



## CLUB CONTACT DETAILS

Address:  
Preston Dragons DBC  
c/o Preston Marina  
Navigation Way  
Ashton  
Preston  
PR2 2YP

Telephone:  
01772 733595

Website:  
[www.prestondragons.org](http://www.prestondragons.org)

Email:  
[info@prestondragons.org](mailto:info@prestondragons.org)

Social Media:  
[www.facebook.com/prestondragons](https://www.facebook.com/prestondragons)  
[www.twitter.com/preston\\_dragons](https://www.twitter.com/preston_dragons)  
[www.instagram.com/prestondragons](https://www.instagram.com/prestondragons)

Join us on Teamer:  
<http://tinyurl.com/y9hfsy5x>

# MEMBERS' GUIDE

## MEMBERSHIP AND FEES

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### Ad. Hoc. Membership

£5 per session. Ad. hoc. members can paddle provided there is space available in the boats.

### Full Membership

£100 per year or £10 per month by standing order – a place in the boat is guaranteed (at least one session per week – weather permitting).

Our account details for bank transfers or standing orders are:

**ACC NAME:** PRESTON DRAGONS

**ACC NO:** 16439731

**SORT CODE:** 83-04-25

Full Membership entitles you to attend training sessions and represent the club at races and other events. Roles on the club committee are also available, as are opportunities to train and qualify as a helm or coach for those who are interested. The club will fund this, on the condition that members commit to contributing to the club's coaching on an ongoing basis.

### British Dragon Boat Association (BDA) Fees

All members are required to have individual BDA membership which provides insurance for your activities. The cost is £35 per year (1<sup>st</sup> Jan to 31<sup>st</sup> Dec) or £20 (1<sup>st</sup> Aug to 31<sup>st</sup> Dec). This must be renewed each year.

This can be completed online at the following link -  
<https://www.dragonboat.org.uk/the-bda/bda-membership/individual-application/>

Once confirmed you will be given a BDA membership number, which needs to be notified to the club secretary for registration at events.

The club enters BDA race events around the country throughout the year, which incurs an entry fee per competitor of approx. £15 to £20 per event, payable in advance to the club secretary.



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# CLUB INFORMATION

Welcome to our friendly Dragon Boat Racing Club! Founded in 2016, Preston Dragons aims to provide an affordable fun activity for anyone who wants to get involved.

Dragon Boat racing is one of the fastest growing and most exciting participation water sports. Not only is paddling great fun and a fantastic way to meet new people but it can also help you reach your fitness goals. Paddling engages your whole body whilst giving you a cardio workout; we work hard but our main priority is having fun!

We are a not-for-profit community club based at Preston Marina, run by a group of volunteers. We work in close partnership with the Marina and are very fortunate to have access to the facilities they provide.

The club uses the free instant messaging app "WhatsApp" (<https://whatsapp.com/>) to communicate and share news, updates and for general club-related chat. Members are added to the club's WhatsApp group by the club secretary. We also use a free Sports Team app called "Teamer" (<https://teamer.net>) to schedule and manage training sessions and other events.

## TRAINING SESSIONS

All our training sessions are managed through **Teamer**, any new events or cancelled sessions are alerted to members via the app. Members must create a free Teamer account and request to join the Preston Dragons team by clicking the link opposite. If you don't have a Smartphone or prefer not to download the app you can access Teamer via a web browser instead and receive notifications via email.

The club's main training sessions are held on Tuesday evenings at 6pm until 8pm and Saturday mornings at 10am until 12pm. Paddlers must meet in The Beach Hut Coffee Shop in the Marina main building by the start of the session.

If you fancy giving it a go or finding out more, just turn up and ask to speak to a member of the committee or contact us directly using the details opposite.

Easy parking is available right outside the Marina building.

## CLOTHING AND EQUIPMENT

Paddlers need to be suitably dressed for the weather conditions of the day. It is often much cooler out on the water but once we get paddling things do warm up! In colder conditions the 3-layer

system is recommended – this is a thin man-made base layer with a man-made middle layer (several thin layers are better than one thick layer) and then the outer layer should be waterproof, windproof jacket and trousers – a light weight walking cagoule and over trouser are ideal. Trainers are appropriate but be aware that feet can get wet due to small amounts of water in the bottom of the boat.

You should bring a bottle of water. In the unlikely event of a hot summers day don't forget your sunscreen and a hat!

Buoyancy aids are provided by the club and must be worn by all paddlers. Paddles are also provided by the club. All club-owned items must be returned to the store room at the end of the session.

The Club also has t-shirts, hoodie tops and buoyancy aids which are available to buy. Waterproof jackets and IDBF approved paddles can also be purchased externally, speak to one of our committee members for details.

## **BOAT MAINTENANCE AND OTHER INFO**

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The club needs members to work together and help with the general running of the club. There are tasks such as bailing the boats when it has been raining, cleaning the boats (inside and out), loading and unloading before/after national events, arranging fund raising events and the various other jobs that crop up from time-to-time...!

The club has a constitution, policies and risk assessments, all of which are available on request.

The club is fortunate to have secured funding for its Dragon Boats through a partnership with the University of Central Lancashire's Confucius Institute, in addition to a generous grant from Sport England.

Whilst there is a racing element to the club and we take our participation in the BDA national league very seriously, the club ethos is that all members should be enjoying the activity (yes, even in the cold winter sessions!).

**We look forward to paddling with you!**

