

# THE COACH or COACH-CUM-STEER (updated on 16 May 2024)

- 1) The Coach or Coach-cum-Steer (“The Coach”) are advised to have the Recreational Instructor/Trainer (minimum) or Dragon Boat Technical Coach Level 1 or 2 certificate
- 2) For DOP or coaching of trainee Steers, the Coach or Coach-cum-Steer (“The Coach”) are required to hold either the Recreational Instructor/Trainer (minimum) or Dragon Boat Technical Coach Level 1 or 2 certificate. If this is not achievable, the Interim Measures for DOP can be adopted (please refer to the next 2 slides).
- 3) The Coach must have complete situational awareness at all times
- 4) The Coach cannot be paddling while he/she is coaching a trainee Steer.
- 5) When coaching a trainee Steer, the Coach has to be at the bow or at the rear. The Coach has to exercise his/her judgement on the confidence of the trainee Steer to decide whether to be at the bow or rear.
- 6) The Coach must always maintain awareness of the Lightning Warning System (LWS) beacons.
- 7) The Coach is required to bring their smart phones along to monitor the weather conditions on the MyENV app.



## THE COACH or COACH-CUM-STEER – INTERIM MEASURES FOR DOP

In the event Recreational Instructors, or Technical Level 1 or 2 coaches cannot be found for all DOP boats, the following interim measures are allowed to ensure that DOPs can still be carried out without compromising the safety of the DOP participants;

- 1) Minimally 1 no. of Recreational Instructors, or Technical Level 1 or 2 coach is required to oversee the DOP. He/She will function as a **Lead Trainer** to guide other certified Steers who also can double up as trainers during the DOP. The ratio of 1 no. Lead Trainer is to max 40 DOP participants. For DB22, another trainer holding minimally a Helms Certificate is required at the bow of the boat. In general, its equivalent to having 1 no. Steer cum Trainer to 10 paddlers.
- 2) The Lead Trainer has to be a experienced RI, L1 or L2 coach, and to lead the program and equip with a smartphone with “myENV” app downloaded for checking on weather conditions.
- 3) The Lead Trainer should have a good understanding of the areas within the reservoirs, e.g. Marina Reservoir, Bedok Reservoir, Lower Seletar and Jurong Lake. The Lead Trainer is to remind all Steer cum Trainer to be alert and aware of the surroundings, situations, out of bound areas, and especially the LWS beacon locations.

## THE COACH or COACH-CUM-STEER – INTERIM MEASURES FOR DOP (con't)

- 4) On the day before the commencement of the DOP in waters, the Lead Trainer will have to brief all the other Steer cum Trainer, to lay out expectations and answer any doubt or questions from the ground.
- 5) The briefing content needs to cover information on paddling routes, safety evacuation points, capsize & recovery drills.
- 6) The Lead Trainer must remind all the other Steer cum Trainer to have clear visual line of sight and audio clarity with the Lead Trainer's boat while in the waters, and to always stay near the Lead Trainer's boat to able the Lead Trainer to guide the other boats if needed while in the waters.
- 7) For DB12 when the Steer cum Trainer is standing at the bow or middle of the boat guiding an individual paddler, only the individual paddler can paddle, while the rest of the paddlers should help to brace water. In no circumstances when the Steer cum Trainer is not at the back of the boat steering, the whole crew is allowed to paddle.