



Team Information Pack October 2015 to April 2016

To returning teams, and those new to the sport – welcome.

Aoraki DBA hopes you all have a fantastic season and we are looking forward to making this even better than before. Look forward to a few refinements on the water – we are all about keeping it fresh.

We encourage ALL teams to build their season toward the Nationals. Aoraki teams had fantastic representation per capita at recent nationals, with successes to match.

What's in this pack

This pack will outline what's involved in dragon boating in Christchurch for the season.

Make sure you have those important dates in your calendar for regatta AND for registering.

Your team's annual membership covers 1-October 30-September the next year.

Any team using the association boats and equipment for training must be registered paid members of Aoraki Dragon Boat Association by 1-December.

In this issue (click to view):

- What's in this pack
- Regatta & Events for 2015 – 2016
- Affiliation and Regatta Fees
- Aoraki Locations for training
- What 'things' do I need?
- Things your team needs to know
- Teams and membership
- Please take care of our boats
- Who are Aoraki?

Aoraki Board:

Meri Gibson Noel Anderton
Janice Melville Andy Jones
Rick Smith Caleb te Kahu
Ian Macbeth Scruff Hewinson
Rosalie Mehlhopt



Season dates

This season things got underway early with our two 'winter' events; the Polar Blast at the end of August and the Cob Web Blaster at the end of September. We expect that we will repeat these in 2016.

Otherwise the season formally begins after Labour weekend (late October) to climax at the end on March with the NZ Dragon Boat National Champs. This season NZDBA Nationals will again be a two day event, on Saturday 19th and Sunday 20th March 2016 at Lake Hood, Ashburton.

On Season (Summer)

Teams typically train on one or two evenings a week from Labour Day until late March.

Regatta & Events for 2015 – 2016

Event	Date
"Intro for new Schools"	Wed 4-Nov-15
"Intro for new Corporates"	Saturday 7-Nov-15.
Register for Ice Breaker	Thursday 26-Nov
Ice Breaker Regatta	Sunday 6-Dec, at Lake Rua.
Register for Super 12	Thursday 7-Jan-16
Super 12 Races / Fun Day	Sunday 17-Jan-16 at Akaroa
" Aoraki Open " Regatta	Sunday 21-Feb-15 at Lake Pegasus.
South Island Champs, Lake Hood:	Saturday 12-March-16
National Champs, Lake Hood, Ashburton:	Sat 19, Sun 20-March-16

Note: the South Island Champs are on **Saturday** for Adults AND Schools. However if we have an influx of teams we reserve the option of reverting to "Sunday Schools"!

We will assume that each Team will be competing at the Aoraki Open plus the South Island Champs (because entry is included in your season fees). **However all teams must REGISTER with us at least 10 days** before the Ice Breaker and

Super 12 at Akaroa. We need to know how many teams are racing so we can design the Race Draw in time.

Sweep School

Aoraki Dragons run training and accreditation sessions. It starts with a session to understand Safety, Calls, Race rules, theory etc. Then on two weekends we have training on the water at Lake Pegasus (11 am start). The Sweep Training sessions are for any team member interested in developing Sweep skills, from novice to intermediate. Sweep Coordinator is Rick Smith.

Sweeps, remember to wear flouro vests at training and regattas. **Orange** for Trainees, and **Green** for level 3 and above.

Ice Breaker at Pegasus

For those that are training at other waterways (such as Avon River) this is a chance to try the waters at [Lake Rua](#). Teams bring their own tents etc and set up near the Finish Line, beside the Swing Bridge. About 10 am start, racing finishes around 4 or 5 pm.

First up is the 250 m Sprints, a Tug of War in the middle of the day and finishing with 1,000 m Turns Racing.

Super 12 Summer Sizzler

After Christmas it can be hard to get a full squad together, so Aoraki runs 10-paddlers races as a chance to blow away the Festive excesses for those of us that are still in town.

Training starts in early January, so this gives teams a chance to jump straight into "Small-Boat racing" in Childrens Bay, Akaroa.

Clubs are encouraged to enter multiple Teams. But if your club can't get a full boat-load together (minimum 8 paddlers plus a sweep and caller) then let us know and we will find spares or merge teams. Note, drums and seats are only fitted half way through this event, once we finish the *Le Mans* races. For that race, the "drummer" will just be a "caller", but they will also act as "runner"!

"Aoraki Open"

This is the event we previously knew as the "Early Bird", but it isn't so early in our season. We are also looking to invite more out-of-town teams to join us on the beautiful Lake Pegasus. Note, last year Ecan closed Pegasus, so our Plan B is to race at Lake Rua.

South Island Champs

Racing moves to Lake Hood so we can crown our Southern Champions. This will be a one-day event (Saturday 14-March) allowing Adults to see how schools perform and vice versa (so best behaviour all!).

We may see one or more overseas team join us for this regatta, just to make things a little more interesting.

NZDBA National Champs

This season, Nationals are be back in Ashburton but we are back to two days racing. School teams will again race along with Adult teams. This year it will be on Saturday (500m races plus the 2k Turns race) and Sunday (200m Sprints). We may have overseas teams entering again, so that would include Trans Tasman Championships.

This means that the fastest out of the NZ and Australian teams will race in a (200m and 500m) Final in addition to the NZ Championship Final. Hence the chance to win a NZDBA medal PLUS a Trans-Tasman medal.

Each day will be split so that Standard Boat (20 paddler) race in the morning, and then teams can enter Small Boat format in the afternoon. Note, there are likely to be restrictions in the number of teams that a Club can enter.

South Island and National Champs are sanctioned by NZ Secondary Schools Sports Council.

Off Season (Winter)

From April till November, teams generally retire for the winter and the equipment is packed away for maintenance. However some volunteers may run "open boat" sessions in the weekend. These are typically on Sunday as a one hour non-stop paddling session, to keep paddlers ready for next season. There is no formal coaching so it's aimed at experienced paddlers. There may be a small fee per person to cover wear and tear on boats.

As above, Aoraki will run one or two informal events at the end of Winter to get us back into it.

Affiliation and Regatta Fees

Aoraki team affiliation fees for this season are:

- Adult team affiliation \$150 + GST (\$172.50)
- Under 23 team affiliation \$150 + GST.
- School team affiliation \$75 + GST (\$86.25).

Season fees are \$2,736.96 + GST (\$3,147.50) which includes the "Aoraki Open", the "South

Island Champs" and as much training as you can muster. Schools pay rebated Season Entry fees of \$865.22 plus GST (or \$995 incl GST).

Your fee pays for:

- Two full Race Regatta
- Running of rescue/support boats for regatta
- Rescue operators first aid, rescue, and maritime certification
- Equipment and maintenance
- Administration and Marketing
- Voting rights at the AGM each August

Membership fee is not pro-rata and is not refundable.

Note, NZDBA annual affiliation fees are \$180 including GST per adult team, and \$40 including GST per school team or U23 Development team. Aoraki Treasurer will send out invoices that include Aoraki Affiliation, Aoraki fees plus NZDBA Affiliation. We would appreciate prompt payment. Teams who cannot pay the full amount right away should talk to Aoraki to arrange instalments.

For Casual/ Festival events (incl Ice Breaker and Super 12) separate fees of \$5 per person (or \$100 per team) are collected on the day.

NZDBA entry fee for the Nationals are to be confirmed, but are likely to be \$1,300 + GST for Standard Boat racing for adults and \$650 + GST for schools Standard Boat. Entry fees for Small Boat racing is likely to be around \$500 + GST for Adults and \$250 + GST for Schools. Check www.nzdba.co.nz for Early Bird discounts, and late fees.

Discounted fees for new teams ...

Aoraki want to make it easier for new teams to join us. So any **new** Under 23 or Adult team will be charged season entry fees at 50% of the current adult rate. Note: teams still pay full Aoraki adult affiliation fees for the first season. And NZDBA fees are applied separately.

... and for U23 teams

We are keen to see paddlers have somewhere to go when they leave schools. So any team that competes only in U23 Grade at Championship level events for the full season only pays 75% of the current Adult season entry fees. Again they pay Aoraki adult affiliation fees and NZDBA fees are applied separately.

Aoraki Locations for training

Training is available from several locations, and most have full Champion Boats plus 10-Man boats. Boats are at our compound in [Owles Terrace](#), New Brighton. We also have [Lake Pegasus](#), just north of Woodend. And training is available at [Lake Rua](#) (near Johns Rd and Sawyers Arms Rd) by special arrangement.

Training nights

Most teams have booked times for their training at Pegasus, but we need all teams to **keep Aoraki informed of when they will be on the water please**. Teams can also train on the Kaiapoi River now, but more are using Lake Rua because it is closer to town. This season, we will consider having the IRB patrolling the lake when there are several teams out at once.

The boats are stored overnight at Pegasus, so the first team at the lake will need to trolley them down to Kings Beach.

We will try to leave a spare set of old paddles in the crate for you to train with. We will also ensure that a set of PFDs are available, which are **now mandatory** at training and regatta.

If there are multiple boats on the water, please paddle in a **counter-clockwise** direction, to avoid collisions. And keep a close eye out for swimmers, who *should* be staying close to the beaches and bays near the swing bridge.

Please make sure you **take all rubbish away with you**, especially drink bottles.

Please email aoraki.dragons@gmail.com or phone 358 1633 to organise access (esp for Lake Rua), check the safety measures and clarify restrictions (eg off the water by twilight) **before** any extra training.



What 'things' do I need?

Aoraki provides (nearly) all the big stuff. We have bought boats for you to use, trolleys to get them into the water, trailers to take them long distances plus heaps of other gear.

But there are a couple of things you will need.

Firstly, teams provide their own uniforms and personal gear. On race days (except Nationals), teams bring their own tents, shelters, seats, and tables. Entry to Nationals gets you marquee space and some chairs and a trestle table.

Teams provide their own paddles. Many teams use fairly heavy paddles that have been around for decades. These are great for training and most regatta, but for the big race days, you will need access to a set of modern paddles.

IDBF spec 202A or similar T-bar (wood or fibreglass) paddles may be used but are not mandatory. Teams can purchase paddles as follows.

NZDBA are NZ agents for Hornet and XJE paddles and accessories, as well as Champion boats and paddles and "Swift" boats.

"Typhoon" from Gone Paddling (Wellington Dragon Boat Festival).

Paddles – new and old

NZDBA reminds us that any teams competing at **Nationals** in March must use IDBF Spec 202A paddles (although remember that Aoraki is *not* making them mandatory at local regatta). Some wooden Champion Paddles (T-Bars) have been imported and Christchurch teams have already bought sets, but NZDBA will hold onto some, so they *may* be available at Nationals to borrow/rent.

NZDBA is also acting as an agent for Hornet Paddles. These are Fibreglass and Carbon Fibre IDBF spec paddles.

We encourage teams to apply to charities (such as Canterbury Community Trust) so they can upgrade their paddles. Then we would encourage you to **"donate your old paddles"** to the new teams that are starting up in Ashburton and Dunedin?

Clothing

WINTER: Thermal long sleeve top under your T-Shirt or singlet; bike shorts or thermal shorts under your shorts; dive boots or boat shoes.

SUMMER: Board shorts, singlet and jandals.

Don't wear baggy tops with long sleeves as it will get wet and get in the way of your paddling. Don't wear cotton - it gets too heavy when wet.

You can wear cheap sunglasses that don't fall off easy as you'll get splashed in the face a lot and a short peaked cap. The longer the peak, the more likely you'll knock it off.

Long pants are not allowed – they are dangerous in the water.

Bring a towel and change of clothes or warm tracksuit for the journey home or to keep warm for after training drinks / dinner with the team.

Tip: if you train late into the evening, fill a 2 litre bottle with hot water and wrap in a towel before coming to training. Use it to rinse after training, it will warm you up.

Sunscreen and Hydration

Your teams will be in the sun when training and racing. Ensure they wear hats/caps, sunglasses for eye protection, reapply sunscreen during the course of the day and stay under shade as much as possible. If you see someone going pink, offer them sunblock – they'll thank you for it.

You will need at least 2 litres of water per person and we also advise 2 L of sports drink.

Security

Every paddler is a member of the paddling fraternity, so we should all watch out for each other. Do not leave your bags, shoes, paddles unattended. Lock your cars and keep your valuables out of sight.

Things your team needs to know

NZDBA require photo IDs at Nationals, so Aoraki will update our digital 'portraits' during the year.

Race Starter calls

A reminder that we are using the same standard calls used by NZDBA and IDBF at our regatta: **"Are you ready?"** - **"Attention"** - **<hoot>** and it's all on!

The timing between calls is the same, but it means the crews have a chance to pause the sequence if, say, they are sideways or tangled in the buoys etc.

Swimming and water safety

Nonswimmers are not permitted in the Dragon Boat. All crew members (including sweep and drummer) must be water confident and able to swim at least 50 metres unassisted in clothing.

Any person on a Dragon Boat on the water must be wearing an approved-standard PFD. Aoraki will ensure they are available, if your team has not bought a set. They are \$80-\$100 each to buy.

All Crew Members must be **aged 12** or older during training and racing.

Advise your team manager of any medication you might require whilst training (such as inhaler, insulin, heart sprays etc). Identify any trained first aiders in your team and BYO first aid kit.

Managers must record details of each 'next of kin' in case there is a medical emergency while you are training or racing.

Please familiarize yourself with Aoraki's [Safety Operating Procedures](#) (SOP) which can be found on aoraki-dragons.co.nz/watersafety.htm Each crew member must sign the [Safety Waiver](#) form.

Alcohol and Drugs

Aoraki DBA has **zero tolerance** policy when it comes to alcohol and drugs. World AntiDoping Agency (WADA) rules apply, please see IDBF website.

NO Alcohol or drugs may be consumed within the 12 hours before the use of a Dragon Boat. If any individual is caught breaking this rule during the training or competition the ENTIRE team will be either suspended from training or disqualified from the competition and will appear before the Board for disciplinary action.

Make It Greener

Aoraki has a "Make It Greener" policy. We ask that all participants not only take out what rubbish they bring to training and races, but pick up any extras left in the areas we use.

In particular, please leave the Pegasus area near the pump station **tidier** than when you arrived.

Teams and membership

Teams have unlimited training between November and March each year. Teams can be:

- Premier teams (adult) either Mixed, Open (men) or Women teams.
- Aoraki also recognises "Corporate" based adult teams.
- "Under 23" teams must be 22 years or under as of 1-Jan-2013.
- Breast Cancer are made up of 100% breast cancer survivors.

SECONDARY SCHOOLS

Must be made up of enrolled students of a school, Girls, Boys or Mixed. Minimum age is **12 years**.

Note there must be a minimum of three teams of each division to have a grand final at any race.

Crew Compositions

Teams / clubs can have as many members as they wish. Each race has a different number of participants, below is race crew (those in the boat at time of racing) compositions:

FULL BOAT RACES

Min 16 paddlers plus Sweep and Drummer.
Max 20 paddlers. "Mixed" crew shall include a minimum of 8 female paddlers.

Max squad 26 incl manager and captain.

SUPER 12 RACES

Min 8 paddlers, 1 sweep, 1 drummer.
Max 10 paddlers, incl min of 3 female paddlers.

Sweeps

Only accredited "Sweeps" (helm) may take control of a Dragon Boat in racing. Each team must advise Aoraki of the name and experience of any sweep who takes the boat out for training or racing. Each sweep must keep a log of the hours and location (eg Lake, River, Harbour) that they helm the boat in. Aoraki may be able to provide an accredited sweep if necessary.

Remember that Aoraki run Sweep Schools starting in October.

Please take care of our boats

This is how we expect you to use the boats:

- Pick the boats (Champion or Swift) up using the hand holds on the inside of the boat – not by the seats or they will come off.
- Slowly wheel the boat on the trolley down the beach or ramp. At Pegasus, we suggest you wheel the boat on the trolley right into water until the boat floats free (saving you the lifting). Likewise after training, wheel the trolley under the floating boat.
- Do not bang paddles on the side of the boat.
- Do not rub wax on any part of the boat.
- Brake **well before any beach or ramp**, and approach slowly to minimize damage. Use the 1m x 1m rubber pad on the beach/ramp to prevent scratching the boat.
- Last team training ensures the boats are as close together as possible, nose resting on tyres and padlocks secure. Place all bailers, sweep oars back in the crate and **take away all rubbish**.

Who are Aoraki?

Aoraki Dragon Boat Association Inc was formed in August 2007 by representatives from all the active teams in Christchurch. It is run by a [committee](#) of paddlers and sweeps from a range of Christchurch teams. All these volunteers have day jobs so administration is set up to be minimal so that we keep fees down. The Season fees have halved from the \$6,500 of 2006-7.

Aoraki is closely affiliated to the National Sports Organiser, [NZDBA](#) which is affiliated to the International Dragon Boat Federation. If your crew is also an incorporated society you can use your NZDBA affiliation to gain charity funding.



Aoraki meets every week or two during the season, monthly over winter (115 so far). If you would like to address the committee, please contact the secretary with the topic you would like discussed. Any team member is welcome to join the committee – particularly if you share our passion of improving the sport while keeping our fees down. Just email chair@aoraki.dragons.co.nz.

Aoraki is an incorporated society (2020174) and is a registered not for profit charity ([CC43237](#)).