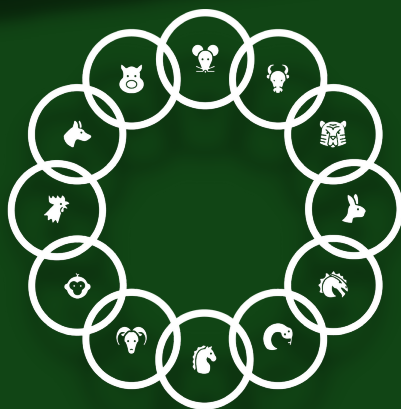




Australian Dragon
Boat Federation
Presents:

SPORTING
Schools



DRACADEMY

SCHOOL'S INFORMATION PACK



Australian Dragon Boat Federation

ABOUT AUSDBF

Dragon Boat Racing in Australia

Dragon boat races are held in Australia from Broome to Brisbane, from Perth to Sydney and from Adelaide to Darwin. The first Australian involvement occurred in 1980 when the Penang Tourist Development Corporation invited the WA Surf Life Saving Association to send a team to the Penang Festival. This was followed the next year by invitations from the HKTA to WA and NSW to send teams to what was then considered the unofficial world championships on Hong Kong Harbour. In 1984 Sydney held the inaugural Sydney Dragon Boat Festival at Farm Cove. The Western Australia Dragon Boat Association formed in 1985. All states have subsequently formed State Associations. Australian Clubs tour regularly overseas and have been sighted at least once at all the major international festivals.

The Australian Dragon Boat Federation Ltd (AusDBF)

Until the formation of the Australian Dragon Boat Federation in 1997 there had been no cohesive, unified national body managing the sport of dragon boat racing in Australia. Several earlier attempts to form a national body floundered through either lack of effective management or lack of support from the clubs and paddlers.

AusDBF is the most recent and successful body to organise dragon boat racing at the national level and is the first dragon boat body in Australia to implement a formal National Sporting Organisation structure. In 2011 AusDBF became a Non Profit Public Company Limited by Guarantee.

Structure

AusDBF consists of a Board of Management (Directors) that looks after the day-to-day affairs of the Company. The AusDBF Board Directors are elected each year at the AGM, or appointed in the case of a vacancy.



DRACADEMY

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WHAT IS DRACADEMY?

Dracademy is AusDBF's national juniors participation program, Dracademy will be offered as a program through Sporting Schools consisting of 4x 1-hour sessions, 2 x 2-hour sessions or 1x 4-hour sessions.

More information on the program detail below.

AIMS OF DRACADEMY

- Enable more young people to try Dragon Boat and stay in the sport
- Engage young people in the sport of paddling through the power of play
- Provide quality, enjoyable, sociable and safe introduction to Dragon Boat
- Eliminate barriers to participation by providing access to equipment's and instruction
- Use challenges and activities to support experiential learning
- Establish basic Dragon Boat skills and knowledge that support future paddling pathways
- Provide a progression through to long term Dragon Boating
- Develop an awareness of all aspects of Dragon Boat
- Provide links to local clubs to schools
- Assist clubs in developing young Dragon Boaters
- Allow flexibility in delivery according to different venue and situations
- Increase the level of safe Dragon Boat practices in the community through educating young people

DELIVERY OF THE PROGRAM "Deliverers"

All AusDBF deliverers are fully qualified and registered coaches with AusDBF, or partnering coaching providers. Teachers are also encouraged to register and be part of the delivery team.

These deliverers:

- Work within AusDBF's safety guidelines
- Have a Working with Children Check (WWCC)
- Hold a current First Aid Certificate
- Completed Dracademy Coaching course

Each activity has a detailed risk management plan and all Deliverers carry first aid and communication equipment's. Part of their training includes monitoring situations include weather, environmental impacts, other users and participants. Safety is our first and foremost priority, next to providing a fun and enjoyable experience.



DRACADEMY

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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



DRACADEMY

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THE PROGRAM

The Dracademy program is designed for participants to learn the basic skills of Dragon Boating in an experimental manner through a range of activities, challenges and games. Understanding of basic instructions and command will be taught prior to any activities. An adequate amount of water safety understanding and practices will be achieved at the completion of this level.

AIMS OF DRACADEMY

Dracademy aims to introduce young people to the activity of Dragon Boat. Participants will be able to learn the basic Dragon Boating skills, but more importantly, form a positive sense of community within the group as well as learn grit and perseverance through the activities and challenges!

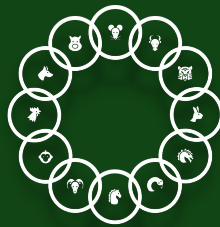
Target audience ranges from 12 - 18 years of age.

VENUE

Almost any swimmable, enclosed flat water venues are appropriate for the delivery of the Dracademy program. Alternatively an indoor swimming pool or on lakes and rivers which would also work well as a very controlled environment for ease of communication during activities.

PROGRAM CONTENT

- Understanding water safety and its importance
- Choose and fit your lifejacket and appropriate clothing for conditions
- Demonstrate basic knowledge and use of a Dragon Boat paddle
- Get into and out of a Dragon Boat from the shore/landing
- Dragon Boat with a correct posture and setup
- Maintaining balance within the Dragon Boat
- Work as part of a team
- Strengthen relationships
- Improve water confidence
- Learn the positions within a Dragon Boat



DRACADEMY

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FAQs

- **Do participants have to know how to swim?**

No, all participants are fitted with lifejackets. AusDBF Deliverers are fully qualified and will assist all participants and ensure that everyone has a great time on the water!

- **What clothes should participants wear to the program?**

- Clothing suitable for paddling and wet-water activities (participants will get wet).
- Closed footwear that can get wet, to wear while paddling. These are to protect the feet from things under water. An old pair of sandals will also work. DO NOT wear thongs/flip flops.
- A complete spare change of warm, dry clothing to change into when participants get off the water.
- A towel

Cold Weather:

- A thermal top or light wind breakers (school windbreaker)
- Comfortable pants, i.e. thermal pants, board shorts NO JEANS.

Warm Weather:

- Board shorts/ Rash vest/ t-shirt
- Suitable sun protection, e.g. 30+ Sunscreen, long sleeved shirt, hat.

- **What will be provided?**

- Dragon Boat Paddles
- Life Jacket
- Dragon Boat

- **What to bring?**

- Snacks (muesli bar, banana, apple, mandarin, packet of nuts, dried fruits etc.)
- Sunscreen
- A full change of warm clothes

- **Can participants wear glasses?**

- It is advised to not wear any sort of glasses, if must please have a strap that secures the glasses during the activity

- **Will there be supervision if their pick up is running late (out of school program)?**

- Yes, all Dracademy Deliverer will stay behind until the last child has been picked up from the venue.

OTHER QUERIES:

Please contact AusDBF

Email: schools@ausdbf.com.au

Website: <https://www.ausdbf.com.au/contact/>

Phone: 0403 862 033