

16th IDBF WORLD DRAGON BOAT RACING CHAMPIONSHIPS

#Bulletin no.3

AUGUST 7 - 13, 2023
RAYONG - PATTAYA
THAILAND



2023 16TH IDBF WORLD DRAGON BOAT
RACING CHAMPIONSHIPS
RAYONG-PATTAYA, THAILAND



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BULLETIN NO.3

16th IDBF World Dragon Boat Racing Championships

Rayong - Pattaya, Thailand 7 – 13 August 2023

This information of Bulletin No.3 provides updated information about the 16th IDBF World Dragon Boat Championships including IDBF registration fee, hotels, accommodations fee, ceremonies, et cetera that must be adhered to.

The IDBF and the Organising Committee for these Championships wish to thank all the participating countries for your patience with the delay in the distribution of Bulletin 3. IDBF has attempted to include as much information as possible in Bulletin 3, please take the time to read through the information in detail.

The Organising Committee has been on 'weather watch' for the last month and will make a final decision at the **end of June** as to whether the Venue for the Championships will need to be moved from the Royal '**Thai Navy Rowing and Canoeing Training Centre**' to '**Mabprachan Reservoir**' (the same venue used for the 2019 World Dragon Boat Racing Championships). The decision will be made due to the dropping water level at the Training Centre.

If the Championships Venue changes, this will also mean the location for the Opening Ceremony, Team Registration, Team Managers Meeting and Grade 1 IRO training will also change. IDBF will notify all participating countries as soon as possible after the 30th of June with any changes which will need to take place.

Moving Venues at the last minute is not an easy task and IDBF appreciates the massive effort the Organising Committee (Rowing and Canoe Association of Thailand) are committing to hosting another successful Championships.

Key dates - Updated

Requirement	Deadline date
Final named entries – against which all fees will be charged	Friday 23 June 2023
IDBF will issue invoices against named entry	Friday 30 June 2023
Paradragon Athletes - Certificate of Diagnosis to be submitted by to chair-para@dragonboat.sport	Friday 30 June 2023
Orders for Racing Vest Numbers (race number bibs) admin.wdbrc2023@rcat.or.th	Friday 30 June 2023
Rental for paddles and PFDs (life jackets) to be submitted by - see form at end of Bulletin admin.wdbrc2023@rcat.or.th	Friday 30 June 2023
Deadline for applications for Paradragon Chaperone passes to be sent to chair-para@dragonboat.sport	Friday 7 July 2023
Online Crew Training Sessions will open	Saturday 8 July, at 12:00 noon UTC
TUE's to be submitted to chair-medical@dragonboat.sport by	Saturday 8 July 2023
Grade 1 IRO Training Registration closes	Friday 14 July 2023
Airport Pickup and Dropoff – See Annexure C admin.wdbrc2023@rcat.or.th	Saturday 15 July 2023
IDBF Registration fee will be payable by	Friday 21 July 2023
National Anthems to be submitted	Friday 21 July 2023
Online declarations (declaration 1 and declaration 2) to be submitted by	Monday 31 July 2023
Team Registration will be open	Saturday 5 and Sunday 6 August 9am to 4pm
Paradragon Assessments at venue	Saturday 5 and Sunday 6 August 9am to 4pm
Closing Party on Sunday 13 August – Prebooked Tickets – USD\$20 per person (tickets <u>paid after</u> 7 August will cost USD\$30 per person)	Monday 7 August 2023
Team Managers Meeting – will be held 3pm	Monday 7 August 2023
Opening Ceremony – will be held	Monday 7 August at 6pm

Confirmed Entries

Confirmed entries have been received from: Argentina, Australia, Canada, China, Chinese Taipei, Germany, Great Britain, Hong Kong, India, Japan, Macau, Malaysia, New Zealand, Philippines, Singapore, Sweden, Thailand, USA.

Division	Class	Standard boat				Small boat		
		200m	500m	1000m	2000m	200m	500m	2000m
Premier	Open	8	8	7	8	11	11	10
	Women	6	6	6	6	10	10	10
	Mixed	11	11	12	11	10	10	10
Senior A	Open	5	5	6	5	11	11	11
	Women	3	4	4	4	7	7	7
	Mixed	7	8	8	8	7	6	6
Senior B	Open	5	6	6	6	9	8	8
	Women	4	4	4	4	5	4	4
	Mixed	8	7	7	7	7	8	8
Senior C	Open	5	5	5	5	4	4	4
	Women	3	3	3	3	4	4	4
	Mixed	4	4	4	4	2	2	2
24U	Open	4	4	4	4	6	6	6
	Women	4	4	4	4	5	5	5
	Mixed	7	7	7	7	3	3	3
Junior A	Open	2	2	3	2	4	4	4
	Women	3	3	3	3	1	1	1
	Mixed	3	3	3	3	5	5	5
Junior B	Open	Nil	Nil	Nil	Nil	3	3	3
	Women	Nil	Nil	Nil	Nil	1	1	1
	Mixed	1	1	2	1	2	2	2
Paradragon	PD1					4	4	4
	PD2	4	4	4	4	3	3	3

IDBF Registration Fee

The IDBF registration fee is **USD 50 per person** and **USD 25** for Junior and U24 participants.

The IDBF Deputy treasurer will provide an invoice for this payment, which will contain the bank details.

Please note the timelines:

- Names entries close **June 23, 2023**
- Invoices will be sent out **June 30, 2023**.
- Payment due **by July 21, 2023**

IDBF will not be refunding registration fees for registered attendees who cancel after the payment of the invoice.

It is the responsibility of the participating member to ensure the full amount shown on the IDBF invoice is received by IDBF. IDBF will send an updated invoice once the money is received, and this invoice will show any outstanding fees. Any bank fees remain the responsibility of the participating member and these can be paid in cash in US dollars at the time of registration.

The registration fee is the only money payable to the IDBF.

****All other fees are payable to the Organizing Committee****

It is the responsibility of the member to ensure their registration on site in Thailand is within the hours set in the program.

Accommodation and Meals

Hotels

This Bulletin contains updated information about hotels that are recommended by the Organising. All have been carefully chosen and the Organising Committee is confident you will receive excellent service and a traditional and warm Thai hospitality whichever you choose.

The Package fees

No.	Official Accommodation's package	Room Type with breakfast		Quantity
		Single	Twin	Rooms
	Package fee: USD/person/night			
1	Kantary Hotel Ban Chang, Rayong	100	75	120
2	Serene Phala Resort and Restaurant	110	85	90
3	D Varee Jomtien Beach Pattaya	100	75	200
4	Grand Jomtien Palace Hotel	90	65	160
5	Jomtien Palm Beach Hotel & Resort	105	80	300
6	Ease Jomtien Beach	90	65	450
7	Welcome Jomtien Beach Hotel	90	65	350
8	Sabai Sabana	90	65	120
9	Grand Palazzo Hotel	100	75	100
10	OZO North	110	80	50
11	Long Beach Garden Hotel & Spa	100	75	400

Remark: The prices shown in the price list include room fee with breakfast and transportation (1 round trip airport-hotel-airport, 1 round trip hotel-venue per day, and trip to the opening ceremony). Lunch 15 USD per meal per person, and Dinner, 15 USD per meal per person, will be available for purchasing. All teams are advised to reserve their lunch and dinner in advance, via the OC for their own convenience and comfort.

Meals

For teams who choose to have their own lunch (not purchased through the OC), there are various kinds of local and international food and beverage vendors around the hotel areas.

Please notify the Organising Committee in advance, if any of your team members has particular dietary requirements and we will try to help you find appropriate restaurants.

Breakfast

Breakfast will be provided at all participating Official Hotels as part of the advertised room rate.

Lunch (15 USD)

The Organizing Committee will prepare an International Buffet for lunch to purchase at the venue. A meal consisting of:

1. Jasmine Rice
2. Soup (curry, lemon grass soup, coconut soup etc.)
3. Fried Dishes (fried chicken, fried mixed vegetables, etc.)
4. Roasted Dishes (Roast Chicken, Roast Beef, Roast Fish, etc.)
5. Noodles (Pad-Thai, etc.)
6. Fruit (Seasoned Thai Fruit)
7. Drinking Water

***Note:** This is an example of a food list for teams to consider. The menu for each meal includes, at least, steamed Jasmine rice, 4 dishes, fruits, and drinking water. The menu changes for each meal.

Dinner (15 USD)

The Organizing Committee will prepare an International Buffet for lunch to purchase at the venue. A meal consisting of:

1. Steamed Jasmine Rice
2. Soup (curry, lemon grass soup, coconut soup etc.)
3. Fried Dishes (fried chicken, fried mixed vegetables, etc.)
4. Roasted Dishes (Roast Chicken, Roast Beef, Roast Fish, etc.)
5. Noodles (Pad-Thai, etc.)
6. Fruit (Seasoned Thai Fruit)
7. Drinking Water

***Note:** This is an example of a food list for teams to consider. The menu for each meal includes, at least, steamed Jasmine rice, 4 dishes, fruits, and drinking water. The menu changes for each meal.

Remark

The Organising Committee requires all teams to provide a signature and Stamp of federation on the Hotel Reservation form. (Annex A)

Opening Ceremony

The Opening Ceremony will be held on **Monday 8 August 2023** starting at 6pm.

Location: The Royal Thai Navy Rowing and Canoeing Training Centre, Ban Chang, Rayong.

Schedule:

6:00 PM: Athletes ready at the Royal Thai Navy Rowing and Canoeing Training Centre

6:05 PM: Welcoming performance

6:15 PM: Opening ceremony is officially begun by the MC (VIPs are introduced)

Participant countries will be officially introduced, and mementos given to each.

6:25 PM Performance

6:35 PM Dragon's Eyes Opening Ceremony

6:40 PM Video presentation

6:45 PM Welcoming speech by RCAT President

- Welcoming Speech by IDBF President
- The Championships will be officially opened by the Chair of the ceremony.
- Fireworks show.

7:00 PM Dinner

- Performance

8:00 PM Athletes move to the hotels.

Closing Ceremony

The Closing Ceremony will be held on **Sunday 13 August 2023**. Tickets will be available for purchase through the Organizing Committee. Pre-booked tickets will cost 20.00 USD per person, which includes entry to the event, transportation from all Official Accommodations, food and beverage, and music entertainment. Pre-booked tickets must be paid by 7 August 2023. Tickets booked after 7 August 2023 or at the Venue, will cost 30.00 USD.

Location: Convention Hall

Schedule:

6:30 -7:00 PM - Athletes travel to the Convention Hall.

- Food and beverage are served.
- Performances

7:45 PM - The ceremony is officially begun.

- MCs invite all the guests into the ceremony

- Performances
- Multi-vision video
- Thank you, speech, by Host
- Thank you, speech, by the IDBF
- Trophies Ceremony for the countries with the best result
- Next World Championships Dedication Ceremony
- Performances

9:30 PM - The end of the ceremony

REMARKS - Performances include: -

1. Thai cultural shows
2. Thai Boxing (Muay - Thai) and Swordplay shows
3. Joe Louis Thai Puppet Theatre
4. Music by DJs

Confirmed Schedule

The current schedule is shown below. In due course, more detailed information will be provided.

	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon
	4 th	5 th	6 th	7 th	8 th	9 th	10 th	11 th	12 th	13 th	14 th
Teams arrive											
Training at venue											
Registration											
Opening Ceremony											
Racing											
Closing Ceremony											
IDBF Congress											

Program of Racing

As outlined in Bulletin 2

Team Managers Meeting

The first Team Managers Meeting will be held on Monday 7 August 2023 at 3 pm - The Royal Thai Navy Rowing and Canoeing Training Centre, Ban Chang, Rayong. All teams are invited to have up to 3 representatives per participating country at this briefing.

Registration Headquarters

The Registration Office will be at the Royal Thai Navy Rowing and Canoeing Training Centre – and will only be open Saturday 5th August and Sunday 6th August from 9 am to 4 pm.

Pre- Training Session

The Organizing Committee will not accept training before the times stated above.

World Championships Training Session

Crew Official Training Sessions bookings are to be completed electronically on the online registration site: <https://idbf.idbfchamps.org> -TRAININGS interface.

- The online registration system will open from **Saturday 8 July, at 12:00 noon UTC** to book training sessions (to verify the current UTC time use <https://time.is/UTC>).
- **Official Training sessions in both standard and small boats are available from Saturday 5th August to Monday 7th August.**
- The time length of one session is one hour. This is the total time and includes loading and unloading.
- There will be six sessions every day, starting at 09:00, 10:00, 11:00 and 13:00, 14:00, 15:00.
- There will be 18 standard boats and 18 small boats per training session available.
- More details will be sent later on directly to the participating countries and Team Managers and will be also published on <https://idbf.idbfchamps.org>
- The training schedule of each country shall be based on the time posted in the embarkation area.
- The schedule is available publicly at https://idbfchamps.org/TrainingsBookingShow.php?event_id=67

Be aware that this address only displays the data and that the booking is to be made in the Event Registration system.

Should the Organising Committee, in consultation with IDBF C&TC, deem it necessary and the conditions allow, additional practices may be added.

There is a video (*made a few years ago*) presenting the booking process.

It's available at <https://admin.idbfchamps.org/mediaplayer.php?source=idbf-booking-trainings-1.20.mp4>

Dragon Boats

All dragon boats to be used in the Championship will be supplied by Swift Racing Boat.

Boat Pool

All Teams are advised that only those dragon boats provided by the Organising Committee will be permitted to race in the Championships. For this World Championships, 20 Standard and 20 Small Dragon Boats were built to the IDBF International Standard Racing Dragon Boat Specifications (ISRDB).

Boat Allocation

Crews will be allocated to boats in accordance with the Lane Draws shown in the IDBF Race Plans. Crews will NOT be allowed to pre-select a boat for any race or to race in a boat not provided by the Organising Committee.

Double Rostering (Competitors in more than one racing class)

Team Managers are advised that no allowance will be made in the Race Program for any competitors who are double rostered. Crews with double rostered competitors (and this includes drummer and helms) are advised that in the event of 'back-to-back' racing arising Race Officials will not delay races.

Crew Lists

All crew lists showing the competitors and reserves who will be racing in a particular competition class should be submitted by the team leader or crew manager to the race secretariat (race administration), preferably at the Team Leaders meeting.

Team Managers are asked to submit crew lists to the race secretariat (race administration) by the end of each day racing for the following days racing. This will allow the race officials to process the crew lists in sufficient time for the following day. In exceptional cases only, crew lists will be accepted up to 1 hour prior to the first race of the day.

Once racing commences, requests for changes to crew lists will only be accepted if they relate to a medical condition accepted by the Chief Officials. In all other circumstances, a change will have to be made through the use of another athlete already on the submitted crew list. Competitors do

not need to be nominated as reserves as long as their name appears as one of the 26 or 14 named competitors.

It is recommended to generate crew lists from the IDBF online database as it will improve clarity, and pin numbers and bar codes are automatically provided. This facility is available after team named lists have been entered online at <https://idbfchamps.org/idbf>

The Organising Committee will have a printer and laptop/computer available at the venue for those teams wishing to print their crew lists from the IDBF online database.

Please be aware that the registration system for preparing crew lists does not include the rules of the crew composition. It is the responsibility of the team manager to ensure that each crew complies with the relevant rules.

Fit to Race: You are reminded that when signing the crew list, the person signing confirms with the chief official that all the competitors shown on the list are fit to race. This statement covers not just the physical ability of the competitors to undertake the race concerned but it also means that the signatory is confirming that there are no known medical reasons why those listed should not compete during the whole period of Championships.

Drones

Drones are not permitted to be flown at the Regatta Venue by participating teams under any circumstances. The only drones permitted will be those operated by the IDBF for umpiring and event management purposes and by accredited media organisations.

Racing Vest Number (race number bibs)

Teams should provide their own sets of Racing Vest Numbers or race number bibs (01-26). The IDBF Organising Committee can, if requested, provide vest numbers for purchase by pre-ordering. Team Managers will be able to collect their pre-ordered Racing Numbers when they register at the Accreditation Office of the Organising Committee. Orders for Racing Vest Numbers must be submitted before **30 June 2023**.

To pre-order Racing Vest Numbers (race number bibs), submit the booking form to:
admin.wdbrc2023@rcat.or.th

National Flags

National flags for medal ceremonies and Opening Ceremony (for flag bearers) will be provided by the Organizing Committee. Countries are encouraged to bring additional national flags which can be displayed in team tents.

Anthems

Please check your National Anthem at https://idbfchamps.org/anthems.php?event_id=51 (Anthems interface). If you require a change or need to add your anthem, please upload an MP3 file or MP4 audio file in the National Federation system or in the Event Registration system opened for the current Championships, that is <https://idbfchamps.org/idbf>

To ensure the anthem is correct it is expected to be **approved in the last two weeks before the Championships** by the Team Manager or a person representing the National Federation concerned.

It can be done either in the public Anthems interface or in the Event Registration system - ENTRY FORM interface.

The final date for submission is **Friday 21 July 2023**.

Media Accreditation

The media accreditation process for the 16th IDBF World Dragon Boat Racing Championships is now open. Media Passes are limited and not all requests will be granted. To request a Media Pass or for more information about the accreditation process, please email Belinda Chung Chair, IDBF Marketing & Media Commission at chair-marketing@dragonboat.sport.

International Race Official Grade 1 Training

Date: Saturday August 5, 2023

Time: 09:00 - 18:00

Venue: TBA

Conduct: Presentations & Trainings

Date: Sunday August 6, 2023

Time: 09:00 - 18:00

Venue: TBA

Program: AM Revision & Online Exam, PM Oral Exams for 15 mins each.

Please inform Jason Chen IDBF Race Official Secretariat at ro-secretariat@dragonboat.sport

Individuals can register via the below to attend the course.

For more information & registration please check via:

<https://docs.google.com/document/d/122wLDvK2hyHnctgqb2BMHrFxaeIAwieN/edit?usp=sharing&oid=112363307578861525241&rtpof=true&sd=true> (**Closing date: 14 July, 2023**)

Note: As there are limited slots, the presenter will reach out to you after the closing date to confirm your entry.

Local Hospitalities

The 16th IDBF WDBRC Organizing Committee will provide official liaison for teams that reserved their accommodation with the OC for free to the venue and the accommodations. The number of official liaisons will be determined according to the number of participants in the country. Teams can arrange their own commute schedule.

There are 2 airports where the official liaison will pick you up on your arrival and departure - Suvarnabhumi Airport and Don Mueang International Airport. The liaison will pick you up at the airport and take you to the hotel. The service will be provided both on training days and competition days. On your departure, official liaison will pick you up at your hotel and take you to the airport.

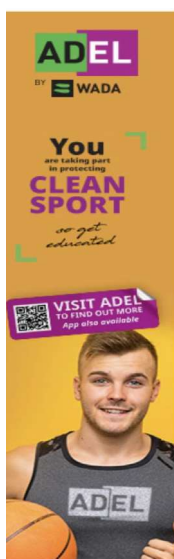
Please note that this Local Transfer Service will be provided ONLY to teams who book their accommodations in the official hotels with the OC. (Buses are designated per country NOT shuttle bus style as previous).

Any teams who have chosen not to use the official accommodation arranged by the Organizing Committee are responsible for organising own transport to/from airport and to/from regatta course and to/from opening ceremony and closing party each day. IDBF and Organizing Committee are not responsible for any delays which may occur using non-official transportation.

If you need assistance with any of your arrangements, please do not hesitate to contact the 16th IDBF WDBRC Organizing Committee.

Should any teams wish to take the liaison for your own purposes, teams will be responsible for the additional cost.

Anti-Doping Requirements



Don't leave it to do in Pattaya!

Completion of the appropriate ADEL course should be by 31.05.2023 - Premier to complete International Level Athlete; Seniors and 24U to complete National Level Athlete; coaches to complete High Performance Coaching

This is mandatory for all PREMIER, Senior A and 24U athletes plus ALL coaches competing in the WDBRC 2023 in order to receive their accreditation.

Once you have completed the course, please send a copy of your ADEL certificate to:

chair-medical@dragonboat.sport

TUE (Therapeutic Use Exemption)

Premier Athlete submission to: chair-medical@dragonboat.sport by 8 July 2023.

See IDBF website for TUE Application form and IDBF TUE Checklist:

<https://www.dragonboat.sport/anti-doping>

All other athlete submissions in the first instance to their National Anti-Doping Organization (NADO) otherwise to IDBF chair-medical@dragonboat.sport **by 8 July 2023**.

Those on medications for asthma please check the information in the Prohibited List 2023, page 9, S3 before submitting a TUE.

Declarations, Consent, and Waivers

In a continued effort to decrease the amount of paper and make life easier for all concerned the IDBF would like all declarations to be completed and submitted electronically.

- **Declaration 1** (for Team Manager) must agree to as confirmation of acceptance: <https://www.jotform.com/sign/231643560099055/invite/01h2x2r5ky96c6ad6c51b8e219>
- **Declaration 2** (for Athletes) is for Anti-Doping and for **ALL** athletes, coaches, managers, physios, team physicians to **individually** sign or tick a box as confirmation of acceptance: <https://www.jotform.com/sign/231643561991057/invite/01h2x34y51b820d4abfb33bed3>

Please complete and submit using declarations@dragonboat.sport **by 31 July 2023** will be greatly appreciated.

Competitor's Rights

- Be notified of selection for doping control
- Be informed of the consequences of refusing to provide a sample
- Have the doping control procedures explained
- Be provided with a selection of sealed equipment from which to choose
- Be observed when providing sample by someone of the same gender
- Receive copies of all signed documentation

Competitor's Responsibilities

- Know the IDBF and your IDBF's Member anti-doping regulations
- Carry photo ID to present to the Doping Control Office (DCO)
- Inform your doctor or pharmacist that you are a competitor who may be subject to doping control
- Consult your IDBF Member in advance if you are medically required to take any medication on the prohibited list – before being permitted to take such substances, you will need to apply for medical exemption and therapeutic use exemption (TUE)

- Keep a list of all medications, vitamins or supplements you are taking and declare them on the doping control form
- Be careful with unlicensed products such as nutritional supplements or herbal products as they may contain prohibited substances
- From notification through to completion of sample collection, stay in full view of the DCO or chaperone, whether at a Competition, Training Venue or your home
- Re-hydrate with sealed non-alcoholic, caffeine-free beverage before the test
- Be prepared to begin sample collection procedures as soon as possible after notification

Paradragons

The 16th IDBF WDBRC will include Paradragon racing. Racing will be in Standard boats (PD2) and Small boats (PD1 and PD2). As a reminder, PD1 races are for crews where all paddlers are impaired in some way, while PD2 races are for crews where approximately half the paddlers are impaired.

As previously advised in Bulletin No.2, IDBF will allow 'double rostering' by Paradragon crew members (both impaired and unimpaired). In this way, Paradragon crew members should be able to participate in other race divisions, classes, and boat sizes. It may also provide opportunities for 'reserves' in other classes to get more races than they might otherwise. In short, IDBF is determined to encourage both impaired and unimpaired athletes to race in the Paradragon class.

National 'B' teams will be permitted to participate in all Paradragon races. Medals will be awarded to the first three crews in each event regardless. Apart from the 2000m race, Paradragon events will each be decided by the combined times over three heats.

If any team uncertain about the application of the Paradragon race rules, or the event itself, the Chair of the Para Athletes Commission (Nigel Bedford) is available for direct queries by:

- **email (chair-para@dragonboat.sport); or**
- **phone (WhatsApp: +44 7712 645800 during normal UK working hours).**

As part of the process for accrediting Paradragons, a Certificate of Diagnosis for each paddler will be required (copy attached to this Bulletin, and this can also be found at Annex D to the Paradragon Rules of Racing). A completed certificate needs to be submitted for each impaired paddler to chair-para@dragonboat.sport by email **by 30 June 2023 at the latest**. Note that Certificates of Diagnosis are not required for any unimpaired paddler who is part of a PD2 team, nor for the drummers or steerers.

The IDBF Para Athletes Commission will develop preliminary 'scores' for each impaired paddler based on the evidence in the Certificates of Diagnosis. These scores will be sent to the respective nations so that they can ensure that the crews they have in mind for events should satisfy the race rules.

However, in order to validate the process, and before racing actually starts, a few Paradragon paddlers from each team will be formally assessed to confirm that the impairment(s) declared in the Certificates of Diagnosis are consistent with the athletes' presentation. This assessment may result in adjustments to the 'scores' previously advised based on paper assessments. The

assessments will be conducted at the race venue on 5-6 August 2023 and nations will be advised which of their paddlers has been selected to participate.

Paradragon teams will be co-located in the Athletes village and be provided with specific facilities for their own use. Transport will be provided (by 'golf buggy' type vehicles) to move mobility-impaired athletes from designated car parking to the Athletes village. Matting will be laid between the village to boat marshalling and to the medal presentation area to provide a suitable surface for wheelchair users.

Finally, IDBF knows that it is likely that some Paradrasons may need physical or emotional support before and after racing that is best provided by someone other than a teammate.

Accordingly, a 'Paradragon Chaperone' pass is available on a limited basis that will allow the chaperone to accompany the paddler into the athlete village and also into and through boat marshalling. If you believe one or more of these passes would be helpful to your Paradragon team, the relevant team manager should email chair-para@dragonboat.sport **by 7 July 2023**.

Input to outline programme

Friday 7 July 2023	Deadline for applications for Paradragon Chaperone passes to be sent to chair-para@dragonboat.sport
Saturday 5 August 2023	Paradragon assessments (at venue)
Sunday 6 August 2023	Paradragon assessments (at venue)

Dealing with the Heat in Thailand

Before the Worlds:

ADAPTATION: training in high temperatures that result in excess sweating can help your body adapt to the conditions expected in Thailand. Your body learns to sweat more efficiently and cool down quicker. The amount of time that is ideal for this is about 2 weeks, but any such training will have some benefit. Be sure to watch for the signs of heat exhaustion or heat stroke if doing this!

At the Worlds: There are 3 main things to worry about in degrees of severity.

HEAT CRAMPS: This is cramping of muscles overworked in the heat. This is most quickly cured by an infusion of salt containing intravenous fluid (would need the medical tent) but short of that electrolyte drinks and cooling down are generally adequate. Salt pills are not recommended for treatment or prevention. Once cleared the athlete can usually return quickly to competition.

HEAT EXHAUSTION: athletes will feel like they have a virus. They feel weak, achy, have a headache, may be lightheaded, nauseous and could vomit or pass out. They do not have high body temperatures or confusion. That is heat stroke!! See below. Treatment of heat exhaustion is resting in a cool environment; oral fluids is usually adequate. Fans, cool mist or showers and cold compresses can help. These athletes should not return to competition the day it happens, and care taken on subsequent days.

HEAT STROKE: is a life-threatening emergency! The main sign is CONFUSION usually with a high temperature and other symptoms of heat exhaustion. The medical staff must handle this. Rapid lowering of the body temperature must occur. First aid is removal from the heat, keeping the victim on their side in the rescue position in case they vomit. If professional medical help is delayed, evaporation using fanning and water sprays can help. The athlete will not be allowed to compete again.

PREVENTION: athletes need to monitor themselves and coaches should keep an eye out for problems. Paddlers need to: keep up their fluid intake, stay out of the sun, use hats or umbrellas when in the sun, seek cool places with air conditioning or fans, and wear light, loose clothing that allows airflow. Excess caffeine and any alcohol can increase the risk of dehydration and heat illness.

Contacts

Championships Website	https://www.rcat.or.th/16-IDBF-WDBRC
Organizing Committee contacts	office@rcat.or.th
Accommodation and Meals	hotel.wdbrc2023@rcat.or.th
Administration, General Inquires	admin.wdbrc2023@rcat.or.th
Visa	visa.wdbrc2023@rcat.or.th

IDBF contacts

IDBF General Secretary

Peter Tang general-secretary@dragonboat.sport

IDBF Treasurer

Alan van Caubergh treasurer@dragonboat.sport

IDBF Deputy Treasurer

Loretta Lewis deputy-treasurer@dragonboat.sport

Chair IDBF Competition and Technical Commission

Melanie Cantwell chair-ctc@dragonboat.sport

Chair IDBF Medical and Sports Science

Bridget Walter chair-medical@dragonboat.sport

Chair IDBF Para Athletes Commission

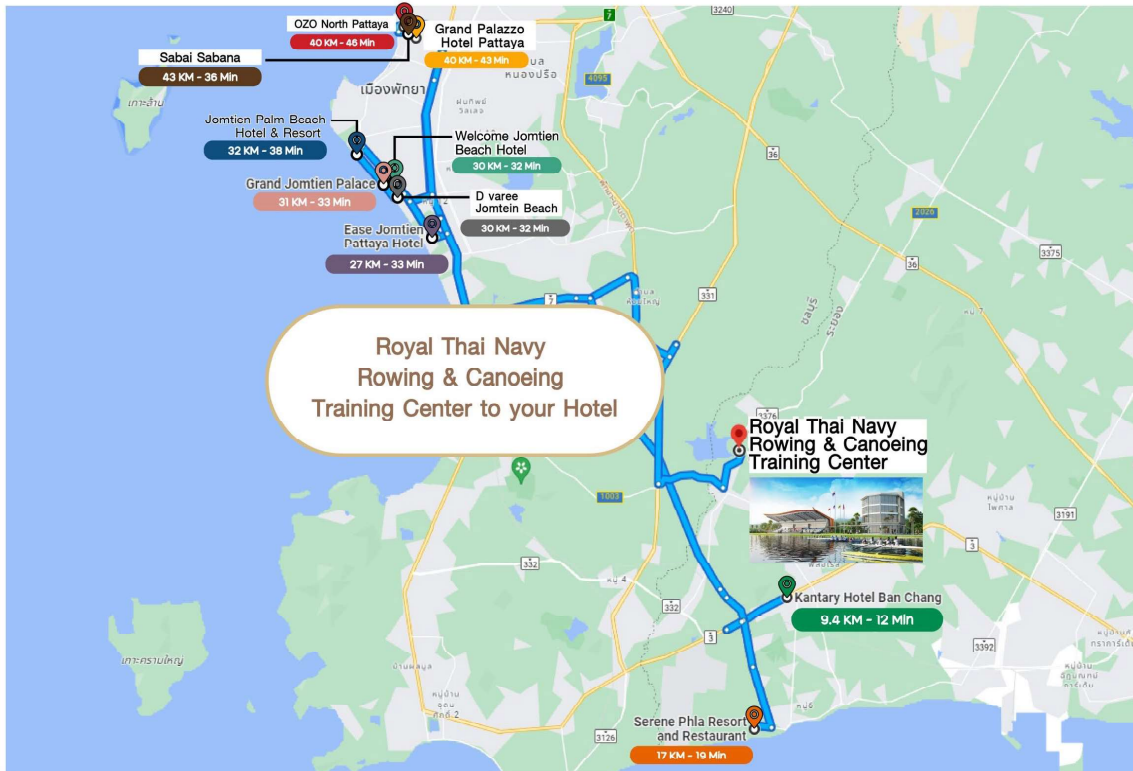
Nigel Bedford chair-para@dragonboat.sport

Chair IDBF Marketing & Media Commission

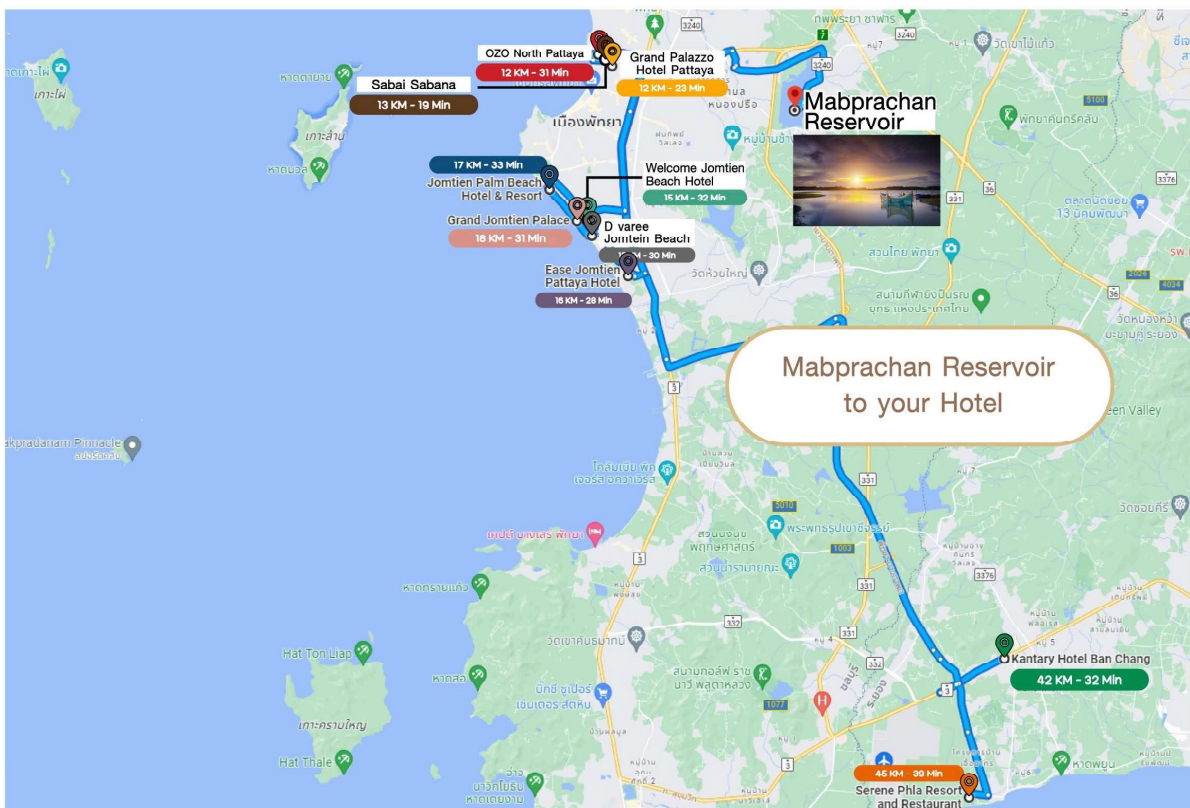
Belinda Chung chair-marketing@dragonboat.sport

The IDBF and RCAT encourage your association to enter the 16th IDBF WDBRC in Thailand, and looking forward to welcoming you to join the championships.

Map 1



Map 2



PARADRAGON CERTIFICATE OF DIAGNOSIS

This certificate (below) must be signed by a registered medical practitioner, as well as by the individual.

This form must be completed in English. All items prefixed with a * must be completed.

PADDLER INFORMATION				
* Family name / surname:				
* Given / first name:				
* Gender:	Male <input type="checkbox"/> Female <input type="checkbox"/>	* Date of birth:		
		Day	Month	Year
* Nation or club being represented:				
When moving towards a boat before loading, do you use:	Wheelchair <input type="checkbox"/> Crutches <input type="checkbox"/> Walking stick <input type="checkbox"/>	* Do you need assistance when loading or unloading the boat?	Yes <input type="checkbox"/> No <input type="checkbox"/>	
* Can you swim 50m in paddling clothing with no buoyancy aid? Notes: <ul style="list-style-type: none"> • <i>this is to assist officials in planning racing; if you cannot swim 50m <u>you will still be allowed to race</u>); and</i> • <i>the use of buoyancy aids may be mandated by race officials or your team but, if not, can always be worn regardless</i> 			Yes <input type="checkbox"/> No <input type="checkbox"/>	
Other information that may assist IDBF. For example: <ul style="list-style-type: none"> • <i>Help you need at boat loading / unloading</i> • <i>Information about your condition that may assist officials</i> 				
		* Paddler's signature:		
		* Date of signature:		
		Day	Month	Year

Paddler name				
MEDICAL CONDITION (to be completed by a registered medical practitioner):				
* Impairment (tick all that apply): Physical <input type="checkbox"/> Psychological <input type="checkbox"/> Neurological <input type="checkbox"/> Intellectual <input type="checkbox"/> Sensory <input type="checkbox"/> Developmental <input type="checkbox"/>				
* Diagnosis:		Continue on a separate sheet if more space is needed		
Continue on a separate sheet if more space is needed				
Approximately how long has the individual been experiencing the impairment(s)?			years	
* Are there any reasons why the individual should not compete in the sport of dragon boating?		Yes <input type="checkbox"/> No <input type="checkbox"/> If yes, please describe:		
		Continue on a separate sheet if more space is needed		
DECLARATION				
* Name:				
* Relevant qualifications:				
* I hereby certify that I have known the above person for _____ years and that the individual has the impairment(s) I have described.				
* Address of medical practice:		Country: _____		
* Telephone number				
Email:				
* Signature of medical practitioner		* Date of signature		
			Day	Month
				Year

