lighting switched on.
 - In low light conditions it is mandatory for Sweeps to wear a high visibility vest.
 - It is highly recommended that Sweeps use a head lamp in conditions of low visibility.
- Unloading the Boat:
 - If the boat begins floating and is unsafe for crew members to disembark, a minimum of 4 people will pull the boat closer to shore. Paddlers already disembarked may be required to act as boat wranglers.
- Procedures for incidents of injuries that may occur:
 - All Sweeps and Coaches are to have first aid qualifications.
 - If an injury occurs on the boat:
 - the Coach or a qualified paddler is to administer First Aid
 - the Sweep is to ring 000
 - the Sweep is to take the boat directly back to shore at a safe speed.
 - If an injury occurs to the Sweep on the boat:
 - the Coach or a paddler is to ring 000 using the Sweep's mobile or the club mobile phone located in the safety bag

- the Coach or a qualified paddler is to administer First Aid
- the paddlers are to take the boat directly back to shore. Steering the boat will require a competent paddler to sit on the dragon boat's rear flotation tank in front of the sweep arm and use a paddle to steer, as for kayaking. If the crew is not capable of doing this, ring Marine Rescue Forster +61 2 **6554 5458**, immediately.

Weather

DBNSW Lightning Policy
 Link: <https://s3-ap-southeast-2.amazonaws.com/piano.revolutionise.com.au/cups/dbnsw/files/yjrlpjp46qmstzdp.pdf>

In addition, for Wallis Spirit Dragons,

- Training sessions are cancelled if heavy rain reduces visibility
- Training sessions are cancelled if white caps are visible in the training area of Paling Fence Bay.

Policy Review:

This policy will be reviewed as necessary but not less frequently than every 2 years.

Date: **Sign-off:**

Date: **Sign-off:**

Date: **Sign-off:**