



SINGAPORE DRAGON BOAT ASSOCIATION

CURRENT SINGAPORE DRAGON BOAT ASSOCIATION AND RELEVANT INLAND WATER AUTHORITIES' SAFETY ON WATER GUIDELINES:

1. Basic Safety Rules:

- a. Do not take out a dragon boat without permission
- b. Wear light clothing and a head gear to avoid sunburn and heat exhaustion
- c. Know the waterways, wind conditions and weather changes
- d. Use the "buddy system"
- e. Do not overload the dragon boat
- f. Do not engage in "horse play" in the dragon boat
- g. If capsized, stay with the dragon boat until rescued and do not swim for drifting equipment

2. Some Personal Safety:

- a. Check equipment and boat if safety is compromised
- b. Ensure accessories are available and in good condition
- c. Ensure that boats and equipment are returned and secured properly
- d. Check the environments for hazards such as loose nails and broken glass

3. To Prevent Accidents, Adhere to the Following:

- a. Ensure that personal floatation aids (life-vests) are worn by all participants at all times when in the water
- b. When lifting and carrying a dragon boat...bend at the knees
- c. Ensure that enough participants carry a dragon boat
- d. When putting the dragon boat down while carrying...lower it slowly
- e. When launching the dragon boat, have 2 persons steady the front with the back of the boat
- f. When embarking and disembarking from the dragon boat, two at a time from the front
- g. Decide the seating positions before getting into the dragon boat
- h. Avoid erratic movements when in the dragon boat
- i. Put paddles in the water for a "brace stroke" when seated in the boat
- j. Push off the boat only when all participants are seated
- k. Embarking the dragon boat...the front pairs (stroke pairs) and drummer get in last and leave it first.
- l. Head count is called by the helm...begin with the drummer(1); the right stroker (2 but 1 if no drummer) and number off down the boat
- m. Repeat count until everyone knows the correct number
- n. Carry out a head count when leaving the shore and arriving at shore
- o. The dragon boat must be well balanced before leaving the shore
- p. Know the appropriate safety drills for capsizing
- q. In the event of a capsize, take care of the "buddy" next to you. The right stroker (2) has 2 buddies e.g. the drummer (if there is one) and the one seated on his/her left. The last pair stroker (11) in a 10-crew boat and (21) in a 20-crew boat, has 2 buddies i.e the helm and the one seated on his/her right.
- r. To enhance your safety...never lock yourself to the seat
- s. A basic knowledge in First Aid is essential in case of an emergency



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4. Safety Rules At The Reservoirs and Waterways:

- a. Do not participate in dragon boat activities if you are unwell, under medication or the influence of alcohol
- b. Stop your activity if you feel unwell
- c. Stay within the designated areas when engaging in dragon boat activities
- d. Keep away from areas such as : tidal gates, raw water intake towers, aeration points, golf courses and demarcated out of bounds areas especially at the Marina Reservoirs
- e. Familiarize yourself with “no wakes” areas and “shallow” water zones
- f. Stop all dragon boat activities at 7.00 pm or when it gets dark
- g. Stop all dragon boat activities during bad weather
- h. Keep to a safe speed
- i. Have consideration and cooperate with other water sports organizations
- j. Help others who are in distress if you are competent enough
- k. Do not leave your dragon boat unattended
- l. Communicate with SDBA main office your intended location and the duration of your activity

5. Responsibilities of a Crew (Basic) Helm:

- a. Be in control of the dragon boat
- b. Be the most responsible for the safety of the crew
- c. Be the only one to issue commands that control the dragon boat
- d. You are in the best position to give commands
- e. Issue the commands loudly
- f. Discipline the crew to listen and obey commands such as “check the boat”, “dig it in”, “hold water”
- g. Practice until the crew is able to stop the dragon boat within a short distance
- h. Issue commands “brace” or “paddles flat” in choppy water or when crew members are moving within the boat or to stabilize the boat when it is not moving
- i. Be aware of all kinds of boats or crafts around you
- j. Take into account that rowing boats cannot change course quickly, hence be very alert
- k. Be able to handle the dragon boat in choppy water
- l. Face the boat into or away from the waves in choppy water
- m. Be responsible for head counts when leaving shore, arriving at shore or in a capsized situation
- n. Appoint a second in-charge
- o. Keep to flat water and areas where the dragon boat can be stable.

6. Code of Conduct for Crews in our Reservoirs and Waterways:

- a. Do not litter as all litters end up in reservoirs and waterways
- b. Do not spit or urinate into these waters
- c. Do not smoke while participating in dragon boat activities
- d. Do not have food or drinks in the dragon boat while doing dragon boat activities
- e. Pick up floating debris and other litters and those along the shores
- f. Take good care of the natural surroundings when participating in dragon boat activities
- g. Report to the PUB Service Centre (PUB-One) at 1800-2846600 if you are unable to retrieve litters or observe wrong doings or irresponsible behaviour in these areas.