

Welcome New Paddler To The World of Dragon Boating 2025

Here's a bunch of stuff you might want to know...



PADDLER CODE OF CONDUCT

Please Read This!

1. I will practice **good sportsmanship** behaviors and will encourage others to do the same.
2. I will **be respectful** to every person associated with CCDBA, CCDBA boats and equipment, other teams, event officials and the public. If I disagree with someone, I will do so respectfully. If I have a grievance, I will follow the [CCDBA Grievance Procedure](#).
3. I will **support the mission of CCDBA** by cooperating with and abiding by its [Safety Guidelines](#) and [Policies and Procedures](#), and by volunteering when possible.
4. I will be a **positive ambassador** for my team and CCDBA when attending events hosted by others. This includes cheerfully following the rules and directions of the hosts and venues.
5. I will abide by the **CCDBA non-discrimination policy**.

(CCDBA can not discriminate on the basis of race, religion, sex, national origin, creed, ethnicity, age, physical or mental disability, political affiliation, sexual orientation, medical conditions, genetic characteristics, gender identity, marital or domestic partner status, veteran status, or any other basis protected by law.)

WHERE WE PRACTICE: SUB SEA TOURS

699 Embarcadero, Morro Bay



Kevin and Roe support us in SO many ways! We respect their business by staying off the dock except when absolutely necessary; and we load/unload the boats quickly and quietly.



Basic Boat Safety...

- **Steersperson** is in charge of safety; listen to and follow his/her commands. Steers override coaches.
- **Always** wear a ZIPPED UP life vest (PFD) on the dock and in the boat.
- **Quiet on the boat** during loading/start and docking/unloading.
- **Changing sides:** Right paddler stands up, keeping low as possible while moving; Left paddler slides over.
- **Getting out of the boat:** wait for instruction before getting out. If a teammate offers you a hand, grasp each other just below the elbow.
- [CCDBA Safety Guidelines](#)
- **Covid Policy:** Stay away if you are sick; contact president@ccdba.org if you test positive within 5 days of being on the boat.

How to Use TeamSnap

- **Look in your email for the invitation** to sign up on TeamSnap. Get the TeamSnap app for your smartphone. It's easy to use, but if you want more details, click here: [TeamSnap Instruction](#).
- **TeamSnap is for team-related communication:** practices, races, events, meeting notes, cancer support opportunities (but not for selling your used car).
- **Sign up for team events** listed on the schedule by clicking the green 'Going' button. If you have to cancel, click 'NO' as soon as you can.
- **READ TeamSnap emails.** If practice is cancelled or someone donates a million bucks, you want to know, right? Right!!

What Else is on TeamSnap??

Team Roster: handy if you need to email your coach or teammates.

Click on Media/Files to find:

- Photos! (Proof that dragon boating is fun!)
- Team Leadership information/meeting notes
- Racing Information (what to expect at a race)
- CCDBA Nonprofit info: Policies and Procedures, Safety Guidelines, Directors and Committee Chairs roster, Budget, etc.



Burt



Head
Coach
Terri A



Francy

SURVIVEOARS COACHES



SurviveOars
CALIFORNIA CENTRAL COAST

Head Coach: Terri Amberg
Assistants: Burt, Francy
Practice coaches: Roe, Becky,
Sandy, Bernadette, Lynn, Gitta,
Lynette, Anniecourt, Mo, Betsy,
Terry M, Ellie, Shannon, Dawn,
Gini, Linda A

SurviveOars Team Leadership Council (TLC)

co-Chairpersons: Shannon Larrabee, Debra Martin

Social Events Chair: Patrice Sanchez

'Sunshine' Chair: Mo McGee

Race Coordinator: Alex Fairfield

Head Coach: Terri Amberg

Assistant Coaches: Burt Adams, Franci Ogden



What does SurviveOars 'TLC' Do?

- Plans for SurviveOars team participation in local, national and international festivals (races).
- Plans team parties, social paddle events, memorial paddles.
- Selects head coach. The head coach establishes the practice schedule, and trains assistant coaches and practice coaches.
- Takes the lead in selecting team 'swag' like shirts, hats.
- Leads quarterly meetings of the team; meeting dates/times are announced on TeamSnap.
- Communicates policy and budget requests from the team to CCDBA Board.

FAQs: Other Things You Might Want To Know...

1. **Where do I get a SurviveOars team shirt/other swag?** There's an online Team Store periodically; watch for TeamSnap announcements. If you want to buy your own pfd, the team chose BLUE as the team pfd color.
2. **Can I go to races/festivals?** YES, your Race Coordinator Alex will list available races on TeamSnap; any Team Paddler can sign up. Paddlers pay their own travel costs.
3. **Can I bring a friend to practice?** YES! FIRST, make sure your guest goes to CCDBA.org to submit the 2025 Liability Waiver. To sign up your guest for practice on TeamSnap, text Tracy P at (310)480-8894.
4. **What if I know a group who wants to paddle?** Susan (scheduling@ccdba.org) can set up a 'Special Paddle' for groups of 8 to 18 people.



A 501(C)(3)Public Benefit Nonprofit Organization

Dual Mission:

To build a community of dragon boat teams for all levels of competition,

AND

To empower and support cancer survivors in the sport.

CCDBA.org

Your team is a program of CCDBA, a nonprofit organization. CCDBA sets policies for all teams and paddlers, and promotes and supports the teams.

CCDBA has 2 teams:

- Central Coast SurviveOars**
- Central Coast Adventurers**

CCDBA is an ALL VOLUNTEER organization.

We need YOU to volunteer!

Sign up for a committee or raise your hand to help when asked (usually via TeamSnap). FUN is guaranteed!

What's on the Website: CCDBA.org

- How to Paddle With Us as a guest or team paddler.
- CCDBA Policies and Procedures (rules that apply to all teams and paddlers) and info about the nonprofit board. Click on 'About'.
- The website is CCDBA's public office. There's good stuff for registered team paddlers too; Check out the SurviveOars team page!
- Blog/News: paddler features, plus news about what CCDBA teams are doing in our community and beyond.
- And LOTS more...go and scroll!
- **Follow CCDBA on Facebook and Instagram!**

We Are Here For You!



If you haven't found what you need...

Other paddlers are your best resource. We are here to help. Ask us anything!

See you on the water!!