

2024 Dragon Boat Capsize Drill Exemption Form

To Whom It May Concern:

Each year, Seattle SAKE Paddling Club members are required to participate in a safety drill simulating a dragon boat capsize. Drills are to prepare members for an actual capsize and also to ensure that they have the ability to keep themselves and their teammates safe while recovering a 40ft dragon boat. We are asking that you verify that, in lieu of participating in an actual drill, the person below has the abilities stated below.



PROVIDER ASSESSMENT:

Please INITIAL below to verify _____ (*patient name*) can perform the following:

INITIAL	ABILITY REQUIRED	CORRESPONDING ACTION(S)
	1. Swim and/or tread water for up to 15 minutes in 45-70 degree water while wearing a PFD	Stay with the boat and bail out water
	2. Hear and respond to commands from up to 40 ft away	Take directions from safety lead to right and re-enter boat
	3. Upper and lower body strength (pull up body weight in water / pull self into boat)	Provide meaningful assistance to right the boat and re-enter individually or with help of teammates
	4. Remain calm under pressure	Unexpected lake water entry in challenging conditions (waves / wind)

All re-entry methods require a level of mobility and both upper and lower body strength to successfully enter the boat AND mitigate risk of harm to your patient and their teammates.

☐ Patient is cleared for dragon boat paddling **AND** has the required abilities listed above in a boat capsize. (*Provider must affirm by initialing box*)

PROVIDERS INFORMATION:

Providers Name: _____

Type of Provider: _____

Signature: _____ Date: _____

Acknowledgement: Club member _____ by signing below agrees with the acknowledgement on the rear of this form. **Signature:** _____ **Date:** _____

Safety officer received this completed form on Date: _____ **Signature:** _____

Acknowledgement

I acknowledge that I have read and fully understand the club protocol for a boat capsize drill as enumerated in the most current version of the document entitled “**Seattle SAKE Capsize Drill**”, located on the Club SAKE Website (link below).

<https://cdn.revolutionise.com.au/cups/sake/files/ntadj8vbf1ygyioc.pdf>

Note: The term “Provider” refers to Physician, Nurse Practitioner, or Registered Nurse