

Precautions for the Taipei 2022 International Dragon Boat Championships Training Period

Dear Dragon Boat Competitors, all kinds of dragon boat training are about to start. Please note the following reminders and thank you for your cooperation:

1. The participants for training and competition

- 1) Before boarding the dragon boat for practice, please note the weight of the entire team on the left and right side of the boat and try to even out the weight distribution.
- 2) If you need to stop paddling and rest during on-water practice, please extend your paddles out on both sides to increase the contact area with the water surface.
- 3) When turning the boat, do not stop paddling, do not make side swipes with your paddles, and make your turn as quickly as possible.
- 4) In case of strong winds and waves, the first pair of paddlers should plug the drain hole with strips of cloth. If necessary, the first pair of paddlers should bail water out of the boat.
- 5) The steerer should strengthen their training and basic knowledge.
- 6) When the boat is moving, pay attention to the upward angle of the bow and avoid a bow-heavy and light-stern weight distribution.
- 7) The bow of the boat should be facing into the wind.
- 8) You may **ONLY** take off your masks for practice after **ALL** team members have boarded their boats and are seated.
- 9) Please remove your own garbage and do not litter. Work together to protect the riverside environment.

2. In case of sinking or capsizing

- 1) It is inadvisable to swim ashore on your own due to the slipperiness of the shore, which can easily lead to injury.
- 2) Try to gather all the team members together and wait for rescue.
- 3) After getting back on land, account for the number of team members and equipment.

3. Pandemic-related Measures

- 1) If you are showing **ANY** signs of COVID-19 symptoms, **DO NOT** attend practice. Please stay home and monitor your health.
- 2) Please adhere to scanning systems/ID verification, body temperature checks, and sanitization with alcohol-based disinfectants.
- 3) Keep your mask on when at rest or when not training.