



Mako Paddle Club Sweeps Toolkit

Version	Update
1.0 (Jul-24)	2024-25 Season Launch
2.0 (Sep-24)	Sweeps Checklist Currembene Creek & Husky Caravan Park Bombora Nav instructions

Purpose

To detail Mako's approach to developing and growing the club's pool of sweeps per AUSDBF and DBNSW policies while building specific competencies required to operate on the waterways of Jervis Bay.

Introduction

Paddling on Jervis Bay presents us with incredible opportunities. From a sweeping perspective, it can sometimes present challenges far beyond most sweeps.

This guide is intended to supplement the sweeping guidance available through [AusDBF](#) and [DBNSW](#). The guide is more about what is expected of a Mako sweep.

While Mako has established a core sweeping pool, the role of sweeping falls mainly on the same shoulders each week, the time has come to lighten the load and share the sweeping evenly among members.

Head Sweep

The club has appointed a Head Sweep to oversee sweep development, pathways to accreditation, and the review of ongoing accreditations and competencies. This role will be reappointed at the start of each season. The Head Sweep has the authority to direct sweeps for development and safety outcomes. The Head Sweep for this season is Bear (jervisbear@gmail.com).

Who Sweeps?

While any member can volunteer to sweep, starting this season, every member entering their third season with the club will be rostered to sweep. The Head Coach may recommend paddlers with <2 years of experience to prioritise developing paddling fitness and technique over sweeping.

Getting Started

When your time arrives for Introductory Sweep Training, it will be under the supervision of a Level 3 sweep, and your first session will be on a Sunday.

Before your second session, you must complete the Level 1 Trainee Sweeps Registration ([at this link](#)) and the following online training courses available through AusDBF:

1. [ANSAS Sweep Accreditation eLearning course](#)



2. [AusDBF Rules of Racing - Coaches & Sweeps](#)
3. [Cultivating Diversity, Inclusion, & Belonging for Dragon Boat Activities](#)

Accreditation

DBNSW provide the Sweep Development framework ([at this link](#)), including Sweep Accreditation and Safety Regulations, Sweep Guidelines, Classification Levels and the AusDBF Safety Handbook. While this is recommended reading for every member, it is mandatory for any member registered as a Level 1 sweep. Understanding and implementing the guidance provided is non-negotiable.

The Head Sweep will be responsible for clearing a sweep's progression to the next level of accreditation and will coordinate with the Regional Sweep Coordinator to book on-water and written tests.

The Head Sweep, in consultation with the Coach, can review a sweep's accreditation status at any time. The Head Sweep may also engage the DBNSW Regional Sweep coordinator for additional guidance.

A Sweep's accreditation may be reviewed for:

- Consistently displaying poor sweep skills or judgement
- Consistently not anticipating and responding to the conditions
- Not prioritising safety
- Displaying a lack of respect for (all) crews or equipment

Safety First

The sweep is responsible for not only steering the boat in the right direction but also for the dragon boat's safe operation and the safety of everyone onboard.

The sweep is responsible for:

- The safety of the crew
- The safety of the boat
- The safety of others on or in the water
- Providing the safety briefing
- Always being in command of the boat
- Being aware of prevailing wind and tide conditions

All responsibilities are the sweep's; however, a second in command must take control if the sweep goes overboard (and this has happened). This person can be another L2/L3 sweep and must be determined before leaving the shore. This person must be able to take command of the boat and manoeuvre it without the sweep. Do not assume that 'someone' will take the initiative and respond to an incident.

A core competency for a sweep is always retaining command of the boat. The call for safety is yours, and there is no democracy. Sweeps are reminded that deciding not to prioritise safety may result in personal liability for boat damage and, in the worst-case scenario, a paddler's injury or death.



All registered sweeps (regardless of level) must read the [NSW Maritime Boating Handbook](#), in particular the following sections:

- Rules
- Navigation Marks Lights and Sounds
- Emergencies and Incidents

Checking the Weather and Tides

Sweeps must provide a weather and tide briefing to the Coach or Head Sweep before boat loading. This is for the sweeps' benefit (anticipation of likely conditions during the session) and the Coach's benefit (modifying the session plan based on conditions).

The following mobile apps are recommended:

- Weatherzone
- Willy Weather
- Windy

A Sweeps Role at a Training Session

The role of a sweep at a session has been expanded beyond helping launch the boat and getting ready to sweep the session. Sweeps are now responsible for:

1. Pre-launch Boat Check
 - a. Tow ropes.
 - b. Bailers (at least 4 in good condition)
 - c. Bulkhead drain check.
2. Coordinating covers and the launch/return of their boat at the start and finish of sessions.
3. Coordinating boat configs before loading (Coach to provide configs)
4. Weather and tide briefing to Coach/Head Sweep
5. Bringing their phone for safety calls. (The club will provide a waterproof bag)

The Sweeps Toolkit is a part of the Season plan.



Mako Sweeping Checklist

Before the Session		
1.	Arrival	Plan to arrive 10 minutes before the notified arrival time
2.	Sweeps Equipment	Personal mobile (safety only, not for photo/video) with Marine Rescue Husky number entered: 4441 5433 Waterproof phone bag Life jacket
3.	Weather & Tides Check	Download and use the apps (Weatherzone, Willy Weather, Windy) assess tide and weather <u>before</u> the session, then brief Coach and/or Head Sweep
4.	Boats	Co-ordinate uncovering and set-up Check: bailers, safety rope, bulkhead bungs, headlamp (if required) Co-ordinate boat launching
5.	Boat Loading	Get configs from the Coach Brief crew & load boat
During the Session		
6.	Safety	Think 'safety first' at all times and factor in the tides and conditions per DBNSW Sweep and NSW Maritime Guidelines
7.	Sweeps Back-up	Nominate a back-up sweep in the case of a 'sweep overboard'
8.	Multiple Boats	Support the Coach to keep the boats together
After the Session		
9.	Boats	Co-ordinate boat return to racks and covering
10.	Sweeps Equipment	Store life jacket and phone bag in the boat
11.	Debrief/Observations	In person to Head Sweep or sweeps@makopaddleclub.com
12.	Safety	Any safety/paddler conduct observations: in person to Head Sweep or sweeps@makopaddleclub.com
13.	Maintenance	Report any issues to: equipment@makopaddleclub.com

Sweeping questions relating to the checklist, building your skills or becoming an accredited sweep to Bear – sweeps@makopaddleclub.com



Mako Sweep Navigation Maps

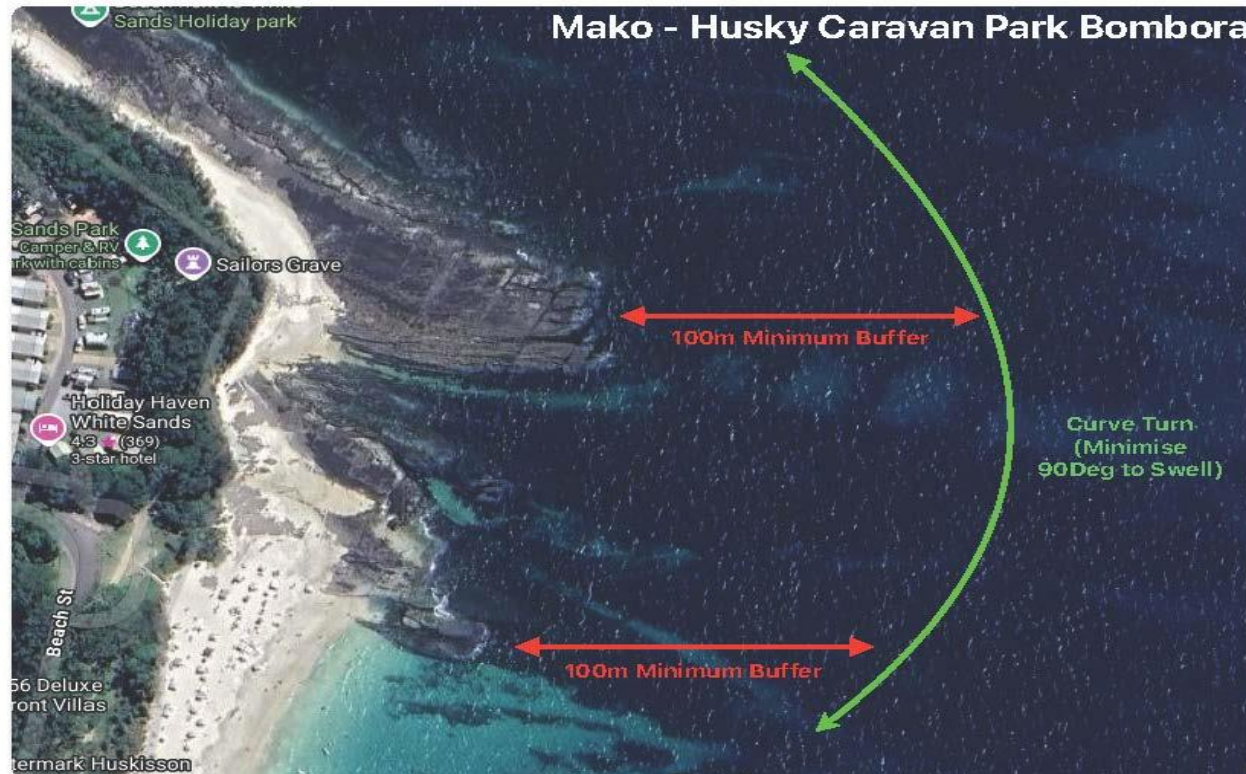
Sweep Nav Map 1: Currembene Creek Entry & Exit Lines



Notes:

1. The Navigation Marker in the creek will be on the left on the way out and right on the return. There is NO cutting inside the buoy in either direction. Sweeps will maintain an approximate 10 m distance from the buoy.
2. After turning at the buoy, follow the nav line to the island, always in the deepest water.
3. Make your turn once 200-300m out and in deep water (depending on swell and wind).
4. When returning with the swell, when one passes, start your return and stay behind the swell.
5. Under NO circumstances should sweeps try to 'surf' a wave into the Creek.

Sweep Nav Map 2: Currembene Creek Entry & Exit Lines



Notes:

1. Husky Caravan Park Bombora is unpredictable and dangerous if caught side on to the swell.
2. Sweeps will always maintain a minimum 100m buffer from the Husky Caravan Park point and more if confidence and swell size require more space.
3. Sweeps will execute a Curve Turn around the point, minimising the time the boat is square on to any incoming swell.
4. If there are any concerns with the swell, go further out or make a sweep safety call.