

Team Captain's checklist

PRIOR TO TEAM PRACTICE:

- Read the LSDBF Rules** http://lakesuperiordragons.com/uploads/Race_Rules2014%20final.pdf
- Schedule Team Practice**
- Complete Roster Form** (*must be handed in at team practice*)
- Prepare a boat lineup before your first practice.** Lighter, more experienced paddlers or paddlers with good timing in the front. Heavier paddlers in the middle. Lighter paddlers in the back. Do your best to balance the boat side- to- side and front- to- back. Consider using this [dragon boat seating chart](#).
- Make sure everybody attends your team practice during the week before the festival.** Send reminders. Ask your team to arrive at least 15-30 minutes early. You'll have some paperwork and organizing to do, which can easily take 30 minutes.
- Contact the Tent Mayor to reserve your team's site.** tentmayor@lakesuperiordragons.com

PRACTICE DAY:

- Be sure all paddlers are at practice on time** and listen to the safety briefing and orientation before getting on the water.
- Each Individual on the team signs the waiver:**
___ **Rotary International Waiver.** *Adults sign the adult waiver, participants under the age of 18 and their parents sign the minor waiver.*

FRIDAY, BEFORE RACE DAY:

- Attend the team captains' meeting at 5 p.m. Friday, Aug. 23,** at the stage area on Barkers Island, or send a representative. We'll provide important information for race day at the meeting.
- Organize team to march in parade.

ON RACE DAY:

- Distribute wrist bands.
- Remind all team participants of the basics of dragon boat safety:**
___ **Coast Guard Approved jacket style PFD** (*Personal Floatations Device*) **must be worn for practicing and racing.** *Inflatable PFDs are NOT allowed for practices or for the race.*
___ **Always listen to and promptly obey your steerer's commands.**
___ **SAFETY FIRST! YOU MUST BE FIT TO PADDLE. AN INTOXICATED TEAMMATE IS A DANGER TO THEMSELVES AND OTHERS. INTOXICATION IS CAUSE FOR DISQUALIFICATION.**
PLUS: Your team may make the finals! Be smart about what you put in your body.
___ **On race day, intoxication is grounds for disqualification.**
- Escort team to the Marshalling Area about 45 minutes ahead of your scheduled race times. Pay attention to *actual* race times as they may run *ahead of or behind* schedule.**

Thank you for your work as Team Captain!