



For information about Paddling Sessions
or any other queries please contact:

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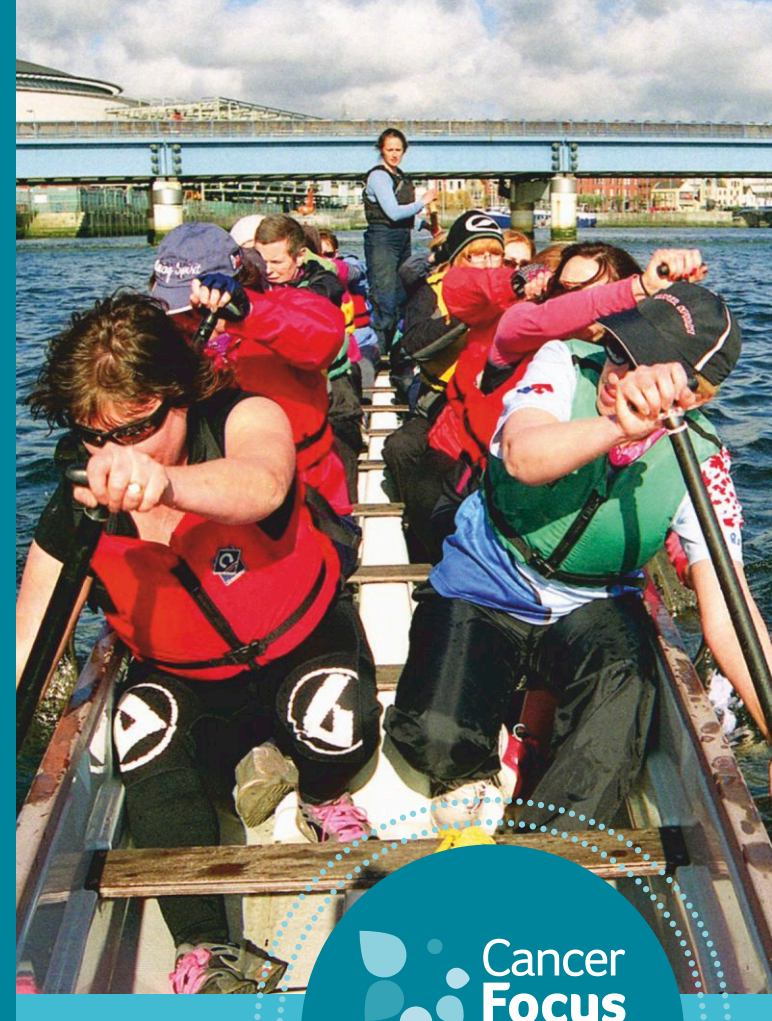
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Focus on
Lagan Dragons

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N. Ireland's first floating support group - The Lagan Dragons!

If you have or are recovering from, breast cancer joining a dragon boat paddling team can really help. The benefits are numerous, not only physical benefits but social and emotional benefits too.

Research has shown that women who participated in dragon boat paddling following breast cancer treatment felt physically stronger and had more energy. The sport also provided them with a fun way of getting their lives back on track after their cancer experience and provided them with a social outlet to make new friends, have fun and gain emotional support in a unique supportive environment.

There is no upper age restriction and you don't need any previous experience of dragon boating or any other sport. If you are interested, come along, try it out and be prepared to be hooked!

History

The first breast cancer survivor's dragon boat team was formed by Dr Don McKenzie in Canada in 1968 (Abreast in a Boat) to test the effect of strenuous upper body exercise on lymphoedema and general well-being. The positive results of his research sparked the start of the breast cancer survivor's dragon boat racing movement.

This initial research was repeated in the UK with similar results leading to the start of the breast cancer survivor's dragon boat racing movement which is now worldwide! Cancer Focus NI, in partnership with Bryson Lagan Sports, are able to provide breast cancer survivors with the opportunity to participate in dragon boat racing.



In doing so we aim to:

- Encourage those who have been diagnosed and treated for breast cancer to lead full and positive lives
- Demonstrate the benefits of an active lifestyle through the sport of dragon boating
- Raise awareness about breast cancer and encourage on-going research
- Provide support and fellowship to team members

Each time you attend:

1. Registering - everyone has to fill in a membership form and we all have to sign in before each practice (for insurance purposes)
2. Warm up session - before paddling we do warm up exercises to help loosen up muscles. If you have had reconstruction surgery or you have lymphoedema, do let the trainer know
3. The helm is in charge of the boat and it's passengers when it's on the water, so please listen out for and follow all instructions

What happens when you join a paddling team with the Lagan Dragons

- We aim to be out paddling at least once a week between April and October. If weather conditions are unfavourable e.g. high winds and storms, we won't launch the dragon boat. Rain is not normally considered bad weather!
- Wear a t-shirt, leggings/track suit or waterproof clothing. Paddles and buoyancy aids are provided for you.
- Ideally you should be able to swim the length of an average swimming pool. We have a buddy safety routine on the boats and a safety boat alongside the Dragon boat at each practice.
- We will e-mail reminders to all prospective paddlers each week so please do let us know if you want to come out paddling with us. We need to have an idea of numbers before each session.
- Through the winter we hope to organise other indoor fitness activities to keep up strength and stamina.

