



Anti-Doping Newsletter from the Medical Commission

Including important Information for Premier Team Managers and Coaches

Dear Members

Firstly, I hope my letter finds you and your families all healthy. A lot of us are still experiencing Covid-19 restrictions and can still not get back to training on and off the water as a full team. The vaccination programs across the world are making progress but there is still some way to go before we can all get back to living our lives in a similar fashion before the COVID-19 pandemic began. Let's all be positive about the future so that we can meet up with all our fellow athletes of our dragon boating family very soon.

Last year, 2020, was a challenging year for the IDBF to meet the compliance for WADA. With countries all over the world in various types of lockdowns, training for our sport was made very difficult and at times prohibited. The decision to cancel the 2020 World Championships was not taken lightly but, in the circumstances, the correct thing to do. Despite there not being a World Championships and very little training possible the IDBF still had to fulfill the minimum requirements for Out of Competition Testing required for compliance with WADA. The testing we did carry out was conducted by the International Testing Agency (ITA) who the IDBF has contracted for this purpose. This will allow the IDBF to spread its testing program more widely using the expertise and resources of the ITA. As the IDBF does not have a Registered Testing Pool or a Testing Pool and therefore no whereabouts information from its athletes, it was a challenge to locate those athletes we did finally test. This situation did cause concern to those tested when someone came knocking on their door at home to conduct an OOC. However, the IDBF was working within its AD Rules Art. 20.2 (Page 56). With the present situation of the COVID-19 pandemic it may be necessary to repeat this process.

The IDBF is bound by its compliance to WADA to conduct Out of Competition Testing in 2021. In the last Newsletter the IDBF made it a requirement that at the time of a **PREMIER TEAM provisional** Championship registration a detailed date and whereabouts Training Plan is 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. The **deadline** date set in Bulletin 1 for this is **05.06.2021**. All Nations entering Premier teams for the World Championships are to comply. All Training plans should be sent to:
chair-medical@dragonboat.sport

I also want to draw your attention to 2 other points which have come into effect with the new Code and IDBF AD Rules. Firstly, with regard to our testing compliance we are bound to conduct a certain percentage of our tests for an Athlete Biological Passport. This test can only be done using a blood sample. Therefore, I ask all Federations to ensure that their athletes, through their National Federation's Anti-Doping Education programs (IDBF ADR Page 5), are made aware of this.

Secondly, I would like to draw your attention to the IDBF ADR – Consequences to Teams 11.2.1 and 11.2.2 (Page 43) in the event of a positive test result of a team member. We all want fair sport on and off the water.

Finally, as a reminder and mentioned in the last newsletter, 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. Our first target group is all Premier Division athletes from the 10 countries based on their results in Thailand and geographical spread (list at end of newsletter) who are applying for registration at the next World Championships to complete the WADA *ADEL for International-Level Athletes* program. The Premier athletes will be required to complete the Anti-Doping Education and Learning (ADEL) on-line learning program. The completion of this learning program can be

monitored by the IDBF via the WADA website. As already mentioned, an Athlete's first experience with anti-doping should be through Education rather than at the Doping Control Station.

Also, in reference to the last Newsletter I would like to receive information from all National Federations on their Anti-Doping Education for athletes and support personal. 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/>

Another reminder for you is that 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

To finish this Newsletter installment please help the IDBF and our sport to fulfill its commitments to WADA by complying with the above-mentioned points. Let's all remain positive and optimistic for our Championships in Hong Kong later this year. Stay safe and so look forward to seeing everyone there.

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