



# 龍舟 LONGZHOU

THE OFFICIAL NEWSLETTER OF  
THE INTERNATIONAL DRAGON BOAT FEDERATION



Cover photo: dragon boaters from Australia, Singapore and USA get creative with their paddle training during lockdown.

## MESSAGE FROM MIKE

I write to you all during an extraordinary time of uncertainty and concern. The COVID-19 virus has changed all our lives and will continue to do so for months to come.

PAGE 2

## RECOGNISED FESTIVAL PROGRAM

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PAGE 3

## NEW LOGO

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PAGE 3

## HEALTH AND WELLBEING

Since the WHO declared the COVID-19 outbreak a pandemic, dragon boaters are finding creative ways to stay fit, share cake (photos) and keep in touch with the outside world during lockdown.

PAGES 4 - 5



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twitter.com/idbf\_dragonboat



@dragonboat.sport

## MESSAGE FROM MIKE



I write to you all during an extraordinary time of uncertainty and concern. The COVID-19 virus has changed all our lives and will continue to do so for months to come.

This is a time of the year that many people around the world celebrate Easter and it is normally a time when family and friends meet together.

This year with the lock down in many countries this will sadly not be possible.

Sporting events all over the world have been suspended and dragon boating has seen numerous festivals and events cancelled or postponed. It is sad that we cannot even get together in our clubs to paddle our dragon boats and enjoy being on the water experiencing the sport we all love.

The IDBF Executive Committee took the decision that the CCWC would not take place in 2020. It is now taking time to evaluate and consider all the options concerning future Championships. The perspective of athletes and championship organisers is at the heart of the decision-making process.

We must thank all our doctors and health workers for the enormous effort they are making to save lives. It is important that we all play our part in trying to prevent the spread of the virus and help our health services to cope with the huge demands they face. We should all follow guidelines on social isolation or social distancing, as by each of us playing a part in preventing the spread of the virus the sooner we will be able to return to our clubs and enjoy our sport again.

Please stay safe from this terrible virus and follow your government guidelines.

I wish that the health of the world returns to normal soon and that we can look forward to the return to our sporting calendar.

*Mike Thomas*

President IDBF



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# NEW LOGO

IDBF will be launching a new logo to complement the current emblem. The new logo retains the nature and history of dragon boating racing with a simpler more modern design.

The logo will be used primarily for development, marketing, communication and merchandising purposes and provides stronger co-branding with partners to reach new audiences and to expand the sport.

The emblem is an important part of IDBF's history and will continue to be used for various official purposes such as on approved paddles and championship medals. The current IDBF flag will still fly and be displayed at championship events, Congress and Council.

Both the emblem and logo combined will help reinforce IDBF as the world governing body of dragon boat sport.

The new logo will be rolled out over time.

Watch this space!



# RECOGNISED FESTIVAL PROGRAM

IDBF has recently launched its newly redesigned 'Recognised Festival Program'. The aim of the program is to promote dragon boat festivals around the world that meets IDBF's tiered operational standards for recognition. The program is open to any dragon boat festival - big or small, new or established, to apply for 'Recognised Festival' status.



Festival Organisers have the opportunity to use IDBF's new 'Recognised Festival' logo at their event and on marketing materials, giving dragon boaters and sponsors the confidence and assurance that the event meets one of IDBF's operational quality standards.

In addition, the event will be endorsed by IDBF and promoted through its social media, web and membership platforms. For dragon boaters, it will be a central place to find and compare IDBF recognised festival races from around the world.

The tiered levels of Bronze, Silver, Gold, Platinum allow Festival Organisers the option to apply for the level which best fits their current needs and potential pathways for future advancement of their events. The tiers also provide guidance to dragon boaters so they know what to expect when choosing an event.

IDBF is very excited about this program and looks forward to working with all the Festival Organisers around the world to further develop and promote the sport.

For more details including application form, go to the [IDBF website](#).

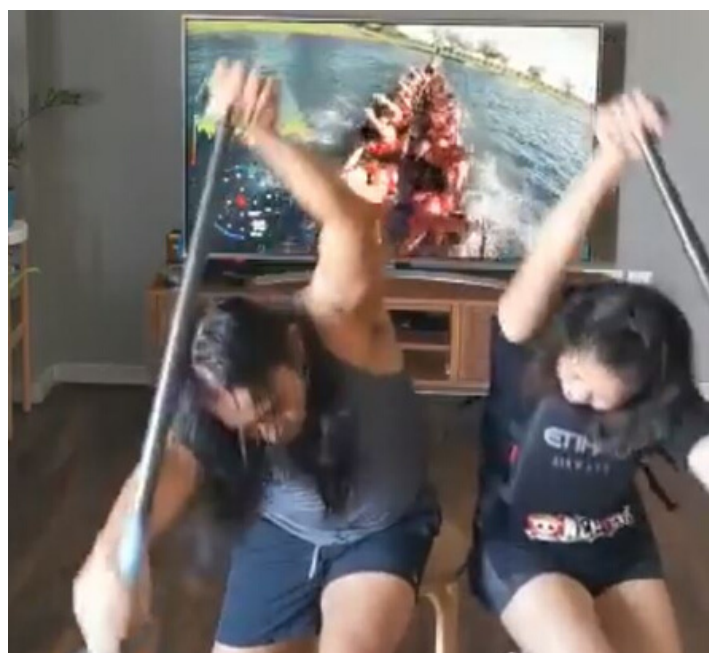
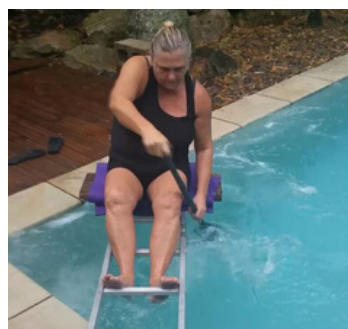
**Enquiries:** Melanie Cantwell, Chair Competition Technical & Commission. Email: [chair-ctc@dragonboat.sport](mailto:chair-ctc@dragonboat.sport)





# KEEPING FIT DURING LOCKDOWN

Since the WHO declared the COVID-19 outbreak a pandemic just over a month ago on March 11, people all over the world have been impacted by government lockdowns. Life as we know it has changed and we're all adjusting to the 'new normal'. One thing that dragon boaters do understand is the importance of exercising to maintain mental and physical wellbeing. Here's how some dragon boaters around the world are keeping fit during lockdown.



Big thanks to all the dragon boaters out there who shared some amazing photos and videos with us on Facebook.

*Top Row (L to R): Grace Steck (Heat DB), Wellness Warriors DragonBoat Paddles Support Group, Maria Baverstock-Kobezda (Currumbin DB, Aus), Saeko Ishihara (Bon Oyage Dragon Boat, Japan). Middle Row (L to R): Sai Wen (Hong Kong), Buoty Ramos (Phillippines). Bottom Row (L to R): Jennifer Eidson (USA), Carrigain Acosta (USA), image supplied by Patrick Fong (Singapore).*



# DRAGON BOAT CAKE FOR ALL OCCASIONS

A dragon boater's other love is of course food! With everyone in lockdown, baking has made a resurgence with supermarkets selling out of plain flour and eggs. We asked our followers on Facebook to share photos of dragon boat themed cakes. Can you spot which dragon boat is pretending to be a cake?



Thank you to all the dragon boat bakers and cake enthusiasts out there for sharing these creations with us on Facebook.

*Top Row (L to R): birthday cake - Kate Kenderdine, elegant white wedding cake - Michael Sulyha, Hope Afloat Canada (ginger bread dragon boat) - Lunn Simpson-Egan. Bottom Row (L to R): Aus FFB team cake - Monna Donnelly, NZ Bay Dragon nibbles - Brooke Maree Hargreaves, Aus DSA team cake - Shirleen Ho, UK Thames Juniors (London Teams Regatta) - Chris Smith, pink BCS birthday cake - Deborah Bonner.*

# LATEST NEWS RELEASES

### **Review of Championships Schedule** (#2020-04) - April 10, 2020

The IDBF Executive continues to meet regularly to discuss the possible rescheduling of championships in the current program. At this stage, no date has been set for when the next Club Crew World Championship (CCWC) will be. This is yet to be determined.

Full release: <https://www.dragonboat.sport/single-post/2020/04/10/Review-of-Championships-Schedule>

### **The 12th IDBF Club Crew World Championships will not be held in 2020** (#2020-03) - March 27, 2020

After extensive consultation, the IDBF with the Fédération de Dragon Boat for France (FDB) and the Organising Committee have agreed that this year's CCWC will not be held in 2020.

Full release: <https://www.dragonboat.sport/single-post/2020/03/27/The-12th-IDBF-Club-Crew-World-Championships-will-not-be-held-in-2020>

### **CCWC and ENC 2020 COVID-19 Update** (#2020-02) - March 16, 2020

Since our last statement on the COVID-19 virus, the World Health Organisation (WHO) has declared the virus a pandemic and has now stated that the epicentre of the virus, outside of China, is now in Europe.

Full release: <https://www.dragonboat.sport/single-post/2020/03/16/CCWC-and-ENC-2020-COVID-19-Update>

### **CCWC 2020: Coronavirus Update** (#2020-01) - February 29, 2020

The IDBF is continuing to monitor news and developments of the novel Coronavirus (COVID-19). With a number of international sporting events being cancelled or under review, teams have been seeking information on whether the Club Crew World Championships (CCWC) will go ahead or not in France later this year in August.

Full release: <https://www.dragonboat.sport/single-post/2020/02/29/CCWC-2020-Coronavirus-Update>

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# Prevent the spread of COVID-19 in 7 STEPS

- 01 Wash your hands frequently
- 02 Avoid touching your eyes, nose and mouth
- 03 Cover your cough using the bend of your elbow or a tissue
- 04 Avoid crowded places and close contact with anyone that has fever or cough
- 05 Stay at home if you feel unwell
- 06 If you have a fever, cough and difficulty breathing, seek medical care early — but call first
- 07 Get information from trusted sources



SOURCE: WORLD HEALTH ORGANIZATION

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