

July 2018



Pink Patrol in Florence

Regional Focus:

Spain & India

Spotlight:

**Sport Politics
explained**

Others:

**A Side-View on
other Sports -
Rafting**



Dear Paddlers and Readers,

First of all allow me to apologize for being late in producing this edition of "The Dragon Boat World's Magazine" (DBWM). Yupp, you are right, there is a slight evolution on the name, which I think simply addresses much better what this magazine wants to be.

When reading this issue, you will find an article explaining Sport Politics. This article perhaps will not be helpful for me getting new friends. But making friends is not the task of journalism. Asking questions well is! Getting people to think and creating awareness on issues and things also is, as well as – of course – informing and discussing matters. The more the content of a magazine is discussed, the more publicity will be created. This in turn hopefully will help to further promote our Sport and to stay on track.

To stay fair, a principle of DBWM is to allow other opinions than those expressed by the editor. If anybody feels offended or that something written in an article is wrong, incomplete or you have a different point view on it, then please use the opportunity to write an answer in a way that it can be published. Please take this as an invitation.

Once in a while you will find side views on other Sports published in DBWM. By giving it a start with the introduction of Rafting, I hope you do enjoy the reading, beside all the other content.

Again should you have any comments please write me a little bit more than just "wow" or "love your work" or "Henning, you suck eggs". Remember, English is not my first language, so that last comment may turn into, "Henning, vacuum my breakfast." But that's just me being political.

'Tschüss and Paddles Up

Henning



www.doublefifth.com

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The Paddlers Site



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In the Spirit of Qu Yuan

Politics ?

Qu Yuan committed suicide to protest corruption and politics. What is politics? In one way politics is supporting an agenda of beliefs. In that sense, everyone is political because everyone has their own beliefs. But how aggressively you pursue those beliefs is different for everyone.

Politics was central to the birth of the ancient traditions that grew into the modern day sport of dragon boat racing. And where does politics fit into dragon boating today? Apparently everywhere. Ever been to a race where you can only use a certain paddle or a certain boat? Politics. Ever been to a meeting where part of the group holds the meeting hostage over some unreasonable expectation? Politics. Are you ever confused because each race has its own set of rules? Politics. Have you ever seen a team, club, race or even a governing body quit? Politics. Someone, somewhere thinks that their way is better and will stop at nothing to get their way, even if it holds everyone back or makes everyone else quit in frustration. It's all politics, all the time in sports... even dragon boat racing. Even articles submitted to this magazine's editorial staff sometimes arrive with politics attached. Print this, not that. Say this, not that.

Passion for our sport is one of the wonderful things about dragon boat racing. There are so many incredible people who have invested inordinate amounts of time and energy in the development of dragon boating because of a deep love not only for paddling, but also the unique teamwork, camaraderie and cultural connections offered by this sport. Ironically, passion for a particular idea or personal benefit can also be a major hurdle

to future growth of a team, festival or the sport in general. Certain political 'old timers' often seem to want to do things the way they've always been done for no other explanation than "it's the way we do it here." And make no mistake – there are some political 'newcomers' to the sport who join in and then effectively stifle forward progress because they want to change everything. .

Any organization that refuses to listen to new ideas becomes stagnant and cannot stay healthy over time. Every team, event or organization that is not staying current on rules, equipment, technique, etc. should be welcoming new blood instead of blindly protecting old territories and interests. If the best a group can do is to add another rule to outlaw possible changes, that group is on a potentially fatal downward trend. Every organization needs to be refreshed with new ideas.

But just because an idea is new doesn't mean it's automatically good. Sit on a club's board for long enough and you're sure to run into a few vocal new members who didn't do their homework and don't understand what has come before and how a group has come to be in its current position – but they have all the answers anyway. Throwing in new ideas just for the sake of being new is about as helpful as throwing random ingredients into a soup just because they happen to be in the kitchen.

Granted – both of these scenarios are the extreme ends of the spectrum. But if either sounds like your team, your race or your group then perhaps it's time for you to step up and try to affect some change yourself. First, take a step





back and evaluate the situation. Go to a few meetings and talk with some of the key people to learn more about why things are as they are. Then take a look inside yourself. What is it you think should change? Why is this change important? Who does this change benefit?

If, after doing these things, you still feel that something needs to change then you should step up and be political, but in a thoughtful and inclusive manner. Demonstrating outside the President's house may make you feel better, but it's not changing the way the President thinks. The easiest way to affect change is from the inside. Volunteer to help the organization. It doesn't matter what position you hold, the important thing is to be involved. You might be surprised how much access a low level volunteer might have to key players. Next show the group that you have good ideas and good intentions by making smaller and simple recommendations. Once you demonstrate that you have a good head on your shoulders and you are not out to destroy everything that the group has worked for your bigger ideas will be welcomed. The group may not always agree, but at least you will have earned the opportunity to present them to a group that is receptive.

If you are one of the key people in a group - and it doesn't matter if you are captain of a recreational team, a member of the Board of Directors, or the Emperor of the Chu Province in ancient China - you had better pay attention to those around you. Your counselors may be looking out only for themselves and the lone voice of reason you brushed aside before may not be there when the neighboring province invades.

From the Editor: The Spirit of Qu Yuan is an anonymous forum for you to express an idea or opinion about the sport of dragon boating. Send in your one page article for consideration.



Readers Comments

The last issue April 2018 of DBWM was the first one published after the magazine has taken a seven years break. Many of you have send a short feedback and the click-rates of Dragon Boat Net were jumping up.

As encouraging the number of responses have been, most of them make no sense to be published, unless you like to read more than 100x "great work", "well done", "glad you are back" etc.

While I give my many thanks to all of you, please allow me also to ask you to extend your response to have one or two full sentences. This would help to publish them within this section of the magazine.

Nevertheless, there were feedbacks having even more sentences, but the writers asked not to be disclosed, which of course I will respect.

In summarizing those responses, they have welcomed the return of DBWM with the hope it will trigger our Dragon Boat Federations to become more transparant and open to discussions again. It seems there is a number of people out there, who would like to actively contribute by any means to the Sport, if they wouldn't feel to be turned down.

To all sides I truly recomment to read again our "In the Spirit of Qu Yuan" of this magazine's issue.





Dragon Boat Races of Cologne



Since quite some time I know about the dragon boat races being held at the regatta course at Lake Fühlingen in Cologne / Germany. So far I never made it to go there, but managed to take a look this year. The event lasted three days, from Friday, June 8th to Sunday, June 10th, 2018, of which I only joined on Saturday.

When talking to the organizer Joachim Menzel from Rhein-Ruhr-Sport GmbH, I learned that the Friday has been the main day – the Cologne Day of Sport.

For several years Joachim Menzel, together with the City of Cologne, offers to the broad public the opportunity to try out various kind of sports, like shooting with bow and arrow, boxing, running and – of course dragon boating. The main focus is to get healthy and disabled people to doing things together by having outmost joy and fun.



The dragon boating is extended to last over the whole weekend and has nothing to do with serious sport racing as we know it from official championships. What they do here is, in a long run, properly equally important for the development of the sport and that is to offer dragon boating as a sport for all in its purest meaning.

Many participating teams are coming from socially engaged organizations, institutions and companies. It was nice to see the mix of healthy people sitting in one boat with all kinds of disabled. New teams, who have never paddled before are offered training sessions, just before they race. Of course there are also some more experienced fun-teams on its way. The main thing is to provide the feeling of “sitting in one boat” and to enjoy as much as possible, to experience something new.



Safety is of importance and all boats paddled on the water are steered by experienced helms, which are acting staff from the organizer.

With about 80 teams participating the dragon boat races at Lake Fühlingen are an example of what can be done by committed people in co-operation with a city government. It would be nice to have more of such.

In each case a big thank you for running this event has to go to Joachim Menzel and his crew, as well as to the city of Cologne and to the sponsors.



Dragon Boat Races of Cologne (continued)

If you understand German language then visit the organizers website www.drachenboot-koeln.de. More pictures from the event you can find on <https://dragonboatnet.com>



**11th IDBF
Club Crew
World Championships**
17th – 22nd July, Szeged, Hungary



2018 IDBF Club Crew World Championships

The 11th CCWC took place from July 17th to 22nd , 2018 in Szeged / Hungary and they were with over 6.200 participants and supporters the biggest Dragon Boat World Championships ever.

About 140 clubs from 28 countries competing in 450 races are the impressive numbers, showing the great work the IDBF has done to develop the Sport of Dragon Boat Racing. How far this development goes one can see also by taking a look on the background scene: 58 race officials, which all needed to be trained and a huge team of estimated 300, or even more volunteer helpers were deployed. A total of 48 boats were in constant use.

These Championships marked another major step forward regarding the use of modern communication. The race program was not printed anymore on paper, but made available as downloadable PDF-file. This definitely makes sense



since almost everybody meanwhile is using a smart-phone and it is much more friendly to the environment. It is good to see the IDBF thinking in this direction too.

Although I didn't make it to go to Szeged, what I have heard, it has been a well organized, professionally managed event and congratulations go to the Hungarian Dragon Boat Federation under the leadership of Peter Jarosi. Back in 2013, also in Szeged, they staged the World Nation Championships, which have left very good memories. Me myself I still remember very positively the European Club Crew Champs 2009 in Budapest. For sure the Hungarians were also this time great hosts to the world of dragon boating.

During the event the weather gave some obstacles, which certainly was out of the organizers control and is always something you only can react on, depending on the actual circumstances.

For those who are interested, you can check all the results on www.idbfchamps.org.

The pictures for this article I have taken from the IDBF-Facebook-Page and I'm happy to credit Anne Zeng Media (@ANNEZPHOTO on Instagram).

The ranking for the **2018 IDBF Best Overall Club:**

1. **22 Dragons** - Canada
2. **Neckardrachten** - Germany
3. **Dunai Sarkanyok Vac** - Hungary
4. **H2o Playground** - Canada
5. **Koros Dragons** - Hungary
6. **Outer Harbour Dragon Boat Club** - Canada
7. **Hamilton City Watersports** - New Zealand
8. **NDRC** - Canada

In 2019, August 20-25, it is time for the

14th World Nations Championships

in Pattaya / Thailand

Obtain more information from the IDBF-website:
www.idbf.org





What happened to DRAGON SPORT NEWS?

The very true and precise answer by any means is: **NOTHING!**

The last issue of DSN was published in December 2017. Well, and then?

Mike Haslam thought to renovate the staircase in his house, which was the way up to his office just under the roof. Somehow, due to work progress, the ceiling in his kitchen came down! – Don't worry, nobody got hurt!

However, when investigating why this happened other issues needing to be fixed in his house were discovered and the final outcome was to renovate the entire house.

For a long time Mike didn't even have access to his office. Still up to date the whole thing keeps him busy and distracts him from making DSN.

Because we are companion Magazines, who support and help each other, Mike asked me to tell all of you, that he will continue with DSN as soon as possible. Unfortunately the house is not finished yet and Mike is afraid the next DSN might be coming to you just before Christmas 2018.

Anyway, he is sending his very best regards to you.



Make the Media-Bubbles work!

Recently some Paddlers told me how happy they are, that "The Dragon Boat World's Magazine" and the website Dragon Boat Net (DBN) are back. Their hope is, that these media help them to be better informed again about what is going on in our world-wide sport.

"...to be better informed again ..." ??? – That means once they have received more information as by today. How come? Nowadays there are all these social-media-networks available, like Facebook, Twitter, Whatsapp etc. It is easy for everyone to open an account with them and to get connected, by building up or joining so named "Friend-Groups". There are thousands of them! That in fact means interesting information is more and more spread into self-contained Friend-Groups, or let us name them "bubbles"! Such a bubble serves you very well to stay in touch with your circle of friends or as an internal communication platform for a club or team.

To display and inform about the world-wide development of – in this case – Dragon Boating they don't help to much. To promote our sport on a central website or via a magazine for all like DBWM is more able to provide an overview on what is happening. Those "classic media" are still read by the Sports Federations, who in fact shape our sport. Therefore DBWM and DBN are an ideal way to make your voice being heard.

Some ten years ago, DBN has been the biggest, independent Dragon Boating Website and DBWM was the only magazine for the sport. As an insert to the magazine the IDBF-Newsletter was included and a combined full range of information was given to the reader. Then DBN and DBWM ceased operation in the aftermath of the international financial crisis. During the seven years break kind of a media vacuum was left. There were several trials of others in setting up a magazine in order to fill the gap. They all failed with the exception of the newsletter Dragon Boat International (DBI), which was continued by the former IDBF-President Mike Haslam for a while, before he re-named it into Dragon Sport News as a independent publication.





Make the Media-Bubbles work! (continued)

Unfortunately at the moment he also can't produce DSN for the reasons as explained in the article before.

What officially remains is the IDBF-Newsletter "The Long Zhou", which was announced to appear on a two-month basis. Well, it came out twice only and meanwhile it even is not advertised on the IDBF's website anymore. - It vanished in silence!

The most activity is seen with the EDBF having renovated its website.

But finally, as this article is written, it looks like DBWM together with DBN is again the only Dragon Boat Media around. Yes, DSN will hopefully come back by the end of this year, but also this one is hosted for download on **dragonboatnet.com**

Now, back to the bubbles and to the question how to further promote Dragon Boating? Usually news, which are spread on Facebook & Co are more in a short headline-style. With a few exceptions, rarely deep going articles are found on the social-media.

If you want to raise your voice on matters of your concern, if you wish to introduce your club, team or have a story to tell or some experiences and news to share, then please consider to send your text together with some photos by e-mail to:

wiekhorsthenning@mac.com

for publication on DBN and in DBWM and/or

mikehaslam@aol.com for DSN

Please don't hesitate or be shy because of the wrong thinking, that what you have to tell might not be important enough. So many times I have come across this kind of thinking. Please be aware, you are the basis of our sport and anything coming from you is important! Anything you write to us helps us to make a interesting magazine.

Take an example on

dragonboatnet.com/clubs/easts-dragon-boat-club

So get your own Club-Page on Dragon Boat Net.

Just to show and of course to promote the Easts Dragons in Australia I publish the same content as on DBN in this magazine. To have this for your club, it doesn't cost you anything else, than spending the time of writing. So go ahead and hit your keyboard!

Another thing is you helping to spread our news and magazines in your Friend-Groups, your bubbles. You don't need to do much for this, just put in one line like:

"Download the latest magazine from
dragonboatnet.com/dragonboatworld"
for DBWM, or from

"... **dragonboatnet.com/dsn-magazine**
for DSN

Of course our Federations, be it the national, continental or international are warmly invited to step up their media work and use us as publishing platform.

See it that way, if we all sit together in one boat and make the bubbles work together with the classic media, we can have a perfect media network, really connecting all of us around the globe. We can be best informed again and have healthy debates on things.

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The Paddlers Site





Another milestone for Easts Dragon Boat Club, Sydney Australia.

On Saturday, April 7, Easts Dragon Boat Club held a traditional Eye-Dotting Ceremony at Tingira Beach, Rose Bay on the beautiful Sydney Harbour to welcome their third Dragon Boat.

The Club was successful in securing a grant from the NSW Government Community Building Partnership scheme, which enabled them to acquire a much needed 10 seater boat to accommodate the increasing number of paddlers to the Club.

The ceremony was presided over by Master Chen and his accompanying Taoist Monks who blessed the boat along with the Easts crew. The Monks chanted and sprinkled 'God's water' to instil the strength of the mighty dragon. Food offerings were made and the evil spirits were banished. Each team member placed incense on the altar symbolising the unity of the team.

The Honorable Gabrielle Upton, Member for Vaucluse, Minister for the Environment, Minister for Local Government and Minister for Heritage conducted the most important part of the ceremony by dotting the eyes, ears, tail and tongue of the dragon boat. Traditionally, this is referred to as 'awakening the dragon' in preparation for training and racing.

Gabrielle joined the crew in introducing the new boat to the Rose Bay waters where the Easts team train. The boat was paddled to shore 3 times, symbolic of the dragon bowing to the gods as a sign of respect and being welcomed to the waters.

Dragon Boat NSW, CEO, Lucy Warhurst and Chair, Tamsyn Glen were also in attendance in support of the Easts Club and to witness this most significant and traditional ceremony.



Interested in joining the Easts Team - visit
www.eastsdragons.org.au
(text and photos by Easts DB Club)



DRAGON BOAT NET
www.dragonboatnet.com
The Paddlers Site



The Story behind BCS



*Dr. Don McKenzie and Michelle Hanton
(photo provided by Michelle Hanton)*

What Dragon Boater hasn't heard of Breast Cancer Survivor (BCS) crews? Probably most have, in one or another way, but in actual fact know very little about them or how the whole BCS Dragon Boat scene started.

Being honest, I have to count myself in this group too. When you come across the BCS crews racing for the first time, it's likely you are at an event together with your own crew and friends and you are there for either some serious racing and /or having fun. You are not having deep thoughts about the BCS crews who are also racing!

When someone talks to you about cancer, any cancer, and you aren't affected by it, it's very likely that you will push any thoughts about this lethal disease to the back of your mind. If you are a man and the topic is Breast Cancer, you are even more likely to brush the thoughts away since this is commonly seen as only a women's disease, which actually is not true. Men can have it too!

Depending on your country and culture, many people who have cancer (along with other serious illnesses) tend to hide the facts and carry the

burden alone, which in many cases leads to self-isolation and depression. This is certainly not a healthy and positive attitude to life or a good way of dealing with the problem.

Anyone who has suffered from cancer will tell you what a shocking and life changing moment it is when they were told the diagnosis: "You have cancer."

Medical studies and numerous personal accounts speak of the benefits to cancer patients of being part of a group of people who have gone through the same shocking moments and are facing similar fears, treatments and difficulties but still want to enjoy their lives and to share common activities. The goals of "winning the race," not letting each other down, caring for each other and valuing every moment of fun, happiness and belonging to a recognized community can benefit all the participants of such a group.

The question is how to achieve those goals when you have undergone surgery and the draining treatment before and afterwards, especially when so many people tell you to be cautious with your physical activities and exercise!

Particularly with regard to Breast Cancer, many sufferers were told in the past, and maybe some even now, to avoid strenuous exercise which was felt to be a cause of lymphedema or swelling of the arm which might lead to the removal of lymph nodes.

However back in 1996, Dr. Don McKenzie, a sports medicine specialist from the University of British Columbia in Canada and both a canoeist and dragon boater, believed women following a special training and exercise program could actually avoid lymphedema.

He set out to prove his theory by forming a Dragon Boat Crew from 25 women that had recently been treated for Breast Cancer. His Breast Cancer Survivors called themselves "Abreast in a Boat" (see <http://www.abreastinaboat>). Over the following





months he taught this group to paddle. Among the women, no new cases of lymphedema developed and none of the existing cases became worse. He had proved his theory to be correct.

Since then, and with one out of eight women in the US suffering from Breast Cancer, many Breast Cancer Survivor crews have been formed throughout North America within the already rapidly growing sport of Dragon Boat Racing. In the years since Abreast in A Boat was formed we have witnessed a phenomenal growth of BCS crews developing within the sport.

When you are at a dragon boat event just look for the “women dressed in pink” and there’s an excellent chance that it is a BCS crew. Today, more than 100 crews exist not only in Canada and the USA but BCS teams have competed in Dragon Boat Races from Australia, Poland, China, Italy, Singapore, South Africa, Hong Kong, and the UK. Other countries with the BCS movement starting to develop are for example Germany, Ireland and Switzerland – just to mention the ones getting on my mind when writing this article.

How much the BCS Movement has grown over the years was best demonstrated at the Participatory Dragon Boat Festival 2018 in Florence / Italy, where about 120 teams participated from all over the world. The event was organized by the since several years existent International Breast Cancer Paddlers Committee (IBCPC) within the International Dragon Boat Federation (IDBF) as the world governing body for the dragon boat sport. The first president of the IBCPC was Michelle Hanton, followed by Jane Frost and now lately by Meri Gibson.

The international importance of BCS teams also can be recognized by its inclusion to the IDBF World Club Crew Championships

As an great example on how Breast Cancer Survivors create awareness and build their support network just take a look at the Indy SurviveOars Team in the USA.



The first all pink dragon boat. The boat was launched in April '08 by the Indy SurviveOars Team from Indianapolis.

The two photos were given with Compliments of Steve Yadlosky





The Indy SurviveOars is a group of dedicated Breast Cancer Survivors and their supporters from Indianapolis and surrounding areas who are introducing Dragon Boat Racing to Indiana. Indiana resident and Breast Cancer Survivor Lisa Heiden Peters is one of the Indy SurviveOars' founders and said that dragon boating offers more than emotional support to the paddlers. Current research shows that exercise may actually decrease the occurrence of lymphedema, an incapacitating swelling of the arm common in breast cancer survivors.

The mission of the Indy Survive Oars is to help provide breast cancer survivors with a strong message of hope, inspiration and encouragement by creating a "floating support group." The mission is manifested through the development of a competitive dragon boat team, estimated to be the 50th breast cancer team in the United States. The name, Indy SurviveOars, reflects the hometown connection and positive spirit displayed among Hoosier breast cancer survivors.

Back in April 2008 they launched what is believed to be the very first all pink Dragon Boat. While there may be existing pink boats, this one includes a special pink dragon head and tail – making it unique and very special to the ladies in Indianapolis.

I'm sure there are much more such examples and stories out there. If you wish to tell yours simply send it together with some pictures to wiekhorsthenning@mac.com.

Finally, I have to express my deep personal respect for all the spirit, the passion, the power and strength of our comrade Pink Lady Paddlers and let them know that if they need a publishing media, they will always be welcome to work with this magazine, as well as with www.dragonboatnet.com. Helping to promote your cause through these media is what I can do to support you ladies.

Therefore, **PINK PADDLES UP!**



Pink Patrol in Florence

Pink Patrol is the BCS team of the Police Sports Club - Ruhr based in Bochum/Germany. While many members of Pink Patrol indeed are coming from the police forces, there are also others. The Police Sports Club offers beside the dragon boating for cancer survivors and deaf people also activities in outrigger canoeing, as well as courses to protect against and to prevent sexual abuse. The club really welcomes everybody to join, to participate and – very important – to have fun.





Hanne Braselmann from Wiesbaden and me, **Frank Plewka** from Bochum first heard about the BCS movement in 2009 at the World Police and Fire Games in Vancouver. We even had the chance to paddle a Dragon Boat on the Pacific Ocean joining a training session of a „pink team“ from Salt Spring Island.

Both of us were so impressed by the spirit of life, the stronghold in the boat and the fun within that team, that we simply had to bring the pink idea home to Germany.

Back home I started touring around the area of river Ruhr and established contact to important Breast Cancer Hospitals in order to find support among the doctors, breast care nurses and patient groups. In October 2009 the first BCS boat was brought to water as Pink Patrol.

The Team was the first BCS Team in Germany, followed only a few month later by a team set up upon similar efforts from **Hanne Braselmann** in Wiesbaden.

Since then the team grew with a few ups and downs on the number of members. At first Pink Patrol joined various races within its wider home area. Often Breast Care Nurses joined for showing their support and to create a stronger awareness also to people not affected by Breast Cancer.



In 2014 the team started more and more to value the thoughts and efforts of the international Breast Cancer movement. We heard about the IBCPC organizing races in Sarasota / USA. Unfortunately it was too much in a rush for us to plan the trip.

Having learned our lessons in planning such a journey with many people involved, we now targeted on going to the next international BCS event. We became a member of the IBCPC and endorsed to the Participatory Dragon Boat Festival 2018 in Florence / Italy.

What a venue! – Florence! In beautiful Tuscani, with all its history and the romantic Italian lifestyle! Not to think about the great food prepared with local Olive oil. All the famous names of people who have lived and worked here, having influenced our todays world so much.

Imagine this city being flooded with about 4.500 pink ladies and a few men, coming from 120 teams from every part of our globe. Imagine the pink drum beat echoing back and forward in the shadow giving streets, through the valley of the Arno to the Ponte Vecchio.

Do you like this vision? I can tell you already now, it has become overwhelming reality!



However, during the time before going there, we had to cope with many obstacles. One of them was not having enough paddlers joining us to Italy. Fortunately meanwhile other teams have formed



across Germany. So we were able to recruit the missing number of paddlers from neighboring teams as well as from the „Pink Pearls“ in Heilbronn.

We had to look for accommodations, book flights, find a common logo, design shirts and find sponsors. Then all the paperwork for joining the event needed to be completed. It was a lot of work for our members Britta, Elke and me. Finally we got ready to leave, crossing the Alps to reach Florence in Italy. Some of us went as a vanguard by car, others simply travelled by airplane.



As a side story, we had a girl who had to take a plane different from the one the others took. However, she suffers from severe flight-fear. To cope with that she bought some pills to chill down. Because of her fear she thought taking two pills might be better than only one. - Well, certainly it was for her, but not for us, when we were waiting for her at the train station where she should arrive with the shuttle-train from Pisa Airport. She couldn't be reached on her cell-phone and we searched for her for hours until we found her sitting in a coffee-shop, happily smiling and with her phone batteries being empty... - Most important, we got her back.

On Thursday, July 5th, 2018, we conducted our training sessions at the regatta place. The boats from BuK were brought in by Wolfram Fausts Company. He is a former Dragon Boat World Champion from Germany and paddling in his boats gave us a kind of home-feeling.



On Friday all teams, including Pink Patrol, met for the opening Parade. What an unforgettable experience, for which I am in a lack of words to describe. The whole city was dipped in Pink, decorated with the colors of the paddlers national flags. All paddlers stood proud when their national anthems were played and receiving warm welcome words from Meri Gibson as the new president of the International Breast Cancer Paddlers Commission (IBCPC). When Meri Gibson took over from Jane Frost at the IBCPC-Congress the day before, the mayor of Florence symbolically already has handed over the city to paddlers. Even Dr. Don McKenzie, who initiated the BCS-movement in 1996, has sent his greetings. – All this positive emotions, this sparkling atmosphere full of energy and us right within when Florence turned pink! - WOW! – We will never forget those moments!



Jane Frost and Pink Patrol



... with Dr. Don McKenzie

The races began on Saturday. The participating teams inspired all the spectators on both sides of River Arno. They delivered impressive races, which demonstrated in a great way again the idea behind the BCS movement.



At noon rain came up, which caused an interruption to racing and delayed everything by an hour.

The weather on Sunday was very hot and caused some participants to fade out. Also three Pink Patrolers came into trouble with their circulation and needed medical help - one of our members even got an infusion.

Thanks to the organizer, who was well prepared for such needs, there was enough medical staff and drinking-water to help.

The entire event was very well organized and the team of Pink Patrol wants to thank all the people being involved in giving us such a nice and memorable time. The only little criticism we have is, that there weren't enough opportunities to have a coffee and a piece of cake, ladies like to have that !

Our last race we paddled with only 17 crew and our placing was accordingly. Did this matter? No, it didn't! What mattered to us was to participate, to sit as a team in that boat and to act as "one Dragon". It makes me proud to belong to such a team and therefore I to say: Thank you Pink Patrol.

How strong we stick together and support each other is also shown by our member called "Sunshine". She also wanted to paddle in Florence but the Cancer is back. She accompanied us and together with our male supporters she helped us with her kindness and easygoing slogans. Thank you Sunshine.

At the end of the race there was no award ceremony of the usual kind. Everyone got a commemorative medal. Every breast cancer survivor who makes it to sit in a dragon boat at the start of a race is already a winner! - Isn't it?

The event ended with the flower ceremony memorizing those who can no longer paddle with us. 15 dragon boats on the water, a total of about 4.500 people in poignant silence backed by thoughtfull music gave everyone goose bumps in spite of the hot weather. Pink flowers were put to the water with thunderous applause.

Meri Gibson closed the event and the flags of each country were laid to rest until the next race in four years. Where this will be, we will learn next year, in 2019.

But one thing is for sure: I always will carry the pictures from Florence deep inside my heart. They give me the strength to continue promoting pink paddling.

Frank Plewka
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Sport Politics explained

If you are engaged in dragon boating you might have heard about the IDBF struggling with the ICF and that both are members of GAISF. The ICF is even representing an Olympic Sport, while the IDBF has something to do with AIMS and AIPSF.

What is all this about, what do all the abbreviations mean? What is the background of the discussions and politics our Dragon Boat Federation is engaged in? The aim of this article is not only to translate the abbreviations, but also to explain a little the wider political picture within which our sport is moving around. This article is seen as a rough overview, not as a precise description. If you wish to know things more detailed, you are recommended to visit Wikipedia on the Internet and once there search for "IOC", "GAISF" and related topics.

To be fair, please note, this magazine tends to support the course of the IDBF as only world-governing body for the sport of Dragon Boat Racing. But – uups – again an abbreviation is used, without further explanation:

IDBF means International Dragon Boat Federation. ICF addresses the International Canoe Federation. GAISF, AIMS and AIPSF will be explained further down in this article.

IOC = International Olympic Committee

That's the one probably not needing to much explanation. Let's simply say those are the guys organizing the Olympic Games, be it the Summer- or Winter-Games. When those games take place you will see them world-wide broadcasted on Television and Radio and being covered by newspapers and online-media. The games enjoy a tremendous public interest.

For an athlete to become an Olympic Champion is considered to be the greatest personal achievement an athlete can gain, above even that of being a World Champion.

As today the IOC is a quite powerful and rich organization. Money is made by ticket-sales, big scale income from advertising, sponsorships and merchandising. Further they might get money by selling broadcast licenses and similar things. It is a big, big business, but don't take it the bad way. The IOC is using its money to do a lot of good things and to support those sports taking part at the Olympic Games.

Also many Governments will generally only fund Olympic Sports and that means athletes in Olympic Teams receive enough money to train full time and live on. If athletes win a medal, it even accounts to national pride.

Of course not every sport can be included to the Olympic Games. The IOC has set a number of criteria for a sport to become a "Olympic Sport". If they wouldn't do so, the Games would become to big, very difficult to manage and in many cases to boring for the world-audience. However, the wish to be part of the Olympic Games already provides the ground for sport politics.

How to become an Olympic Sport?

At the very beginning the sport needs to organize itself throughout the world and form its own and unique International Federation, representing that particular sport.

Then an International Federation has to be accepted and recognized by the IOC as an IOC Federation and that means going through an application process that involves meeting over 50 different criteria, covering organisation, financial means, spread of the Sport, environmental considerations, competitive format, etc, etc, etc. This process can take years and recognition is not guaranteed.

Then follows a further application to become an Olympic Sport which again involves meeting another set of criteria and in addition "competing" against other Sports that also want to become Olympic Sports. The number of athletes etc at an





Olympic Games is restricted to around 10,000 in total, so if a new Sport is included in an Olympic Games, then either an old sports has to go out or all the sports have to take a reduced number of athletes. This whole process can take many years - at least 12 - and again there are no guarantees of success.

There are around 30 IOC Recognized Federations who receive a limited amount of money from the IOC to aid their Sports' development. All of them want to become Olympic Sports and have to apply for inclusion in a future Olympic Games, as outlined above. In effect the Recognized Sports are in the "waiting room" for inclusion in a future Olympic Games, most never leave the "waiting room".

How does the IOC allocate the money to the different sports?

The main allocation of money to the Olympic Sports Federations, that is, those whose Sports are in the Olympic Games, comes from the profits and general income received by the IOC from each Olympic Games and the amount each sport receives depends on the size and popularity of the Sport. Athletics, for example will be a top Sport and Canoeing a bottom listed Sport.

After the Beijing and London Olympic Games the ICF received around USD 5 million, as their share of the IOC money. In addition Olympic Sports can apply to the IOC for funding towards new projects.

Who is GAISF / SportAccord and what is its function?

GAISF today translates into Global Association of International Sports Federations.

In the past there have been changes of the name. In between, for a short period, GAISF operated under the name SportAccord, which nowadays remains as the name for the annual GAISF convention.

GAISF is an offshoot of the IOC set up around 25 years ago as a forum where the different groups of International Federations within the "Olympic Family"

could meet on a regular basis to discuss the issues of the day and network with potential sponsors and service providers within sport. The Olympic Family is made up by the Summer Olympic Sports, the Winter Olympic Sports and the IOC Recognized Sports.



A forth group, called the "others", which basically are non recognized sports/federations was added so that the IOC could expand its influence into the non Olympic world. Since then GAISF has developed into a wider multi sports organization to effectively become the parliament of international sport, which gives general "recognition" to the non Olympic Sports.

If your International Federation is not a member of GAISF then you have no voice in international sport and no "recognition" as a serious independent, organized Sport.





What is the GAISF relation to the IOC?

Today the IOC sees GAISF as a major sounding board and meeting place for all sports and accepts that all GAISF Members are part of the greater “Olympic Family” and that they are the world leaders or governing bodies for their respective Sports.

GAISF itself divides into 4 groups, or in industrial terms, business units:

1. ASOIF = Association of Summer Olympic International Federations
2. AIOWF = Association of International Olympic Winter Federations
3. ARISF = Association of IOC Recognized International Sport Federations
4. AIMS = Alliance of Independent Recognized Member Sports

IOC gives financial support to GAISF and the staff of the IOC and GAISF, both based in Lausanne / Switzerland, work closely together on issues of the day, equality, discrimination, climate changes issues, transparency, International Federations financing, statutes, etc.

How to become a GAISF member?

Becoming a GAISF Member is the first step towards IOC recognition as an IOC International Federation and involves a very similar process of meeting around 30 different membership criteria, in simple terms the criteria cover many of the same areas but at a lower degree or standard, than that required for IOC recognition.

The IDBF became a Full Member of GAISF in 2007, despite strong opposition from the ICF who claimed that they were already the International Federation for Dragon Boating and that the IDBF members were not recognized at national level by National Olympic Committees (NOCs) or government agencies. The GAISF Council did not agree with the ICF view and

after two failed attempts the GAISF Members in their annual Congress, finally agreed with the GAISF Council and the IDBF was admitted into GAISF Membership.

Once a member, does that mean more money for the member?

GAISF does not give financial support to its Members, rather the opposite, the Members pay quite a heavy Membership Fee to GAISF. There is some support in providing information and services about potential sponsors, media coverage, websites, joint events, such as the Mind Games, Combat Games etc.

Why might a GAISF member object another federation to become a GAISF-Member?

A GAISF Member can object to a new Federation's application for GAISF Membership, if they do not think that the applicant meets the membership criteria or if they think that the applicant is in conflict with them, that is organizing a sport that the existing GAISF Member already does or even claims they are doing or even might do !! This was the grounds on which the ICF opposed the IDBF's application. The same situation could also arise when a GASF Member then applies for IOC Recognition, as detailed above.

What or who is AIMS?

When the IDBF became a GAISF Member, the non IOC Federations were known as the “others” and had no voice or say in the affairs of the GAISF.

The then IDBF President Mike Haslam, together with Espen Lund from Wako (martial art) changed that situation by setting up a pressure group from the “others”. At the 2012 London Olympic Games, started a steering group for forming an association of non Olympic federations, which eventually became AIMS (Alliance of Independent Member Sports).

Today AIMS is an equal partner with the other 3 groups within GAISF (Summer, Winter and IOC Recognized sports) with its own Council and





constitution. AIMS Members are accepted by the IOC as part of the “Olympic Family”, which means that the IOC will expect AIMS Members to apply for and move into the IOC Recognized Federations organization, from where they can eventually apply to become an Olympic Sport.

AIMS now receives funding from the IOC and as a GAISF partner will also receive income from the SportAccord Convention held annually.

The AIMS President now sits on the GAISF Council, alongside the Presidents’ of the other GAISF Groups and is therefore in the centre of international sport and sports politics. He has direct access to the IOC President.

AIMS Members receive direct invitations to IOC events and are looked upon as potential sports for other IOC events, such as the Youth Olympics etc. The AIMS is now also in direct contact, on behalf of its Members, with the World Games and pushing for AIMS sports (23 at the last count) to be included in the World Games.

What is AIPSF?

The AIPSF (Association of International Paddle Sports Federations) is an ad hoc group of independent paddle sports federations who, with the exception of the IDBF are not GAISF Members. Rafting. Outriggers, Surf Ski, etc

AIPSF was formed around 10 years ago when the ICF started to set up “disciplines” in opposition to these established International Federations as a forum to discuss common issues and to help them to understand GAISF and to counteract the ICF incursions into their Sports. The ICF declined to join the group, claiming that, as an IOC federation they were already de facto, the world paddle sports body.

The AIPSF acting as a pressure group will support its members by showing GAISF that there are other independent paddle sports now being challenged by the ICF, unjustifiably, as it was the case with Dragon Boating and more recently, Stand Up Paddling.

AIPSF has recently been contacted by the International Rafting Association (IRF) for help in joining GAISF as the ICF are supporting a splinter group of Rafterers and thus looking to object to the IRF’s GAISF Application.

How does all this effect the paddler on the water?

In practical terms it does not affect the paddler, as all International Federations organize their own World- and Continental Championships in their own way, rules and regulations. However, the opportunity to compete different in multi sports games, has now increased. In political terms the paddler now has a voice and representation within the Olympic movement, recognition for their sport and their independent federation – the IDBF and a much stronger chance of becoming an IOC Federation with eventually, the possibility of competing in a future Olympic Games. All of this will attract more financial support through AIMS/GAISF/IOC and can lead to sponsorship and governmental funding for the Sport, thus the paddler.

Author’s Thoughts on the ICF/IDBF issue:

As reported in the last issue of this magazine DBWM-April 2018 once the ICF refused to develop the Dragon Boat Sport, which triggered the independent development and the formation of the IDBF. The story of this development tells an unexpected success and the ICF went on alert when the IDBF applied for GAISF-Membership and objected – 2x successful, the third time the IDBF made it! Being a GAISF-Member means a Federation has taken a major step forward towards IOC-Recognition and - who knows – possibly becoming a future Olympic Sport.

Now, we have the Olympic limitation on the number of athletes, as well as the money-allocation through the IOC. Understandable, that the ICF doesn’t want to give away anything of its piece of the cake. Therefore the ICF is doing everything they can to protect their share.

They suddenly claimed not only to be the





Federation of Canoeing, but of all Paddle Sports. As far as known they changed their constitution accordingly.

Thus actually the question must be asked, if they are still the same Federation as they were when joining GAISF? – Shouldn't such a major change trigger a re-application for GAISF-Membership?

It is even worse! The rules of GAISF have been disregarded.

Almost none of the problems caused by the ICF would have occurred if the ICF had accepted the rules of GAISF, which require all Member Federations to accept the decisions of the organization and to work within their constitutions once the IDBF had become a GAISF Member.

Also of course had the GAISF followed its own rules, which gives them the power to sanction International Federations that don't follow the rules, then the ICF would not have been able to try and take over Dragon Boating from the IDBF in the way that they have.

For democracy to work, all sides have to respect and abide by the rules of social justice, the will of the majority and take collective responsibility for their actions.

There are rumors the ICF is under another threat. The IOC cares about the attractiveness of the Sports participating in the Olympic Games. When watching the Canoeing on TV, it is not the most action packed one, isn't it?



Dragon Boating is lot more action, as well as in example Rafting is. So, is the ICF afraid being pushed out of the Games in a long run?

Meanwhile there are Canoe Clubs who once have included Dragon Boating and nowadays only exist on that. The Canoeing has vanished.

It looks like the ICF, driven by this fear and encouraged by not being sanctioned for disobeying the rules, is putting its hands on every paddling sport, which starts to develop. And they are not doing much for the paddle sports in general, only for those in the Olympics.

Despite an agreement of good co-operation from 2003 with the IDBF, on national levels the ICF tries to block the IDBF's work, just to mention a few like Egypt, India and the Philippines. There are more!

Why don't they, not only on paper but also in practical action and behavior, accept the IDBF as world-governing body for Dragon Boating?

True enough, because of having come under pressure, the ICF once started its Dragon Boat Program. Nobody would be asking them to give it up. They easily could be an Affiliate Event Organizer of the IDBF, but perhaps they are too arrogant. – Aren't they the big Olympic Federation?

Why do they give such trouble also to other Federations like the Stand Up Paddling (SUP) and International Rafting Federation? The ICF has enough disciplines within the scope of canoes, like the, in Canada, very popular War Canoe. – And the ICF would have all resources to further develop such one.

As reported before, the IDBF and the ICF are having talks to resolve the situation. That is all that is known. The actual course the IDBF is taking appears to be unclear. It's kept in secrecy and there is no transparency.

Although there might be good reasons for the silence, on the other hand it triggers rumors, which can be same as harmful as a boiling public



discussion.

Remembering how the entire IDBF was sitting in one boat when the GAISF-Membership was applied for? Today some of the people are asking if the old course of the Federation is now on sales to the ICF.

Please don't give up what was achieved so far. Let us continue with the old self-confidence to stand our course.

Everybody wants to settle the tiring issue with the ICF, but not for every price.

Also hopefully the ICF will re-consider its course. Wouldn't it be better for the Federation to pull on one and the same string? Wouldn't it be better to have friends in politics?

Anyhow, the above questions and thoughts of an illicit, under-dog author are perhaps the result of a lack of transparency and communication.

The authors name is Henning Wiekhorst

As a final note, especially to the ICF, but also to others, if you wish to respond to this article, you are more than welcome. Be assured your text will be published un-edited and as you have written it.



Regional Focus on Spain



An Introduction from the Spanish Dragon Boat Association



(the article starts on the following page)

Regional Focus



The Spanish Dragon Boat Association started in 2005 with its participation in the World Games of Duisburg, Germany and in the Club Crew World Championships of Schwerin. This first team was integrated by 30 University students and supported by the Spanish sponsor Grupo Caliche.

The following years, the AD Pinatarese Dragon Boat Team was the only Dragon Boat in Spain. The national team was consolidated with some of the best canoeing athletes of the country. Several championships and medals were obtained in the World and European Championships of 2006, 2007 and 2008.

After several seasons without international participation of the Spanish Dragon Boat Association, in 2012 it re-started their presence in international races. The AD Pinatarese returned to participate in international activities. The following year, several medals were obtained in the European Club Crew Championship of Hamburg. 2013 and was also the starting point of the International Dragon Boat festivals in Spain.

After that, the sport increased exponentially in Spain. In 2014 there were two teams participating in international championships (AD Pinatarese and CN Banyoles at the World Club Crew Championship in Ravenna). In 2015, Real Club de Regatas de Cartagena also participated in the European Club Crew Championships. The International Dragon Boat Festivals of San Pedro del Pinatar and Banyoles attracted lots of national and foreign teams.

Many goals have been obtained. Besides all the medals in World, European and other Festivals around the World, two 24h World Record Guinness have been obtained. The first one in 2015 with the longest distance paddled by a crew in 24 hours making 188 Kilometers by a crew of 20 paddlers. The second one in 2017 with the longest distance paddled by relays in 24 hours covering 266 Kilometer by a team formed by 8 crews.

The greatest result of the Spanish Dragon Boat Association was obtained in the World Nation Championship celebrated in Kunming (China) in 2017, where Spain got a Silver medal in the Small Boat Senior A Mixed category.

Regarding the Breast Cancer Survival (BCS) category, in 2016 it was celebrated the first International Forum of the benefits of Dragon Boat in the survival of breast cancer. The next year, the first BCS crew started. In 2018, five Spanish BCS crews were already formed in Spain, reaching one of the most important goals of the Spanish Dragon Boat Association, joining a team to participate in the IBCPC Festival in Florence representing Spain.

The Dragon Boat in Spain is in continues growth, reaching in 2018 a total number of 16 clubs around Spain with more than 600 paddlers.

For 2018 the "Intercontinental Dragon Boat Festival Jan Collins Memorial" (www.dragonboatspain.es) will be celebrated in Torrevieja, Alicante on 13th and 14th October with more than 300 inscriptions confirmed



Regional Focus

Joining crews are coming from Canada, USA, Europe, South-Africa, Asia and Middle East in one of the most successful events in the history of the Spanish Dragon Boat Association.

The Spanish Dragon Boat Association will organize the XVIII European Club Crew Championships of the European Dragon Boat Federation in the city of Sevilla (www.ecccsevilla2019.com), which will be the very greatest highlight of the Spanish Association so far.

More Guinness World Records in Dragon Boat, teams creation and BCS development are the future objectives of the Spanish Dragon Boat Association. We are sure, the future will be full of success.

(Text and photos by Jorge Carracedo Cervantes, President of the Spanish Dragon Boat Association)



More information about the Intercontinental Dragon Boat Races also on dragonboatnet.com





History of Dragon Boat in India

The dragon boat racing has its prevalence in India since the old times. Though the origin of the sports is in other Asian countries. Vallam kali is a traditional boat race in Kerala. It is also known as the Snake Boat Race.



This is similar to Dragon Boat Race. In Kolkata the Dragon Boat Festival is organised every year to celebrate the holidays from the ancient times.

Origin of Dragon Boat Racing in India:

To promote the Dragon Boat Racing in India in a particular form The Dragon Boat Federation Of India (DBFI) was constituted in December 2007 at Srinagar, Jammu and Kashmir headed as President Mr. N.A.Bhat and Secretary general Mr Wasim Raja. The International Dragon Boat Federation (IDBF) confirmed the body of DBFI From the year of 2007 as basic member and issued the Certificate of Membership on 1st August 2013 as full member. Many legends have their contributions in developing this sport throughout in India.



Participating States:

India is divided in 29 states and 7 union territories. In the beginning 6 states were affiliated with DBFI. But at present 24 states and 2 union territories are affiliated with DBFI. All they actively participate in National Championship of Dragon Boat Racing. They also organize the State Championship within their states.

Registration and Recognition:

The DBFI was registered in May 2013 Under Society ACT-2012 at registrar, Office Yamunanagar (Regd.No.0106) in Haryana State. DBFI is under process to be recognize with Government of India Ministry Sports and Youth affairs. DBFI is registered the trademark with device name Dragon Boat Federation Of India. DBFI Is also under process to be affiliate with Indian Olympic Association.

Haryana State is affiliated to Haryana Olympic Association





IRO'S In India :

Grade-1 Race Official course was organized in November 2014 at Bilaspur Himachal Pradesh during the 6th National Championship under the supervision of Mr. Mike Thomas. In which 22 candidates appeared and out of them 16 were qualified to be as IRO.

DBFI conducted the federation race official course in June 2017 at Kolkata. In which 25 candidates qualified the race official examination.



Mr. Parveen Kumar Working Secretary attended the 12th World Dragon Boat Racing Championship as International Race Official and attended IDBF Congress held at Niagara Fall (Canada).

Mr. Parveen Kumar, Ms. Anju Bala, Mr. Rajesh Saran was selected International Race Official in World Cup Crew Championship held at Adelaide, Australia March 2016.



Present Status of Dragon Boat Racing in India:

Day by day Dragon Boat Racing is in progress in India. And it is strengthening its position in the field of sports in India. At present it is a famous water sports in India. But it is always that there are obstacles along with progress. There is also another unit which tells themselves the Dragon Boat Federation of India and their website is update in IDBF'S members page but they don't have any legal documents to prove themselves the true unit as Dragon Boat Federation of India.

Parveen Kumar
Secretary General
Dragon Boat Federation of India

Note from DBWM:

One of the obstacles during the past process of recognition was the challenge by the Indian Kayak & Canoe Federation (IKCF) claiming that as an ICF Member they are automatically the National Governing Body for Dragon Boating in India.

At the time the IKCF did not have a Dragon Boat or Traditional Boat Racing programme and had not been involved in the development of Dragon Boat Sport nationally, although they did try to organize a so called 'Asian DB Champs' in 2009 which was cancelled due to a lack of entries. They only had 'on paper' a Dragon Boat Officer for India.

International Participation in Dragon Boat Racing:

The 1st Indian team participated in 8th Asian Dragon Boat Racing Championships held at Penang, Malaysia July 2008.

Dragon Boat team participated in 9th World Dragon Boat Racing Championship held at Prague (CZECH Republic) 2009.

India team participated in 2nd Makassar International Dragon Boat Competition in month November 2013.





Swift Water Safety

Dragon Boating is a year round sport in many communities. Clubs practice during the winter on the chilly rivers, lakes and bays near their homes. Although it can be cold and wet, an outdoor winter practice can be fun and safe if you take some basic precautions.

The first is to use common sense. Unless you are blessed with a warm climate you will be dealing with some potentially deadly conditions. No practice or race is worth risking someone's life so check the conditions carefully before you leave the dock. Water that is running too fast or is full of debris is not safe so leave the boat tied up. If you are practicing in the dark, your boat must have working lights. Don't go out with too few paddlers. The bottom line is that your helm always has the right to pull the plug on a practice at any time for any reason.

Dress appropriately

This means in layers. The top layer should always be your Personal Flotation Device (PFD) worn on the outside of your clothing. The PFD should be fully fastened and snug. If your boat flips over in cold water you have minutes before hypothermia sets in. Avoid cotton and other fabrics that stay cold and wet, especially jeans and t-shirts. Your top layer should be water resistant if possible. Wear gloves and remember your feet will get wet too.

Plan Ahead

Every boat should have a safety bag. The bag should be watertight and contain a cell phone (with the number of the appropriate law enforcement agency programmed) and a whistle as a minimum. Keep a change of clothes in your car or in a locker or in a dry bag on the boat. Once you finish practice you will be cold and wet and it is important to get dry as quickly as possible. Finally, use the buddy system. Every person should partner up with their seat mate in case of capsize. The drummer partners with the first bench, the helm with the last bench. Know how many people are on board at all times.



Pay attention

In rough water it is particularly important to pay close attention to everything around you. Listen carefully for commands, especially from the helm. Be on the lookout for debris in the water. A log or large item could cause the boat to capsize. Practice commands such as "Brace the boat" (putting your paddles flat on the water to stabilize the boat) and "Stop the Boat" or "Hold Hard" for emergency stops.

Also practice controlling the boat with draw strokes



using the front or back half of a boat on one (or both) sides.

Steering

Dragon boats can be difficult to steer in calm waters and are particularly tricky in fast moving water. It takes more power to maneuver, especially across currents. You need to take the speed of the current into consideration if you are entering or exiting marinas or dock areas. Be careful to stay clear of bridges and other objects that water may flow around. Don't wait for problems to occur, anticipate them and act accordingly. It is better to interrupt a practice piece than to deal with a crisis. If the crew is doing something at 50% power and you need 100% to avoid something, tell them you need it now and make sure they respond.

Capsizing

Dragon boats DO FLIP OVER. Here is what to do if it happens to you.

1. REMAIN CALM and the Helm or Drummer should TAKE CONTROL
2. Identify injuries and implement buddy system. Account for everyone.
3. Grab as much gear as SAFELY possible. The emergency bag is the top priority and then recover bailers, paddles and dry bags as long as additional risk is not taken to retrieve them.
4. If help is nearby, stay with the boat and wait for assistance. Get up on the boat and out of the water as much as possible. Do not "swim for it". Signal for help with whistle or horn (3 short, 3 long, 3 short – pause, repeat)
5. If no help is nearby have crew swim the boat to the nearest shore. Right the boat and bail if possible. Getting to land is the priority.
6. Get help as soon as possible. Call the emergency telephone number for injuries.
Get dry as soon as possible.



In the winter it is important to minimize the chances of capsizing. Keep the boat balanced, don't overload one side. You can also use the helm and drummer to help balance. If you need to change seats do it in an orderly fashion. One bench at a time and front to back works well. Stay sitting down as much as possible and limit any sudden movements. If one person falls overboard, grab them by the shoulder strap of the PFD and help them back into the boat. That person must be taken to land to get dry and warm no matter how much they want to keep practicing. Safety first.

A cold winter mornings paddle with the steam rising off the water as the sun rises is a very special time and does not have to be missed, just make sure you are prepared.

If your Dragon Boat Association has not yet published its own Safety Regulations then you are advised to download copies of the IDBF Water Safety Policy and the **IDBF Safety Procedures** for Event Organisers from the IDBF website at idbf.org and ensure that they are read and acted upon.



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A Side View on other Sports:

The International Rafting Federation and the thrilling team sport of Rafting.

The origins of Rafting



(Photo: Český Krumlov Region of Czech. Credit: www.ckrumlov.info)

Rafting originates from two sources - making transport easier or making life easier and communities more accessible.

The floating of timbers down rivers, with a person aboard, is mentioned in 12th century writings and 16th century illustrations of the Vltava River (now Czech Republic). These logs were being transported downriver for trade. This method of "rafting" was used in many places around the world and were called "trifters" on the Tara and the Drina Rivers (Bosnia and Herzegovina).

In other regions logs were strapped together and used to create a platform to paddle across rivers or lakes, and some were brave enough to navigate white water with these. One wonders what the list of "first descents" would look like if we could look back through all history and include those intrepid "rafters"!



(Photo: Franklin River. Credit: Rafting Magazine)

In the USA in 1811 an attempt to navigate the Snake River in Wyoming was made, but deemed too dangerous and difficult. The first rubber raft was made in 1840 and used for surveying mountainous areas.) But the rivers proved the mightier and the raft was destroyed. It was a 100 years later that the first commercial descent was made of the Snake River and then it started taking off with the use of army surplus rubber rafts.



(Photo: Ubaye River. Credit: Rafting Magazine)





Rafting grew there and in many places around the world and is now a very popular activity for all, from families, to adrenalin junkies. Equipment has continually improved to increase safety and the ability of what can be run. Guides can now be properly trained as well. Safety is still of high concern though as not all companies follow good safety protocols.



(Photo: Guide Training in Russia. Credit: Mark Hirst)

Why rafting is so attractive to so many

Rafting is a great way to see beautiful locations around the world and the river is a lovely pathway through it, often being the only way to access some remote areas. Rafts can carry large amounts of equipment and food and so are an easy vehicle to use to access these beautiful locations. The alternating moments of peaceful drifting and adrenalin shooting of rapids ensures a good mix of everything. Trips can vary from a few hours to multi-day, serene drifting or full on adrenalin rushes, so there is something for everyone. (Photo: Team work – Pacuare River, Costa Rica)

What is most attractive about rafting to the racing teams is the camaraderie of the team itself and the other paddlers you meet at events. A team that wants to succeed needs to work together, train together and inevitably have fun together. In this way it attracts paddlers because it is not as lonely as many other sports where you compete as an individual.



(Photo: Team work – Pacuare River, Costa Rica)

Rafting is very wide spread around the world



(Photo: New Zealand rafting. Credit: Ian Trafford)

Practically all countries with rivers have rafting. It is



not all about whitewater, it is also about enjoying moving along waterways and letting the rafts carry you and your gear. But some countries are better known for rafting than others, and some rivers are better known than others. Possibly top of the list of rivers is the Colorado (USA) where multi-day trips of 15 days up are done through the stunning Grand Canyon. The whitewater is challenging and excellent and the scenery is breath taking. The Zambezi is another very well-known river - some of the biggest but safest whitewater in the world is to be enjoyed just below Victoria Falls. Countries like New Zealand are well known for excellent rafting.

The development of raft racing

The World Rafting Championship has its origins in the international events of Project RAFT (Russians and Americans For Teamwork) in which nearly 50 teams competed in various disciplines including Slalom and Down River on the Chuya river (Siberia 1989), Nantahala river, (USA 1990), Reventazón and Pacuare rivers (Costa Rica 1991) and Çoruh river (Turkey 1993). Project RAFT was founded by California river guides Jib Ellison and Mike Grant and the first event, the Chuya Rally, was a collaborative effort between them and the Siberian river explorer, Misha Kolchevnikov.



(Photo: Project RAFT 1991. Credit: Rafael Gallo)



From 1990 -1994, competitive rafting also had the J&B European Rafting Champs (R4 - 4 people in the team) organized by David Goldstrom and televised on Eurosport. The first was held in Italy and the last three were held in Austria. The format was Time Trial, Head to Head, Slalom and Triple Header.

Tony Hansen tried to get Project Raft 1994 to the Zambezi River, where he was Event Director for an annual fun festival. Unfortunately Project Raft stopped so Tony found his own sponsor for the event in the form of Camel. He also designed the event along slightly more competitive lines, streamlining the events to Time Trial, Sprint, Slalom and Downriver and were the basis of what now constitute the IRF Race Rules. This was the birth of the Camel White Water Challenge (CWWC) which then took place on the Zambezi River (Zimbabwe/Zambia 1995-1997 and 2001), Reventazón and Pacuare Rivers (Costa Rica 1998), Orange River (South Africa 1999) and Futalefu River (Chile 2000).

Birth of the International Rafting Federation (IRF)



In 1994 a World Championship was also held in Italy on the Dora Baltea River and it was there that many key participants, such as Rafael Gallo and Peter Micheler, saw the need to form an international body to represent all racers, rafters, guides and all aspects of rafting across the globe.

The demand for an official body that could



represent and unite the rafting communities of the world stimulated a group of people, led by Lee Porter, to form the IRF in 1997. The founding group were: Lee Porter, Peter Micheler, Rafael Gallo, Tony Hansen, Sue Liell-Cock, Neil Baxter, Glenn Lewman, Zeljko Kelemen and Thomas Karas.



(Photos: Downriver race starting at base of Iguazu Falls, Brazil)

The initial key areas for this representation were Guide Training & Education and Sport & Competitions - two key areas which are today still at the forefront of this global inclusive community.

World Championships

The first ever IRF World Championship was in Costa Rica in 1998. In 2000 the IRF resolved to hold the World Rafting Championships every two years. Consequently the World Rafting Championships have been held on the Reventazón and Pacuare Rivers (Costa Rica 1998), Orange River (South Africa 1999), Futalefu River (Chile 2000), Gauley River (USA 2001), Vltava River (Czech Republic 2003), Quijos River (Ecuador 2005), Naerinchon River (South Korea 2007) and Vrbas and Tara Rivers (Bosnia & Herzegovina 2009).

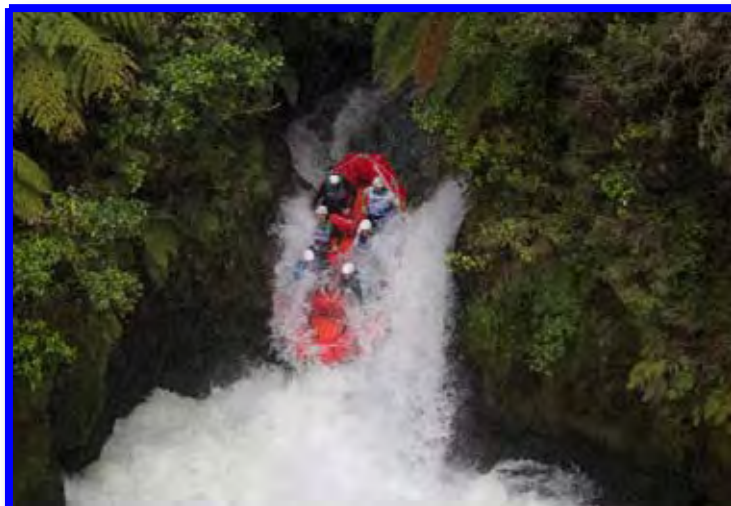


(Photo: Futaleufu River, Chile)

In 2010 the IRF held their first ever R4 (4-man raft) World Champs which would now alternate yearly with the R6 World Rafting Champs. This first R4 event was held on the artificial course in Zoetermeer (Netherlands 2010) and was also the first time the Youth WRC were held. 2011 Open and Youth WRC was on the Pacuare River (Costa Rica). 2012 was the Youth & Masters WRC (first Masters WRC ever) in the Czech Republic on the Ceske Budejovice artificial course and Vltava River.

From 2013 onwards all 4 divisions of Open, Masters, U23 and U19 competed at the IRF WRC. They were held in Rotorua (New Zealand 2013), Foz do Iguaçu (Brazil 2014), Citarik River (Indonesia 2015), Wadi Adventure in Al Ain (United Arab Emirates 2016), Koboke section of Yoshino River (Japan 2017).





(Photo: Tutea Falls, New Zealand)

The IRF also runs European Rafting Champs every year, having just run their 12th ERC on the Cunovo course in Bratislava, Slovakia. There is also the very popular Euro Cup Series which consists of 10 to 12 events each year, and the World Cup Series which consists of 3 to 4 events each year.

Teams

Teams that attend the WRC are selected by their national federations through fair and credible selections. The top men's and top women's team from each member federation is eligible to attend. Teams consist of 6 paddlers and 1 reserve for R6 and 4 paddlers and 1 reserve for R4.

Disciplines

Rafting competitions consist of 4 disciplines - Sprint, Head-to-Head (H2H), Slalom and Downriver. The points earned in each discipline are added to determine the Overall winner and final positions.

1. Sprint is a hard, fast, short burst of speed. It is ideally over a fairly short distance and is about 2 to 3 minutes of hard paddling for 10% of the overall points.

2. Head-to-Head (H2H) is without doubt the most visually exciting discipline as it is pitting two teams against each other in a fast paced tussle around buoys and racing to the finish line. It is ideally over a short distance but must be through a rapid. It counts for 20% of the total points and is an elimination race meaning the winner of each heat proceeds to the next round and eventually just two teams will remain for the Final.

3. Slalom is the most technically challenging event and counts for 30% percent of the total points. This event demands a high level of technique and teamwork to negotiate the rafts through (up to) 14 downriver and upriver gates in powerful rapids. Touching, failing to pass or intentionally moving a gate results in a penalty. Each team runs the course twice and their best time is used to determine their result.



(Photo: Brazil Open Men, 7 times World Rafting Champions)

4. Downriver (also known as Endurance) is the star event and worth 40% of the total score. The race is close to an hour of racing along a section of continuous and powerful rapids. Technical ability and endurance are essential elements to ensuring a good position in this event which is crucial for the teams that aspire to win the Championship.

Next major IRF events

From the 4th to 10th November, 2018 the IRF will be running its 17th World Rafting Championship for





Open teams and the 9th for Youth teams. It will be held on the Alumine River, in the Neuquen Province in Argentina. Over 75 teams from more than 25 nations are expected.

In 2019 the World Rafting Championship will be on the Tully River in Australia, from the 13 – 20 May 2019.



(Photo: Tully River. Credit: Raging Thunder)

Future of the sport:

As the first major step in getting the sport of rafting more international recognition in the sporting world, and as part of the process of getting rafting to the Olympics, the IRF is in the process of becoming a member of the Global Association of International Sports Federations (GAISF). GAISF recognition will allow the IRF to take part in a number of events like the World Games and will also help the IRF's member federations to receive more financial support through their governments as well as sponsors.

With over 21 years of experience of running rafting at an international level the IRF does not expect any resistance to our GAISF membership. In support of our application, the ICF has publicly acknowledged the IRF as the international body overseeing rafting.

The IRF steps up its global recognition

Our application to join Global Association of International Sports Federations (GAISF) is progressing and we expect many advantages and rewards for our members and athletes as a result.

GAISF applications and IOC recognition can be fraught with sports politics similar to what the IDBF faced 10 years ago, and what the International Surfing Association (ISA) is facing now with SUP. With 21 years of being the only organisation overseeing the sport of rafting at an international level we are confident there is no conflict of interest with any other notable organisation.

Recently, a small disgruntled breakaway group of IRF members has caused some unfounded concern about rafting's future amongst the rafting community. However, recent meetings and conversations with the ICF have indicated the ICF are committed to stay neutral and assist in promoting the sport of rafting globally, through their continued recognition of the IRF's authority.

The IRF is working with other international federations in areas where there is overlap, and to create more support for all their sports so as to grow the sports and support for the athlete's and member organisations.

Where to find the IRF

Website: www.internationalrafting.com

Facebookpage:
www.facebook.com/InternationalRafting

Instagram:
www.instagram.com/internationalrafting

Twitter: twitter.com/intrafftfd

YouTube:
www.youtube.com/user/internationalrafting





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