

Welcome to the Club!

Welcome to Dragon Zone Paddling Club, one of North America's largest paddling clubs. We offer programs for people of all backgrounds and abilities in dragon boat, outrigger, and kayak out of our fully accessible facility in Olympic Village in Vancouver.

The Club is operated by the Canadian International Dragon Boat Festival Society (dba Dragon Boat BC), a non-profit society incorporated in 1989. The Society operates and produces a range of events, programs and initiatives, serving over 250,000 people annually.

GETTING STARTED

Experience Level

Dragon boat teams range from friends getting together on occasion, to international-level athletes! It's important for you to consider what you're looking for in a team when you start paddling. Different teams have different season lengths and commitment levels. Consider your options, and choose a team that fits you best!

Finding a Team

If you were introduced to dragon boating by a friend, you'll most likely join their team. If you are looking for a team, you can find one by requesting to join the "Dragon Zone Community" Facebook group, and posting your interest and skill level. Teams may post recruitment notices there as well.

Costs

Team fees vary. Contact the team's management to find out their fees. Fees generally include race and practice fees, jersey, and fees for shared expenses like team snacks for races. Some teams may also pay their coaches and/or other staff. We encourage you to ask your team about how the finances are structured. Many teams will also have regular meetings to go over the team's numbers.

Note that each team is independent of the Club, and the Club does not have access to each team's programming plans, internal operating plans, or finances.

PREPARING FOR PRACTICE

Storage and Washrooms

Limited lockers are typically available inside Creekside Community Centre; you will need to bring your own lock. Washrooms and showers are also available in the community centre. During COVID, lockers and showers are temporarily unavailable. Please only bring a limited number of belongings with you to the docks, as there is very little space to place them at this time.

During peak times, you may have to share lockers with teammates; don't pack too much, and avoid bringing valuables! If you have to bring valuables with you (i.e. phone, wallet, keys), we recommend getting a dry bag to keep them dry. Your team may have a team dry bag for you to use.

What to Wear and Pack

Clothing

- Pick clothing that keeps out water and dries quickly. Layer up so you can easily adapt to weather changes. Avoid clothing that absorbs water (i.e. avoid jeans, cotton).
- When on the boat, wear shoes you don't mind getting soaked or flip flops.
- You'll get splashed when paddling, so bring a change of clothes and a bag for wet clothing.
- Dress appropriately for the weather!
- Tip: Find a solid rain jacket that you don't mind getting dirty for all those rainy/cold practices!

Hydration

- Boats don't have cupholders, so pick a bottle that's durable, and has a secure lid!
- Water refill stations are available in the Community Centre.

General

- Remember to label all of your equipment! It'll be easier to find if you misplace it.
- PFDs and paddles are provided at the docks; if you have your own PFD, you can use it if it is Transport Canada approved. PFDs must be worn properly at all times while on the docks and when paddling. Please ask staff if you have questions.

GET READY TO PADDLE

Getting to the Club

Getting to our facility is easy whatever mode of transportation you choose to go with!
GPS Address- Creekside Community Centre: 1 Athletes Way, Vancouver, BC V5Y 0B1

Biking

- Bike paths and bike racks are in front of the Community Centre.
- TransLink offers bike parking at Main Street Skytrain Station for a monthly fee.

Transit

- Across the street from Main Street Station, 15-20 minute walk from Olympic Village Station
- Walking distance to multiple bus stops for the 84, 3, 8, 19, and 23.

Car

- Paid parking is available in front and under the Community Centre, under London Drugs and Urban Fare, along Salt Street, and along Manitoba Street.
- Free street parking available south of 2nd Avenue.

Meeting Spots

Your team's management will set up a practice meeting location near the Community Centre and docks. Many teams meet in front of the Club's office in the Community Centre plaza. Your team may also meet in Milton Wong Plaza by the birds in Olympic Village. We recommend you contact your team's management prior to your first practice, and have the name and contact number of someone on your team to ensure you find your team easily and get on the right boat.

SEASON TIMELINES

Team seasons will vary. Contact your team manager for team operation info. Generally, team seasons run in the spring (March-June), half-year (March-September), or full year (October-September). Your team will also have their own coach. Coaches are individually selected by each team, and are not affiliated with the Club.

First Practice

Your first practice will include introductions to other team members, overview of expectations and goals, and a rough season outline. On the docks, expect to learn basic safety procedures from your team's management. This includes basic things like not running on the docks, being careful with equipment, and where first aid equipment is located.

Once on the water, your team will begin teaching you the basics of paddling and build a team!

Through the Season

A team may set goals around races as key milestones. Practices are generally structured around drills

and training that the team's coach will decide on. These drills vary between teams. It's important to know your team's season goal to make sure it matches your expectations. You'll enjoy your time on the water if you find a team that matches your lifestyle.

Facility and Race Rules

Competition rules are published at least annually on dragonzone.ca/downloads, and club rules at dragonzone.ca/rules.

We require that all team administrators, coaches, steerspeople, and drummers read the rules and ensure their team is aware of the rules as well. We encourage paddlers to read the rules as well.

SAFETY

Boat Safety Kits

All boats should be carrying a safety kit while on the water, consisting of a container to remove water, a rope, and small buoy. Lights are required if paddling in certain conditions.

First Aid Kits and AED

First aid kits and an AED are available on the docks (kits in every shed, AED in the PFD/paddle shed). Additional support is available at the Community Centre's front desk.

Communication Equipment

Boats must have a communication device (i.e. phone or whistle) to communicate or flag attention if required. Call the office at 604 688 2382 for non-emergencies, or call 911 for emergencies. Nearby docks include: Plaza of Nations, Yaletown Marina, David Lam Park dock, and Alder Bay/Granville Island Dock at Granville Island Community Centre.

Medical Conditions

If you have any medical conditions that may affect your participation in practices or races, be sure to notify your team manager at the beginning of the season of any accommodations that you may need or any special consideration that might be required.

Person Overboard

If a paddler falls overboard, throw the rope with buoy from the safety kit out towards the paddler. Depending on if the boat is stable, you may wish to paddle with the paddler in tow towards a dock or a shallow area before having the paddler re-board the boat.

Boat Capsizes

While dragon boats (like any other boat) can flip, this is very rare. However, if a boat flips:

- stay with the boat, and look for your seat partner. Drummer and steers will look for each other
- drummer/steers will flag other boats for help, or try and return the boat to the dock

Under no circumstance should you swim off from the rest of your group without clear instruction from the team's leader at that time.

Codes of Conduct

Respectful Conduct

- In all interactions with others, all participants, teams, and users are expected to act in a professional and respectful manner. All participants, teams, and users are expected to:
 - Act in good faith, and provide accurate information during registration;

- Act in a manner that promotes the Club's values and builds up the Club's reputation;
- Ensure your actions follow best practices and are within the rules, regulations, and law; and
- Follow established Club standards and instruction.
- For added clarification, it is expected that all participants, users, and teams act in an ethical manner, and not bring the Club, sport, or community into disrepute at all times.

Safe Conduct

- All teams are expected to be aware of Club rules and policies for information on safe conduct and usage of equipment and facilities.

Harassment and Sexual Harassment/Assault

- The Club prohibits and has a zero tolerance for any harassment and sexual harassment/assault.
- We encourage all paddlers and coaches to take the free online NCCP anti-harassment and anti-sexual assault training module at safesport.coach.ca to identify and prevent situations that constitute sexual harassment and/or assault.

Anti-Discrimination and Anti-Racism

- The Club is part of an organization founded to and address racism in our community through the lens of a traditional Chinese cultural sport. Racism is not tolerated in any way.
- Other forms of discrimination based on background, culture, ability, sexual orientation, gender, or other variables and factors are not tolerated.
- Where gendered rules are required due to rules of racing, racers are recognized according to their preference for the event.

Reporting

Safety Incidents

- In the event of a safety incident, collision, capsize, or other issue, please report the details immediately to Club staff for filing and additional action as appropriate.

Codes of Conduct

- In the event that the Codes of Conduct are breached, participants are encouraged to either:
 - pursue an informal resolution with or without the assistance of a neutral third party or coach or team official, depending on severity of incident and if it is deemed safe, or;
 - immediately report the incident to Club management.
- CIDBFS management will confidentially review all reports, and internally conduct an impartial investigation, or engage external support to investigate.
- Retaliation is prohibited against individuals filing good faith reports.
- Depending on severity and legal requirements, the Club may also escalate reports to authorities. The Club reserves the right to levy sanctions as it deems appropriate in its sole discretion.

RACING INFORMATION

Dragon Zone Youth Regatta <i>May 7, 2022</i>	Vessi 500 Championship <i>June 4-5, 2022</i>	Steveston Dragon Boat Festival <i>August 20, 2022</i>
Oddball 2,000 Challenge <i>May 7, 2022</i>	Concord Pacific Dragon Boat Festival <i>June 24-26, 2022</i>	Dragon Zone Fall Classic <i>September 24, 2022</i>

While your main focus is the race as a paddler, we encourage you to bring your friends and family down to cheer you on. At Festival level events, you, your team, and your friends and family can also enjoy a lineup of free cultural programming - especially at the Concord Pacific Dragon Boat Festival. All events are free to attend.

Preparing for Race Day

Regattas are half or full day events, so bring clothing, food, and water for the day. Your team's managers and coaches should provide you with the team's plans for the day and meeting times/ places. We recommend that you get your team manager's contact information ahead of race day so that you can find your team and are up to date on the day's progress.

Race schedules (called race grids) are usually published ~1 week prior, and are available online in the downloads/race administration page. Please note that races can run early or late. We don't recommend leaving the race site, as you could miss a race if it runs early!

Meeting Up on Race Day

Your team's management will let you know where and when to meet a few days prior to the race. They'll let you know if your friends and family can join the team in their tent, or if they have to set up elsewhere. Generally, only Festivals have a secured racer zone. Please remember Club and Festival staff will not know your team's meeting place details as this varies from team to team.

You may arrive on-site quite early in the morning- races start around 9:00 AM, and teams usually arrive ~2-2.5 hours before their first race. Remember to layer up as the weather will change throughout the day. You may want to leave valuables at home, or with team members on land so they get lost while you're paddling.

If you are taking transit, remember to check schedules to ensure transit is open in time for you to get on-site. Many teams set up carpools, or paddlers may bike to the site.

Race Day

Teams usually meet at the beginning of race day to go over the day's schedule. Make sure you're at the meeting spot for updates, warmup, stretches, and to head to marshalling prior to the race.

Race marshalling is ~20 minutes prior to a race start time. At large races, pre-marshalling can be ~30-40 minutes prior to a race start time. At marshalling, you will be lined up by race marshalls, pick up equipment when instructed, and roster verification may be conducted as well. If you are late to marshalling, you may cause a race delay or be disqualified from that round of racing, so be sure to use the washrooms before you are in marshalling.

Your team will load boats after marshalling. Do not bring extra items with you as there is no dock storage. We recommend teams have someone gather jackets and extra items while in marshalling.

When on the docks, follow dock volunteer and marshal instructions. Line up in the middle of the dock so the preceeding boat can unload, and don't load until you are told to proceed. Once you load into the boats, the dock marshalls will direct your steersperson accordingly.

After you return to the docks, marshals will direct you to unload unless there are random roster checks being conducted for your team. Leave the docks from the East gate, and keep on moving out of the area to allow others to pass behind you.

GENERAL

Kayaks and Outrigger Canoes

Throughout the season, you may notice paddlers out on small individual boats. These are either kayaks or outrigger canoes, and are commonly used as cross training for dragon boat paddlers.

Kayaks are a recreational craft, but can be an accessible way to build up paddling capacity. The Club offers single and tandem boats. To use Club kayaks, you must be a valid passholder or rent a boat. Visit dragonzone.ca/kayak for pass and rental info, or email info@dragonboatbc.ca.

Outrigger canoes require paddlers to be able to paddle on both their left and right side unlike in dragon boating. There are outrigger canoes of different sizes for different numbers of paddlers; the Club offers use of OC-1 (1 person) and OC-6 boats (6 people). To use outriggers at the Club, you must be a valid passholder, and complete a huli drill. For more info, visit dragonzone.ca/outrigger, or email info@dragonboatbc.ca.

The Club offers Intro to Paddling programs in all disciplines. To sign up for an Intro to Kayak or Intro to OC program, please visit the websites above for more information.

General Communications

Stay up to date with what's going on at the Club and Dragon Boat BC!

Operation Alerts: dragonzone.ca/alerts

Facebook Group: Dragon Zone Community - facebook.com/groups/dragonzonecommunity

Facebook: Dragon Boat BC - facebook.com/dragonboatbc and Concord Pacific Dragon Boat Festival - facebook.com/concorddragonboatfestival

Instagram/Twitter: Dragon Boat BC - [@dragonboatbc](https://twitter.com/dragonboatbc)

Youtube: Dragon Boat BC

Online Merchandise Shop: shop.dragonboatbc.ca

Online Registration Portal: register.dragonboatbc.ca