



Australian Dragon
Boat Federation
Presents:

SPORTING
Schools



Photo Credit: DBNSW



DRACADEMY

SPORTING SCHOOLS PROGRAM BOOKLET



DRACADEMY x Sporting Schools

What is Sporting Schools?

Sporting Schools is a \$320 million Australian Government initiative designed to help schools increase children's participation in sport and connect them with community sport opportunities. Sporting Schools programs are provided free to children and their families to help students build the confidence and capability to be active for life.

To help achieve this, Sport Australia has partnered with more than 35 national sporting organisations (NSOs). Sporting Schools offers grant opportunities for primary schools, and targeted grant opportunities for secondary schools in relation to year 7 and 8 students (ages 12-14 year olds).

Sporting Schools partners with recognised NSOs to be able to offer a consistent and quality experience for program participants in schools nationally. More information about the program can be found on the Sporting Schools website, <https://www.sportaus.gov.au/schools>.

DRACADEMY PROGRAM

The Program

Dracademy is AusDBF's national junior participation program. This program consists, of either 4 x 1-hour, 2 x 2 hour or 1 x 4 hour sessions, delivered at a lake, slow-moving river or swimming pool nearby (limited program for swimming pools, due to space constraints).

Program Goals

- Understand 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
- Maintain balance within the Dragon Boat
- Work as part of a team
- Strengthen relationships
- Improve water confidence
- Learn the positions within a Dragon Boat

Pathways

Introduction to local
club coaches



Intergration to local club,
forming Dragon Boat
school teams



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**DRAGON BOAT
SCHOOL TEAM**

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/>



DRACADEMY



THE PROGRAM

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

AIMS OF DRACADEMY

Dracademy aims to introduce young people to Dragon Boating. Participants will be able to learn 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!

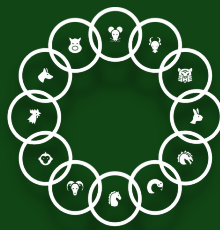
Target audience ranges from 12-15 year olds (approx.).

VENUE

Almost any swimmable, enclosed flat water venues are appropriate for the delivery of the Dracademy program. Lakes, rivers, and even indoor swimming pools (limited activities) provide great opportunities for Dragon Boat 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



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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.

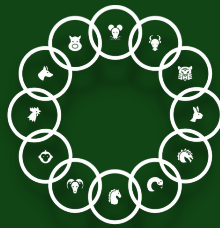
AUSTRALIAN CURRICULUM & DRACADEMY CROSS ANALYSIS

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

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.



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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
- WWVP (Working with Vulnerable People Check)
- 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



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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, capsize drill, emergency calls, who to listen to in the boat)
5 min	Getting into a boat, launching boat
15 min	Forward, Backwards and Stopping synchronisation practice
10 min	Explore Waterway (explore surrounding waterways)
5 min	Exit Water

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



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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	Introducing starting sequence (What, why and how to execute a starting sequence)
10 min	Conduct bench by bench analysis of stroke technique
5 min	Exit Water

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



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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	Recaping the start sequence, introduce the different distances that Dragon Boat Races, trying out each distance
10 min	Race off two boats (if applicable, split team from 20 into 10/10, if no extra boat available, conduct the a game e.g. "OX Tug" Game)
5 min	Exit Water

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



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RECOMMENDED TRAINING SEQUENCE 4 X 1 HOUR SESSIONS

SESSION 4

OBJECTIVES:

- Water safety
- Confirm and reinforce all learnt skills

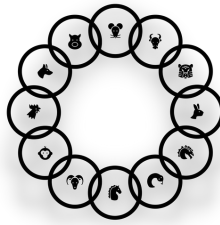
REQUIRED RESOURCES:

1. Dragon Boat & 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*



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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:

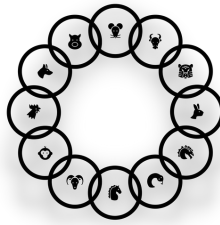
1. Check Willy Weather (or suitable alternative) app forecast and determine how the forecast will affect your area of operation.
2. Review and adjust the risk management process for the given people, environment, and equipment

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.



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STUDENT GROUP MANAGEMENT AND ENGAGEMENT TIPS

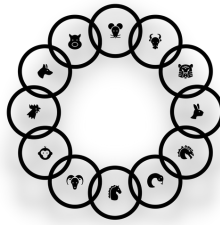
- Be well prepared prior to the commencement of the program.
- Set the scene and expectations for the group and the leaders – fun, and enjoyment!
- Why are we doing it? Why do you, as an instructor, love the sport?
- Be empathetic towards and aware of barriers to getting involved, e.g., never played 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 1:21 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.

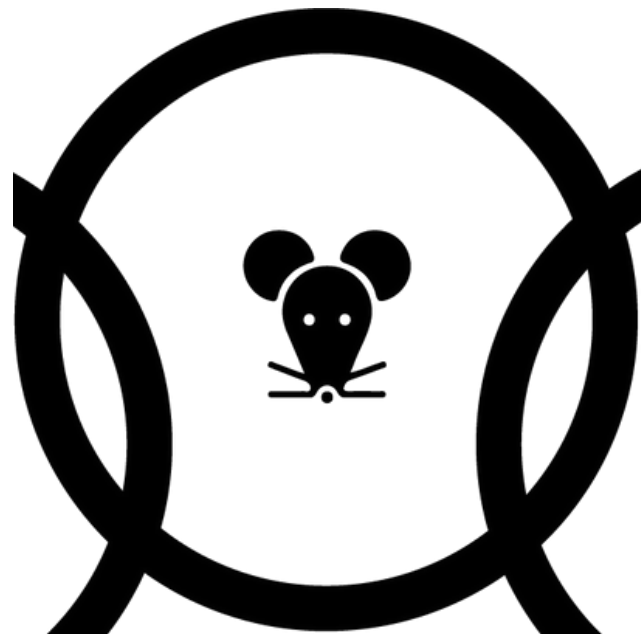


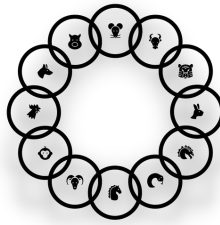
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GAMES & ACTIVITIES

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 beginning, and allow participant work out the game themselves.





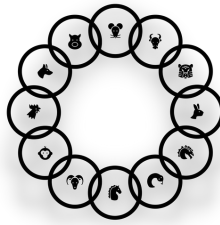
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GAMES & ACTIVITIES

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 separates the two half, provide sufficient space for other team to paddle





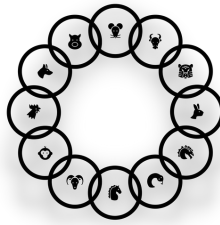
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GAMES & ACTIVITIES

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



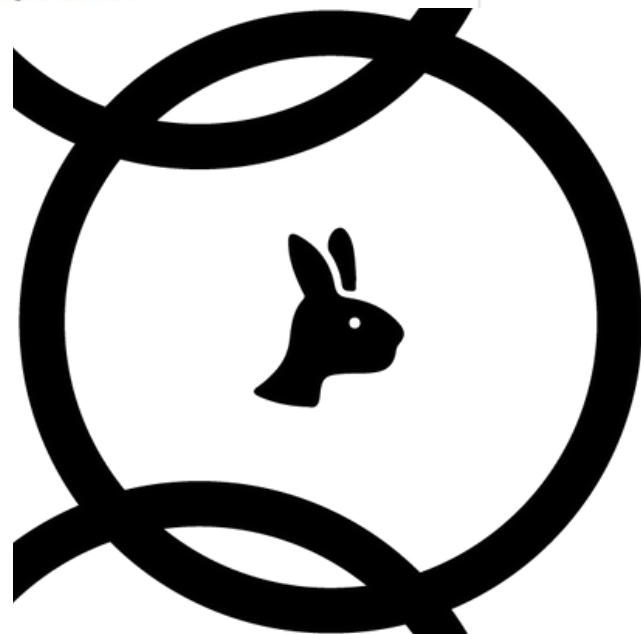


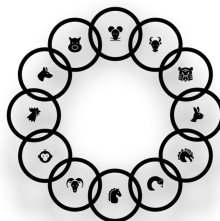
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GAMES & ACTIVITIES

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.



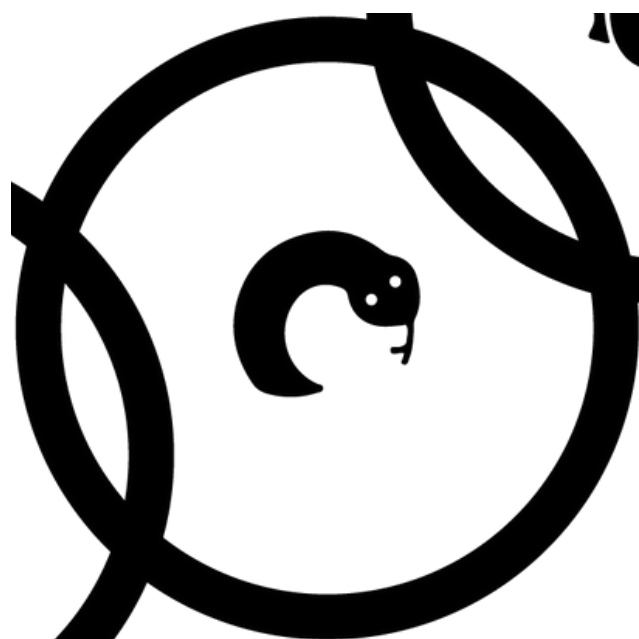


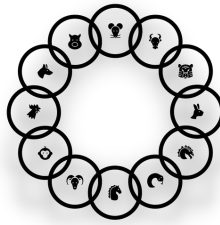
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GAMES & ACTIVITIES

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.



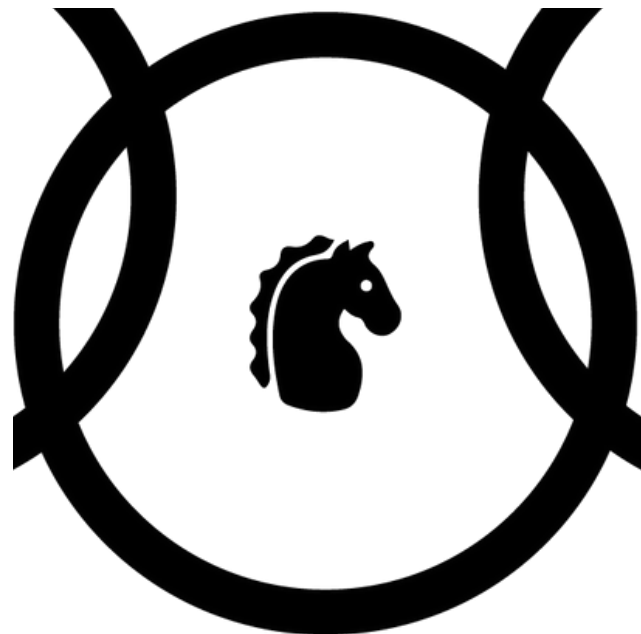


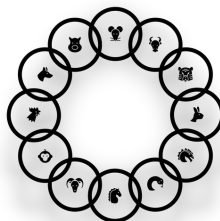
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GAMES & ACTIVITIES

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.



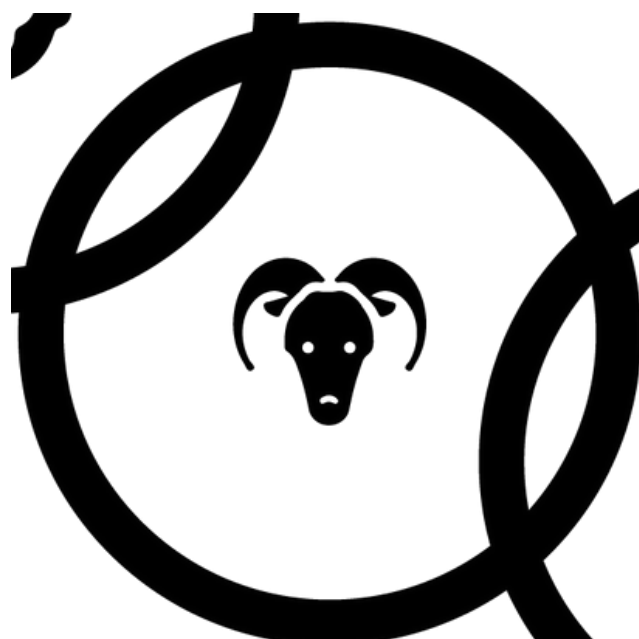


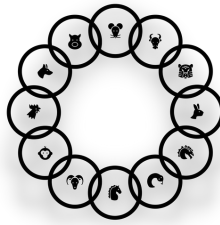
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GAMES & ACTIVITIES

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.



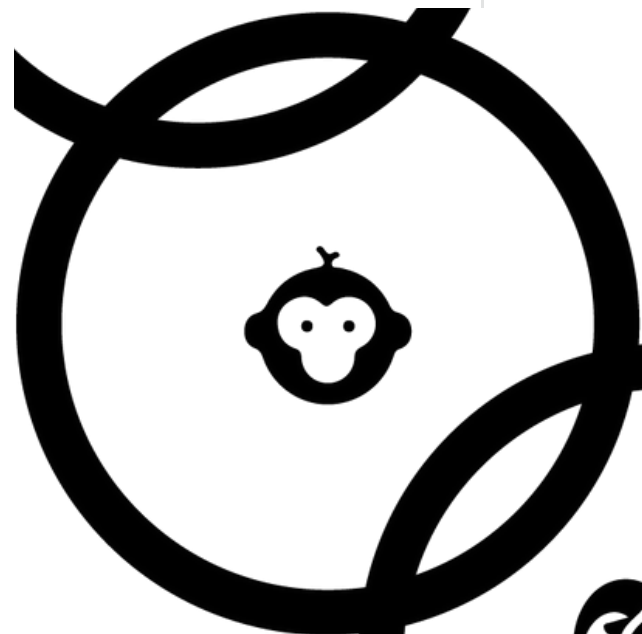


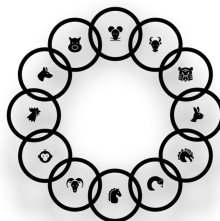
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GAMES & ACTIVITIES

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.



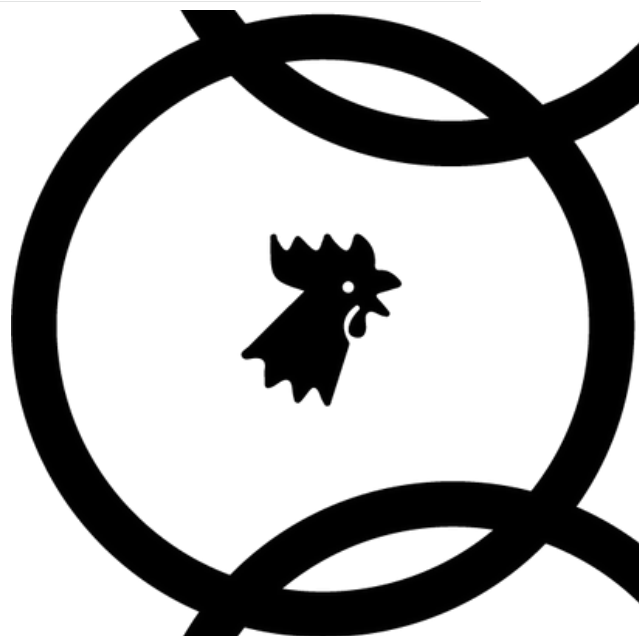


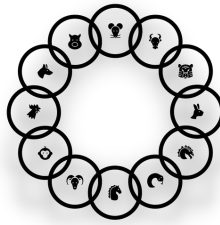
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GAMES & ACTIVITIES

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.





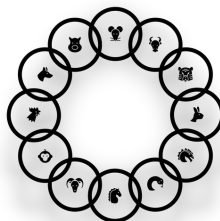
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GAMES & ACTIVITIES

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.





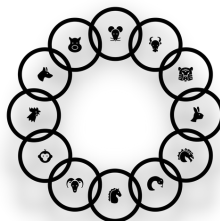
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BOOKLET

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.





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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.