

# Corporate Dragon Boating at DSWC



## Introduction

We provide a complete Dragon Boat experience for a perfect team building corporate event in the heart of London.

We run up to six boats racing at a time, providing not just great racing, but a great spectacle for the spectators too. This ancient and fascinating sport requires no previous experience and caters for all ages and abilities in one crew, male and female. Dragon Boating is exciting, motivating, social, fun and competitive.

A typical event consists of two or three heats per team racing down the dock. The fastest teams will qualify for the final, where they will race head to head. Qualification is based on a teams fastest, not average time.

Expert commentary from our in house PA adds a great atmosphere to your event.



## Event Summary

The Dragon Boat event can be competition based only or packaged with a BBQ, drinks and even an after-party event or disco in our hall and bar area. An event requires a minimum of 20 participants to run, and teams are made up of 10 if using the Baby Dragon boats, or 16 if using the Big Dragon boats. We can cater for over 400 participants, with ample time.

As a guide, an event for 40 people (4 boats) will take approximately 1 hour, and for 100 people (10 boats) will take approximately 2 hours, excluding BBQ.



## Sample Dragon Boat Event Programme

In the summer, events can start late in the day, suitable for professionals and corporates. Below is a sample programme for about 100 to 200 participants.

|      |                                       |
|------|---------------------------------------|
| 1700 | Participants register and get changed |
| 1745 | Safety Briefing                       |
| 1800 | Racing begins                         |
| 2000 | Racing finishes                       |
| 2010 | Prize-giving                          |
| 2030 | BBQ                                   |
| 2300 | Programme ends                        |

The downstairs Boat Bar can open from 1730 and participants and spectators may start purchasing alcohol. However, if we feel a participant is too intoxicated to race, we will have to prohibit them from racing.

# Event Information

## Before racing begins..

### Team Name

We ask that teams are formed before arrival at DSWC.

### What to wear?

All participants will get wet, we encourage everybody to bring a change of clothes and shoes just in case! There are changing rooms and shower facilities at DSWC so participants can bring towels and toiletries as well.

### When you arrive?

On arrival at the Centre participants are greeted by our staff and directed to the changing areas. We have 115 coin-operated lockers available, which are 20p per use and non-refundable. Once participants have changed, the team captain will register the team at the main reception.

### Safety Briefing

Once changed, everyone is gathered together to have a safety briefing and be instructed on how to paddle the dragon boats. All our staff are qualified helms and first aid trained.

### On the Water

After the briefing, racing begins as teams start competing in the heats. Boats are loaded and teams paddle down to the start line. Teams are given additional instruction by the helms on the way to the start to aid with technique.

The race course is 250 metres long and should take approximately a minute and a half to complete. Each teams will race either two or three times during the heats, with individual times

recorded. Teams with the fastest qualifying times will go head to head in the final.

### On shore

#### The Bar

We have a fully stocked bar upstairs, and can also have a bar downstairs with selected stock. Both bars can be run on a tab or as a cash bar, and card facilities are available.

#### Our BBQ

There is food to suit all and plenty of it. Please inform us if anyone has any dietary requirements beforehand. Sample menus can be sent to you on request.

#### Prize Giving

Prize giving is optional and commences as soon as the racing finishes outside the officers tent. Medals and trophies can be purchased through the Centre.

#### After Party

The After Party is optional, and the bar upstairs remains open after the event, with the music moving inside to continue the party.

#### Our Clients

Being an effective and fun team building event, our Corporate Dragon Boating has attracted companies such as HSBC, Morgan Stanley, Bank of America Merrill Lynch, Deutsche Bank, JP Morgan, KPMG and many more. Charity organisations also find our events a good way to fundraise and foster better relationships with donors. Some of these charities include Back Up Trust, Red Letter Days and World Child Cancer, amongst others.

# How To Find Us



The Docklands Sailing and Watersports Centre is situated on Westferry Road at the west end of Millwall outer Dock on the Isle of Dogs.

We enjoy excellent transport links with two DLR stations (Crossharbour and Mudchute) within easy walking distance along the dock edge. Three buses from Canary Wharf (D7, 135 and 277) stop just outside our main gate. There is also ample onsite parking and space for coaches to park across the road, upon request.

### Contact Information

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