

# Dragon Boat Race FAQs

## **What is a dragon boat race?**

Dragon boat racing is a fun-filled, adrenaline-pumping, water sport activity!

Teams of up to 11 people (10 rowers – 1 drummer) sit in pairs in the dragon boat – a large canoe-like vessel, decorated with carved dragon's heads and tails – and paddle together in races over distances of around 200m. The drummer to keep the paddlers in unison, and a professional helmsperson to guide the boat.

## **Do we need to train beforehand?**

This is the ultimate sport for all abilities, all ages and skill levels. No previous experience is required – if you can hold a paddle and sit in a boat, you can take part!

You'll receive full training and support, and all the equipment you need, on the day.

If you have additional accessibility needs, or any questions about taking part, please get in touch with us by emailing [events@naomihouse.org.uk](mailto:events@naomihouse.org.uk)

## **How many team members do we need per boat?**

Each boat can hold up to 11 made up of 10 rowers, and 1 drummer. Your team must be a minimum of 7 (to include 6 rowers and 1 drummer). You can have more team members as there will be several races so you can make substitutes as the day goes on. We will need all names and emergency contact details for the additional team members.

## **What age do the team need to be?**

The minimum age for participants is 16 years old, all those under 18 must be accompanied by an adult and have a consent form signed. There is no upper age limit!

## **What does the drummer do?**

The drummer beats the time to keep the paddlers in unison and is an important part of the team.

## **What does the helmsperson do?**

The helmsperson will be guiding the boat. Your helmsperson will be a trained member of staff.

## **What do we wear?**

You can wear anything you feel comfortable in that you don't mind getting wet! Sports clothes would be ideal and you must have footwear that won't come off in the event of a capsize – so flipflops and bare feet are a no-go!

## **Can we wear fancy dress costumes?**

YES, team are strongly encouraged to dress up. It adds to the atmosphere on the day, and there will be a prize for the best dressed team.

## **Are life jackets provided?**

YES and full safety instructions are given by Race The Dragon Ltd.

## **Can spectators attend?**

Spectators are more than welcome to attend the event. There's lots of fun happening on the field along the riverbed, including the exciting races, various activities and food offerings.

## **Is there a cost for spectators to come?**

NO, there is no cost for spectators to come and watch.

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## **What else is happening on the day?**

The Dragon Boat race is accompanied by a fete throughout the day on Palmer Field, so there is plenty to keep you, your team and all your friends and family occupied. We have invited along a number of different stallholders who will be selling their unique handmade gifts and cakes. Your little ones will be able to enjoy the bouncy castle, slide and colour maze too. There will be an opportunity to 'try a row' for a small donation if anyone wish to have a go.

## **Will I be able to buy food and drink on the day?**

Yes, there will be a variety of refreshment vendors like burgers, waffles, ice cream, coffee and slush puppy drinks.

## **Can alcohol be purchased on site?**

There are no alcohol vendors on site. The use of alcohol by teams, is not permitted, it is fair to say that generally speaking, alcohol and water don't mix. We are keen that everyone has a safe and enjoyable day.