



NEW MEMBER'S INFORMATION PACK

This pack contains:

- About Us
- Paddler Information
- Dragon Boating Illawarra Safety
- Communication Strategy
- Dragons Abreast Illawarra Information
- Application Form

When you have made the decision to apply to join the Illawarra Dragon Boat Club (IDBC), the IDBC application form is completed and returned to the Membership Officer. On acceptance, the membership application and payment for both the IDBC and Dragon Boat NSW (DBNSW) is completed online. Working with Children Checks (WWC) are encouraged. Please enter your WWC details and any First Aid qualifications that you may hold during the registration process. The Membership Officer will be able to help with any information you may need.

Membership Fees:

Membership fees cover the financial year. Fees are paid by card online. The total membership fee is adjusted each year but is kept to a minimum to cover insurance and other costs.

Active Kids vouchers can be used for membership fees. Before using the voucher for membership, 5 trial paddles must be completed and a Junior IDBC membership form must be completed and approved by the committee.

Contacts:

Any questions: Please feel free to email us at illawarradragonboaters@y7mail.com.

Like our Facebook page – Illawarra Dragon Boat Club – to keep up to date with all the latest news.

Follow us on Instagram.

Mobile Phone: 0417 066 945



Follow us on Instagram



About Us

Our club began as Illawarra Dragons Abreast in 2002. In 2009 the Illawarra Dragon Boat Club, a community based group, was founded to include those who were not breast cancer survivors. It provides dragon boating as an activity to all members of the community from age 12 to the young at heart. There is no upper age limit. All fitness levels are welcome. Some members paddle to improve their fitness, others get fit in order to paddle, and others like to compete. Some members officiate at paddling events. New members are always welcome.

The Club's motto is "Courage, Strength and Power".

The club regularly competes in regattas in and around Sydney. We travel as a group to regional regattas all over NSW where we paddle and socialise with local teams.

It is a sport which is all encompassing and members can participate in the way they choose – socially or competitively. There is room for everyone. Interested people are welcome to come and try before committing to membership.

Over the past few years we have provided dragon boating as a school sport to numerous local schools.

We provide a "Dragon Boat Encounter" during Seniors Week.

Please see "Participation in Training" on the Paddlers Information sheet for training times. We paddle out of the Rowing Shed, Northcliffe Drive at Warrawong (opposite the speed camera).

Website www.idbc.org.au, email illawarradragonboaters@y7mail.com, mobile 0417 066 945 or Find us on Facebook.





Paddler Information

- **Committee:** The day-to-day running of the Club is managed by a Committee. All members of the Committee are accessible any time they are at training. The current Committee members can be found on our website. [Contact us - Illawarra Dragon Boat Club \(idbc.org.au\)](http://idbc.org.au)
- **Communication: TeamApp** is our method of communication between paddlers and coaches/sweeps. It is important to use TeamApp to book in for training sessions and other events. It is also important to cancel your attendance if circumstances change and watch for cancellations due to weather conditions. For more information please see the Communications Strategy sheet in this pack
- **Paddlers Meetings:** The Club is keen for all members to be provided with information relating to the Club. Paddlers Meetings are held several times through the year. This is an opportunity for the members to ask questions and bring suggestions to the Committee.
- **Participation in Training:** Training times are: -

Monday	17.30 Warm Up	18.00 – 19.00 On the water (Daylight Saving only)
Wednesday	17.30 Warm Up	18.00 – 19.00 On the water (Earlier in winter)
Saturday	07.45 Warm Up	08.15 – 09.45 On the water
Sunday	07.45 Warm Up	08.15 – 09.45 On the water

It is very important that everyone notes the times to arrive at the shed to prepare to paddle promptly. The expectation is that paddlers will arrive at the Rowing Shed in time for the warm up.

All members are asked to install and use **Team App** once they join the Club, and to remember to indicate whether or not they will be attending training. This is important information for the coaches and sweeps in planning the session. If you find that you will be unexpectedly delayed could you ring the Club phone (0417 066 945) to advise your delay so the coaching plan can include your participation in training.

Please see the Communications Strategy sheet in this pack.

- **Club Merchandise:** Training tops, racing tops and caps are available for purchase from the merchandise officer. Upon registration, a new member is entitled to a training top at the discounted price of \$10.
- **Participation in Regattas:** Members will always be advised by email and TeamApp about regattas which the Club is participating in. It is important that you register your interest in participating in a regatta for planning purposes. There is always a fee for participation in a regatta and you will always be advised how much it is.
- **Member Health Alerts:** The IDBC does not restrict membership based on health issues. However, what we do ask is that we are advised if there is a health issue which may require our support while anybody is in the boat on the water. This is a safety issue for the individual and the rest of the boat. We would simply ask a person with a significant health issue to talk to us and tell us how to best support him/her if there was an issue while out on the water. We take a mobile phone out in the boat at all times so that emergency support can be contacted if needed.
- **Fundraising:** In order to keep our membership fees at a minimum, members are expected to participate in some fund-raising activities. The money raised is used for club equipment and its insurance. Some of those activities are Bunnings BBQs and a voluntary donation money box. We also apply for grants when appropriate.
- **Smoking Policy:** The Rowing Shed is a NSW Government-owned property which we rent from them. This puts us in the position where we have to abide by the laws applying to smoking and government buildings. The link to these regulations are: www.health.nsw.gov.au/tobacco/Pages/smoke-free-laws.aspx.
- **Evacuation Drills:** Again, because the Rowing Shed is a NSW Government owned property, we are required to comply with their requirements for Wardens and evacuation drills. All members are encouraged to participate in the Emergency Training so we can ensure a safe evacuation in the event of an emergency.

Downloading and Joining TeamApp

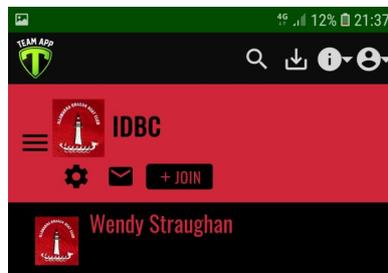
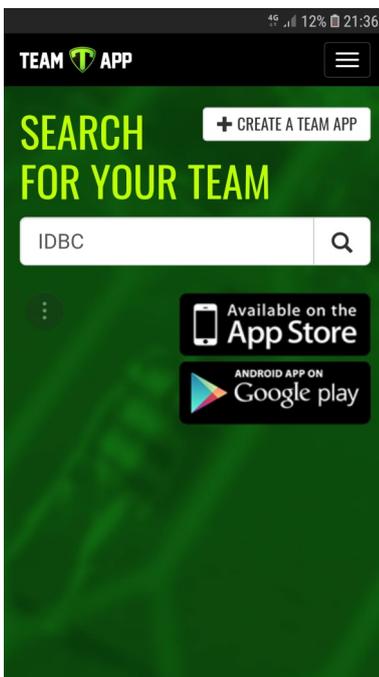
This should be an easy 3 step process. All members are required to log onto the IDBC Team App to book their seat for each training session. Also register your non attendance by replying "No"

1. Search for Team App on the internet and "Find your club" . It Must be **IDBC** not *Illawarra Dragon Boat Club*. See the first green screen shot.

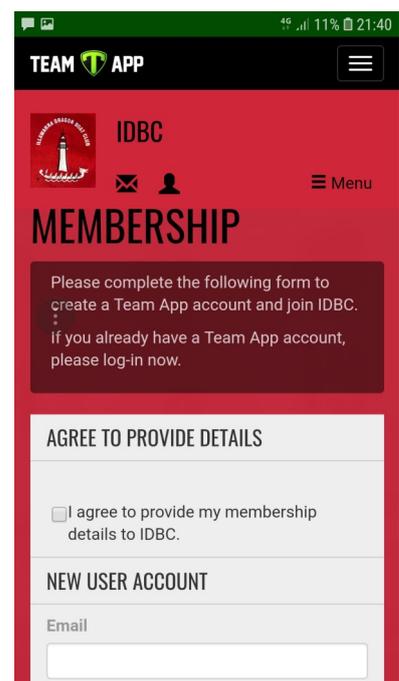
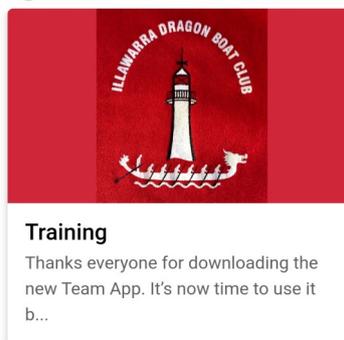
2. You will have the correct club if you have our red lighthouse logo. See second screen shot.

3. Then complete the request for membership and submit it. Wendy, our Team App Co-ordinator will add you to the app. See third screen shot.

Please email if you need any further information or assistance to get this app.



Latest News



Dragon Boating Illawarra Safety



Health and safety

Welcome to Illawarra Dragon Boating where your well-being and safety on the water is of paramount importance to us

Sun safety

Hat and sunscreen are encouraged at all times. Adequate water for hydration which should be carried on your person in a water belt which will prevent your water container from rolling around in the boat .

Water safety

You need to be able to swim 50 meters fully clothed in case the boat capsizes. If you have an injury that prevents you from swimming or you know that you cannot swim 50 metres fully clothed you should definitely wear a life jacket which the club can provide!

As safety is very important to us, all new members (and existing members) must view “The Capsize Drill”. This video is available on the Illawarra Dragon Boat Club website – www.idbc.org.au.



DRAGONS ABREAST ILLAWARRA



Illawarra Dragons Abreast continues to function in cooperation with the Illawarra Dragon Boat Club. The two clubs share costs and equipment. For insurance purposes, Illawarra Dragons Abreast (IDA) members must also be registered Illawarra Dragon Boat Club members.

IDA and IDBC train as one Club. On the first Saturday of the month a dedicated "Pink Paddle" followed by morning tea is held as a social event. All members can participate in Dragon Boats NSW regattas. IDA members are also eligible to participate in Dragons Abreast regattas and events. For these events the IDA team wear a pink racing top.

If you are a breast cancer survivor you may like to consider joining Illawarra Dragons Abreast. There is a small annual fee. Please see our Dragons Abreast Coordinator or contact at illawarra@dragonsabreast.com.au or ring the Illawarra Dragons Abreast mobile number 0491 766 867.





COMMUNICATION STRATEGY

Illawarra Dragon Boat Club Website

The IDBC website (www.idbc.org.au) is the avenue that the community uses to find information about the club and its activities.

This website has provision for the general public to send message an enquiry via the IDBC email.

Administrator : Stephen Kirk

IDBC Email

The Club email (illawarradragonboaters@y7mail.com) is used for both internal and external communication.

Important information regarding meetings, regattas, newsletters, training and social events are sent by email. Where relevant, members will be asked to send an email reply.

There are other club emails are used by specific committee members, including the president, treasurer and community/school's officer. These email addresses ensure club communication relevant to those positions is managed by that officer.

President: idbcpresident1@gmail.com

Treasurer: idbctreasurer@gmail.com

Community and Schools: idbccommunity@gmail.com

Administrator: Yvette Murada Club Secretary

Team App

This app is for member only and is not a social tool. Its Main function is as a reference tool primarily for the coaches and planning of training sessions, booking your seat for training, COVID updates, regattas, cancelling training due to poor weather conditions or insufficient paddlers and DBNSW updates.

The main functions on Team app for members are:

- Booking their seat for training sessions on Events

- Receiving information on Chats

- A method of providing important and instantaneous information on News.

All information on Team App is managed and posted by the administrator and members are asked to NOT to post any information without prior approval from the clubs committee.

Administrators: Wendy Straughan & Ann Boulton

FACEBOOK

"ILLAWARRA DRAGON BOAT CLUB " Public Facebook Page

The IDBC public Facebook page is a promotional and marketing communication tool for the general public, community and our members. It enables information and photos including our recent activities, upcoming events, marketing posts, good news stories and shared posts from other sites, such as DBNSW, RMS about water safety, training information and community information.

Members of the community can use this Facebook page to send a message function for the enquiring about our club and sport.

Administrator: Chris Richards

Editors: Julie Campbell, Gabrielle Frawley, Roslyn Kirk

"IDBC SOCIAL" Members only Facebook Page

All members are invited to join to keep in contact with each other, chat socially, share hobbies, arrange social activities, organise car pool to regattas etc.

To Join: Use the search function on your own Facebook page. Search IDBC Social. Answer the required questions to agree to the Terms and Conditions, then "Submit". Your request will be forwarded to the Administrator for approval.

Administrator: Julie Campbell

INSTAGRAM

We also have an Instagram page to further promote our club and its activities to a broad demographic.

Administrator : Julie Campbell