



Redcliffe Red Dragons Dragon Boat Racing Club

Newsletter

IT HURTS NOW, BUT ONE DAY IT WILL BE YOUR WARM UP.

MARCH, 2020

A Note from Our President

By Bob Rapley

Bonjour,

Congratulations to everyone who competed in the DBQ State Championships over the weekend on the 7th and 8th of March.

We had 36 paddlers participating in numerous categories. It was great to see all our paddlers putting in 100% effort for the club, their team and themselves. We came home with three silver medals after Saturday's racing and silver and bronze medals after Sunday's events. As usual, Iciar's report on page 3 has an in-depth description on the day's activities.

I would like to personally thank those who transported the boats and equipment to Lake Kawana and our three volunteers who represented our club as helpers on the day.

I also wish to thank Charlene for preparing us for the State titles, we all appreciate your dedication to RRD's. Of course, Iciar's work as team member is second to none, we know how much time you put into making it easy for the rest of us 😊.

As you all know, training sessions have been cancelled until April 11 due to the Covid-19 pandemic. The committee will continue to monitor and review events as they unfold and will make sure your health and safety are taken into consideration. Please ensure that you look after yourselves – stay safe.

Coach's Notes

By Charlene Povey



Hi Everyone,

The impacts of Covid-19 (Coronavirus).

“Social distancing” is one of the recommended responses that we can all take to help flatten the curve of spread of the virus. Dragon boating is a sport where it is virtually impossible to achieve the 1.5m social distancing requirement, including sitting in a boat, and in handling it on and off water.

DBQ have recommended that all club group training to be suspended and Come n Try activities to be cancelled where 1.5m safe distances cannot be maintained.

This was taken into consideration on Monday 16th March when I advised the committee for the club to take a break from training for at least 2 weeks.

The other factors were:

- Our age – the majority of members are in the high 50s
- The ‘weekenders’ are a mixture of health and age
- The nationals and club regattas will be cancelled
- It is now the off season so we can have a break

So, everyone please do the exercises I have mentioned throughout this season in front of the TV, go for a run or walk, go for a paddle (single craft).

Most of all stay safe, healthy and enjoy the self-isolation.

We will keep you all updated for when training starts again.

Team Manager's Report

By Iciar Argus

2020 DBQ STATE CHAMPIONSHIPS



On Saturday 7th and Sunday 8th March saw the DBQ State Championships held at Kawana Waters.

Racing consisted of 2km, 1km, 500m and 200m racing in Mixed, Women and Open 20's and 10's. Redcliffe had 36 paddlers attending on Saturday and 33 paddlers on Sunday. The club entered crews in the following categories on both days:

Premier Women 10's	Senior A Open 10's
Premier Mixed 10's	Senior B Women 10's
Senior A Mixed 20's	Senior B Mixed 10's
Senior A Women 20's	Senior C Mixed 10's

Long Distance 1km Mixed 10's on Saturday and 1km Women 10's and 1km Open 10's on Sunday.

Saturday racing saw every crew, apart from 1 crew (Premier Women 10's) make the finals with the Senior C Mixed 10's and Senior A Women 20's gaining Silver in their respective finals.

The 1km Mixed 10's crew had a marvellous race, missing out on third place to Gold Coast by only 2.09secs from a field of 13 clubs.

Sunday racing saw 5 crews make the Finals with Senior C Mixed 10's and Senior A Women 20's again in amongst the medals achieving Silver and Bronze from their respective finals.

Our 1km Women 10's and Open 10's came 9th and 8th respectively in their races.

It was a packed day of weekend racing with some paddlers having little rest in between and everyone giving 100% if not more over the two days.

Great effort and a job well done by everyone who participated in the Championships with the club coming away with 5 medals – 4 Silvers and 1 Bronze.

I am sure the club and paddlers will be looking forward to 2021 State Championships being held at Kawana Waters Saturday 6th and Sunday 7th March.

GO REDCLIFFE!!!



Pink Snapdragons Update

By Christine Johnston



There is an expression considered to be an old Chinese curse “may you live in interesting times”. Well we are certainly living in those times dealing with the impact of Covid-19. Before our world changed completely and we came to adopt the new era of ‘social distancing’, we Pinkies were still getting out and about.

At the beginning of the month Snapdragon members participated in the States regatta with the Redcliffe sports team and achieved a number of medals. Congratulations to Ann Matthysen, Rosetta Lynis, Barb Flynn, and our newest member Lisa Dunne. Great job ladies!

Other club members attended an International Women’s Day breakfast presented by Quota International. Barb Flynn held a very successful garage sale, further contributing to our fund-raising coffers.

The club Team Manager and I met with members of the Sunshine Coast Dragons Abreast club to discuss registering a combined team for the IBCPC in NZ in 2022. It was unanimously agreed between the clubs that a combined team is the way to go and we will be known as Coastal Breast Friends.

A reminder to look out for each other during these difficult times. All of us are impacted in some way and some of us are especially vulnerable. Take care all.

Birthday Wishes for April

Phil Matthysen	-	01st
Marie Sulzberger	-	07th
Cheryl Rigby	-	20th
Tahlia Harle	-	22nd
Laurie Nicholson	-	22nd



Jokes of the Month



A pirate walks into a bar with a steering wheel on his pants, a peg leg and a parrot on this shoulder.

The bartender says, "Hey, you've got a steering wheel on your pants."

The pirate says, "Arrr, I know. It's driving me nuts."





And the Lord said unto John,
"Come forth and you will receive
eternal life."
But John came fifth, and won a
toaster.

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RRD Northern Chapter

By Josie Lategan

On the 15th of March the RRDNC made the decision to stop all paddling activities including attending the regatta at 1770 in order to adhere to social distancing measures and therefore contribute to lowering the transmission of the virus.

We are indeed very sad our trip to 1770 had to be cancelled as we had planned to have the entire northern chapter paddlers compete with the home base Redcliffe team.

Our 10's Champion boat has arrived in the last overseas shipment and it is currently in Brisbane waiting for the trailer to be completed. There have been some delays in the manufacturing of the trailer however there is no hurry at this stage. This also means that we have had to put the blessing of the boat at Redcliffe on hold until we have a clear understanding of this pandemic and can return to paddling.

A number of the paddlers (4) are in isolation (travelled overseas) and semi isolation (have someone at home who arrived from overseas) at the moment and the chapter has been keeping in contact via phone, text. This is extremely important for our mental health and to keep us connected.

Fundraising

By Kay Roper

Whilst we are off the water, remember to continue to collect your cans and bottles for our recycling program. We should have a great collection to redeem for cash upon our return.

Also, remember we still have our Easter Egg packs to be sold. If you haven't grabbed a box, please contact the committee to organise collection.



Paddlers Journey

By Lorna Hill



This section called the 'Paddlers Journey' is where members are encouraged to send through details on how they got into the sport of dragon boating and became a member of Redcliffe Red Dragons.

Lorna Hill has been paddling for 10 years and is an outrigger as well. She has formed part of the state squad at Nationals. Lorna has a Master's Degree in Special Education and works as teacher of children with disabilities.

Lorna is super fit, runs every morning (when not paddling), does Park Run and is at the gym most days. Lorna teaches belly dancing in the Bay- great for those core muscles.



Lorna in her Red Dragon onesie promoting the sport of dragon boating and Redcliffe Red Dragons.

Farewell Pain and Agony!

By Kay Roper

For the newer team members, this won't mean much, but for those that have been around for a while, it may provoke some fond (or not so fond!) memories of past training sessions.

In 2010 Bruce Eckersley, the then coach of Redcliffe Red Dragons, designed two little row boats to be used for time trials in dragon boating. With the help of a friend he was able to have the boats built. They cost a total of \$800. They were made of fibreglass and were extremely heavy and unwieldy.

After two failed design attempts and with the kinks ironed out, the two boats were finally able to be used by Bruce for testing purposes in October 2010.

The boats were to be used twice a year to provide benchmarks for the paddlers - the first at the start of the regatta year and the second, a few months prior to State and Nationals. Time trials consisted of a paddler, with a sweep on the back, paddling a distance of 200m and a time being recording for coaching purposes.

The paddlers jokingly gave the boats the nicknames of PAIN and AGONY as this was indicative as to what they considered they felt when having to do their time trials in the boats. The boats were used for this purpose up until Bruce left the club at the end of the 2011/2012 regatta year and they remained at the club after he left.

The boats were stored in the enclosed fenced area which constituted our compound and were used again in August 2013. This time it was not for time trials but for the Club's first FUN DAY where two members got to experience paddling in the boats while enjoying some fun along the way. This time there were 2 paddlers and a sweep in the boat.

When the Paddlers' Den was built, PAIN AND AGONY were able to be brought in from the open and stored in the shed, where they sat gathering dust (and a few spiders!).

With space becoming a premium, the committee decided it was time for them to go, but who would want them? An ad was put out to other clubs by DBQ and a few inquiries were made, but they came to nothing.

After a couple of months, an ad was put on a Facebook local marketplace site, and unbelievably, buyers were expressing interest within 15 minutes of the ad going up. 14 inquiries were made and two very happy buyers came and collected them within the week.

So, goodbye Pain and Agony, we hope you bring joy to your new owners!



Recipe Page

By Del Martin



Corned Silverside

INSTRUCTIONS

- Step 1 – Rinse the beef under a running tap unless you want it a bit saltier.
 - Step 2 – Place in a suitable pot and cover with cold water.
 - Step 3 – Add 1 cup of brown vinegar.
 - Step 4 – Add half a cup of brown sugar.
 - Step 5 – Add half an orange (optional).
 - Step 6 – Bring to the boil then turn down the heat until the water is simmering.
 - Step 7 – Simmer for approximately 1 hour per kilogram.
- When you can easily pierce deeply with a fork it is ready to enjoy.



Uniforms

We Dress for Success!

If anyone is looking to purchase new or additional uniforms, Donna Pascoe is the person to see.

We currently have a supply of most sizes. We try to sell as many as we can before purchasing another supply.

T-shirt Race Shirt \$42.00



Singlet Race Shirt \$38.00



Cap \$17.00



Polo Shirt \$30.00



Polo's ordered upon request.

The club only makes a small profit on all sales. This money goes straight back into the running expenses of the club: - maintaining the clubhouse, repairing equipment and numerous other sundry items.

We also have Bucket Hats for sale - \$20.00 (Sorry didn't have a photo).

Medical Declaration

By Norma Kelly

Due to the unfortunate passing of BRD's Club President, Peter Knight last month, I thought it would be a good idea to remind anyone of the 'Fitness to Participate' question on our application and declaration form which everyone signs when they join the club and every year when they renew their membership. If you have any queries or wish to discuss any medical issues, please see our coach Charlene, our team manager Iciar or our first aid officer, Rosetta.

9. Fitness to Participate: *I declare that I am and must continue to be medically and physically fit and able to participate in any Dragon boating activity. I am not and must not be a danger to myself or to the health and safety of others. I will immediately notify DBQ in writing (through my affiliated club) of any change to my fitness and ability to participate. I understand and accept that DBQ will continue to rely upon this declaration as evidence of my fitness and ability to participate.*

I have read and understood the attached Medical Disclosure Form and understand the level of training may involve strenuous levels of physical activity. I also declare that I have disclosed through this Medical Disclosure Form all previous or current injuries, disabilities or related medical conditions that may restrict my ability to train or which physical training or exercise or exertion may exacerbate.

I have also included AUSDBF Rules and Regulations in regard to Medical Information. I believe it is an insightful read for everyone. A number of our club members attended the 2012 Nationals in Melbourne and witnessed the unfortunate event referred to below, first hand.



Australian Dragon Boat Federation MEDICAL INFORMATION - Australian Dragon Boat Championships

AusDBF will **NOT** be requesting doctors' clearances for Masters (40+) paddlers for the Australian Dragon Boat Championships. Instead, a new 'Wellness Checkup' system will be implemented to protect individuals and the sport.

All paddlers, irrespective of age, are encouraged to engage in taking responsibility for their own prolonged good health and longevity as competitive or social paddlers. Regular medical checkups, blood pressure, blood tests, stress tests and muscular skeletal recovery and maintenance are all highly recommended.

The onus will be on all paddlers to declare that they have engaged in regular medical checkups over the past 12 months and to disclose that they have no known pre-existing ailments that could endanger them or others while paddling. This should be viewed as a vital investment in one's health.

This change has resulted after receiving feedback on disparity in the way requested medical clearance were treated by doctors. Some doctors refused point blank to write clearances due to litigation concerns, while some wrote clearances

without performing or prescribing any form of tests. Fortunately, there was a great depth of sound practice in the middle ground.

While the situation was not ideal, AusDBF is aware of at least two instances whereby paddlers who sought clearances were found to have serious medical issues. These issues precluded them from participating at AusChamps and required them to undergo cardiac surgery. We are happy to report positive outcomes, the prompts made could well have resulted in preventing premature disabilities or death.

To assist you with your health and maintaining positive involvement in dragon boat racing, AusDBF has provided the below document & questionnaire penned by medical professionals who paddle and understand the sport. These documents can be used as a guide while speaking with your doctor.

Take good care of yourselves, we have but one life... If in any doubt regarding your health check it out with your doctor without delay.

Please contact AusDBF's Director of High-Performance Maggie Boyce via development@ausdbf.com.au if you have any questions.

Dear Paddlers,

At the 2012 Australian Championships in Melbourne the Dragon Boat community was devastated when an experienced paddler collapsed and died during a Senior B 500m race. The cause of death was a cardiac arrest. It is very likely that the paddler had no idea he was at risk. As a result, government authorities requested AusDBF take action to address the risks of competing in dragon boat, and identified all competitors over 40 years of age as being at a higher risk of stroke and heart attack.

While there are no statistics for the incidence of sudden death during dragon boat races, we know that this can occur. We also know that sudden death can occur at any age.

Dragon Boat racing involves a combination of frequent bursts of intense activity during 200m and 500m races, often many races per day and longer events such as the 2 km sweeps race which are often held at the end of a long day of races. Our demographic is also skewed such that we have many paddlers over the age of 35 yrs. who are competing at a high level and often backing up in races across several age categories on the same day, hence increasing the work load on their bodies.

Depending on the level of effort achieved during paddling a competitor's heart rate can go from resting to maximum in as little as 30 seconds. If a paddler has an underlying heart condition this sudden rise may lead to serious problems especially if the condition has not been identified.

We are encouraging the entire Dragon Boat community irrespective of age, fitness or experience, to have an annual Wellness Checkup to ensure that they have no unidentified cardiac condition and that they remain healthy and able to enjoy competing for many years.

Our recommendation is that our paddlers complete the following questionnaire prior to seeing a doctor for their consultation, have a physical examination focusing predominantly on the cardiovascular system, a Cardiovascular Risk Assessment and an annual resting 12 lead ECG.

If you have any concerns as a result of your examination, our consultant cardiologist has recommended that the most useful additional test is a Stress ECG to Maximal Heart – i.e. to continue the test to the point of exhaustion rather than the usual Stress ECG which aims to reach 85% of age predicted maximum heart rate.

We wish to advise paddlers that there is no 100% guarantee that by doing an annual Wellness Check, this will prevent sudden death during or after competition. But we anticipate by adopting our proposal paddlers will significantly reduce their risk.

Please complete this questionnaire and take it with you when you visit your doctor		
1	Have you ever been told you have a heart condition?	Yes No
2	Have you ever lost consciousness or fallen over as a result of dizziness?	Yes No
3	Do you have chest pain, pain in your arms, throat or jaw that is brought on by physical activity & eases with rest?	Yes No
4	Have you ever noticed unreasonable breathlessness with exertion?	Yes No
5	Have you noticed a recent drop in your fitness for no apparent reason?	Yes No
6	Do you exercise for more than 30 minutes three times per week to the level that makes you puff or pant?	Yes No
7	Have any of your immediate family i.e. Grandparents, mother, father, sister or brother ever suffered a heart attack?	Yes No
8	Did their first heart attack occur before the age of 55 yrs for men, 65 yrs for women?	Yes No
9	Do you smoke?	Yes No
10	Do you drink alcohol?	Yes No
11	Do you drink more than the recommended safe level of alcohol consumption i.e. Greater than 8 standard drinks/week for women or greater than 12 standard drinks for men?	Yes No
12	Do you suffer from Diabetes?	Yes No
13	Do you suffer from Asthma?	Yes No
14	Do you suffer from Epilepsy?	Yes No
15	Do you have any other chronic medical condition?	Yes No
16	Do you experience muscle, joint or ligament pain?	Yes No

Thank you to Cathie Urie, Jan Frizzell, Sue Sanderson & Louise Wilson for contributions to this document.

Calendar of Upcoming Events



Date	Time	Details	Location
<i>April</i>			
Wed 08 th to Mon 13 th		National Championships	Cancelled
Sat 25 th	9.00am	President's Breakfast	Clubhouse, Talobilla Park
<i>May</i>			
Sat 09 th & Sun 10 th		1770 – 250 th Anniversary Regatta	Cancelled
Sun 17 th	10.00am	Come 'N' Try	Cancelled
Sat 30 th	6.30pm	Presentation Evening and 15 th Birthday Celebrations	Dolphins Leagues Club, Redcliffe Postponed - TBA
<i>June</i>			
Sat 06 th	9.00am	Annual General Meeting	Clubhouse, Talobilla Park
Sat 27 th	9.00am	President's Breakfast	Clubhouse, Talobilla Park

** The Calendar is accurate, as per print date. Changes may occur. **