



Rule Book for All Club Activities

- The Club operates a strict non-discrimination policy. No discrimination will be accepted on any grounds and especially on grounds of gender, race, politics, religious beliefs, disability, sexual orientation or membership of a specific community. This rule is non-negotiable.
- All dragon boat club activities are put up on the Teamer App. Every member **MUST** respond to the request to attend activities by indicating acceptance or decline for each activity. This is as a **courtesy to all other members who may wish to attend and to those organising the activity**. Non-responses may lead to cancellation of events. (Decline can be changed to acceptance and vice-versa as required). Updates will be posted on the Limerick Dragons Resource page and it is the responsibility of each member to check both the resource page and the teamer app on a regular basis.
- All members must maintain a high standard of sportsmanship and show courtesy and respect to others
- Always be kind
- All members **MUST** arrive on time for training and Club activities. Paddling times are times we are in the water, not arrival times
- All members (and visitors) must follow the instructions of the helm in charge at each training session.
- All members (and visitors) must participate in cleaning and putting away the boat after training, prior to changing.

- All members must hang their paddles and buoyancy aids in the container.
- Helms must ensure ropes are coiled and stored correctly.
- All members must rotate washing and drying boat cleaning towels and return them in a timely manner to the container.
- Any items placed inside the container for safekeeping during training must be stored appropriately at the very back of the container so as not to cause any safety issue.
- **ALL** litter must be removed from site and anywhere the Club visits. If you brought it with you, bring it home.
- Inform your helm if you have any injury before heading out on the water
- Ensure you have learned how to put on and secure your buoyancy aid. Check it is secured properly before getting into the boat
- The Club container and all its exercise and training environs are strictly Non-Smoking Zones. This includes vaping.
- It is each member's responsibility to be aware of, and adhere to, the requirements of the Club's Safety Statement, Privacy Notice and Code of Conduct and Rule Book.
- All members and visitors must sign **BOTH** the white board in the container and the paddling sheet prior to each paddle
- Members must wear the Club's uniform when partaking in any regatta, presentation, promotional event or when directed to do so by a committee member.
- Fees are payable on April 1 each year and must be paid upfront when renewing membership.
- Only fully paid-up members can paddle/kayak/Nordic walking

- Only fully paid-up members will have access to the Facebook Resource page and Teamer.
- All members are expected to contribute their time and efforts to any fundraising event organised by the Club.
- Club equipment cannot be loaned out to individual members or non-members. This includes Nordic poles.
- Any members with shoulder length hair must have their hair tied up and secured
- Long nails are not advised, and members are advised to wear gloves
- The wearing of jewellery and glasses are at the owner's risk
- Care and diligence in the use of all club equipment is of the utmost importance.
- In the event of damage to any equipment this must be brought to the attention of a committee member without delay. If a member fails to do so and they are found liable for the damage, the committee has the authority to take any action deemed necessary.
- The Committee shall be responsible for the interpretation and implementation of these rules and may modify them at any time if circumstances so require.
- To abide by all Club rules, policies, procedures, codes and regulations in relation to the management of COVID-19

Your Gear Bag

We have created a list of items which we would suggest you put in your gear bag for training. This list was compiled from our experience heading out onto the water.

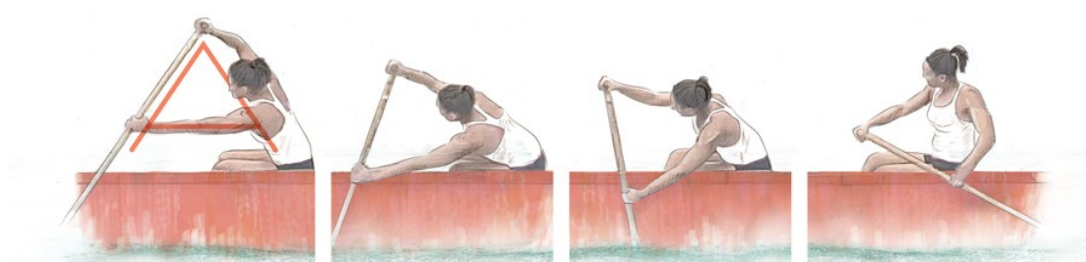
1. Hand Sanitizer
2. Face Mask
3. Bottle of water that you can bring on the boat
4. Swim shoes or kayak shoes. They will get wet. Make sure they have a good grip underfoot. NO FLIPFLOPS ALLOWED. You will have to step in water so allow for your shoes to get wet.
5. Sunscreen – we recommend a minimum factor 30. We will encounter wind, rain and sunshine
6. Sunglasses, with a holder in case they fall off while paddling
7. Nylon bag for wet clothes
8. Hat for cold weather or to keep the sun from your eyes
9. Padded gloves to protect your hands. Look for “gym gloves” or “kayak gloves” if looking to buy
10. If you have lymphoedema and wear compression, we recommend wearing an old sleeve and/or glove. Older compression won't be as tight if it gets wet
11. Wear light layers of clothes while out on the boat. Moisture wicking fabrics are best. Light layers can be removed easily
12. Complete set of change of clothes including socks should be stored in your car or at the back of the container.
13. Towel

Dragon Boat Paddling & Exercise

Limerick Dragons promotes and encourages recovery from breast cancer treatment through exercise. The Club recommends you exercise off the boat to the best of your abilities. We understand that each member may have some physical issues that may limit their participation in some activities. Therefore, as a Club, we try to engage in other activities off the boat.

To help you gain strength and endurance it is recommended that dragon boat paddlers engage in both cardio and strength training. Nordic walking and exercises using the poles is a good way to do this. As a Club we promote Nordic walking, strength training and aqua exercises.

How To Paddle A Dragon Boat



1. 'A' position
Turn your back to the water. Reach forward stretching arm and back. Place paddle at thigh of paddler in front of you. Lean body outside boat, top arm straight, top shoulder over the water

2. 'Catch' and drive
Enter blade fully in water at approximately 60-degree angle. Pull and counter rotate with lower arm, shoulder and back. Drive down aggressively with top arm

3. Pull and exit
Paddler uses back muscles to pull blade parallel with boat. Exit occurs when paddle arrives at hip by lifting top arm

4. Recovery
Paddle exits water at the hip, returning to 'A' position by rotating, stretching bottom arm, shoulder and back. Additionally, paddlers should attempt to transfer their weight onto the blade



Drummer
Drummer beats a tempo to set the rhythm of the boat's propulsion and synchronise the paddlers' strokes. Hand signals and shouted commands are also used to guide the crew

Drummer's seat

Drum

Suggested Exercises/Stretches for Paddlers

Anterior Shoulder Stretch

Stretching the front part of the shoulder and chest muscles can help to improve posture. There are a number of ways of stretching the muscles at the front of the shoulder.

Teaching Points

- Stand upright with the back straight.
- Clasp your hands behind your back.
- Slowly lift your hands away from the back and up towards the ceiling.

- Hold for between 10 and 30 seconds.



Variations

- Place the palms of your hands on your lower back.
- Try to bring your elbows together behind your back.

Muscles Stretched

- Anterior Deltoid.
- Pectoralis Major

Chest Stretch with a Partner

Getting a partner to pull the arms back gently can be an effective way of stretching the chest. Just make sure you communicate and let them know when you can feel a gentle stretch.

Teaching Points

- Hold your arms out behind you, parallel to the floor.
- Your partner should be standing behind you and holding your lower arms.
- Get your partner to gently apply pressure as if trying to push your wrists together.
- Hold for between 10 and 30 seconds.

Variations

- Chest Stretch.

Muscles Stretched

- Pectoralis Major.
 - Pectoralis Minor.
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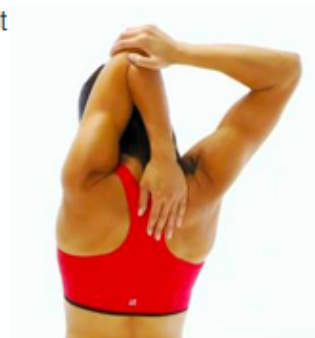
Triceps Stretch

The muscles of the arm including the Triceps are often overlooked when it comes to a stretching routine. Stretching the Triceps especially after a weights workout can help reduce DOMS.

[Play video >>](#)

Teaching Points

- Place your hand on your upper back with the elbow bend towards the ceiling.
- Use your other hand to pull the elbow towards your head.
- Hold for between 10 and 30 seconds.



Variations

- Hold a towel in the hand of the arm being stretched and bring it into the position above so that the towel is hanging behind your back.
- Bring the other hand behind you at waist height and pull down on the towel.

Muscles Stretched

- [Triceps Brachii](#).

Latissimus Dorsi Stretch

The lats are regularly left out of stretching routines, however, all it takes is a simple stretch like this or kneeling on the floor.

Teaching Points

- Stand upright with your arms above your head.
- Reach up as high as possible.
- Hold for between 10 and 30 seconds.

Variations

- Perform one arm at a time.
- [Latissimus Dorsi Stretch II](#).

Muscles Stretched

- [Latissimus Dorsi](#).



Posterior Shoulder Stretch

Stretching the back of the shoulder can be effective in rotator cuff injuries and also when the muscles of the upper back and neck are tight.

Teaching Points

- Stand upright and cross one arm across your body.
- Using the opposite arm, pull the elbow of the arm being stretched towards the opposite shoulder.
- Hold for between 10 and 30 seconds.

Variations

- Bend the elbow of the arm being stretched.

Muscles Stretched

- Posterior Deltoid.
- Supraspinatus.
- Infraspinatus.
- Rhomboids.



Standing Groin Stretch

Standing groin stretch. This easy stretch can help prevent and treat groin strain injuries.

[Play video >>](#)

Teaching Points

- Stand with your feet wide apart and knees straight.
- Bend the right knee out to the side and lean to the right.
- Hold for between 10 and 30 seconds.

Muscles Stretched

- Gracilis.
- Adductor Magnus.
- Adductor Brevis.
- Adductor Longus.



Hip Flexor Stretch

This is an effective stretch which is commonly used for the muscles at the front of the hip including Rectus Femoris.

[Play video >>](#)

Teaching Points

- Kneel with one knee on the floor and the other foot in front with the knee bent.
- Push your hips forwards and keep the back upright.
- Hold for between 10 and 30 seconds.

Muscles Stretched

- [Rectus Femoris](#).
 - [Iliopsoas](#).
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Outer Hip Stretch

This is a great stretch for reducing tightness in the Iliotibial band - a long thick strip of fascia running down the outside of the thigh.

Teaching Points

- Stand with the leg to be stretched behind the other.
- Lean over to the non-stretching side.
- Push the hip you wish to stretch out to the other side.
- Hold for between 10 and 30 seconds.

Variations

- Perform leaning forwards, using the wall or a table for support.
- Take the leg being stretched as far across your body as possible.

Muscles Stretched

- [Tensor Fasciae Latae](#).
- [Iliotibial Band](#).
- [Sartorius](#).

