



## **SAFETY INSTRUCTIONS AND BOAT RECOVERY PROTOCOL**

### **SAFETY INSTRUCTIONS**

In order to limit the risk of a boat capsize, paddlers are prohibited from:

- Standing up in the boat;
- Splashing their teammates or other competitors (heckling);
- Voluntarily rocking the boat;
- Trying to counterbalance when the boat is rocking;
- Jumping into the water or voluntarily flipping the boat over (immediate disqualification of the entire team).

The helms must know how many people are on board the boat. The boat must be balanced in terms of weight, tilt and trim.

When boarding, the helm gives a number to each person on board so that everyone can count themselves in the event of a capsize.

Each paddler pays particular attention to her/his bench neighbor. She/he must scrupulously respect the instructions of the helm and the water rescuers and demonstrate maximum seriousness and cooperation.

### **BOAT RECOVERY PROTOCOL**

In the event of a capsize, a safety motorboat will come near the dragon boat with a government certified Dragon Boat Instructor and Water Rescuers on board. The Dragon Boat Instructor will take the team in charge and lead rescue operations:

- 1) With the help of the helm, the instructor will count the team members to check that no one is under the boat.
- 2) The instructor will turn the boat over and empty it.
- 3) The instructor will help the crew members to re-embark as the boat is emptied.
- 4) Instructor and water rescuers will bring the boat back to the pontoon.

If necessary, people can be taken care of by rescuers and evacuated by motorboat.

**All these instructions must be known and adhered to by all participants of the IBCPC 2026 Festival.**