



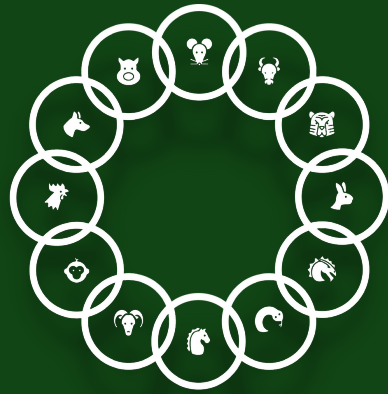
Australian Dragon Boat
Federation Presents:



'In the spirit of reconciliation, AusDBF acknowledges the Traditional Custodians of country throughout Australia and their connections to land, sea and community. We pay our respect to their Elders past and present and extend that respect to all Aboriginal and Torres Strait Islander peoples today.'



Australian Dragon
Boat Federation
Presents:



DRACADEMY

DISCOVER YOUR INNER DRAGON

SPORTING
Schools



Photo Credit: DBNSW



HISTORY & CULTURE

History

Dragon Boat racing has a rich fabric of ancient ceremonial, ritualistic and religious traditions thus the modern competitive aspect is but one small part of the activity. The use of dragon boats for racing is believed to have originated in southern central China more than 2500 years ago, in Dongting Lake and along the banks of the Chang Jiang (now called the Yangtze). The first dragon boat races were held to commemorate Qu Yuan, the great warrior poet, who committed suicide in the river Mi Lo as a protest against the political corruption of the day. Since that time over 2000 years ago, dragon boat racing has become a major part of Chinese culture, representing patriotism and group integrity.

Traditional dragon boat racing in China coincides with the 5th day of the 5th Chinese lunar month (varying from late May to June on the modern Gregorian Calendar). The Summer Solstice occurs around 21 June and is the reason why Chinese refer to their festival as "Duan Wu" or "Duen Ng".

The dragon itself holds a special place in Chinese culture, riding the clouds in the sky and commands the wind, mist and rain, with the head of an ox, a deer's antlers, the mane of a horse and the body and scales of a snake.



Dragon Boat Festival

Each year, on the fifth day of the fifth lunar month (usually June), crews of paddlers re-enact that frantic rush to save Qu Yuan, by propelling long narrow boats with the dragon heads through the water, to the rhythmic beating of drums. It is not known how the dragon boat race came into being, but it is thought that over the years, they were added to ward off evil water spirits. This probably arose because the combination of the 5th lunar numbers is thought to be a bad omen and dragon boat races held, at this time, would ward off evil spirits; protect the health of the people and ensure a good crop each year.

Special foods are also eaten at this time of year, especially in Hong Kong, including replicas of the Rice Dumplings that the fishermen threw into the Milo River, all those years ago in a desperate attempt to save QuYuan.

CREDIT: <https://www.dbnsw.org.au/about/history-culture/>

DELIVERING THE PROGRAM

Coaches are required to plan how they would like to run the program. A sample of a lesson plan is provided, however, each coach would have a different delivery style that they would adapt accordingly to their audience. The program would need a total of 4 hours to be delivered.

The aim of Dracademy is to introduce Dragon Boat paddling and teach skills through active participation in fun games and activities. Some basic skills would be scattered throughout the program, with games and fun taking the priority.

The ultimate objectives of Dracademy are listed below. It is at the discretion of coaches to reach these objectives.

| AUSTRALIAN CURRICULUM & DRACADEMY CROSS ANALYSIS | | |
|---|--|--|
| Focus areas to be addressed in Years 7 and 8 include: | Years 7 and 8 Band | Dracademy Objectives |
| Safety (S) | Being healthy, safe and active | Understanding water safety and its importance |
| Health benefits of physical activity (HBPA) | Being healthy, safe and active | Choose and fit your lifejacket and appropriate clothing for conditions |
| safety (S) | Understanding movement | Demonstrate basic knowledge and use of a Dragon Boat paddle |
| lifelong physical activities (LLPA) | Understanding movement | Dragon Boat with a correct posture and setup |
| challenge and adventure activities (CA) | Learning through movement | Maintaining balance within the Dragon Boat |
| lifelong physical activities (LLPA) | Communicating and interacting for health and wellbeing | Work as part of a team |
| relationships and sexuality (RS) | Contributing to healthy and active communities | Strengthen relationships and sense of community |
| rhythmic and expressive movement activities (RE). | Being healthy, safe and active | Improve water confidence |
| rhythmic and expressive movement activities (RE). | Moving our body | Learn the positions within a Dragon Boat |

Years 7 and 8 Band Description

The Year 7 and 8 curriculum expands students' knowledge, understanding and skills to help them achieve successful outcomes in classroom, leisure, social, movement and online situations. Students learn how to take positive action to enhance their own and others' health, safety and wellbeing. They do this as they examine the nature of their relationships and other factors that influence people's beliefs, attitudes, opportunities, decisions, behaviours and actions. Students demonstrate a range of help-seeking strategies that support them to access and evaluate health and physical activity information and services.

The curriculum for Years 7 and 8 supports students to refine a range of specialised knowledge, understanding and skills in relation to their health, safety, wellbeing, and movement competence and confidence. Students develop specialised movement skills and understanding in a range of physical activity settings. They analyse how body control and coordination influence movement composition and performance and learn to transfer movement skills and concepts to a variety of physical activities. Students explore the role that games and sports, outdoor recreation, lifelong physical activities, and rhythmic and expressive movement activities play in shaping cultures and identities. They reflect on and refine personal and social skills as they participate in a range of physical activities.



COACHING REQUIREMENT

All coaches will require a certain standard of clearance before being able to deliver the Dracademy Program.

These include but are not limited to:

- WWCC (Working with Children Check)
- Level 1 Coach Certificate
- Dracademy Coaching Course
- Level 3 Sweeps Certificate (If not, coaches are required to find their own sweeps)

CHILDREN AGE LIMIT

The age that paddlers can begin dragon boating varies across the States and Territories. In SA the age is 11, in QLD it is 8 and WA it is 10. It is imperative that this introductory program is provided in the most SAFE and STEADY approach to ensure we are delivering quality standards. In making sure we are delivering at the highest standard possible. Hence we have set the age at 12 to begin with. We do not rule out in expanding this age group as the program continues.

EQUIPMENT

All equipment used in this program will be checked by the coach, to ensure it is safe for its intended use.

Equipment will include:

- Dragon Boat
- Lifejackets
- Dragon Boat paddles and sweep oar
- Games resources

BRIEFING CHECKLIST

Briefing may include, but is not limited to:

- Introduction
- Clothing, footwear, and weather/sun protection check
- Purpose and duration of activity
- Lifejacket fitting
- Dragon Boat calls
- Capsize procedure
- Foreseeable risks
- Warm up



DRACADEMY

RECOMMENDED TRAINING SEQUENCE 4 X 1 HOUR SESSIONS

SESSION 1

OBJECTIVES:

- Water safety
- What to wear paddling
- How to fit and be comfortable in a lifejackets
- How to hold a Dragon Boat paddle
- How to get in and out of a craft with assistance
- How to paddle forward, backwards and stop

REQUIRED RESOURCES:

1. Dragon Boat and related equipment
2. Whistle
3. Activity resources

Prior to the program's commencement, ensure that you have completed all the required items in the trainer checklist.

SESSION ONE

| | |
|--------|--|
| 5 min | Check names against registrations |
| 15 min | Complete briefing (briefing points provided) |
| 5 min | Water safety talk (e.g. suitable weather paddling conditions, capsized drill, emergency calls, who to listen to in the boat) |
| 5 min | Games & Activity briefing (Refer to activity guide for reference) |
| 15 min | Games & Activity |
| 10 min | Explore Waterway (explore surrounding waterways) |
| 5 min | Exit Water |

**These are suggested times, coaches may choose to vary these*



DRACADEMY

RECOMMENDED TRAINING SEQUENCE 4 X 1 HOUR SESSIONS

SESSION 2

OBJECTIVES:

- Water safety for getting into the dragon boat
- Fitting own lifejackets
- Getting in line for boat configuration
- Understanding the basics of each function of each bench
- Paddling the Dragon Boat with the correct posture

REQUIRED RESOURCES;

1. Dragon Boat and related equipment
2. Whistle
3. Activity resources

Prior to the program's commencement, ensure that you have completed all the required items in the trainer checklist.

SESSION TWO

| | |
|--------|---|
| 5 min | Check names against registrations |
| 15 min | Complete briefing (Using a question and answer format in helping participating students to learn) |
| 5 min | Water safety talk (Ask for participants to recall from previous session) |
| 5 min | Getting onto boat, launching boat |
| 15 min | Games & Activity briefing (Refer to activity guide for reference) |
| 10 min | Games & Activity |
| 5 min | Exit Water |

**These are suggested times, coaches may choose to vary these*



DRACADEMY

RECOMMENDED TRAINING SEQUENCE 4 X 1 HOUR SESSIONS

SESSION 3

OBJECTIVES:

- Water safety
- Fitting own lifejackets
- How to draw in the Dragon Boat
- Maintain balance with a full boat

REQUIRED RESOURCES;

1. Dragon Boat and related equipment
2. Whistle
3. Activity resources

Prior to the program's commencement, ensure that you have completed all the required items in the trainer checklist.

SESSION THREE

| | |
|--------|--|
| 5 min | Check names against registrations |
| 15 min | Complete briefing (Ask participants to name one briefing item each) |
| 5 min | Water safety talk (Ask for participants to recall from previous session) |
| 5 min | Getting onto boat, launching boat |
| 15 min | Games & Activity briefing (Refer to activity guide for reference) |
| 10 min | Games & Activity |
| 5 min | Exit Water |

**These are suggested times, coaches may choose to vary these*



DRACADEMY

RECOMMENDED TRAINING SEQUENCE 4 X 1 HOUR SESSIONS

SESSION 4

OBJECTIVES:

- Water safety
- Confirm and reinforce all learnt skills

REQUIRED RESOURCES;

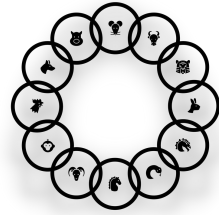
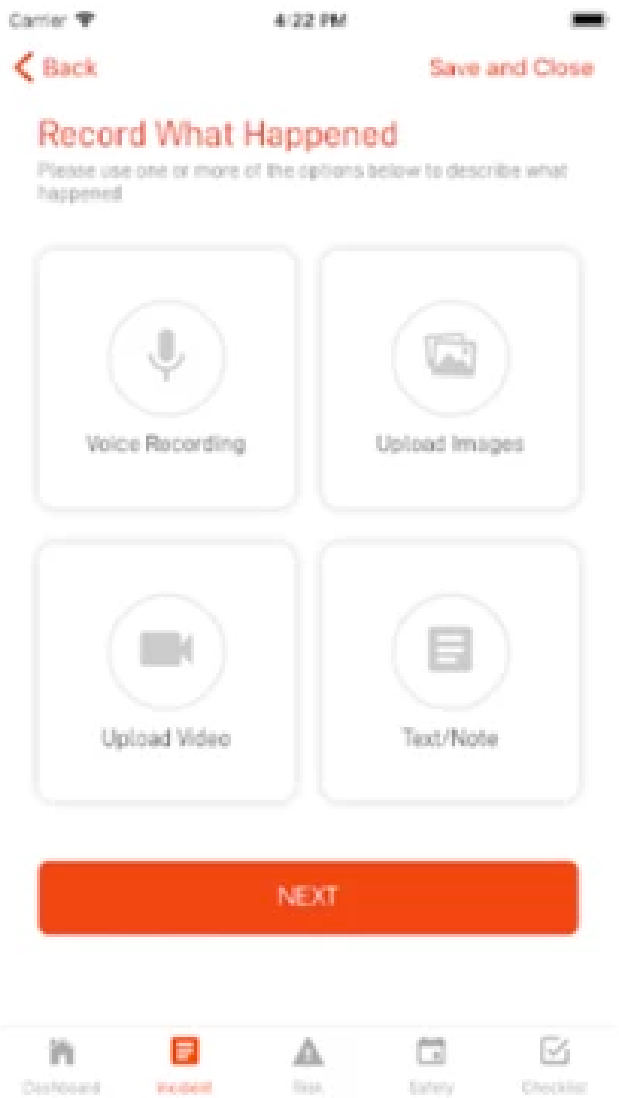
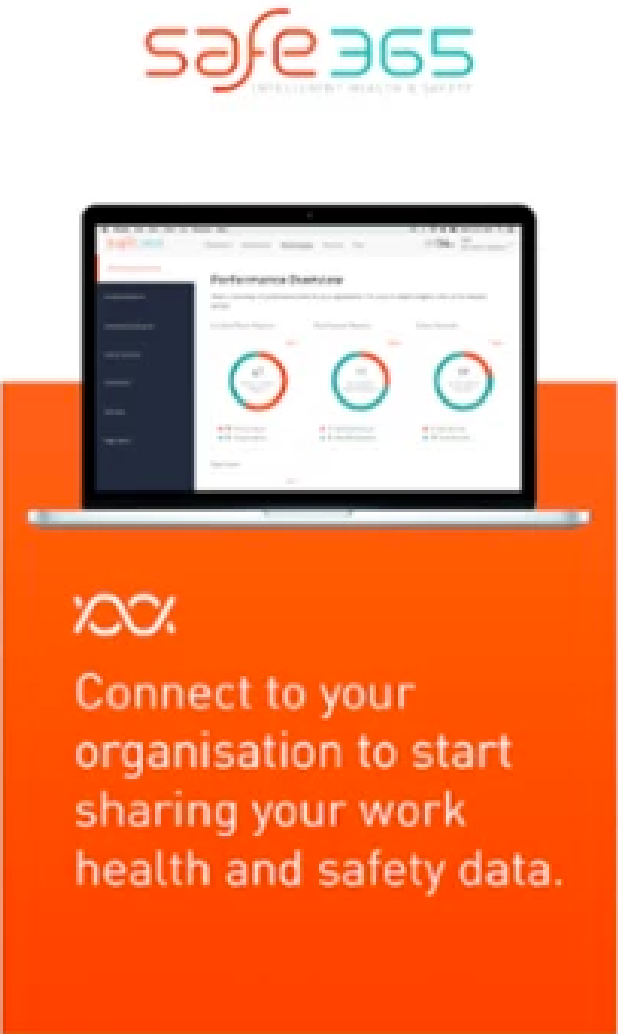
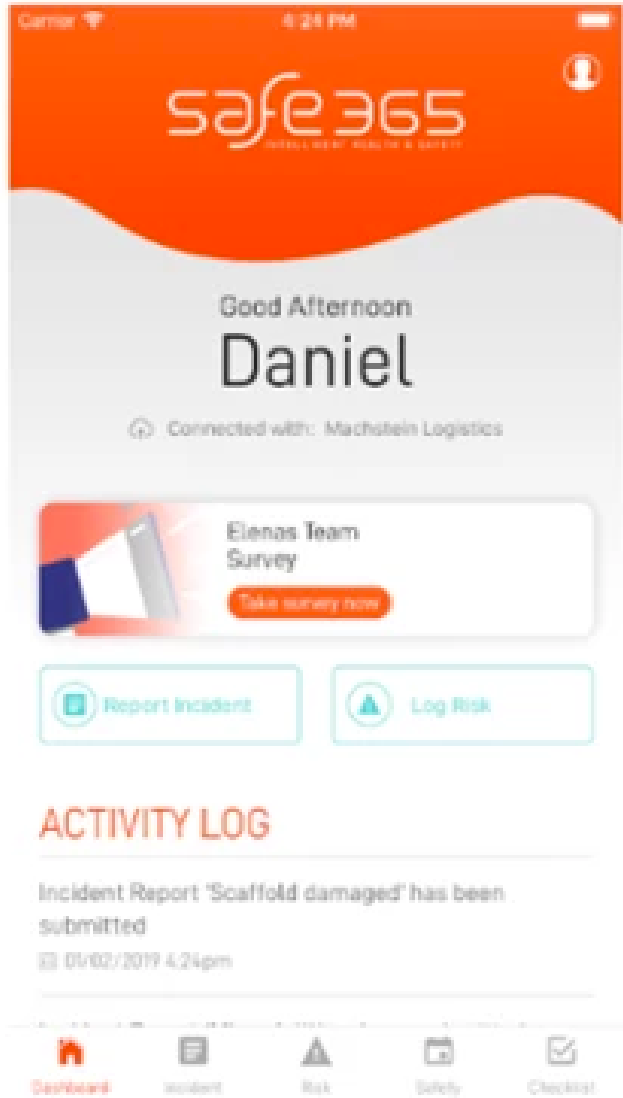
1. Dragon Boat and related equipment
2. Whistle
3. Activity resources

Prior to the program's commencement, ensure that you have completed all the required items in the trainer checklist.

SESSION FOUR

| | |
|--------|-----------------------------------|
| 5 min | Check names against registrations |
| 5 min | Complete briefing (quick recap) |
| 5 min | Getting onto boat, launching boat |
| 30 min | TRIBE (TUG-OF-WAR) |
| 5 min | Exit Water |
| 5 min | Water safety reminder |
| 5 min | Fill out online exit survey |

**These are suggested times, coaches may choose to vary these*



DRACADEMY

TRAINER CHECKLIST

WHEN CONDUCTING EACH PROGRAM, COACHES WILL BE REQUIRED TO COMPLETE A PROGRAM CHECKLIST

Coach:

Program:

Date:

Session:

Before and After leaving for site:

- 1. Check Willy Weather (or suitable alternative) app forecast and determine how the forecast will affect your area of operation.
- 2. Review and adjust the risk management process for the given people, environment, and equipment

At Location:

- 1. Prepare all equipment and ensure all is in good condition for participant’s use
- 2. Prepare equipment for games e.g. buoys in water, rope, markers, etc.
- 3. Check the surrounding area for any new hazards e.g. broken glass, slippery ground, fish hooks, etc.
- 4. Identify evacuation point
- 5. Brief assistants on safety, session plan, and roles for the session
- 6. Welcome participants
- 7. View participant's medical forms for any potential risks or issues
- 8. Deliver briefing and program.

After Program:

- 1. Gear check and pack up
- 2. Location check for any equipment left behind
- 3. Record new hazards or identified risks and forward to State Body and AusDBF
- 4. Fill out incident forms / first aid reporting and forward them to State Body and AusDBF.



STUDENT GROUP MANAGEMENT AND ENGAGEMENT TIPS

- Be well prepared prior to the commencement of the program.
- Set the scene and expectations for the group and the leaders – fun, and enjoyment!
- Why are we doing it? Why do you, as an instructor, love the sport?
- Be empathetic towards and aware of barriers to getting involved, e.g., never played sport before, body image, lack of confidence.
- Assign each participant a bench buddy who is responsible for accounting for them during the activity, both on and off the water.
- Keep the participants within communication distance.
- Keep participants engaged throughout the program – emphasis on fun and playing age-appropriate games.
- Ensure all participants are listening prior to giving instructions. Identify participants with leadership qualities to help with keeping the group engaged.
- Discontinue instructions until all participants are paying attention.
- If paddlers need to leave the group, ensure they go in pairs and inform the coach where they are going.

PARTICIPATION TO COACH RATIOS

AusDBF recommends a minimum ratio of 1:20 for Sporting Schools programs. The Dracademy coach should complete a risk assessment to determine if this ratio is appropriate for the intended group.

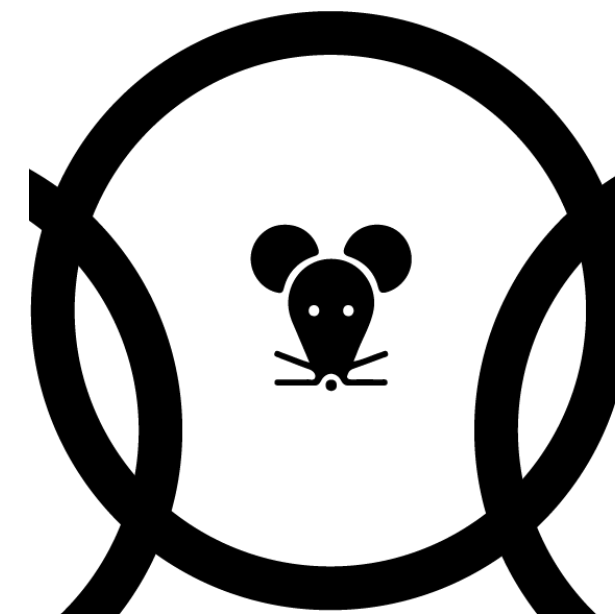
PARTICIPATION OF SWEEPS

It is EXPECTED that the delivering coach will know how to sweep. However if the coach is unable to sweep, it is the coach's responsibility to find a Level 3 Sweep, and share 50% of the received fee with the respective sweep.



GAMES & ACTIVITIES

| MOUSE CHAIN | |
|-----------------|---|
| Equipment | Dragon Boat, Paddle, Lifejacket, Defined Distance |
| Setting Up | Identify 200m stretch of water body |
| Playing | Each participant will require to paddle 10 strokes to get the boat over the 200m line. The coach will yell "Change" every time 10 strokes has been completed. The catch, is that no two paddlers are allowed to paddle their 10 strokes at the same time. This will test the team work and coordination of the whole boat, a test of communication. If participants fail, the exercise repeat the exercise, until successful. |
| Change it | Level Up, Conduct the same game, but without verbal communication by any participation. |
| Tips and Safety | Encourage verbal communication in the begining, and allow participant work out the game themselves. |





GAMES & ACTIVITIES

| OX TUG | |
|-----------------|--|
| Equipment | Dragon Boat, Paddle, Lifejacket, Defined Distance, Garmin (activity watch) |
| Setting Up | Identify 100m stretch of waterbody, Divide Boat into Front Half and Back Half |
| Playing | Each half of the boat will be given a chance to do a starting sequence. Once sequence is completed, participants will be asked to allow the boat to glide. Distance will be recorded and compared against opposing half of the boat, to see which one catapulted their boat further. |
| Change it | Level Up, Conduct the same game, but opposing half of the boat can send two paddlers to halt the boat stop with their paddles (after the starting sequence) |
| Tips and Safety | Make sure the bench that seperates the two half, provide sufficient space for other team to paddle. |





GAMES & ACTIVITIES

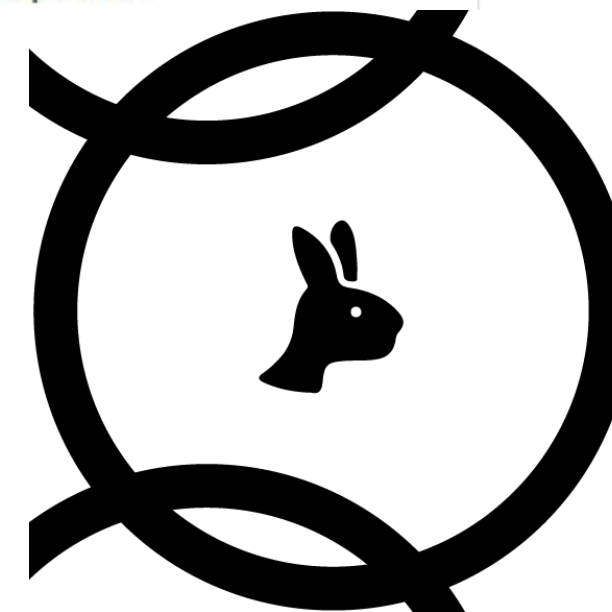
| CROUCHING TIGER | |
|-----------------|---|
| Equipment | Dragon Boat, Paddle, Lifejacket, Defined Distance |
| Setting Up | Identify 500m stretch of water body |
| Playing | Getting the boat running at 80% speed. Once speed is sustained, in between each stroke, all paddlers are to crouch into position and tap the gunwale once. Aim of the game is to have a synchronised tap. |
| Change it | Level Up, change up the tap with different patterns, e.g. 1 tap -> stroke -> 2 tap -> stroke -> 1 tap etc. |
| Tips and Safety | Make sure paddles are tapped lightly, and not vigorously, to avoid snapping paddles |





GAMES & ACTIVITIES

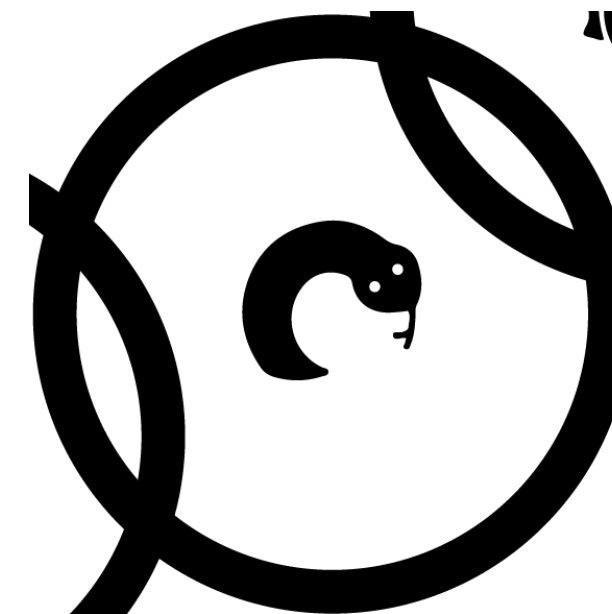
| BUNNY WHISPERS | |
|-----------------|---|
| Equipment | Dragon Boat, Paddle, Lifejacket, Drum, Drum Stick, Defined Distance |
| Setting Up | Identify 500m stretch of waterbody |
| Playing | Similar to crouching tiger, bunny whispers requires combinations of tapping and strokes. However like the game "chinese whispers" the bunny whispers starts with the drum, hitting the drum = stroke, tapping the side = tapping the gunnel. This combination will be passed on to the first row, then the second row will follow the same beat. In between each set there will be a pause (to minimise clashing). These combinations will take form in two beats e.g. (Tap, Stroke) (Stroke, Stroke) (Stroke, Tap). Aim of the game is to get past 500m without failure of passing on the message. |
| Change it | Level Up, increase the combinations from 2 to 3. |
| Tips and Safety | Make sure there is a clear pause in between each row, between each set, so that paddles will not be flung around and hit participants. |





GAMES & ACTIVITIES

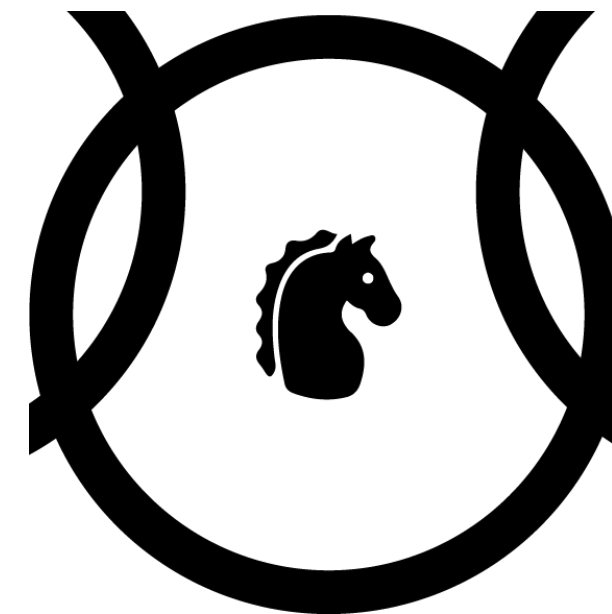
| SNAKE DANCE | |
|-----------------|---|
| Equipment | Dragon Boat, Paddle, Lifejacket, bouy laid on the course |
| Setting Up | Coach will have to setup a course with bouy on the water before the beginning of the session. |
| Playing | The aim of this game is to have the Dragon Boat weave around the bouys on the course. This will test the agility and responsiveness of the front and back benches drawing water skills. |
| Change it | Level Up, increase the amount of bouy placed on the course. Require more skilled manoeuvre. |
| Tips and Safety | Make sure paddlers understand the concept of a Dragon Boat turning, before commencing this game. |





GAMES & ACTIVITIES

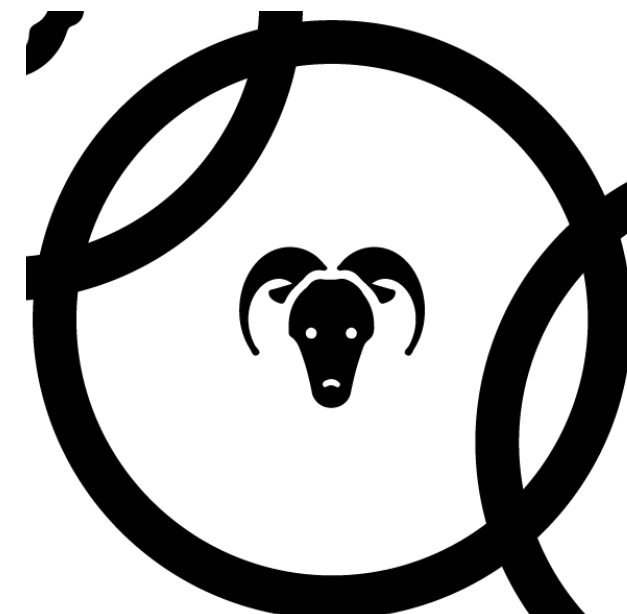
| HORSE CHASE | |
|-----------------|---|
| Equipment | Dragon Boat, Paddle, Lifejacket, BUOY Set a circular course, two boats |
| Setting Up | Have a circle course setup 150m. turn, 150m, turn, etc. |
| Playing | The aim of this game is to catch the first boat before three rounds around the circle finishes. |
| Change it | Level Up, increase the distance set between the two boats. |
| Tips and Safety | Make sure when over taking sweeps are to keep a safe distance to each other, preventing physical alterations between two boats. |





GAMES & ACTIVITIES

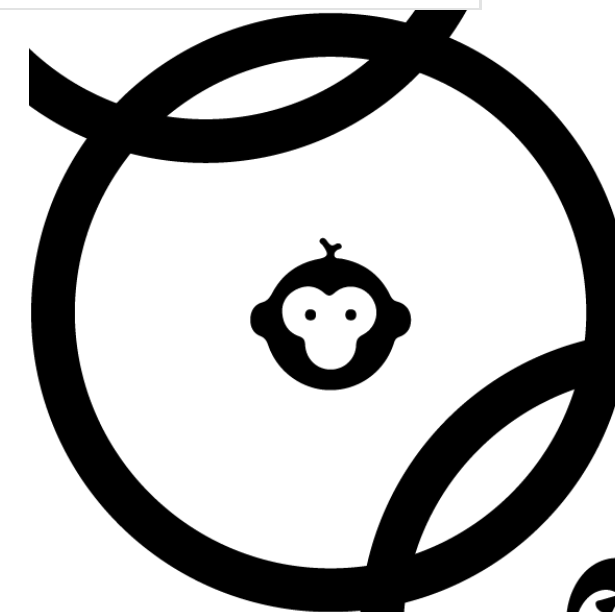
| RED SHEEP | |
|-----------------|--|
| Equipment | Dragon Boat, Lifejacket, Paddles, Set Distance, bouys |
| Setting Up | Set up a 200m course, with two bouy at the end of the course |
| Playing | The aim of this game is to paddle with only arms and hand. All paddles to be placed in between the. To maintain posture and paddle with a straight arm. To win the game all participants must touch the bouy with their hands at least once at the end of the 200m course. |
| Change it | Level Up, increase the distance or intensity of the set. |
| Tips and Safety | Make sure when asking participants to place hands in water, it is suitable temprature, no debris or floating objects around. Make sure hands touch the bouy at the end of the course. |





GAMES & ACTIVITIES

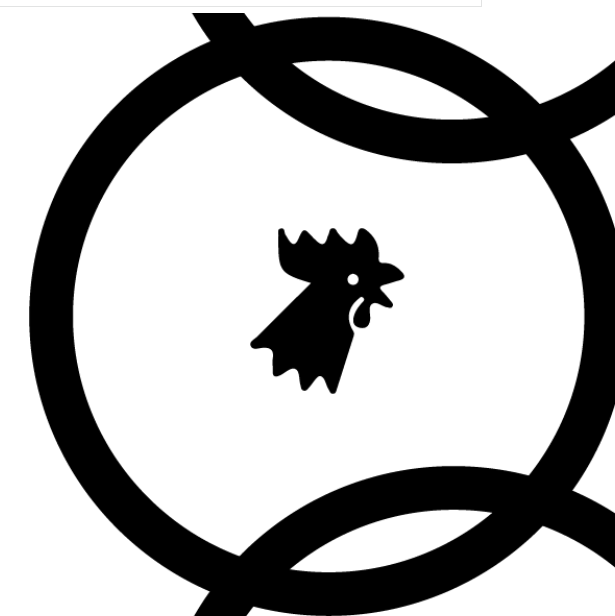
| MONKEY KING | |
|-----------------|--|
| Equipment | Dragon Boat, Lifejacket, Paddles, Set Distance, 2 bouys, Flags, Item to Hang from above or 2 bouy to support flag from below |
| Setting Up | Set up a 300m course, with 2 bouys at the end of the course, and a flag to capture in the middle. Split into two boats, preferably 10 and 10 or 20 and 20. |
| Playing | The aim of this game is simple. Team that captures the flag first wins. The way this works is the boat starts off the same as any race, paddles 300m, and it is the drummer sitting in front that is in charge of capturing the flag. |
| Change it | Level Up, add multiple flags in between the course to add points to be tallied up in the end. |
| Tips and Safety | Ensure when explaining the rules to the participants that only the drummer is allowed to capture the flag. DO NOT endanger yourself when trying to capture the flag. If you feel like you might fall into the water DO NOT continue on capturing the flag. |





GAMES & ACTIVITIES

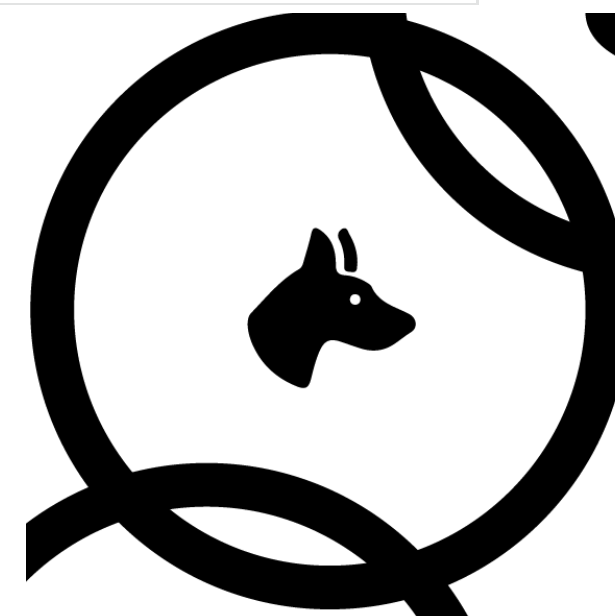
| MOTHER HEN | |
|-----------------|--|
| Equipment | Dragon Boat, Lifejacket, Paddles, Set Boundary, bouys, floating bouy to hang on the end of the dragon tail. |
| Setting Up | Set up 150m x150m boundary, tie a bouy to the tail of two dragon boats, split participants into two or more teams of 10. |
| Playing | The first team to have a sweep touch an opposing team's bouy on their tail wins. This will test the agility, responsiveness and boat understanding of the participants. How the boat moves in the water and how to protect their boat's "baby chicken" their own bouy. |
| Change it | Level Up, increase the amount of participants in the boat, will lead to a quicker and more intense game. |
| Tips and Safety | It is important to note that his is a high intensity game. Watch the changing dynamic of each team, and don't allow too much aggression. |





GAMES & ACTIVITIES

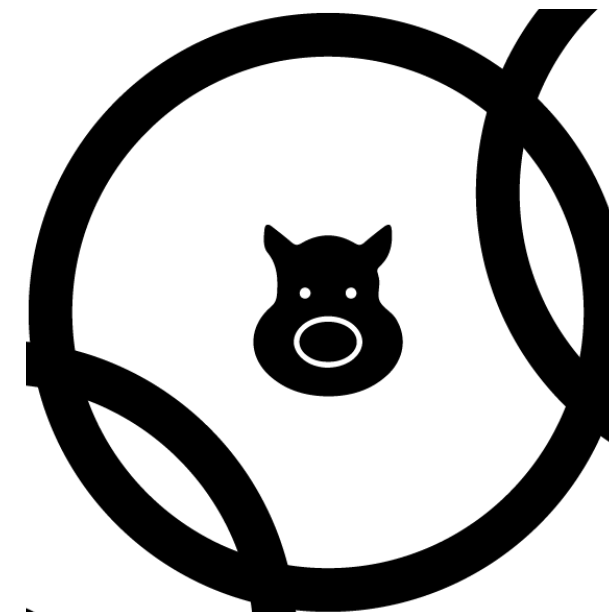
| DOGE GAME | |
|-----------------|---|
| Equipment | Dragon Boat, lifejacket, set distance, two boats, paddles |
| Setting Up | Identify 30m distance, two boats with a minimum of 1 bench free. |
| Playing | Within 3 minutes, the two boats will be asked to do laps of 50m distance. The catch of the game, is that once the boat reaches one side of the 30m, the participants will be required to rotate bench by bench so that the whole boat is facing the opposite direction to head back and complete their lap. The boat with the most laps completed wins. |
| Change it | Level Up, increase either the time that is given, or the distance that is given. |
| Tips and Safety | This tests the balance of participants, with a low centre of gravity comes more stability. This game will rely heavily on the sweep to keep the boat in a straight line when going backwards. |

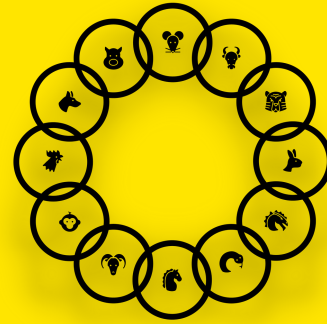




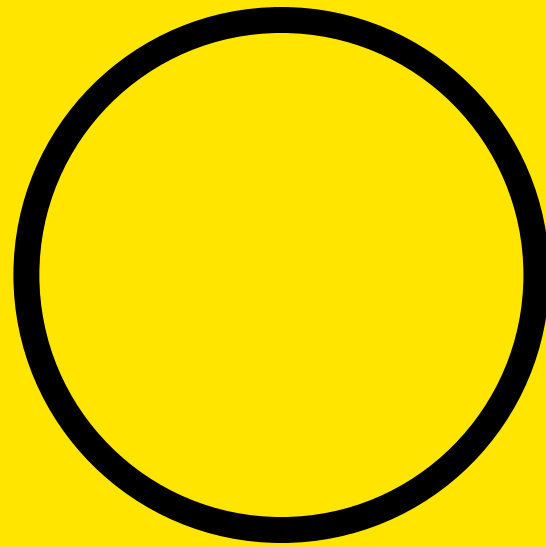
GAMES & ACTIVITIES

| WEIGHTED HOG | |
|-----------------|---|
| Equipment | Dragon Boat, lifejacket, sea anchors, paddles, bouys |
| Setting Up | Set up bouy, that forms a figure 8 course. Tie a sea anchor onto the back of the Dragon Boat |
| Playing | The idea is to use the two sides of the dragon boat to maneuver the figure 8 course. The catch is that the sea anchor tied to the back of the boat will be a counter weight that acts against a turn, so participants will feel the drag behind the boat. |
| Change it | Level Up, increase the weight of the sea anchor or sharpen the turn of the figure 8. |
| Tips and Safety | Sweeps are to be vigilant not to have their sweep oar catch onto the sea anchor. |

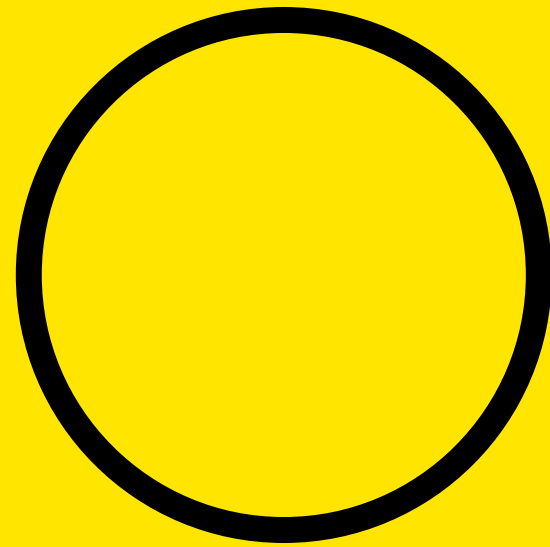




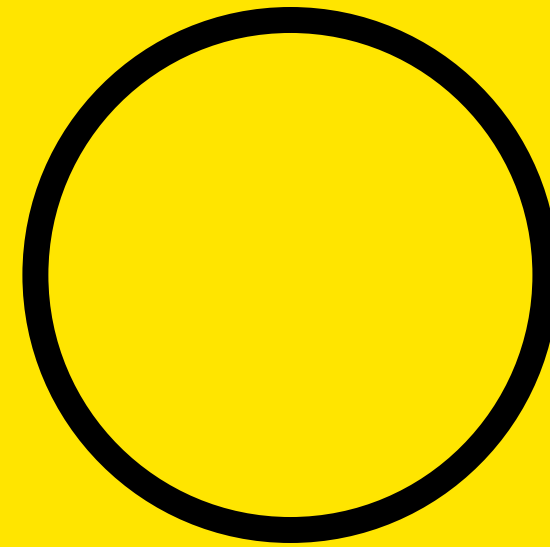
DRACADEMY



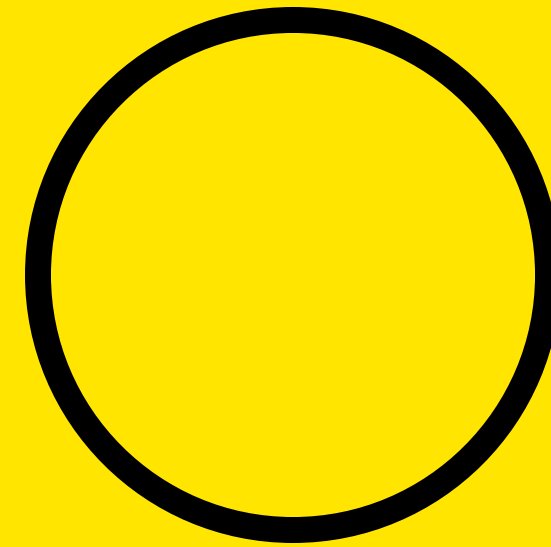
SESSION 1



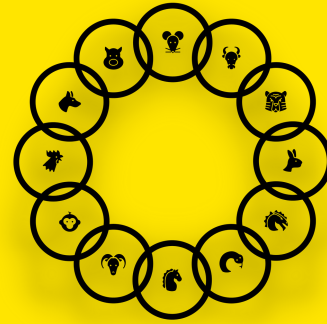
SESSION 2



SESSION 3



SESSION 4



DRACADEMY

EXAMPLE



SESSION 1



SESSION 2



SESSION 3



SESSION 4



RISK MANAGEMENT SAMPLE

| 5. Likelihood | Consequences | | | | |
|----------------|---------------|--------|----------|----------|--------------|
| | Insignificant | Minor | Moderate | Major | Catastrophic |
| Almost Certain | Medium | High | High | Critical | Critical |
| | 20 | 40 | 60 | 80 | 100 |
| Likely | Low | Medium | High | High | Critical |
| | 16 | 32 | 48 | 64 | 80 |
| Possible | Low | Medium | Medium | High | High |
| | 12 | 24 | 36 | 48 | 60 |
| Unlikely | Low | Low | Medium | Medium | High |
| | 8 | 16 | 24 | 32 | 40 |
| Rare | Low | Low | Low | Low | Medium |
| | 4 | 8 | 12 | 16 | 20 |

When planning for the four sessions, please use AusDBF's Risk Register (found on AusDBF website). Submission of a risk assessment is required from the coach prior to conducting a session. Moreover, each school would have its individual guidelines and protocols. These will have to be followed and implemented by coaches.



DRACADEMY COACHING PAYMENT RUBRIC

PRICING STRUCTURE

PRICING STRUCTURE



| | <div>PACKAGE 1</div> <div>1 x 4 hr Session</div> <div>ONE BOAT</div> | <div>PACKAGE 2</div> <div>2 x 2 hr Session</div> <div>ONE BOAT</div> | <div>PACKAGE 3</div> <div>4 x 1 hr Session</div> <div>ONE BOAT</div> | <div>PACKAGE 4</div> <div>1 x 4 hr Session</div> <div>TWO BOATS</div> | <div>PACKAGE 5</div> <div>2 x 2 hr Session</div> <div>TWO BOATS</div> | <div>PACKAGE 6</div> <div>4 x 1 hr Session</div> <div>TWO BOATS</div> |
|---------------------------|--|--|--|---|---|---|
| COACHING | \$240/SESSION | \$120/SESSION | \$60/SESSION | \$480/SESSION | \$240/SESSION | \$120/SESSION |
| SET UP/ PACK UP | \$60/SESSION | \$60/SESSION | \$60/SESSION | \$120/SESSION | \$120/SESSION | \$120/SESSION |
| TOTAL (ENTIRE PACKAGE) | \$300 | \$360 | \$480 | \$600 | \$720 | \$960 |



Q&A

