



## Anti-Doping Newsletter from the Medical Commission

### Including important Information for Premier Team Managers and Coaches

Dear Members

Firstly, I wish all a Happy New Year. 2020 was a challenging one for all. We have all had to put our sport of dragon boating on hold. Some will still be experiencing Covid-19 restrictions and can still not get back to training on and off the water as a full team. We did not get to meet up with all our fellow athletes of our dragon boating family. With the start of various vaccinations programs around the world let's hope we can all get to meet up again later this year. Secondly, as of 01.01.2021 there is a new WADA Code and new IDBF Anti-Doping Rules that have come into effect. There is of course the updated Prohibited List 2021 with effect from 01.01.2021. Please make yourself familiar with these 3 documents. They can all be found on the IDBF website.

As part of our compliance with WADA and Anti-Doping the IDBF is required to carry out various tasks. One important area to be concentrated on is education with regard to Anti-Doping. An Athlete's first experience with anti-doping should be through Education rather than Doping Control. It is the responsibility of all National Federations to have an education program for its athletes (IDBF Anti-Doping Rules 2021, Page 5/6 and International Standards of Education 2021 7.3.4). I therefore ask ALL National Federations to send me details of their Anti-Doping Education Programs and how these are being monitored (website links, program, activities at national championships etc.). If you do not currently have an Anti-Doping Education program please send me your plan and timescales to establish an education program on anti-doping.

Another important part of our compliance with WADA is to conduct Out of Competition Testing (OOCT). The IDBF has contracted the International Testing Agency (ITA) to carry out the OOCT on our behalf. It is the right of every athlete to participate in doping-free and fair sport. In order to assist the planning of the OOCT the IDBF have now made it a requirement that at the time of a PREMIER TEAM provisional Championship registration a detailed date and whereabouts Training Plan needs to be submitted. The Training Plan should contain the dates, times and exact address details of the planned training sessions along with contact details of the team coach/trainer who is running the training session. Should any details of an already entered training session change within 3 weeks of the originally planned date or venue then the new dates and details must be sent to [chair-medical@dragonboat.sport](mailto:chair-medical@dragonboat.sport). Failure to do this could result in the IDBF being charged for the failed testing. The National Federation concerned will be invoiced for the costs of this failed testing if the original training session details had not been amended.

As part of the IDBF plan in going forward on education, and to be in compliance with WADA, it is to introduce a mandatory completion of certain education tools that are available on the WADA website with a link from the IDBF website. This would be introduced in stages. Our first target group will be all Premier Division athletes from 10 countries based on their results in Thailand and geographical spread (please see list at end of Newsletter). The Premier athletes will be required to complete the Anti-Doping Education and Learning (ADEL) on-line learning program – *ADEL for International-Level Athletes*. The completion of this learning program can be monitored by the IDBF via the WADA website and then the confirmation added to the IDBF Champ Registration system. As already mentioned, an Athlete's first experience with anti-doping should be through Education rather than at Doping Control.

It may be that some National Federations already have such a program running and if so well done! The IDBF would love to hear about it. Additionally, there are other ADEL learning programs for national-level athletes, coaches, medical personal and parents and therefore it would be welcomed for all of these groups to also participate too. ADEL by WADA also comes as an App via the Google Play store and Apple App Store so it is accessible on everyone's mobile phone. ADEL Link: <https://adel.wada-ama.org/>



國際龍舟聯合會  
INTERNATIONAL DRAGON BOAT FEDERATION

It is always the IDBF's intention, together with the Championship Organizer, to provide some on-site education at the competition site. We have had Out Reach stands with short quizzes (small merchandise prize) and information leaflets along with presentations. It is always hoped, and to be encouraged, that as many athletes and support personal visit/attend these opportunities. Should there be a specific subject you would like to have as a presentation at the next World Championships please send this to [chair-medical@dragonboat.sport](mailto:chair-medical@dragonboat.sport)

Finally, it just leaves me to say that without the compliance, cooperation and assistance from the National Federations our sport will have more of a fight to gain the recognition of being a top and serious sport. So, it is with this that I thank you all in advance.

Stay safe and so look forward to seeing everyone at the next Championships.

Bridget Walter, Chair Medical Commission

10 Premier Team Nations based on their results in Thailand and geographical location

Australia  
Canada  
China  
Chinese Taipei  
Germany  
Indonesia  
Singapore  
Thailand  
Ukraine  
USA