## DRAGON BOAT RACING



**DURATION** 60 – 180 minutes



**REQUIREMENTS** Dependent on location







## Create memories that bond, ignite performance or just have a laugh with colleagues – whatever your objectives, we have the perfect solution for your team's event.

Based on ancient Chinese tradition from some 2,000 years ago, dragon boat racing has become one of the fastest-growing corporate sports in the UK and worldwide. This unique sport is exciting, adrenalin pumping, and beware – highly addictive!

Our team building events offer a unique opportunity to provide you and your colleagues with a shared ground-breaking experience.

What better way to do this than getting your staff out of the office, in a highly competitive, adrenalin pumping team or company activity.

Our dragon boat events provide the perfect opportunity to escape the office and boost morale whilst encouraging key abilities essential in a work environment including employee teamwork and engagement, communication, and productivity.

## **DRAGON BOAT RACING**

## DETAILS

Originating from China over 2000 years ago, the history of dragon boat racing is steeped in a magical yet heroic myth, dragon boat racing has become the world's fastest growing water sport.

Dragon boats are 12 meters long decorated with a traditional dragons' head, tail and drum. Each boat can have between 10 and 16 paddlers providing the power, a drummer to beat a steady rhythm, and a helm to steer. The dragons are raced against each other in a spectacular energetic display.

No previous experience of dragon boat racing is required as full training and safety briefings will be provided on the day. A minimum of 14 people is required, with a maximum of 1,000 plus people for the larger team building events.

Each team building event consists of several teams, with the number of members in a team ranging from 11 - 17 people. Each team has a drummer, to beat a steady rhythm and therefore an odd number is required for one person to be the drummer.

Events range in size from 2 teams (14 people) to 60 teams (1,020 people) per one-day event.

Teams have a minimum of 2 races, where they will race against other teams over a 200meter racecourse. The fastest teams go through to the Grand Final.

The winning teams will be awarded specially designed Dragon Boat medals and the winning trophy!



