

# Team Captain's checklist

## PRIOR TO TEAM PRACTICE:

- Read the LSDBF Rules <http://lakesuperiordragons.com/teams/official-rules.html>
- Schedule Team Practice
- Complete Roster Form (must be handed in at team practice, before getting on water)
- 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](mailto: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 group 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. 25, 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 PFD's are approved for experienced teams  
\_\_\_ 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.
- After the first race, check your seeding and see if you want to sign up for the wild card final!
- 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.
- Check see if you made the finals!

Thank you for your work as Team Captain!