

COFFS COAST DRAGON BOAT CLUB

Policy Name: SAFETY SWIM

Date: 5/7/21

Approved by: CCDBC committee

This policy is to read in conjunction with the following documents:

AusDBF - Safety Manual page 13 Swimming Test

DBNSW - Skill Test Guidelines No 3.2.1 reviewed 21/3/21

DBNSW - Water Safety Policy No 3.4.2 reviewed 5/20

AIM: To know that if the boat is in danger and/or capsizes, all members are able to tread water and swim to safety, following the sweep's instructions. Safety is a high priority for our club, for each individual and how we work as a team.

It is strongly recommended by AusDBF and DBNSW to comply with our insurance requirements and our duty of care, that all members have completed a Safety Swim. If they are not capable or in any doubt they can swim to safety they must wear a PFD.

WHO: A new paddler must sign the "Participant (wavier form) Application and Declaration" form. They must wear a PFD until they can do the Safety Swim
Members must complete the Swim Test annually.

SAFETY SWIM TEST: will be contacted in accordance with DBNSW Skill Test Guidelines No 3.2.1

- *Swim 50m fully clothed
- *Tread water for 3mins
- * The supervisor is to perform a head count and then those been assessed are to sound off to simulate an actual capsizes.
- * The form to fill in is found at end of Skill Test Guidelines, Appendix A

CONDUCTED BY: A coach, level 3 sweep or accredited swimming instructor.

It is the responsibility of each club member to attend an organised safety swim test.
Or organise their own with a suitable instructor, then notify the member officer

IF UNABLE: If any member is unable to complete above task or does not wish to, they must wear a PFD every time they are in the boat **for their own safety and the safety of the whole crew.**