

Worcester Dragon Boat Racing Club



Race the Dragon : FAQs

Thanks for considering, organising and entering a crew into Worcester Dragons annual charity regatta!

Here is the answer to most commonly asked questions about how to enter, the training sessions and the day itself. Feel free to share this with your team mates.

ENTERING A CREW	
How many people do I need to make a crew?	You need a minimum of 12 paddlers, plus drummer. On the day you'll be paddling against crews of up to 16, so try to get to that magic number. There is also room for 4 reserves on the crew sheet, so you can have up to 20 paddlers taking part in the day, plus a drummer.
Are there any age limits?	There are no upper age limits, but we do have an age limit lower down the scale for safety reasons. 12 is the minimum age.
What type of crew can enter?	All crews race against each other on the day, but there are prizes for each category: <ul style="list-style-type: none">○ Junior means all paddlers are under the age of 18,○ Ladies are all women (funnily enough),○ Mixed means a minimum of 6 women and 6 men in your crew (that's on the water, not just your crew sheet- and race marshals do check), and○ Open means just that. If you are not a junior, ladies or mixed crew you are an open crew.
How much does it cost?	The standard entry fee is £210 per crew, which includes the use of boats & paddles and buoyancy aids, one training session & at least 3 races on the day. A special entry fee of £125 applies for junior / U18 crews.
How do I enter?	Fill out the Race the Dragon entry form and email it to regatta@worcester-dragons.org.uk or post it to "Regatta Co-ordinator, 4 Gregory's Bank, Worcester, WR3 8AQ". We will need your £50 deposit before you can get on a boat. It also reserves your place.
How do I pay?	You can pay online, by cheque (see entry form for details) or cash. You may bring your deposit in cash to your first training session but we ask teams not to pay entry fees in cash on race day. If you need to pay in cash on race day, please let us know in advance.
Next step	Once you have entered you just need to book in your training session (or sessions) which you can do on the entry form, or via email. Last year we had 25 crews taking part, so you can imagine it gets busy. Make sure you book your training sessions in as early as possible!

THE TRAINING SESSIONS	
Why do we have training sessions?	These sessions get your crew race ready and ensure your crew will have a fun and safe day. We give a safety talk (all paddlers need to have been safety briefed before they are allowed on the water), take you through important boat commands and, during the water session, get you racing as a team.
When are training sessions available?	Training sessions start six weeks before the event (from Monday 21st May) and run up to the Friday before the event. They run every weekday evening (apart from Thursdays) and are available as hour long sessions starting at 6.30pm, 7pm and 7.30pm.
How do we book them?	To book in your session simply e-mail regatta@worcester-dragons.org.uk with your date and time preference. You will then receive an e-mail confirmation.
How much do they cost?	Every crew has one free training session, but many choose to have at least one more. Extra sessions are £30 per boat.

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WHERE, WHEN AND WHAT TO BRING

Where:	Training sessions are run from our club, by the Worcestershire Cricket Club adjacent from the RNIB steps on Bromwich Parade, just downstream from the road bridge. There is car parking available at the cricket club.
When:	To get your full time on the water we strongly recommend crews to be down at the club 30 minutes before their session is due to start, so if you have a 6.30pm session booked, tell your crews to meet at 6pm. This allows helms and club volunteers time to set up your session, prep your crew and gets you more time on the water!
What to bring:	Comfortable sportswear or clothes you don't mind getting wet (no denim please!), a warm dry layer for after the session and a bottle of water. There is a portaloos onsite and lockable place for belongings (bags/car keys etc). All paddling gear is provided.
Can I cancel a session?	You can cancel a sessions if you are struggling with numbers. Club members volunteer their time to take you out, and/or other crews that might want the slot. It's only fair to help our fellow crews, and save club members from giving up valuable evenings only to be stood on their own by the river... We need a minimum of 12 paddlers to take the boat out safely. Please let us know as soon as possible via e-mail.

We ask for a **minimum of 24 hours notice** and reserve the right to charge for late cancellations and no shows.

Does rain mean the session is cancelled?	No!! We go out in all types of weather. It may rain on the race day so it's good practice! Plan ahead and make sure your team bring enough layers to keep warm or add some waterproof layers to your kit. If the club has to cancel a session (this is very rare) it will be for safety reasons. You will not be charged for your session.
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RACE DAY

When and where is the actual day?	Race the Dragon is on Sunday 1st July from 9am until about 4pm. We've moved location in recent years and now race in front of the Severn Café, Grand Stand Road, WR1 3EJ. The race distance is 200m upstream between the road bridge and the race bridge. There is plenty of space on the grassy area for your crew to set up camp for the day, and plenty of space for friends and family to come and watch your racing!
What's there?	The new location has closer toilets, right next to the café. There is a cake stall, ice cream and of course the café itself for coffees, teas, cold drinks and lunch.
Where can I park?	There is plenty of parking nearby, including the Grandstand car park, Croft road and the Crowngate Shopping Centre carpark: a short walk away and only £1 for the day!
What should I wear to race?	We suggest shorts, tracksuit bottoms (no denim for safety reasons); with t-shirts, sports tops etc. Footwear can be trainers, flip flops etc No Denim, (avoid heavy boots, high heels) and a change of clothes and/or layers to keep warm in between races.
What do I need to bring?	Crews may want to bring a shelter or tent. A drink of water is a good idea and a chair or blanket might be useful. Check weather reports and plan ahead (sun cream or umbrella?). You may decide on a crew colour or fancy dress (wigs, hats, face paints etc fine, but keep away from heavy items such as chain mail!).