

British Dragon Boat Racing Association

Details of and Guidelines for the use of O1 and O2 Training Boats Designed to assist in training for Dragon Boat Racing

Designation, O1 and O2

O1s and O2s are purpose built boats or modified Kayaks (K1) that can be in association with Dragon Boat training as individual training or performance monitoring.

The boats are designated as outriggers and are therefore called O1's for the single seat boat and O2's for the double seat boat.

Design.

The Boats are of a single hull design with one or two cockpits, equipped with an outrigger/ama/ float on one side, held by two support bars. The boats are steered by a rudder operated by the feet.

The boats should be fitted with integral buoyancy in the form of solid buoyancy or air bags

Function

The foot rudder system allows the boat to be paddled with a single blade on one side only, using a dragon boat stroke. Thus they can easily be used for individual training sessions or for individual time trials.

The timed distances can be used to monitor the progress of individual performance or for the selection of paddlers by coaches for any club team or GB Squad Team.

Guidelines for the use of O1s and O2s

- 01s and 02s are designed for use on placid inland waters such as small lakes, docks, calm rivers etc. They should only be used under these conditions.
- 01s and 02s should not be used in rough weather, particularly in strong winds where they may become hard to handle.
- Spray decks can be used for training purposes, to keep out excess water from waves and to keep the paddler warm. However, they may not be used during official BDA time trials, unless designed by the appropriate GB Coach and made available to all paddlers trialing.
- 01s and 02s should not be used on their own, the minimum number of paddlers should be two, at least one of which should be a BDA Coach familiar with the appropriate skills in O1 rescue and has carried out a local risk assessment. Alternatively the outrigger could be accompanied by a paddler in another craft such as a canoe or kayak or Dragon Boat.
- Buoyancy aids (PFD) of an approved standard should be worn at all times when paddling an 01 or 02.
- The boats should all be checked to make sure that they are fit for purpose having suitable integral buoyancy or additional buoyancy bags to ensure that the boat floats when flooded. Drainage and access hatches need to be sealed, the floats or amas should be checked for leaks and the various fittings such as footrest and seats checked for damage.
- The boats should be equipped with a suitable bailer.
- The paddlers should be dressed in suitable clothing for the conditions.
- 01s and 02s should only be used under the guidance of a suitably experienced BDA Coach, ideally as part of a paddlers training programme that has been discussed and agreed with

the Coach. The paddler should have the appropriate skills to handle the conditions and be advised accordingly.

- Always make sure that there is a record of your outing and that somebody is aware of when you are due back so that in the event of an incident, they can alert the authorities.
- The key statement is that O1s and O2s should only be used under the guidance of a BDA Coach. This means a person that has committed to the BDA Coaching awards system and has at least a Coach Level 1 award. This coach should be experienced in O1 risk assessment and rescue techniques.
- The activity is covered by the BDA insurance for any club currently registered with the BDA and that the activity is deemed to be related and essential to Dragon Boat training within that club. However, if you do not follow the BDA Water Safety guidelines on the use of O1s and O2s, you may not have the insurance cover and may be liable to further action.

Remember, if in doubt, never go out

It is essential that the Coach responsible for the group has the appropriate knowledge and skill to affect an effective rescue should an incident arise.

Local risk assessment

BDA water safety policy describes how to carry out risk assessments which can be of two main types:

General site assessments of factors that are always applicable, such as:-

- The nature of the water space and its potential risks
- Access and egress points
- Local traffic
- Locks and weirs
- Mandatory rules or regulations such as the mandatory use of buoyancy aids

Local or Dynamic risk assessment of factors that apply on the day such as:-

- Weather conditions
- Water conditions and flow rates
- Visibility
- Condition of the boats
- Skill levels of paddlers

It is essential for the safe operation of O1s and O2s that both of these risk assessments are in place.