



DRAGONS AFLOAT PORT LINCOLN

OUR MISSION

To offer hope and inspiration to people faced with a diagnosis of breast cancer, and to promote the fact that there can be quality of life after breast cancer.

WHAT IS DRAGON BOATING?

Dragon boat racing is an ancient Chinese sport. Our boat takes up to 20 paddlers, with a sweep at the back to steer and a drummer at the front to keep time. Paddlers sit in pairs, paddling in time to keep the boat moving smoothly through the water.

HEALTH BENEFITS OF PADDLING

Dragon boating for breast cancer survivors began in 1996 after a Canadian study showed that repetitive upper body exercise is beneficial to the health of breast cancer survivors, especially those who are at risk of developing lymphoedema.

We are supported by our local McGrath Foundation Breast Care nurse.

FREQUENTLY ASKED QUESTIONS

Who can participate?

Anyone over the age of 12 years is welcome – paddlers can be breast cancer survivors, or friends and family. Dragons Afloat has both female and male paddlers, including paddlers in their 70s!

How fit do I need to be?

It is recommended that paddlers allow time to build up their fitness after completing breast cancer treatment. Our programmes are designed to cater for the needs of each individual as well as to build up strength, flexibility and aerobic fitness. We encourage people to rest if needed while paddling.

Do I need to be able to swim?

It is a South Australian State requirement that all persons in the boat wear a life jacket regardless of swimming ability. Water safety sessions are conducted regularly for paddlers.

What do I wear?

We wear comfortable pants, shirt, gloves and closed-in, non-slip shoes. A sports hat, sunscreen and water bottle are recommended.

MAKING A START

We paddle on Sunday mornings from 9:00 – 10:00am, as well as on Wednesdays from 6:00 – 6:45pm during daylight saving. Meet us at the Marina boat ramp 15 minutes before we start loading the boat! Dragons Afloat offer 4 complimentary *Come and Try* sessions to allow you to assess if dragon boating is for you. We have life jackets and paddles for you to use.

WHAT ELSE DO WE DO?

Dragon Boating

- develop our skills and fitness in the boat in a variety of ways, both serious and fun!
- participate in regional, national and international regattas

Social

- enjoy coffee after paddling, and occasional shared lunches, dinners and bbqs
- fortnightly Tuesday walking group
- promote breast cancer awareness
- fundraise at community events

Support

Each year, Dragons Afloat funds up to 4 all expenses paid Coffin Bay retreat weekends for 2 people. This is to support Eyre Peninsula women undergoing breast cancer treatment.

For further information check out our Facebook page, or email dragonsafloatportlincoln@gmail.com