

Credit photo : Performances-net





>>> Challenge Team Building Dragon boat (video)



Dragon Out-doors Concept

**Stimulating !
Corporate !**

With the dragon boats, experience the exhilarating pleasure of a race that motivates everyone and the thrill of a marvellous team sport.

This ancient sport originated in China over 2000 years ago with the legend of poet Qu Yuan. The race commemorates the poet's death while the dragon symbolises the integrity of the fishermen who tried to save him.

Beginners or experienced rowers are both welcome. Teams of 7 to 20 members per boat work together behind the symbol of the dragon head.

The dragon boat race will bring to life the magic of team spirit and of living to the rhythm of the drums. It's all about rising to the challenge of the race in a fun and friendly way.

KEY INFORMATIONS

From 10 to 800
participants
Duration 2.30 hrs
Out-door
Fun





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SUGGESTED PROGRAM

- > Briefing, elimination rounds for a series of 2 to 8 boats over a distance of 250 meters.
 - > 1st elimination round – timed qualifying race
 - > 2nd elimination round – timed qualifying race.
- Each team's 2 qualifying times are added together (2 qualifying races per team) – Ranking: the best times qualify for the Final Race - the following times qualify for the final ranking race. Final Race and final ranking race (3 races total per team)

ADVANTAGES

An exceptional team-building activity accessible to all. A highly structured race format allowing a quick rotation of teams. See your performance improve from one race to the next as you alternate times of active involvement with times of observation. This activity is highly accessible for both very sporty and less sporty people given that all rowers work as a team, producing a spectacular result. Teams of 5 to 9 people for “baby boats” and of 11 to 17 people for big boats





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PLACE = Château de Vaux-le-Vicomte – The Poële Grand Canal

DURATION = from 2.00 hours

EQUIPMENT & SERVICES PROVIDED

Challenge: races on short distances of 250m until final race and ranking race – Logistical organisation and monitoring of races – Posting of times and results of the races

Dragon boats - Standard International Dragon Boat Federation (11.7 metres long and 1.1 metres wide - weight: 250 Kg) - head and tail of dragon – traditional HongKongese wooden drum – coach's seat – helm – 20 paddles & 20 life jackets per boat – 1 electric motorboat

Boat launching – 1 drummer – 1 cox (expert) per boat – 1 security officer in motorboat

Introduction to team coordination to the beat of drums - coordination and rowing movement practice exercises



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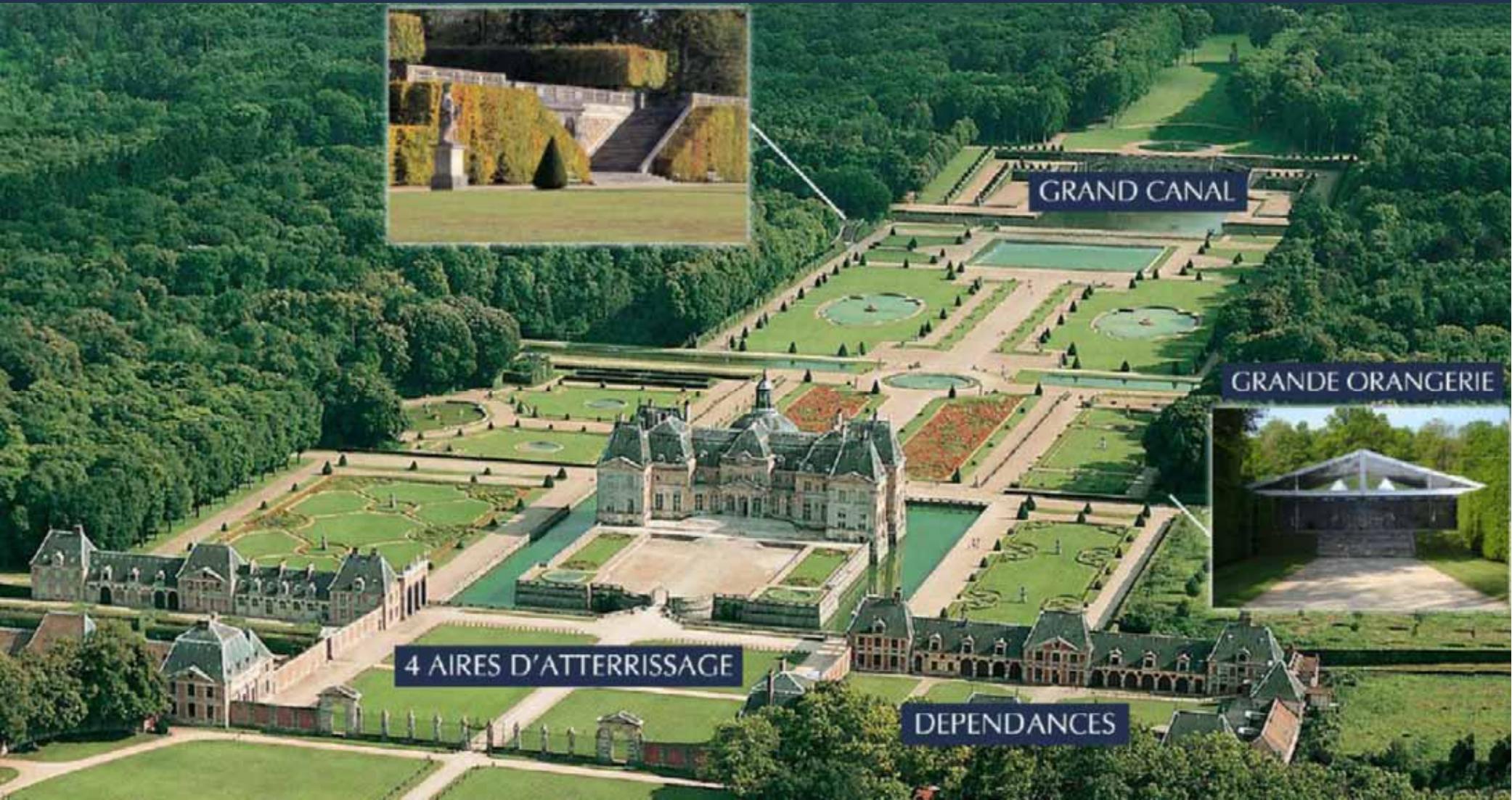
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