



Redcliffe Red Dragon Boat Club

Newsletter

NO MATTER HOW YOU FEEL, GET UP, DRESS UP, SHOW UP AND NEVER GIVE UP.

NOVEMBER, 2021

A Note from the President

Hi Everyone,

Thank you to everyone who help out at the Come & Try we held in October. We had three boats go out and these events are a great way to show the public what we do, let them get a taste and hopefully join our club. We have another one at the end of November so we are calling for helpers again.

I also would like to thank the members to helped me rearrange the boats on the boat stacker - Thank You!

We had to withdraw from attending the Burleigh Fire Dragons regatta at Varsity Lakes due to lack of interest. It is great to see that we have 26 members registered for the upcoming Manly regatta. I'm sure Charlene would like to see everyone at training leading up to this event.

As advised at the last GM due to work commitments Shelly is stepping down as Team Registrar @ end of December. If any other club member would like to take over the roll, please see me or send a email to the club secretary, Debra Hall.

Reminder: - Redcliffe is hosting a regatta on the 22nd January. Everyone would already know that Phil Matthysen is the Event Co-Ordinator and is putting in a lot effort to ensure the regatta is a success. If you haven't included your name on the volunteers list, please do so as we need help from as many members as possible. If you have any queries, please see Phil.

Look forward to seeing everyone on the water.

Cheers,
Norma

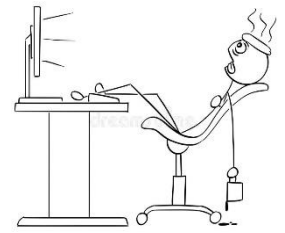
Note from the Editor

Hi Everyone- thanks so much to everyone who sent me items for the newsletter- its much appreciated! Keep them coming 😊

Articles and updates should be in by the end of the month with the aim to get the newsletter out the first week of every month. This varies slightly due to work commitments but it's my aim!

Send all your things to: andreacoe101@hotmail.com !

Andy



Paddlers Journey



Hi everyone, my name is Rita and I am usually on the back of the boat steering.

My wonderful journey started in 2012, at the age of 55, when I was looking for something more to do in life other than focusing solely on work and family—and I owe it all to my daughter Felicity and to Margery.

Back then, my daughter was talking to her friend at work, Margery, about my restlessness and the next thing I knew, Margery was picking me up from my home to take me for my first experience at Dragon Boating. Dragon boating? Never heard of it! I was so nervous at meeting new people, but Margery put me right at ease and boy, was I hooked! Everyone was so nice and welcoming. I was soaking wet, had muscles that wouldn't stop aching, couldn't catch my breath, but I loved every minute of it!

Never having played sport before, I complained to my daughter at not being able to get any air into my lungs towards the end of a 200m race. Being an ex-competitive swimmer, Felicity taught me how to give my lungs enough time to process the oxygen and then, I was unstoppable!

The ERG was the club's benchmark for fitness and PWR. I used to do the push ups, sit ups, planks, squats, go to the gym, and swim laps in the pool to build my fitness. I remember Iciar saying to me one day after using the ERG that I was

getting very close to her strength level. This comment was a great pick me up and helped to reassure me that, for my age and abilities, I must have been doing okay.

A few years back, my daughter and hubby came to a regatta that I was paddling in and, seeing me all pumped up, Felicity said, 'Mum, look at those guns you have!' So naïve am I, I had to ask, 'Please explain? Oh, the muscles in my arms! Ha-ha!'

During my time with this friendly social club, I have had a go at a few different things. I learnt to steer a dragon boat and grew to love the sweeping. It took a little while, because initially I still yearned for the paddling. Then, Charlene came along and saw something in me. Together we worked on my sweeping skills and she gave me the confidence to love it. Now, I think that learning to become a sweep was the best thing I could have done for myself!

I had the pleasure of being Treasurer during an exciting time when the club went from an outdoor compound with a couple of garden sheds to the Paddlers Den we all get to enjoy now.

I've also tried assistant coaching, but it wasn't for me. Currently, I am attempting to train some new steerers and I hope they all get something helpful out of the sessions. If things ever seem daunting or if I have a lot to juggle, I am so grateful to have Icair around to remind me to take a deep breath, stay calm and to trust that everyone here are my friends.

My experience has been such a positive one that I hope we will always be the friendly, accommodating club I know we are for many, many more years to come. Remember, it's the people who make up this wonderful dragon boat club and I am so very proud to be a part of it.

Paddles up, team mates!

In other news

Thanks to Icair for another excellent article,



AusDBF Competition Regulations and Rules of Racing

Edition 9.2 (updated 03/02/2021)

Approved 13th October 2020

AUSDBF RULES AND REGULATIONS

In last edition we discussed the role of the DRUMMER - the crew member who sits at the front of the boat. Over the next editions, we will be looking at the crew member who stands at the back of the boat – ***SWEEP/STEERER.***

This edition will cover rules and regulations of becoming a sweep and next month will cover rules involved in the actual sweeping of the boat.

DEFINITION

The term 'sweep' is used to describe or refer to a person who controls the steering apparatus, referred to as an oar, of a dragon boat. References to the alternative titles of "Steerer" or "Helm" are intended to refer to the same position, role and /or action undertaken. While on the water the sweep is regarded as the Captain of the boat in control of the dragon boat and has the ultimate responsibility for the safety of the crew.



AusDBF Australian Dragon Boat
Sweeps (steerers/helms) Guidelines and
Sweep Accreditation Scheme (SAS)

Version 2

Adopted at the AusDBF AGM 21st April 2010

Authors – Melanie Cartwell, Chris Alexandrou and Robert Turnbull
With acknowledgments to the authors of Version 1 of the (2009) AusDBF Guidelines, from which this
version was formulated (Steven Davidson, Gavin Godfrey)
To all the AusDBF members who contributed towards the update of Version 2.

30 April 2010

AusDBF Steering Guidelines & Accreditation Scheme

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All sweeps (steerers or helms) who participate in AusDBF Australian Championships or other sanctioned events must hold at minimum a Level 3 accreditation issued by their AusDBF Member. This will ensure that participating sweeps at AusDBF events have undertaken sweep training, have demonstrated a level of capability and have passed as being able to competently steer crews (Club and/or Corporate/Novice/Social)

The AusDBF Sweep Accreditation Scheme consists of two parts:

1. ACCREDITATION
2. REGISTRATION

Accreditation

This consists of the following:

- Education
- Training with an experienced sweep (minimum Level 3)
- A written exam
- An initial practical test
- Issuing of Provisional Accreditation (Level 2)



- Sweeping sports crews in four races at a minimum of two (2) events
- First Aid qualifications

The written test will consist of 20 questions of which the person being tested must attain an 80% pass rate. (ie minimum of 16 correct answers)

Examiners approved by the AusDBF member will conduct Sweep Accreditation Testing.

The practical test will consist of each sweep candidate steering a dragon boat (with a minimum of 16 paddlers) and must be able to demonstrate certain skills such as:

- ensuring the dragon boat is balanced
- performing a head count
- using the standard set of calls
- reversing a dragon boat safely
- maintaining a dragon boat on a start line
- steering a straight line for a reasonable distance;
- stopping a dragon boat quickly
- reversing the dragon boat into a start pontoon and setting up for a race start
- cornering around set markers – buoys as in a 2000m turn race
- completing a turn with another boat along side

Following the practical test, the examiner will complete a Practical Test and Sweep skills document which will be forwarded to the Sweep Coordinator in their State.

If both the above elements are completed satisfactorily the candidate for sweep accreditation will be issued with Provisional Sweep Accreditation (Level 2) and their name will be entered onto the AusDBF Members (State or Territory) Sweep Register.



To receive Full Sweep Accreditation (Level 3) a Provisional Sweep must successfully sweep a sports crew, under the observation of Sweep Coordinators approved by the AusDBF Member, in at least four (4) races over two (2) or more regattas. Provisional (Level 2) Sweeps **MUST** wear a fluorescent orange (or similar) jackets for all races they steer until they have completed their four (4) probationary races – 2 races, over at least 2 events.

A maximum of two races are counted towards full accreditation at any single regatta therefore you are required to wear the vest for ALL races at the event unless excused by a coordinator.

Registration

A register of accredited sweeps will be maintained by the AusDBF member and will be updated regularly to reflect changes in accreditation of sweeps in their region. The register will contain the following information:

- Name
- Club
- Contact details

- Races remaining to achieve Full Accreditation Status (Level 3)
- Number of races swept each regatta and throughout each season
- Date tested or date full accreditation granted
- Retest date / Anniversary / Expiry date
- First Aid qualifications

The AusDBF member will provide a copy of the Register to AusDBF bi-monthly with the latest update prior to the Australian Championships or as requested by the AusDBF SAS administrator.

Ongoing Accreditation

Under the new system of re-accreditation, when it is known that fully accredited active sweeps (Level 3, or higher) have been sweeping regularly within the preceding three (3) year accreditation period, they can 'automatically' be re-accredited.

- When sweep history records indicate significant seasonal incident-free sweep activity,
- Following observation by one or more Sweep Coordinators at an AusDBF member sanctioned event,
- After satisfying the AusDBF State Sweep Coordinators of individual competency via written and/or practical means (if sweeping occurred interstate &/or overseas), and if appropriate records are not available.
- Following receipt of a written club submission (eg from club president / head coach / administrator), stating a sweep has been active in training, even though records indicate limited or no race activity.

At the Sweep Coordinators discretion, a Level 3+ sweep may retain their accreditation as long as they successfully sweep a reasonable number of races per season over several regatta's.

The sweeps name & status will be (re)entered in to the AusDBF members Sweeps Registrar as being (re)accredited from the date set by the sweep coordinator overseeing the process. As guidelines, policies or rules are implemented or updated; sweeps may also be required to acknowledge their awareness of rule changes, updated procedures and/or guidelines that have been put in place since their previous accreditation period.

Cancellation of Accreditation

At any time, the AusDBF member (through its appointed Sweep coordinators) can rescind the accreditation of any sweep (steerer/helm). However, before doing so the AusDBF member must advise the sweep in writing as to why their accreditation is being rescinded. The sweep then has 28 days to apply to the AusDBF member to have their accreditation retained. If the AusDBF member does not retain the accreditation, it is then necessary for the sweep to undergo re-accreditation.

A sweeps accreditation status (level) may be reviewed and/or revoked for:

- Not performing their role in a safe and respectful manner
- Who is found to be incompetent
- Displaying poor race skills
- Displaying poor sweeping ethics
- Displaying a lack of respect to crews or equipment

- Not complying with the sweep levels as detailed; or
- Displaying sufficient reason for them to be de-registered



DRAGON BOAT SWEEP CLASSIFICATION LEVELS

1. All sweeps from Level 2 and up (3,4,5) must have and retain first aid accreditation qualification or equivalent at all times (HLTAID003), renewing every 3 years; but are not required to complete annual CPR refresher training as part of sweep accreditation retention requirements.

NOTE: AusDBF understand Individuals must be a minimum of 16 years of age to obtain their First Aid accreditation qualification or equivalent, therefore any Sweeps in Australia aged from 14 years to under 16 must have an adult Supervisor who always has current First Aid accreditation or equivalent.

2. AusDBF minimum age for a sweep is 14 years as at the 31st December in the year of sweeping
3. Minimum Level 3 Accreditation is required to sweep at Australian Championships

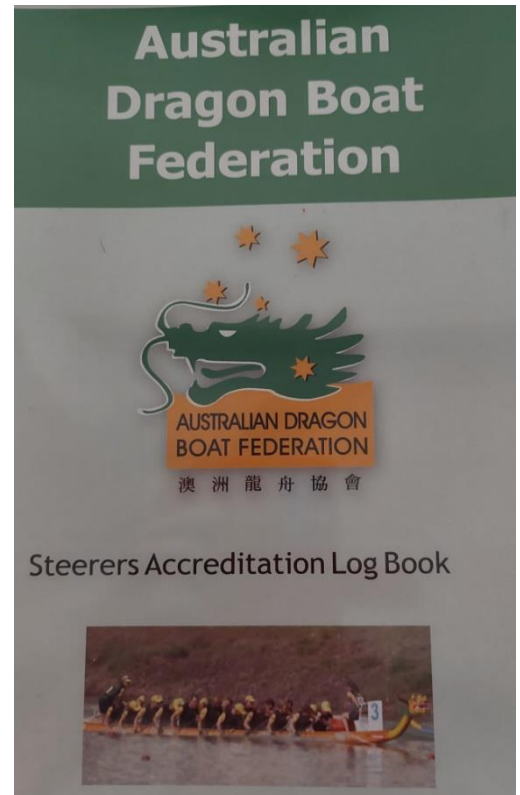
LEVEL 0 (L0) Certificate – TRAINEE SWEEP

- A trainee sweep will have successfully completed the sweeps training course
- Should be familiar with the relevant states boat drivers licensing requirements
- The Trainee will be entered on the State's sweep register at Level 0.
- Are restricted to club training sessions
- Will be supervised by an accredited sweep (minimum Level 3)
- Trainee sweep will maintain a Sweep Log Book
- A minimum of 20 hours logged training required prior to requesting competency assessment

LEVEL 1 (L1) – TRAINEE REGIONAL SWEEP

- Primarily for Regional Sweeps or newly established Clubs
- Level 1 sweeps will have successfully completed the sweeps training course

- Will be entered on the States' sweep register at Level 1
- Are restricted to club training sessions
- Level 1 sweeps will be given training prior to their first training session
- Will maintain a Sweep Log Book
- A minimum of 30 hours logged training required prior to requesting competency assessment
- **NOT** allowed to sweep at night
- **NOT** allowed to sweep School &/ or Junior Crews at anytime, unless authorized by the AusDBF state member in writing and should refer to period/duration allowed
- **NOT** allowed to sweep Corporate, Community or Social crews in training, or events even if supervised



LEVEL 2 (L2) – PROVISIONAL SWEEP

- Will have demonstrated competency in completing the Sweeps Level 2 Assessment(addendum 2)
- Will be entered on the States' sweep register at Level 2
- Are permitted to sweep club crews for training and racing
- May sweep Junior, Social and Corporate crews under supervision
- When sweeping racing crews must wear distinctive vest to indicate Level 2 status
- **NOT** allowed to sweep at night
- **NOT** allowed to sweep Corporate, Community or Social crews at AusDBF member sanctioned events
- **CANNOT** sweep at the Australian Championships

LEVEL 3 (L3) – ACCREDITED SWEEP

- Will have demonstrated competency in successfully sweeping a full racing crew over 4 races at 2 different regattas.
- Regional sweeps may complete the 4 races at one regatta
- Are permitted to sweep any crews at training or in races
- Should assist in the training and development of L0, L1 and L2 Sweeps
- Can sweep at the State and National Championships

National Member ID: 202060
DOB: 25 Feb 1956
Gender: Female
Steerer: Level 3 (Exp 01 Jan 2023)
National Race Officials Accreditation:
Level 1 (Exp 08 Jul 2021)

LEVEL 4 (L4) – ADVANCED ACCREDITED SWEEP

L4 classification may be awarded to level 3 sweeps who

- Have completed a minimum of 3 years successfully sweeping racing crews
- Have demonstrated confident boat and crew handling in all conditions
- Can demonstrate a club mentoring and training role
- Club coaches or minimum club level 4 sweeps may request a review of a sweep for upgrading of classification by the States' Sweep Coordinators
- Can sweep at the State and National Championships

LEVEL 5 (L5) – MASTER SWEEP

L5 classification may be awarded to level 4 sweeps who:

- Have successfully completed a minimum of 1 year as a level 4 sweep
- (It is recommended that they) Possess a current State recreational boat driver's license
- Can demonstrate a whole of sport mentoring role
- Level 4 sweeps may request a review of their performance and qualifications for upgrading of classification by the States' Sweep Coordinators
- Can sweep at the State and National Championships

Members are encouraged to email sharzee62@gmail.com suggestions on any matters concerning Competition Rules and Regulations that paddlers must abide by, that they feel may be beneficial to other club members by including them in upcoming newsletters.

REDCLIFFE RED DRAGONS UNIFORM LIST			
Manufacturer & Style	SIZE	QUANTITY in stock	CHEST FLAT SURFACE MEASUREMENT (armpit to armpit)
KPI	LADIES		
SINGLETS	8	3	45 cm
	10	4	48 cm
	UNISEX		
	S	2	52 cm
	M	1	56 cm
	L	2	56 cm
	XL	3	59 cm
	2XL	2	60 cm
	3XL	2	62 cm
	5XL	0	-
HATS	M/L	3	-
	L/XL	7	-
CAPS	Onesize	4	-
Short sleeved SHIRTS	UNISEX		
	M	2 (1 used)	56 cm
	XL	4	65 cm
	2XL	4	68 cm
	3XL	1	70 cm
GORILLA	CHILD		
SINGLETS	12	3	40 cm
	14	4	42 cm
HATS	M/L	6	-
	L/XL	2	-



Measure one of your old shirts, flat on the table, armpit to armpit to get measurement to fit you, then order the size shown in table.

PRICE LIST 2021

SHORT SLEEVED CLUB SHIRTS	\$45
SINGLET RACE SHIRT	\$40
CAPS	\$20
HATS	\$20

Please see Gill Robinson if you wish to order a shirt or cap.

Email: robinsjilly@gmail.com

Calendar of Upcoming Events



<i>Date</i>	<i>Event</i>	<i>Comments</i>
NOVEMBER		
21 November	Manly Regatta- Lake Kawana	Registration closed
27 th November	Come and Try	Register on Revsport
DECEMBER		
4 th December	Come and Try	Register via Revsport
12 th December	DAGC Christmas on the Creek @ Currumbin	
15 th December	Annual Lolly Run	
18 th December	Club Xmas Party	See invite
JANUARY		
23 rd January	Redcliffe Red Dragons Regatta- Lake Kawana	
FEBRUARY		
6 th February	Broadwater Regatta- Emerald Lake	
13 th February	BRD Regatta- Lake Kawana	
MARCH		
4 th March	DBQ AGM- SCC stadium	6-6.30 pm

5 +6 th March	DBQ State Championships- Lake Kawana	
APRIL		
5-10 th April	AUS Champs ,Adelaide , SA	

** Changes may occur to some dates and times

Social Events

REDCLIFFE RED DRAGON BOAT CLUB

INVITES YOU TO THEIR
CHRISTMAS BREAKUP PARTY
EVERYONE IS WELCOME

'TIS THE SEASON FOR FOOD, DRINKS & SECRET SANTA

PEGGY'S GAMES AND KARAOKE
Bring a savoury or sweet plate and BYO drinks.

DECEMBER 18TH 5 PM
THE PADDLERS DEN, KLINGNER RD,
REDCLIFFE

RSVP to Secretary by December 4th

Secret Santa gifts between \$10 - \$15

FUNDRAISING



Club ID Code
C10002560



Sockable Fundraising

Small Medium Large

Firetruck Pineapple Flamingo Sweets Donut Toucan
Lazy Dayz Mouse Panda
Donut Fairy Floss Moo Cow Unicorn Motorbike Goldjaws

See the range online at www.sockable.com.au/catalogue © Sockable 2021

Sockable Fundraising

Small Medium Large

Rudolf Santa's Belt Rudolf & Friends Candy Santa After Dark Santa's Belt
North Pole Santa Rudolf Santa Snowman Christmas Cheer Santa Stack Elf Christmas Tree

\$6 a pair

Orders close 9th November

Last chance to buy socks!



Congratulations and very well done to all Club members who volunteered at the Bunnings BBQ at Rothwell yesterday. The Club made approximately \$1,000.00 from this fundraiser. What a great result!

