



# *Dragon Boating*

## *Corporate Team Building Events*





*Dragon Boat Events for groups of 20 - 400 persons.*

*An easy activity to learn for both men and women.*

*This activity can be tailored to groups individual requirements.*

*Ideal for Corporate Team building, Parties and Incentive Activities*

*The events can be half day or full day in duration.*

*Optional extras can be included*

***Dragon Boating has its roots in China.***

*This activity is perfect for team building and for building confidence and boosting morale. The 'fun aspect' is evident from beginning to end.*

*Every event starts with a ceremony called Waking the Dragon! Fireworks and drum beating as well as shouting 'Wakes the Dragon'.*

*After waking the dragons, the teams are given their equipment, buoyancy aids, high quality paddles and the instructions and training required before going on the water.*

*Safety instructions are part of the briefing and training. (Througout the event a large safety boat follows the racing boats ensuring safety cover).*

*Learning the strokes and working as a team is vital to the effectiveness of the team. High quality coaching ensures everybody has fun and learns how to become a useful crew member. The teams are loaded onto the boats and the helmsman takes control. On water training takes place as the boats proceed to the start line!*

*The race starts on the commands 'helmsman are you ready? The race begins and the teams paddle furiously in synchronisation to the call of the helmsman. The sight is spectacular as the dragon boats charge down the course. Spectators on the beach and the beach marshalls view the teams. Times are recorded as the teams pass the finish line. Meanwhile the next teams have been undergoing training and are then, seated on the dragonboats, ready for the next race.*



# *Dragon boat Regattas*



*Phuket Island  
Thailand*