

Steersperson's Guide at practice site Sand Island Access Park

- Move the boat to the shoreline
 - Place dolly about $\frac{1}{3}$ to $\frac{1}{2}$ of the boat length on the outside of the boat; but not halfway and not inside of the inner curve
 - Push boat in the water until it floats
 - Place boat on the tire and hold boat
- Wear pfd (personal floatation device, aka: life vest); check that the pfd's are worn correctly
- Do not lean on the paddle blade or place it on the surface (blade will crack)
- How to hold the paddle correctly
- Sit with the hip close to the gunwale (or side of the boat)
- Listen to steersperson
 - Basic commands
 - Paddles up
 - Hold water
 - Brace the boat
 - Let it run
 - Draw left/right
 - Back paddle
- Capsize protocol
 - Seat buddy system
 - Count from front of boat; starting with flag catcher, drummer, etc.
 - To right the boat; raise U-bolt carriage side to right the boat
 - Designate at least three (3) paddlers who will climb on the boat
 - Designate at least three (3) paddlers to push the boat upwards
 - Designate at least four (4) paddlers to enter boat to bail water
 - Other paddlers to collect the paddles, bailers, etc.
 - Climb into boat with the steersperson instruction; 2 by 2 at opposite sides
- Position in boat
 - Line up according to your seat position; rear seats closest to the boat
 - Enter rear seats first
 - Do NOT walk or climb in and stand on the side panels
 - Do NOT walk on the seats
 - Boat should be floating on the water when the first group enters the boat
 - Push the boat more into the water as more people enter the boat
 - Drummer, flag catcher will push the boat off into the direction that the steers want the tail to go in; diamond head side, push rear ewa and vice-versa
- Move boat from water
 - Place dolly about $\frac{1}{3}$ at the front of the boat; and not inside the curve
 - Need to push the dolly wheel in the soft sand
- Wash boat and bail the water
 - Wash interior and exterior

- Hand dry boat (exterior), if possible
- Wash paddles (with handles on the ground and blade up leaning on something or wash on the ground); also wash and dry pfd (do not hang the pfd on the paddles)
- Lock the dolly to the dragon boat
- Store all of the equipment in the van neatly
- Hang the wet pfd (to dry) at the vehicle storage site