



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

December 2025

Anti-Doping Newsletter from the Medical Commission Chair

Dear Members

I hope this Newsletter finds everyone in good health and rested after the WDBRC in Brandenburg, which is already over 5 months ago. This year's championship was the IDBF's biggest Nations Championship to date with 33 nations sending over 4800 athletes, team managers, coaches and supporters. Racing was over 8 lanes which made for a spectacular sight! Once again there were 2 stoppages due to the weather. The Chief Official and team revised the remaining program for an acceptable solution.

AD Course: as part of the preparations for this year's Championship the Anti-Doping requirement was expanded to include Senior C therefore making an anti-doping course for all categories (excl. BCP/ACP) mandatory. There are currently over 8000 athletes and coaches registered as having a current anti-doping course certificate. This is a combination of ADEL, Sport Integrity Australia (SIA) and NADA Germany. Well done to all!

Testing: Out and In Competition tests were carried out. Thank you to all the club coaches/team managers and athletes for their cooperation.

Part of the out of competition testing, which is conducted by International Testing Agency, has been on a small pool of clubs that were selected according to their results from the CCWC in Ravenna 2024. These clubs have had to submit their Whereabouts (dates, times and place of all trainings) for every quarter. I would like to thank these clubs for their cooperation. After the CCWC in Taiwan the pool will be reviewed.

Unfortunately, there has been a positive in-competition test result. This is currently being processed with the athlete and National federation concerned. I will take this opportunity to remind all those involved in our sport to be aware of the IDBF Anti-Doping rules' consequences 10.12 and 11.2.1 which can affect the entire team in addition to an individual's sanction which can be up to 4 years or longer depending on the circumstances.

Education: a 2-day Outreach booth was provided by NADA Germany. The aim was to inform athletes, coaches, and interested visitors about the importance of anti-doping prevention and to communicate key messages in an engaging and accessible way.

To provide anti-doping education opportunities outside of the Championships the dates of ITA and WADA webinars are posted on the IDBF Facebook page. The timing of these may not always be convenient but they are always recorded and can be viewed at a later more convenient time.

TUES: Despite the mandatory requirement of completing an anti-doping course there is still misunderstanding concerning the use of testosterone. Testosterone is prohibited at ALL times. A TUE will not be granted unless less a male athlete has a documented organic cause. Female athletes will **NOT** be granted a TUE for testosterone use. Self-disclosure of the use of a prohibited substance without a TUE is an Anti-Doping rule violation (ARDV) which can lead to a sanction.

If a family doctor has prescribed a medication that contains a prohibited substance it does not mean that this medication is permitted in sport. With international racing being both a privilege and optional, any intake of testosterone potentially gives an unfair advantage over other similar aged athletes.



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The IDBF has empathy for female athletes requiring HRT because of their severe symptoms but at the same time also have to uphold compliance with WADA. If the HRT treatment includes testosterone, the IDBF look forward to their return to competition the year after they're able to discontinue the testosterone.

Once again, I must remind National Federations of their responsibility under the IDBF Anti-Doping Rules (page 5, Education) in their role of anti-doping education for their athletes and support personnel.

IDBF Continental Federations conducting in-competition testing at the Continental Championships should become the norm. The European Dragon Boat Federation has been exemplary in doing this for many years. While the cost could be seen as a prohibitive factor, I am sure a solution could be found. Start small with e.g. 2 tests. This would be a significant step in the IDBF demonstrating its drive for clean and fair sport. Should any support be required in any way please contact me.

Looking forward to next year's Championships in Taiwan please see that all your athletes and support personnel are up to date with their anti-doping course certificate which must be valid until at least 6th September 2026. The Prohibited List for 2026 is now published ([2026 Prohibited List | World Anti Doping Agency \(wada-ama.org\)](#)). It is also available to view on the IDBF website under Anti-Doping. It will come into force from 01.01.2026 so please make your athletes, coaches, and team managers aware of this.

In closing I would like to wish those in the southern hemisphere a successful summer dragon boat season and those in the northern hemisphere a successful winter season.

Yours in Sport

Bridget Walter