

Dragon Boat Experiential Programme

The Dragon Boat Festival is one of the most spectacular traditions of ancient China. It is an exciting period of dragon boat competitions marked by the eating of rice dumpling called "Ba Chang". Dragonboating was first introduced to Singapore in 1978. After more than 30 years of development there are currently more than 100 local teams from schools, corporate and various communities participating in dragonboating activities. Dragon Boating is one of the best platforms for organising team building programme and promoting healthy life style. For those who are more sporting, paddlers can compete in the yearly event of Singapore Dragonboat Festival and Singapore River Regatta.



Dragon Boat Experiential Programme is a 2hr session that introduce participants to the skills of team paddling. Practical aspects of dragonboating such as effective paddle handling, team coordination technique and drills will be taught during the programme.

After gaining confidence with individual paddling skills, participants will then experiment out the team paddling actions. We also introduce team building games to impart the importance of team work, while enjoying the scenery along the Marina Reservoir.

This program is opened to all organised group (Schools, Corporates, etc) with group size of minimum 10, we are able to cater the duration and programme to meet the group's requirements. Teams that wish to continue the sport on regular basis, we also provide coaching services and design training programme that readily build up the team to participate in races.



Package inclusive :

- Booking of Dragon Boats
- Buoyancy vests & Paddles
- Instructor lead program with guidance

Venue of meeting place:

- Kallang Water Sports Centre
 No 10 Stadium Lane, Kallang
 Singapore 397774

Frequently Ask Questions (FAQ)

Q: Is the Dragon Boat Experiential Program physically demanding?

A: You don't need to be athletic fit or require any prior experience to join the course, the course is aimed to teach participants the essential skills of dragonboating while enjoy the scenery of our city reservoir. However as with all other physical activities, it is advisable to seek the clearance of your doctor if you are suffering from a medical condition.

Q: What do I need to bring along when attending the course?

A:

- 1 set of clothing – long/short sleeved T-shirt, Tights/short pant
- Footwear
- Straps for spectacles
- Sun screen lotion and basic toiletries
- Towel and clothing for changing

Q: What is the attire for attending the course?

A: Long/short sleeved T-shirt, Tights/short pant anything comfortable. For footwear, either sandals, booties or sport shoes, avoid slippers as it is difficult to walk along the beach. Those who are wearing glasses do bring along straps for their spectacle.

Q: Is the course offered safe?

A: Yes, this is a instructor lead course and our instructors are experience dragon boaters and certified trainers who have great familiarity of the training ground. During the course, it is also mandatory for participant to wear a buoyancy vest while paddling. The safety of each participant is top priority of our concern. We also assist schools and organisations with the Risk Assessment Management to address all necessary concerns.

Q: What are other water sport activities or services offered by Seatec Paddles?

A:

- Dragonboat Team Building programme
- Kayaking orientation programme (1/2 or 1 day), a leisure introductory to kayaking event for all organised group (companies, schools etc.)
- Kayaking Expedition Trip (2 days 1 night)
- Dragonboating & Kayaking training class, we assist schools/corporate to set up Dragon Boat and kayaking training team for various divisions competition
- Coaching services to prepare teams for inter-school/corporate dragonboating races
- Organising water sport orientation and healthy life style programme for schools/organisations

Should you need more information or to register for any activities, please do not hesitate to call us or drop us an email : info@seatecpaddle.com

Guidelines for participants of SEATEC! Dragonboat Experiential Programme

1. Medical pre-requisite:
Participants with the conditions specified below are advised not to participate in the activity:
 - those who have a history of heart problems, asthmatic diseases and back problems and have been advised by medical doctors not to partake in any form of exercise
 - women who are pregnant
 - those who are sick, or are recovering from a recent bout of illnesses or surgical operations
 - those who are carrying some forms of injuries such as ankle sprains, muscle strains to the back or shoulder etc
 - those who have old injuries such as dislocated shoulder etc
2. Ensure that sufficient water is consumed on the night before, the morning itself and during the dragon boating session. It is advisable to bring along a water bottle for the program
3. Avoid consumption of alcohol on the night before and the day of dragon boating itself.
4. Proper attire is advised for the activity e.g. sports wear such as T-shirts, shorts, swimsuits, tights etc. Please be cautioned that attire will get wet during the activity and do bring along a change of clothing.
5. Proper footwear is a must for safety reasons e.g. sports sandals, old canvass shoes etc. Please note that shoes will get wet during the activity.
6. Participants are advised to protect themselves from over-exposure to sunlight. Applications of sunscreens and sun blocks are encouraged. Caps are optional.
7. It is compulsory for all participants to put on the buoyancy vest available.
8. Participants are not to stand up while in the dragon boat except during boarding, disembarking and upon the instructions of the instructors.
9. Participants who feel unwell during the course of dragon boating are to report to any of the instructors immediately.
10. Participants are advised not to bring along any electrical equipment or valuables into the dragon boat as they may get wet and damage during the course of the activity.



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DRAGON BOAT EXPERIENTIAL PROGRAM

Date: 1 Mar 2024
Time: 1:45 - 4:00pm
Venue: Kallang Basin / Marina Reservoir
Organisation: Bytedance
No. of Pax: TBD pax

Program Outline:

Orientation to site & trainers



1.45 – 2.00 pm
Orientation to site & trainers



2.00 – 2.15 pm
Introduction to Dragon Boat
Equipment / Safety Briefing / Water Parade / Warm Up



2.15 – 2.45 pm
Learn to Paddle



2.45 – 3.15 pm
Paddle to the Flyer



3.15 – 3.30 pm
Team Photo



5.40 – 5.50 pm
The mini Dragon Boat Race



5.50 – 6.00 pm
Warm Down, Debrief



Program ID : 8311

***Program outline subject to changes base on participants and weather conditions**

DRAGON BOAT EXPERIENTIAL PROGRAM Activity Route

