



# Northern Beaches Dragon Boat Club

## Corporate Team Building Guide



### Team Building With A Difference

Dragon boating is a fast, fun and furious team based paddling sport. The team relies on 20 paddlers sitting two abreast, working in unison to get the best speed out of a long, narrow boat. A sweep at the back of the boat controls speed and direction. Whether it be for fitness, friends, competition or fun dragon boating caters for all.

Dragon boating is the ultimate team sport. When you and your workmates get the boat flying and they all learn to “lift” together **working as one**, it’s a great feeling that they will remember for a long time.

There’s nothing like it until you do it in a Dragon Boat. **You just have to try the Ultimate Team Experience!**

### Northern Beaches Dragon Boat Club

The Northern Beaches Dragon Boat Club (NBDBC) was formed in 1997 and has competed with great success in Mixed, Women, Men, Open and Masters races since this time.

The NBDBC caters for all ages and we pride ourselves on being both sociable and competitive. We welcome all new paddlers who want to paddle in the tranquil surroundings of **Manly Cove**.



**Club Website:** [www.nbdbc.com](http://www.nbdbc.com)

**Club Facebook:** [www.facebook.com/nbdbc](http://www.facebook.com/nbdbc)

**Club Contact:** Alan Boyd (President) **04192732578**

The Northern Beaches Dragon Boat Club has worked with a number of organisations on team building events including the Australia National Rugby Sevens Team.



### How It Works

A standard corporate/team-building session will start with a welcome and on-shore briefing covering boat safety, paddle technique and Coach’s on-the-water calls. Next we’ll load the boats, do a safety check then start paddling.

Most sessions last approximately 2 hours. We can paddle to quiet beaches behind little Manly Cove or over to 40 Baskets Beach and combine some shore/beach activities. If we have two boats on the water we can arrange a series of sprint races. Racing against the Manly ferry is always fun! **We are very flexible and can work with your requirements.**

Please note there are plenty of bars and restaurants (some with ocean view) in the area to choose from for team drinks and meals afterwards.

### What We Provide

- Up to 2 dragon boats for up to 20 paddlers per boat
- Paddles
- Individual lifejackets (PFDs) if required
- Coaches
- Sweeps (steering the boat)
- Experienced club members to assist
- Safety storage

### What You Need To Bring

- Water bottles
- Closed shoes which can get wet
- A change of clothes (it’s a water sport and you will get wet)
- Towel
- Sunscreen, sunglasses and a cap on a hot day

### There Are Risks In Everything But This Is A Low One

- On-shore briefing covering boat safety
- Club sweeps accredited with Australian Dragon Boat Federation
- Life Jackets provided for those who can’t swim 50 meters
- First aid kit on the boat

### Interested?

Please contact Club President Alan Boyd at **04192732578** for pricing and planning of your unique paddle event.