

<p>Survivors Abreast of Peterborough Inc. and Peterborough's Dragon Boat Festival (PDBF) Safety Procedures</p>
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Purpose: To provide direction to water safety matters for event organizers, coaches, boat operators, steerspersons, team captains, paddlers and all other participants in the Festival.

Scope: Applies to all Festival participants and Survivors Abreast.

Policy: It is the policy of Survivors Abreast and the PDB Festival that safety comes first. To meet this goal, written instructions shall be available to all persons on the web sites:

www.survivorsabreast.com or www.peterboroughdragonboatfestival.com

All steerspersons, coaches, boat operators, land-based safety persons, event organizers, Team Captains and all paddlers shall read and abide by these safety procedures. It is the responsibility of all such parties to follow the safety procedures as outlined. The steersperson and/or team captain shall be further responsible for communicating all of the safety procedures to each team member prior to each practice session and before the races.

Procedures:

1. Each team member is responsible for their own safety at all times while engaging in activities relating to practices and racing in the Festival.
2. A safety boat shall be used for all practices and races and must have a qualified boat operator who has proof of operator competency (i.e. Pleasure Craft Operator Card).
3. The safety boat(s) will have only the qualified boat driver and one spotter on board. The only exception to this will be for Survivors Abreast. During practice sessions, the safety boat may have a maximum of four (4) people on board. This shall consist of a driver, spotter and possibly a combination of coaches, paddlers or safety boat trainees.
4. During Survivors Abreast practices the substitution of additional paddlers may take place from either the T-Wharf or the safety boat. This transfer will be totally at the discretion of the safety boat driver. Responsibility for the Dragon Boat shall rest with the Boat Captain or the acting Captain taking into consideration the water conditions and the physical capabilities of those being transferred.
5. Everyone on the safety boat must be wearing a properly fitted Personal Flotation Device (PFD).
6. Under the Small Vessel Regulations most other vessels are required to give way to paddle craft. However, ALL vessels operators, steerspersons, are required to maintain a lookout for other vessels and take all necessary action to maintain a safe distance.

7. Dragon boats are safety rated for total load capacity. The average is about 82 kg (180 pounds) per paddler, or 1800 kg (4000 lbs) per boat. Team captains and coaches must ensure that for both practice and races, their crews do not exceed the weight limit. If necessary, they must reduce the number of paddlers in their boat in a manner that ensures proper balance.
8. Properly fitted and fastened Personal Floatation Devices (PFDs) must be worn by all paddlers, steerspersons and drummers. Medium and large size PFDs shall be provided to Festival paddlers however, paddlers who require small or extra large PFDs must provide their own Transport Canada or Canadian Coast Guard approved PFD. All PFDs must be inherently buoyant.
9. Secured, appropriate footwear is strongly recommended for all paddlers, steerspersons, drummers and safety boat personnel.
10. Loading and unloading the boat shall be done under the direction of the coach, steersperson and/or dockhands and should only occur at the docks.
11. When the boat is being paddled by the crew, all paddlers must remain seated. The only person who can stand in the boat when it is in motion is the steersperson. The coach may need to stand in the boat while instructing only individuals or pairs of paddlers.
12. Alcohol and drugs are not permitted on the Festival site during practices or race day. Anyone observed to be under the influence, at the discretion of the Race Director on Festival day or the Boat Captain during practices, may be disqualified and asked to leave the site. City police may become involved.

13. Accountability:

- The steersperson must know the number of people in the boat when the boat leaves the dock and confirms with the coach, team captain or drummer in addition to the safety boat and/or land based safety person.
- The steersperson shall ensure that the boat is well balanced before leaving the dock. The steersperson shall have a whistle attached to their lifejacket.
- Each paddler is responsible for the person they sit beside. "Stroke pair" is responsible for the drummer. "Rear pair" is responsible for the steersperson.

13. Emergency Incidents, Capsized or Swamped Boat:

- **Emergency Signal:** 3 long blast on the whistle or air horn.
- Safety boat crew (practice days) or Race Director (race day) shall call 911 requesting an emergency response and provide appropriate details.
- Steersperson shall account for all paddlers by doing a buddy count. If the steersperson becomes incapacitated, the team captain or alternate shall assume responsibility. Upon completion of the count if a person is missing a second count will take place. If a person is still missing that information will be relayed to emergency services personnel.
- People in the water shall remain with the dragon boat until instructed from the safety boat. Rescue operations will involve assessing needs, prioritizing, loading and transporting people to land. Emergency services personnel will assess medical conditions.

- Other dragon boats must stay clear of the area to allow motorized rescue and recovery craft room to maneuver. Other crews must not take any action that could result in their capsizing and complicating the accident situation.
- On Festival race day, once the crew is on land, they must go to the Paramedics command post to be assessed by trained safety personnel.
- Following the incident, the safety boat operator and coach/steersperson must complete an "Incident Report". If a single person is involved in an incident they must complete a report. For Festival activities this shall be forwarded to the Race Director. For Survivors Abreast activities, the President. This shall be done as soon as possible following the incident.

Medical Emergency in Boat:

- The dragon boat shall be stopped. Three long whistle blasts shall be sounded and one person in the dragon boat shall use the "international distress signal".
- The paddlers shall follow the directions of the safety boat crew, and go directly to the T-wharf or nearest safe landing spot.

14. Dragon Boat Safety Commands:

- **Stop the Boat** – when collision is imminent- paddler to thrust blade vertically into the water, fully perpendicular.
- **Steady the Boat** – in unstable conditions. Crew leans slightly over the side of the boat and places their paddle blades flat on the water to steady the boat.

15. Other:

Paddling Area:

- Boats shall not go upstream past Holiday Inn or downstream past the train swing bridge. These areas have swift currents that can change dramatically without warning.

Severe weather:

- In the event of lightning or severe weather requiring the full attention of the safety crews, all dragon boats will be recalled to the docking area. Participants are encouraged to seek safe cover. A minimum of 30 lightning free minutes must have occurred before participants shall be allowed to return to the water.
- The call to come off the water is made by the Race Director on Festival day, the Boat Captain for Survivors Abreast practices, and the Coach/Steersperson Chair or designate for Festival practices.