



Big Blue Dragon Boat Race

Dragon Boat Commands

- **Attention in the Boat** — Used to get all paddlers' undivided attention. No chatting in the boat.
- **Paddlers Prepare** — Signal for paddlers' to sit upright, have paddles across their laps and to be ready for the next call.
- **Paddles Up** — Used to signal paddlers to instantly assume the paddling position with paddles raised above the water and bodies in position to paddle. Hold until next call is issued.
- **Take it Away or Go** — A command used to commence paddling. An air horn may be used for race starts instead.
- **Let it Ride/Run** — A command used to stop paddling and rest their paddles on their lap in the rest position.
- **Side Pull and Push** — Commands used when the intent is not to move the boat forward or backward but to the side. The paddlers' side, or row numbers are called to participate.
 - **Side Pull (Draw)** — Paddlers sit up and stretch (do not lean) your outside arm as far from the boat as possible to still allow paddle to be buried horizontally to boat side (gunwale). In sync, use a controlled pull of water toward the boat, then repeat for number of strokes called or until call to stop is given.
 - **Side Push** — Paddlers sit up and bury paddle blade horizontally next to the boat side (gunwale) and in sync push water away from the boat, ending with the outside arm extended away from the boat, then repeat for number of strokes called or until call to stop is given.
- **Back Paddle or Back it Down** — Signals the paddlers to stroke in reverse to move the boat backwards. The paddlers' side or row numbers are called to participate.
- **Stop the Boat/Hold Water** — Paddlers thrust blades vertically into water and dig in to bring boat to a halt.
- **Brace the Boat** — Place paddles horizontal on water, with flat of blade resting on top of the water to stabilize the boat.



