

“1-HKUST” Staff & Student Dragon Boat Team

SAFETY REMINDER

As safety is always our first concern, we have consulted our safety experts and obtain reference from different dragon boat association so as to reinforce our safety measures. We would like to remind our members the followings during our training:

1. Make sure you are physically fit for this sport and fill out the PAR-Q form. It is recommended to consult your doctor before participation.
2. It is required that you are able to swim for 100 meter
3. Bring and wear your own life jacket
4. Don't paddle if you are sick, too hungry, too full, or too tired.
5. If possible, have your meal/breakfast 2 hours prior to the training.
6. Bring your personal gloves
7. Wear water sports shoes which cover your toes, no sandals
8. Trousers with the protection around the butt or use a towel or similar item as sitting mat
9. Wind breaker and/or raincoat subject to the weather
10. Suntan lotion with reasonable protection period
11. Wear sun glasses to protect your eyes
12. Bring your own cap
13. Bring a bottle of drinking water
14. Not to bring bags or expensive belongings on the boat (only small waterproof waist pouch for your own use)
15. Always take care of your partner
16. In case of doubt or hesitation, such as weather, do not get on the boat
17. Be you own safety officer and manager your risk
18. Listen to the coach carefully and don't chat during training, especially during important events
19. Always follow coach instructions, ask and clarify if you have doubt
20. If you have any question or doubt about this, please contact Bruce Ng at 9197-0038.
21. Should you have any question, please do not hesitate to contact us by all means.