

06/01/2019

Team Captain / Captain of the Boat Exam

Name: _____ Date: _____ Score: _____

1. Each boat requires a maximum of person(s) and how many of each position for Hawaii Dragon Boat Festival?
2. Each boat requires at least how many bailers? #8 of "Prior to leaving the beach" on page 7
3. What are the responsibilities of the Team Captain and Captain of the Boat?
 - a) Team Captain is overall in charge of the team.
 - b) Team Captain or representative to attend all required meetings.
 - c) Captain of the Boat is in charge of the team; as soon as the team enters the boat, until the team exits the boat and is responsible to listen to the steering sweep.
 - d) Team Captain and Captain of the Boat may be different persons.
 - e) Team Captain and Captain of the Boat is responsible for all team members and their actions.
 - f) Team Captain and Captain of the Boat is responsible in knowing the rules and procedures of the Hawaii Dragon Boat Association.
 - g) Team Captain and Captain of the Boat is responsible in identifying themselves to the race officials prior to race day.
 - h) Team Captain and Captain of the Boat is responsible to listen to the race officials.
 - i) Team Captain and Captain of the Boat is responsible to listen to the steering sweep on the water.
 - j) The steering sweep is overall in charge of the boat (team); as soon as the team enters to the team exits the boat and gives authority to the Captain of the Boat on the water.
 - k) All of the above.
 - l) None of the above.
4. As the team captain / captain of the boat, you must ensure: #5 of "Prior to leaving the beach" on page 7
 - a) Only the captain of the boat is required to learn the docking and loading/unloading procedures when the boat is docked or beached at the shore.
 - b) All the team members have learned docking and loading/unloading procedures when the boat is docked or beached at the shore.
 - c) 50% of the team members have learned docking and loading/unloading procedures when the boat is docked or beached at the shore.
 - d) Flag puller/catcher is in charge of the team; as soon as the team enters the boat, until the team exits the boat and is responsible to listen to the steering sweep.

- e) Only the steersperson has to know the docking and loading/unloading procedures when the boat is docked or beached at the shore.
 - f) All of the above.
 - g) None of the above.
5. Which of the following may you assume as the Team Captain and Captain of the Boat: **first 10 bullets of page 8**
- a) All of your crew members know how to swim.
 - b) All of your crew members know the buddy system.
 - c) Others on the water know what they are doing.
 - d) The sweep knows everything about what to do.
 - e) All of the above.
 - f) None of the above.
6. In what order shall boats be loaded? Back to front or front to back? **Last bullet of page 8**
7. Use of the paddles or steering oar to push off the dock or beach is allowable? **Bullet #4 of page 9**
- True or False
8. After the drummer exits the boat upon returning to shore, explain the exit procedures for the remainder of the dragon boat members: **Bullet #5 of "When Returning to Shore" on page 9**
9. How many practice sessions (minimum) of steering experience with a full boat of paddlers are needed to become certified? **Second bullet of page 11**
10. Which of the following safety violations will result in disqualification of the team? **Second paragraph, page 11**
- a) Allowing anyone on the boat without properly wearing an approved PFD.
 - b) Allowing a steering sweep that has not passed the written and skills test prior to race day.
 - c) Allowing another person besides the flag catcher/puller to touch the flag.
 - d) Allowing a team member to jump off the boat when docking/bringing the boat to shore without authorization or using good judgment.
 - e) All of the above.
11. If the boat is moving forward, what is the command to stop the boat? **#1 of Lesson 4 on page 20**

12. In high side wind, where should the heavier paddlers be to help reduce crabbing sideways?
Bullet #6 of "Tips" on page 10
13. Which of the following safety rules are you NOT responsible for while on the water? SAFETY
FIRST! Section on page 6
- a) Approaching anchored boats closely is acceptable as long as you are careful; the anchored boats are anchored and not moving.
 - b) Have your drummer or one of the stroke paddlers keep a lookout for approaching traffic as you are coming around the corner of a dock with limited visibility.
 - c) Always check over your shoulder to see that your course is clear before you turn or change to a new course heading.
 - d) When you are overtaking another boat stay well clear of the boat you are overtaking.
 - e) Be prepared to call out "hold water" or "check the boat".
14. What is the procedure if the boat capsizes? Page 29
15. During a race, if a referee or race marshal calls out to you to "hold the boat" or "hold water" or "check the boat", what should you do? 2nd bullet point on Page 24
- a) Tell the team to keep the boat moving until you confirm the referee is talking to you.
 - b) Tell the team to stop the boat immediately without delay and do not question why.
 - c) Tell the steering sweep to ignore the instruction and let the boat drift.
 - d) Tell the team to slow down the boat and wait for further direction.
 - e) All of the above.
 - f) None of the above.
16. If you miss the flag in a race, you may stop, turn, or reverse the boat in order for the flag catcher to grab the flag. Page 25 #15

True or false

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17. Dragon boat should always keep to which side of the buoy line? [1st bullet on Page 26](#)

Right side or left side

18. After turning a capsized boat back over, what should be done if a safety boat is not present?

[Page 29](#)

- a) Everyone jump back on the boat and paddle back to shore.
- b) Everyone jump back on the boat and bail the water out as quickly as possible.
- c) Get only 2 or 3 light paddlers back on the boat to start bailing out water, while everyone else holds the boat stable until the boat rises.
- d) Everyone swim back to shore and leave the dragon boat for the safety boat to arrive.
- e) All of the above.

19. What does “paddles up” mean? [Glossary Page 1](#)

20. When you hear the starter referee call out “All Boats Hold”, what is going on? [Glossary Page 2](#)

21. What does it mean to “draw”? [Glossary Page 2](#)

22. What does it mean to “push” or “pry”? [Glossary Page 2](#)

23. If you want all of your paddlers to stop paddling and rest the paddles on their laps, what do you say? [Glossary Page 2](#)

24. How do you brace the boat? [Glossary Page 2](#)

25. What is a PFD? [Glossary Page 5](#)

26. What does "Sit Ready" mean? [Glossary Page 1](#)

27. As Team Captain and Captain of the Boat, what is your first priority? [Page 21](#)

- a) Making sure your team wins.
- b) Accommodating the needs of all of your paddlers.
- c) Keeping an eye on the paddlers to make sure they are in sync.
- d) Tell the sweep what to do prior to, during and end of the race.
- e) Safety is always the first priority.

28. During a race, when one boat is in a position to overtake another boat, it is the duty of the boat overtaking to keep clear of the boat being overtaken at all times. [Pages 23-24](#)

True or false

29. If there is a risk of collision because you or another boat is off course or for any other reason, what should you do? [1st bullet on Page 24](#)

- a) Call out "Hold the Boat" or "Hold Water" or "Check the Boat" or any command to tell all your paddlers to stop the boat immediately.
- b) Try to turn the boat away from the other boat.
- c) Keep going if it is not your fault. The other boat should avoid you.
- d) Yell at the other boat to tell them to get out of the way.
- e) All of the above.

30. What is the responsibility of the steering sweep, Team Captain and Captain of the Boat when the team enters/exits the boat for each race?

- a) To review safety first precautions and make sure that every person paddling has signed the waiver form prior to the first race of the day and submit any changes if necessary.
- b) To make sure every person is wearing the PFD correctly, including getting a larger size PFD from the race officials tent if one is required for a large size paddler and keeping the regular size PFD in the boat and returning the large size PFD back to the race officials tent after the

race.

- c) To make sure no one enters/exits the boat from the side of the boat, except with the approval from the race officials.
- d) To make sure no paddler places their paddle in the water to help push the boat off the beach.
- e) To make sure the steering sweep or steering oar is not touching the rocks, dock or beach
- f) All of the above.

31. Who has the right-of-way if a boat crosses into your lane and what do you do in event of a collision?

- a) Safety first! The other boat has the right-of-way, yell out to your team to stop paddling or “hold water”, yell out to the other boat that they are in your lane, yell out to your team to prepare for a collision and possible capsize, prepare to keep the boats separate using your hands, not the paddles, and instruct several paddlers to raise their paddles to indicate a protest is forthcoming, if possible.
- b) Safety first! You have the right-of-way, continue paddling forward, yell at the other boat that they are in your lane and they are to stop paddling or “hold water” and get out of the way, yell out to your team to be prepared for the collision and possible capsize, prepare to use the paddles to separate the boat and instruct several paddlers to raise their paddles to indicate a protest is forthcoming, if possible.
- c) Safety first! You have the right-of-way, yell out to your team to continue paddling, yell out to your team to prepare for the collision and possible capsize, prepare to use your hands to keep the boat separated and instruct several paddlers to raise their paddles to indicate a protest is forthcoming, if possible.
- d) Safety first! The other boat has the right-of-way, call out “hold water”, everyone on your boat yells “hold water”, yell out to your team to be prepared for a collision and possible capsize, prepare to keep the boats separated using your hands and instruct several paddlers to raise their paddles to indicate a protest is forthcoming, if possible.
- e) Neither of the above.

32. At the end of the race, what does the steersperson and captain of the boat do?

- a) Remind the flag puller/catcher to drop the flag into the water after flag puller/catcher has shown control of the flag for at least 3 seconds.
- b) Look and listen for any instructions to stop and wait on the water and/or to proceed to the beach from the race officials or boat attendants on the beach to determine if the beach is clear for docking/landing.
- c) If there is no instruction to wait and the beach is clear, then bring the boat quickly to the beach and dock the boat on the designated buoys or tires.
- d) Remove the steering oar from the U-boat and place the steering oar inside the boat.
- e) All of the above.

33. When may a team protest?

- a) During the race by raising their paddles, continue paddling, if possible, the team captain to file the protest with the race official immediately after the race, be prepared to pay a fee and respect the final decision of the race officials.
- b) Immediately after the race by the team captain with the race official, be prepared to pay a fee and respect the final decision of the race officials.
- c) Neither A and B.
- e) Both A or B.

34. When may a team be disqualified; before, during or after the race?

- a) Do NOT attend the required meetings. Unless excused, Team Captain, Captain of the Boat, Steering sweep or representative does not attend the required meetings.
- b) Arrive late! If you hear last call from the race officials, then you are late and the team is NOT at the start line/beach and ready to load the boat. Team must be ready to load the boat at least 10 min before their race heat.
- c) Not following Safety First!
- d) Too many persons on the boat.
- e) A running/rolling start that creates a possible advantage to the team.
- f) Poor sportsmanship. Leave the competition on the water. Once the race ends, dragon boat paddlers are one community; comprised of family and friends and supporters of all water/ocean-related activities.
- g) Any person, other than the flag puller/catcher touches the flag.
- h) Team not listening and abiding by the race officials instructions.
- i) Not wearing PFD correctly.
- j) Jumping or falling off the dragon boat, including near the beach or while the boat is docked/beached.
- k) Not respecting and taking care of the dragon boat equipment: head of the dragon, tail of the dragon, drum, steering oar, steering arm, PFD, paddles, etc.
- l) Using an unapproved/uncertified HDBA steersperson.
- m) Not placing the PFD at the boat of the boat when exiting the boat and not placing the paddles in the middle and perpendicular to the seat.
- n) Allowing the steering sweep or paddle to touch the bottom of the ocean floor.
- o) Colliding with another boat or crossing into another lane.
- p) Using paddles to separate the boats.
- q) Using the paddles to hit a paddler in another boat; intentionally or unintentionally.
- r) Team Captain and Captain of the Boat does NOT take the required exam and does NOT submit their exam scores at least one week prior to the race day (75% passing - honor system).
- s) All of the above. Paddles up!

35. What instruction does the team captain, captain of the boat, team members convey to the

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team?

- a) Attend all required meetings. Unless excused, Team Captain, Captain of the Boat, steering sweep or team representative to attend the required meetings.
- b) Be on time for practices and park in the designated parking areas with your team name and mobile number placed in the driver dashboard.
- c) Be on time at the start line. Do not wait for the race official to say last call. If you hear it, then you are late. Be at the start line/beach and ready to load the boat 10 min before their race.
- d) Safety first! Always safety first to the team, to the other teams and to everyone else!
- e) Review capsized procedures.
- f) Remove the PFD and place it neatly at the front of the boat.
- g) Place paddles across in the middle of the boat and perpendicular to the seats.
- h) Make sure all equipment is accounted for: PFD, drum, drumstick(s), paddles, bailers.
- i) Exit/enter the boat correctly.
- j) Return any oversized PFD to the race official tent.
- k) Be prepared and available to assist the race officials to move the boat, steady the boat, hold the boat, carry the boat, clean the boat, etc.
- l) Help clean the boats and equipment at the end of the last race.
- m) Bring refreshments to the race officials and boat attendants.
- n) Congratulate the other teams on a race well done.
- o) Good sportsmanship. Leave the competition on the water and develop friendships on the beach. Once the race ends, dragon boat paddlers are one community; comprised of family and friends and supporters of all water/ocean-related activities.
- p) Have fun and be respectful.
- q) Encourage and help increase the Dragon Boat participation and support; sponsors, volunteers, financial support and grass roots initiative!
- r) A loud and appreciative "mahalo" to the race officials and volunteers.
- s) All of the above. Paddles up!