

<b>Commonly Used Dragon Boat Commands</b>	
“Heads in the Boat”	Frequently used just before leaving the dock or at the start line – meaning for everyone to look forward and focus (basically bring attention into the boat and wait for next command)
“Left / Right Side Hold the Dock”	At the dock before leaving left or right side is asked to put a hand on the dock (with reminder to not place fingers between dock and boat)
“Left / Right Side Walk It Back”	Leaving dock by having the one side back the boat down dock with hands
“Prepare to Back It Down”	Once clear of the dock – paddlers put paddles behind them but out of the water
“Back It Down”	From prepare to back it down position - paddlers back it down. <u>Always waiting for 'stroke' (1<sup>st</sup> seat) position to begin first.</u> And entering at the same time as the person in front of them.
“Let It Ride / or Run”	Stop paddling and rest paddle across lap and outside across gunnel
“Paddles Up”	Paddles in prep or recovery position / 5 inches off the water and 1 inch away from the boat
“Take It Away”	Beginning to paddle. <u>Always waiting for stroke position to start if off</u> and entering with person in front of you.
“Flare the Boat”	For stabilizing the boat ie. when paddlers are changing places or a wake is coming in broadside. Placing flat of paddle on top of the water broadside to the boat.
“Hold the Boat”	Stopping the boat by placing paddle in water straight down beside the boat with flat of blade facing forward
“Rudder the Boat”	Holding the boat in position by placing paddle straight down in water with flat of blade facing out side
“Left / Right Side Draw”	To bring the boat along side dock or other boat one side reaches out from side of boat and draws water toward boat (all together)
<b>Commands are held until the next command is given.</b>	

<b>Other Dragon Boat Protocols</b>
<p>Unloading the Boat</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> After returning to the dock paddlers stay in place while steers directs each seat to unload.</li> <li><input type="checkbox"/> Paddlers are reminded to turn around and help their team mates out of the boat.</li> </ul>
<p>Steering and Coaching</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> If the steers is also coaching, steers will be giving the commands.</li> <li><input type="checkbox"/> If there are both a coach and a steers in the boat, they work together.  The coach is giving the commands to run the practice while, generally, the steers is giving commands for leaving and returning to the dock.  Before leaving the dock the steers and coach (from their positions in the boat) let each other know when the boat seems ready to leave.  The coach gives the steers the 'go ahead' for leaving the dock.  The steers would give the commands that get the boat away from the dock.  When practice is ending the coach again puts the boat back in the hands of the steers.  Coach might say something like “Take Over Steers”.  And steers gives the commands for re-docking.</li> <li><input type="checkbox"/> The steers would also give any commands necessary to maintain the safety of the boat.</li> </ul>