

Guiding Principles

Safety Matters

General safety tips will be covered by your coach as part of the crew alignment.

- ◇ Advise coach of any injury or medical condition.
- ◇ Advise coach of your swimming ability.
- ◇ Understand personal flotation device (PFD) requirements.
- ◇ Learn the emergency procedures.
- ◇ 'Buddy up!' Know the person in the seat beside you. In the event of the boat capsizing you are responsible for knowing the whereabouts of your 'buddy.'
- ◇ Remember your number. Each paddler is assigned a seat number left (1-10) and right (1-10). During an emergency a person in charge will account for everyone by having each paddler call out their number.
- ◇ Remain hydrated. Always take water with you during practices to avoid dehydration
- ◇ Dress appropriately for weather conditions.

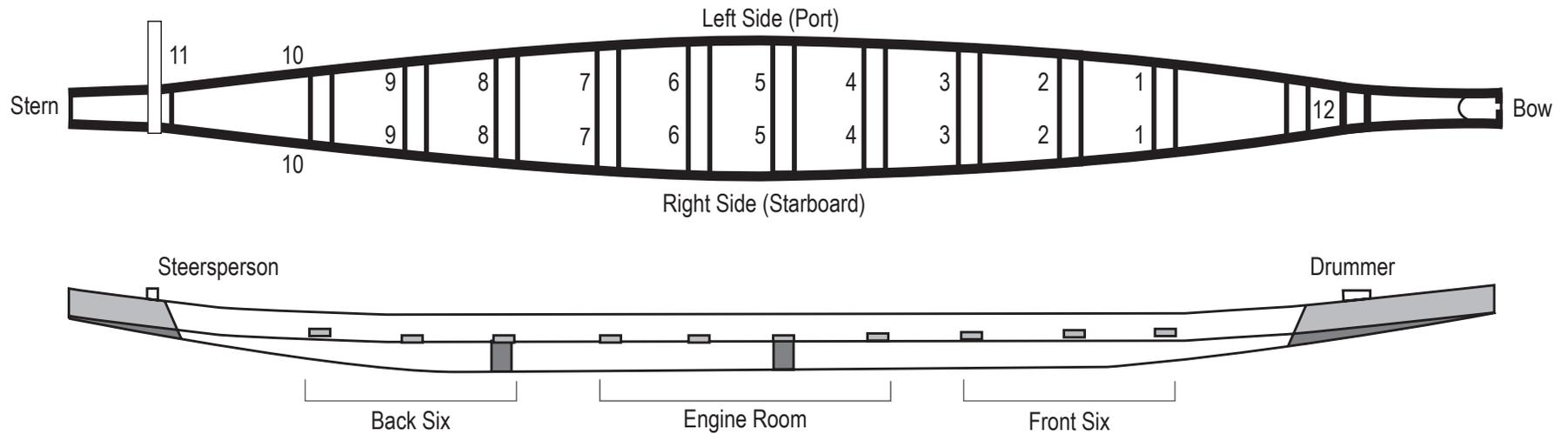
Basic Commands

- Attention.** Refrain from excessive banter during practices as this can restrict the ability of the coach and/or steersperson to be heard.
- Sit up.** Paddlers' undivided attention is sought. All talking ceases. Paddlers sit upright.
- Paddles up.** Paddlers instantly assume the paddling position angled 10° forward with paddle tips just above the water in the setup position. Position is held until the next command.
- Take it away.** Commence paddling.
- Let it run.** Paddling ceases and the boat is allowed to 'glide.'
- Hold the boat.** Paddlers thrust blades vertically into the water to stop the boat.
- Back it down.** All paddlers stroke in reverse in unison to move the boat backwards.
- Draw.** Pulling the boat directly sideways towards the immersed paddle. This technique is often used prior to the start of races to counteract side winds.

Code of Conduct

- Be Punctual** 1. Report at designated start time for crew 'check-in' and instructions.
- Be Respectful** 2. Respect guidance and decisions of coaching team, shore managers, and pdbc staff.
- 3. Respect other boaters.
- Be Safety Conscious** 4. Arrive early and perform warm-up exercises.
- 5. Understand and follow safety/emergency procedures.
- Be a Team Player** 6. Leave the boat drier and cleaner than when you arrived.
- 7. Care for and respect pdbc equipment.
- 8. Return equipment to its designated space in storage unit.
- 9. Respect the talent, potential, and development of teammates.
- 10. Help orient new paddlers to their environment.

Crew Positions



Steersperson The steersperson (sweep, coxswain, helm) steers the boat while giving commands to the crew.

Back Six The 'back 6' sit in the back three rows (8-10).

Engine Room The 'engine room' are seated in the middle four seats (4 - 7). They are often the tallest and heaviest paddlers in the crew. Their primary role is to provide power to the boat.

Front Six Seated in the first three seats, (1-3) the 'front 6' are relatively light in weight.

Drummer This crew member assists the steersperson in communicating with crew members and serves as a spare paddler.

'Talent wins games, but teamwork and intelligence wins championships.'

Michael Jordan