



國際龍舟聯合會

INTERNATIONAL DRAGON BOAT FEDERATION



The World Governing Body for Dragon Boat Sport

www.dragonboat.sport

Reply to: chair-medical@dragonboat.sport

January 2023

Anti-Doping Newsletter from the Medical Commission Chair

2023 IDBF World Championship Athletes and Coaches Preparation

Dear Members

Firstly, a Happy New Year to you all! Let us hope that this coming year will bring more peace around the world, passion and success on the water and good health and happiness to all.

I hope my Newsletter finds you, your families, your athletes and coaches well along with being fully motivated for making a successful season ahead.

Premier

It is once again a mandatory requirement for ALL Premier athletes to complete/have completed the ADEL International Level Athlete (ILA) anti-doping course before receiving accreditation/registration. The ADEL certificate is valid for 2 years so any athlete who completed the course and submitted their certificate to me last year will already be eligible for accreditation/registration in this year's IDBF World Championships.

Senior A and 24U

In expanding the IDBF education program it is a mandatory requirement for ALL Senior A and 24U to complete the ADEL National Level Athlete (NLA) anti-doping course before receiving accreditation/registration. The ADEL certificate is valid for 2 years so any athlete who completed this course and submitted their certificate to me last year will already be eligible for accreditation/registration at this year's IDBF World Championships. Likewise, any athlete who competed as a Premier athlete at last year's World Championships in Sarasota and had submitted a certificate to me but will be competing in Senior A at this year's IDBF World Championships will already be eligible for accreditation/registration at this year's IDBF World Championships.

Coaches

The IDBF is also expanding its education program to include ALL coaches responsible for teams competing in this year's IDBF World Championships will be required to complete the ADEL High-Level Coaches course, submit their certificate to IDBF Chair Medical before receiving their accreditation/registration at the 2023 Championships.

The influence a coach can have on athletes can have a significant effect. It is therefore important that coaches are well informed on anti-doping and can guide their athletes to doping-free, healthy and safe sport.

In addition

I strongly recommend Senior B athletes to also undertake the ADEL National Level Athlete Course (NLA). As we get older it is not uncommon for medications to become necessary to



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maintain good or desired health. Under the Strict Liability rule ALL athletes are 100% responsible for what goes into their bodies. So become informed sooner rather than later. The ADEL National Level Athlete Course will become mandatory for Senior B athletes in preparation for the IDBF World Championships in 2024.

In conclusion

I would like to remind all National Federations that under the IDBF Anti-Doping Rules 2021 (see page 5 & 6) that all National Federations are required to promote the education of their athletes in clean sport

IDBF National Federations and their Members and Affiliates

IDBF National Federations and their Members and Affiliates IDBF National Federations and their Members and Affiliates are required to assist in Anti-Doping Education by introducing programmes that promote the spirit of sport in order to establish an Anti-Doping environment that influences the behaviour among Athletes, Athlete Support Personnel, other Persons and any Participants of the Sport and creates an Anti-Doping culture.

IDBF National Federations and their Members and Affiliates should educate and counsel all Participants in the sport regarding the IDBF Anti-Doping Rules and other Anti-Doping rules (ex: Code and International Standards) and in particular the information on:.....

By being proactive in promoting the ADEL courses (put link on your NF website) each National Federation will be making a start in fulfilling their obligations under the IDBF ADR as an IDBF member and according to the Code 2021 Art. 18.1 and 18.2.3.

With regard to the above the IDBF requires ALL National Federations to submit their current anti-doping educational plan/activities and information that is available to all their athletes and support personnel. This can be in document form or by sending me your NF Anti-Doping website link. **Please kindly submit this information by 28.02.2023**

The health of our athletes should be the top priority when wanting to achieve success on the water.

Bridget Walter, Chair Medical Commission

ADEL Anti-Doping Course link:

<https://adel.wada-ama.org/learn>

Should there be any further questions regarding the ADEL programs don't hesitate to contact chair-medical@dragonboat.sport

