



Welcome to Burnaby Canoe & Kayak Club's School Dragonboat Program!

Paddlesports are a great way to get outdoor exercise. They are accessible to people of all ability and fitness levels, and offer a combination of team and individual aspects. We want your sessions to be fun and rewarding for all participants. We are able to accommodate paddlers with many types of physical and/or intellectual disabilities, but it is essential that we are prepared in advance to offer everyone the best possible experience. If you have any questions or concerns, please let us know.

Before your session:

All participants will be required to complete a Canoe Kayak Canada Waiver form (attached to registration page or [here](#)). Please make sure that participants fill out the appropriate Under-18 or 18+ waiver.

Please bring completed waiver forms, a list of emergency contacts, and any medical concerns to your first session. **If there is any medical, ability, or behavioural information we should know in advance, please email Coach Peter Majewski:**
peter@burnabylake.com

As with any water sport there is a possibility of getting wet. Students may be accidentally splashed and are asked to prepare accordingly. Dragon boats are quite stable, but participants in the full-day programs who would like to try kayaks and canoes are more likely to tip into the lake. All participants must wear lifejackets (we provide these).

Sessions will take place rain or shine. Dress for the worst and hope for the best!

Bring a water bottle and sunscreen. For the three-hour program bring a snack as well. For the full day bring a lunch and snacks, as well as a change of clothes (just in case). Participants may also want to bring flip-flops or sandals to wear on the dock.

When you arrive:

- Teachers will be asked to arrange youth into teams of 20 or less, at or before the first session, before handing them off to the program coaches. Any students who have participated previously will be positioned towards the front of the boat and less experienced/comfortable students to the rear.

- This year we will have boat positions for up to 40 participants (2 dragon boats of 20) plus a steersperson for each boat.
- Minimum participant numbers are 13 per boat.
- Teachers and 1 parent paddler for every 10 students can participate for free (space permitting)
- Larger groups of up to 80 students can be accommodated during a single extended time block (~1h20min) but the time on the water will be split. Large groups will be required to provide their own supervision to students waiting their turn in the boat.

A general outline of the sessions:

Session 1. Introduce paddling equipment and safety rules. Basic Stroke Technique, importance of timing and teamwork. Entry and exit of boat. Paddle 1-2km

Session 2. Review of previous session, particularly safety rules. Introduce more stroke technique and timing details including: reach, "A" position, and exit. Paddle 2-3km.

Session 3. Review of previous sessions. Practice Paddling Technique at different speeds. Cover "how to race" and what to expect during a dragon boat regatta. Paddle 3-4km including race starts and simulations.

At the end of the sessions students will have knowledge of: • Safety procedures in and around the water • Sizing and correct fitting of a lifejacket • How to correctly hold a paddle and correct position in the boat • Parts of a Dragon boat and paddle • Different Dragon boat strokes • The importance of teamwork to propel the boat • Introduction to race preparation including starts, race simulations, and power ups.

Any questions?

Contact Coach Peter Majewski at peter@burnabylake.com

