

SUBJECT: 2023 Dragon Boat Capsize Drill Exemption - Seattle SAKE Paddling Club

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.



PATIENT ABILITY:

Please INITIAL below to verify _____ (*patient name*) can successfully participate:

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.

PHYSICIAN ASSESSMENT:

☐ Patient is able to participate in a dragon boat capsize recovery drill this year.

IF NOT:

☐ Patient is cleared for dragon boat paddling **AND** could meet these requirements in an emergency.

PHYSICIAN INFORMATION:

Physician Name: _____

Type of Physician: _____

Signature: _____ Date: _____