



DragonBoat Beaufort – Practice Instructions

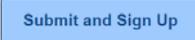
1) HOW TO SIGN UP FOR DRAGONBOAT PRACTICE

- a. We use www.signupgenius.com for practice scheduling and signup. Go to our page on **Signup Genius**:
<http://www.signupgenius.com/go/4090e4cada922aa8-dragonboat>
- b. Scroll down until you find the date you want to sign up for. You can sign up for multiple practices at one time.
- c. **PADDLERS** are at the top of the section (42 maximum as we are using two boats). Competitive practice usually runs one boat and that is only 20 seats. Because of limitations in Signup Genius, all practices default to 42 seats. See section (2) for specifics on how to sign up for practice.
- d. Next down is **STEERERS** (we need 2).
- e. Next down is **SAFETY BOAT CAPTAIN**. We need one qualified captain.
- f. Next down is **SAFETY BOAT CREW** (we need 1 or 2 for crew).

- g. If you have never signed up before, you will have to register first.
- h. **COMPETITIVE PRACTICES** are on Mondays and Wednesdays. These sessions are for paddlers who want to compete at dragonboat festivals. Newer paddlers and those who are not up to a rigorous workout are discouraged from signing up. If you do sign up, it is understood that you are willing to travel and take on the time and financial obligations that come with being on the racing team. You also agreed to attend as many competitive practices as possible. If you sign up but are unable to attend the practice, please remove your name from sign-up genius prior to practice. Competitive practice is only one boat. Once 20 seats are taken, there is no more room as we do not run two boats for competitive practice.



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- i. **FESTIVALS:** [HTTP://WWW.SIGNUPGENIUS.COM/GO/4090E4CADA922AA8-DRAGONBOAT1](http://www.signupgenius.com/go/4090e4cada922aa8-dragonboat1)
- j. How to sign up for practice:
 - i. Make sure there is room in the boat for the date. At the top of the section is the number of seats still available.
 - ii. Click on the Sign Up button  at the bottom of the paddler section.
 - iii. Click on the Submit and Sign Up button  on the bottom of the page.
 - iv. You are taken to the Sign Up page. You will see an option for Quantity (Qty). Please do not sign up for more than **3 seats**. If you are bringing friends, limit it to yourself and two other paddlers and list their names in the comment section. Always make sure that your sign up accounts for everyone you are bring with you! Never sign yourself up for practice then add in the comments field that you are bringing some friends because there is no way to guarantee them a seat if you don't adjust the quantity (Qty) field appropriately.

Date (mm/dd/yyyy - EDT)	Available Slot	Qty	My Comment
08/10/2016 (Wed) 6:00pm-7:00pm	DragonBoat Practice	1 ▾	

- v. All guest paddlers must complete a waiver before getting into the dragonboat.
- vi. If you find out that you or anyone you signed up are not able to make practice, please log back into Signup Genius and **DELETE** your signup. It is not fair to people who want to paddle to have people reserve a seat and not show up for practice. We are going to track people who do this and if you sign up for a practice and do not show up **TWICE**, you will not be allowed to paddle any more until you get clearance from the Coaching Staff.
- vii. If you are not a due-paid member of DragonBoat Beaufort, you are allowed to paddle twice as a guest. After that you need to join DragonBoat Beaufort to be allowed to continue paddling. This is an insurance requirement.

2) PROCEDURES FOR PRACTICE

- a. Always arrive 30 minutes before the scheduled practice.
- b. It is recommended that you bring a bottle of water (especially in the summer) to ensure that you stay properly hydrated during practice.
- c. We are guests of Port Royal Landing Marina. Always park in the furthest spaces in the parking lot. Always be courteous to any members or staff. We want to always minimize our impact on the marina.
- d. Paddlers will group in the parking lot for stretching and instructions. There will always be a coach assigned to the practice.
- e. At the instruction of the coach, proceed down to the dock in an orderly fashion.



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- f. Once you get on the dock, put your keys in the black tackle box in the PFD dock box, get a PFD and paddle (if you don't own your own). You should not bring anything other than your keys down to the dock. Leave everything else in your car. Bring \$1 to contribute to the gas fund.
- g. Line up in your assigned position with the left side paddler closest to the boat. Wait for someone to assist you with getting into the boat. **NEVER** climb into the boat alone!
- h. Once all paddlers are in their seats, the **Steerer** has command of the boat and will give the commands to move the boat out into the river. Commands from the **Steerer** **ALWAYS** override any instructions from the **Coach**. The **Steerer** is always in ultimate command of the boat.
- i. Once the boat returns to the dock after practice, wait for someone to assist you in getting out of the boat. Once you are on the dock, immediately return any borrowed equipment to the appropriate dock box, retrieve your keys and leave the dock. This is so we can quickly return the dragonboat to its docking position and dock the Safety Boat as safely and quickly as possible.

Revised 9/19/2016