



Steersperson Training Clinic  
May 19-20, 2018

**Part One Pre-Session:**

1. Complete American Red Cross Adult First Aid / CPR / AED On-line
2. Read Safety Rules section of IDBF
3. Read 2,000 meter racing right of way section of IDBF rules (see section R7 in [https://media.wix.com/ugd/81bcd4\\_d08018a96efd4462a068f5771106213b.pdf](https://media.wix.com/ugd/81bcd4_d08018a96efd4462a068f5771106213b.pdf) )

**Part Two On-Site Session** (Suggested start on a Saturday):

1. Opening Day One
  - a. Land/Classroom Learning Objectives
    - i. Present completed ARC adult First Aid / CPR / AED notice (or comparable)
    - ii. Overview & Safety, Water Emergency Plan
    - iii. Learn Commands, Commanding and complete Exercise 2
  - b. Suggested Start time 8:00am
  - c. Suggested End time 10:15am
2. Break 15 minutes – preparation for on-water session
3. AM Water Session Day One
  - a. Learning Objectives:
    - i. Standing & Hand Positioning
    - ii. Competencies from Exercise 5
    - iii. Racing Setups Exercise 7 (new race exercise needs to be built)
  - b. Suggested Start time: 10:30 am
  - c. Suggested End time: 12:00 pm
4. Lunch break
5. PM Water Session Day One
  - a. Learning Objectives:
    - i. Safety Check List
    - ii. Technical Work Exercise 3 (At Dock Side)
    - iii. Time on Water sterning
  - b. Suggested Start time: 1:00 pm
  - c. Suggested End time: 4:00 pm
6. Opening Day Wrap Up
  - a. Questions & Answers
  - b. Feedback
  - c. Individual Homework Assignment
    - i. Complete Exercise 2



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**Part Three On-Site Session** (Suggested continue on a Sunday):

1. Opening Day Two
  - a. Land/Classroom Learning Objectives
    - i. Review Individual Homework Assignment
    - ii. Balance exercises
    - iii. Regional Differences / Q&A from Day One
  - b. Start time 8:30am
  - c. End time 9:30am
2. Break 30 minutes – preparation for on-water session (grab protein bars and extra water)
3. AM Water Session
  - a. Learning Objectives
    - i. Body Positioning & Posture
    - ii. Race / Festival Practices
    - iii. 2k Practices
  - b. Suggested Start time: 10:00 am
  - c. Suggested End time: 1:00 pm
4. Wrap Up Session
  - a. Learning Objectives
    - i. Steers Log Book
    - ii. Question & Answer Session
    - iii. Handout requirements & additional references
  - b. Suggested Start time: 1:00 pm
  - c. Suggested End time: 2:00 pm

**Part Four Post Session** (Required competition within 6 months of starting program):

1. Water Emergency Plan
  - a. Create for your reference
  - b. Present ADBA with a copy of your work (email:DBOATSUE2@@AOL.COM)
2. Log Book Recording Hours
  - a. Record 32 hours of steering a 20-person dragon boat
  - b. Have coach sign off on your hours
3. Videos of you steering
  - a. Commanding boat to and from dock
  - b. Straight line steering for 30 seconds
  - c. Delivering safety message
  - d. Steering through a 2K turn