



## **Helm Policy**

### **The Dragon Boat**

- Check the boat is water safe and complete checklist before heading out
- Check safety equipment is available and operational
- Ensure VHF radio or phone in waterproof covering available and operational
- Check steering arm is secure
- Check towing lines are available and secure
- Check drummer's seat and drum are securely in place if in use

### **The Weather and Water Conditions**

- Consult weather app for guidance on local forecast
- Complete local assessment of weather and water conditions
- It is the duty Helm's decision alone to continue onto the water
- If in doubt don't go out

### **The Crew**

- Prepare seating plan and publish to crew in advance but always be prepared for change
- Ensure warm-up and cool-downs performed
- Ensure safety brief completed and understood
- Control loading and unloading in a safe manner
- Balance the boat using own position to fine tune if required
- It is the responsibility of a Helm to ensure paddlers safety on the water

### **Inspire**

- Promote good team spirit
- Strengthen relationships, recognise stress and distract from conflict before it begins
- Motivate crew with positive reinforcement

## **Control**

- Control of boat and crew leads to safe operations
- Communicate clear, concise, simple instruction in the most respectful and encouraging way
- Be assertive and decisive in the most respectful and encouraging way
- Learn how to react most effectively when under stress
- Take ownership of any personal error...we are human and can make mistakes or misrepresent ourselves if under stress, but to hold others confidence and respect, we must make amends without delay.

## **Respect**

- Behave in a manner that always holds respect from paddlers
- Respect your crew, be sensitive to their needs and supportive of their questions
- Demonstrate confidence in what you do
- Unsportsmanlike behaviour will not be tolerated under any circumstances

## **Obligations**

- Obligated to be the duty Helm a reasonable amount of times
- Identify yourself as the duty Helm on spond in advance
- Obligated to train new helms
- Communicate with power boat support crew re session route before disembarking

I agree to comply with all points in Helm Policy

Signed:

Date: