



NIGHT TRAINING POLICY

Training between sunset and sunrise has greater inherent risks associated with the lack of visibility. The Canberra Dragon Boats Association has a duty of care to ensure the safety of all members using the Association's boats on the lake.

Should a CDBA member decide to train on the water in the period between sunset and sunrise, then the onus is on the Boat Captain/Sweep to adhere to the CDBA's *Safety on the Water Guidelines* and the Australian Dragon Boat Federation's *Safety Guidelines* and the following requirements:

- each dragon boat shall have a port/starboard (red/green) light, no less than 1 metre above the gunwhale, at or near the forward end; and
- each dragon boat shall have an all-round white light, no less than 1 metre above the gunwhale, at or near the aft end
- each person in the dragon boat shall wear a personal flotation device; and
- each dragon boat shall have on-board:
 - a waterproof torch in good working order; and
 - a rope with a buoyancy device attached.