

# DRAGON SPORT NEWS

*the Emagazine for Dragon Boaters world-wide  
Incorporating Dragon Boat International Newsletter*

March 2020 Issue No.11. **SPECIAL EDITION**



Keep your distance  
buddies !

**"2 METRES OR  
MORE"  
please**

A face like that  
needs a Face  
Mask too !

**Advice & Information on the coronavirus – COVID-19. 2020 IDBF & EDBF News on the season. Blasts from the Past**

## HEADLINE LOOK AT THE NEWS INSIDE DSN.....

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### EDITORIAL

2020 The Year of the Rat  
Brings a Plague to us all.

*Page 3.*

---

### Special Features

Euro News from EDBF.

Racing the Dragon – First 40 Years  
Dragon Boat Pictures for You

*Pages 9, 11, 20,*

---

### FEATURES

Pink Paddlers News from the IBCPC  
Racing the Dragon – First 40 Years

*Pages; 13 - 15, 16 -19,*

---

### INTERNATIONAL RACES - UPDATES

- 2020 IDBF Clubs Crews World Champs, France
- 2020 EDBF Nations Championships, Ukraine.
- 2020 Euro Cup Series.

*Pages; 9 & 10.*

---

### Dragon Boat International News & Events from

IDBF Members – Great Britain, Canada, Ireland ,  
Philippines, New Zealand, USA

*Pages; 21,22,27.*

---

### Know How

*Sports Science Corner By Leila Atae*

Coronavirus, COVID-19 Advice & Information

*Pages; 4-8*

---

### CALENDAR OF DRAGON BOATING

Events and Festivals April to December 2020

*Pages; 23 - 27*

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## 2020 THE YEAR OF THE RAT, BRINGS A PLAGUE TO US ALL !

**In the January issue of DSN, I said "2020 sees the start of a new decade and one wonders what the 2020s will bring and what challenges there will be to develop our Sport and sustain it over the 10 years to come".**

**Well no one could have imagined the effect that the outbreak of coronavirus which started in Wuhan, China, in December 2019 (as reported in DSN's stop press news in January 2020), would have on the world, never mind our Sport.**



**Today, as I write we are experiencing a global pandemic** of the 2019 novel coronavirus (2019-nCoV), officially named as COVID-19, by the World Health Organisation (WHO), which has spread to more than 170 countries including China. Confirmed COVID-19 cases have now exceeded 730,000, while more than 34,000 deaths have been reported across the world, as Europe becomes the new epicentre of the coronavirus. More than 80% of the global COVID-19 cases are currently outside China, including countries in Africa, dispelling the thought that high temperatures can kill the virus. Italy, Spain and the USA have now reported more cases than China and as we go to press, the number of confirmed infected cases, around the world, has reach 1 million with 50,000 deaths.

Should we be worried by this spread of the illness. Concerned certainly, worried, maybe but not panicked by it because as an actual illness, COVID-19, for over 96% of the world population of around 6 billion is mild in its effects, with a very low death rate (less than 2%) mainly in the elderly and those with underlying health issues. In this issue of DSN Leila Ataei, a Dragon Boater, Sports Scientist and Member of the EDBF Medical Commission, gives you the low down on COVID-19, its effects and how you can deal with slowing down the spread of the illness by following the medical and scientific advice being put into effect by governments around the world. Like all Dragon Boat Teams we can deal with this illness together, by acting as a team and helping other people less able than ourselves, to make it to the finish line and defeat COVID-19. **Stay positive, keep fit, don't panic or over-react to the threat of COVID-19 and be safe.**

Mike MacKeddie-Haslam.

IDBF Founder & Honorary President  
DSN Editor.

## POSTPONEMENT OF AIMS GENERAL ASSEMBLY & ELECTIONS



Following the declaration of the World Health Organization (WHO) that the Covid-19 outbreak is an official pandemic, SportAccord cancelled their 2020 Convention, during which the AIMS General Assembly (GA) would have been held. An emergency meeting of the AIMS Council was then held at which the Council found it not only necessary but also prudent to postpone the AIMS General Assembly (GA) until later in the year,

The AIMS Council discussed this matter in detail with both SportAccord and GAISF to minimize unnecessary travel and hotel cost which can and would be a burden for many AIMS members. As such we have concluded and agreed to make a re-arrangement of our **Assembly and to hold it during the IF Forum from the 4<sup>th</sup> to 6<sup>th</sup> November 2020.**

This rearrangement is in line with the procedure adopted by the Association of IOC Recognised International Sports Federations (ARISF) and Association of Summer Olympic International Federation (ASOIF) which similarly delayed and postponed its general assembly and elections due to Covid-19.

Stephan Fox  
AIMS President

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## MEDICAL & SPORTS SCIENCE ADVICE

with particular focus on the coronavirus

by Dr. Leila Ataei

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Leila is a Member of the EDBF Medical & Sports Science Commission.



Dr. Leila Ataei is a lecturer and researcher in Sports Medicine & Physiology, specialising in Exercise, Diet and Nutrition. Having obtained her Phd in Iran, she is currently completing her Doctorate in Sport Science, at the University of Nicosia in Cyprus, where she now lives. Previously in Iran, she spent 3 years studying medicine, including being a front line medic following a major earthquake in the region, before switching to biochemistry and then completing her Master's degree in Sport Physiology. Leila's present focus is on Sport Medicine and Anti-Doping issues, especially concerning fitness in trained athletes and sedentary people, of all ages and their recovery regimes

### CORONAVIRUS – THE FACTS AND FIGURES AND WHAT TO DO ABOUT IT

It is always important to have a balanced and nutritional diet as well as a measured and suitable exercise routine in tune with your age and general health. During this exceptional time of the world pandemic cause by the Coronavirus (COVID-19) it is even more important that we pay attention to our health and fitness.

***During the COVID-19 outbreak I will concentrate on giving advice on diet, nutrition and exercise but mainly in the context of how you can keep yourself healthy and protected from the effects of the virus but for now let us look at the medical and scientific knowledge and facts about this particular virus pandemic.***

**What is COVID-19.** COVID-19 is a new unknown strain of coronavirus, against which there is no known vaccine, at the present time and an effective vaccine may take a year or more to test and produce.

**The virus is very contagious** and has already spread throughout the world and will continue to spread for months to come.

Even when a vaccine is produced, COVID-19 may affect the human population for years come.

**So presently there is no way of stopping the virus from continuing its journey around the world, even Africa with its high climate temperatures, has COVID-19.**

The only thing that can be done is to try and slow down the rate at which the virus is spreading, in order that the medical authorities have the time, the necessary equipment and staff to deal adequately and effectively with the large number of serious cases that the pandemic is forecast to create in the affected countries.

**The relatively good news is that** in the general population, the effects of COVID-19 are not serious, with flu like symptoms that, for most people, will last between 3 and 5 days before a full recovery (SARS was much more serious).

**However, for certain sections of society the virus can have serious effects, leading to an overall death rate of 1 or 2 percent (1-2%) across the population as a whole.**

**The Risks.** Those most at risk of contracting a serious dose of COVID-19, possibly leading to death, are people over the age of 70 and particularly those over the age of 80.

Also in this high risk group are people of any age with under-lying medical conditions, in particular those affecting the lungs, heart and kidneys.

**Children are the least at risk** from catching the virus but they are not immune to it and may well be carriers of the virus, as can many adults, without any symptoms showing – known as asymptomatic cases.

The problem, at the moment, is that there is not a universal test that is able to detect these people and thus help to slow down or stop the spread of COVID-19.

**In summary, it is not the virus that is the danger in terms of its effect but the problem is the rate it is spreading through the world's population and the lack of a vaccine to stop it.**

**The Science.** The science models show that without containing the spread of COVID-19 down, the peak of infection, in any one country, is reached at the 3 month point, which means, potentially, having to hospitalize a large number of people at the same time, who are showing symptoms of the virus (symptomatic cases) and overburdening the medical staff, facilities and equipment needed to effectively treat such numbers in a timely manner.

### **Mitigation and Suppression.**

**There are two strategies** being used by governments to combat COVID-19, namely, **Mitigation**, which does not interrupt transmission completely but focuses on slowing, not necessarily stopping, the epidemic from spreading thus reducing peak healthcare demand to an acceptable number of hospital cases, while protecting those most at risk of severe disease, from infection. In this strategy, population immunity builds up through the epidemic, leading to an eventual rapid decline in case numbers and transmission rates dropping to low levels.

**The main challenge of Mitigation** is that the non-medical actions required (home isolation of suspect cases and quarantine of those in the same household and social distancing, especially of those most at risk of severe disease might reduce peak healthcare demand by 2/3 and deaths by half. However, the resulting mitigated epidemic would still likely result in hundreds of thousands of deaths and health systems (most notably intensive care units) being overwhelmed many times over.

**The second strategy is Suppression**, which aims to reverse the growth of the epidemic, thus reducing case numbers to low levels and then maintaining that situation.

**The major challenge of Suppression** is that the non-medical actions (and drugs) need to be maintained, ideally, for as long as the virus is circulating in the human population or until a proven vaccine becomes available. The science indicates that COVID-19 transmission will quickly rebound if such actions are relaxed.

**The experience in China and South Korea** show that **suppression** is possible, in the short term but it remains to be seen whether the social and economic costs of the non medical actions adopted there can be reduced.

**The worst case figures.** An Imperial College London (ICL) study based on the analyses of data from China, and data from those returning on repatriation flights, suggest that 40-50% of infections were not identified as cases and therefore the actual number of people infected was much higher than the known cases.

The ICL model (16 March 2020) forecast shows that 4.4% of those infected by COVID19 will require hospitalization, with an assumption that 30% of those hospitalised will require critical care.

**In the UK the number of people identified** as being at high risk, is 1.5 million (from a population of 60 million). The ICL study indicates that 66,000 would require hospitalization, with nearly 20,000 in critical care.

**Spread over just 3 months, this number of cases could overload hospitals' critical care facilities**, thus the reason why governments want to slow down the spread of COVID-19, so that hospitals can deal with these sorts of numbers over a longer period.

**For countries able to achieve it**, the study suggests that **Suppression** is the preferred strategy but in the UK and USA, the study states that **suppression** would require, as a minimum, a combination of social distancing of the entire population.

This could be supplemented by school and university closures, though it is recognised that such closures may have negative impacts on health systems due to increased absenteeism.

**The ICL study suggests** that if COVID-19 was allowed to spread unchecked throughout the UK (called an unmitigated epidemic) then 81% of the population would be infected in a 3 month period. This would give approximate figures of 49 million people infected of which 642,000 (7000 per day) would require hospital treatment, far more than the system could deal with.

**Most countries face the same challenge** with COVID-19, so these general facts and stats will apply to most, give or take a percentage or two. However, if the spread of COVID-19, can be slowed down to 6 or 7 month period or more, then the same figures become more manageable to around 3000 or less, per day.

**Despite the high number of people requiring hospitalization**, the ICL model suggests an overall fatality rate of 0.9% and that even in the 80+ group most people will fully recover - see ICL chart below:-

Age-group (years)	% symptomatic cases requiring hospitalisation	% hospitalised cases requiring critical care	Infection Fatality Ratio
0 to 9	0.1%	5.0%	0.002%
10 to 19	0.3%	5.0%	0.006%
20 to 29	1.2%	5.0%	0.03%
30 to 39	3.2%	5.0%	0.08%
40 to 49	4.9%	6.3%	0.15%
50 to 59	10.2%	12.2%	0.60%
60 to 69	16.6%	27.4%	2.2%
70 to 79	24.3%	43.2%	5.1%
80+	27.3%	70.9%	9.3%

**What can WE do.** Given the science and medical resources need to combat COVID19, what can we do, as individuals, to slow down and eventually stop the virus. **Should we be worried ?**

Maybe not worried, on a personal level, as COVID-19 is not a serious disease for most people but we should certainly be concerned about those more likely to suffer serious illness from COVID 19.

**Facts to remember.** COVID-19 is transferred by droplets, it is NOT an airborne virus, so if you maintain a distance of 2m or more from other people, then any coughs or sneezes they have, should not affect you.

However, if you cough or sneeze onto your hand or into a tissue and then you touch something else, particularly a hard surface, then the virus can live there for up to 3 days (a few hours, maximum, on soft material and cardboard).

The normal way COVID-19 transmits itself is through close contact with someone else for more than 15 minutes, mainly work colleagues and those you live with.

Social distancing, that is, keeping at least 2m away from other people, where at all possible, being vigilance when out in public is crucial but at work and in the home it is vital.

In the UK, unless a person is very unwell and being admitted to a hospital, testing of the general population is not being done.

Pretty much everyone gets a fever (above 37.8°C) of some sort, especially during the winter months, so having a thermometer in your pocket, is useful.

If you have to self isolate, the risk of someone living in the same house getting the COVID-19 is less than 5% but home is the main place for the mass transmission of the virus. **It is your responsibly to identify the virus and get home to self isolate for at least 14 days.**

**Personal Action to Take.** Wash your hands frequently, with soap and water and dry them on a tissue and immediately throw the tissue away. Avoid touching your face, as the virus enters the body through the mouth, nose or eyes.

Not touching your face is hard, but very important in stopping the transmission of COVID-19

Also regularly use anti-bacterial wipes on door handles, hard surfaces and phones, especially when you enter your own home.

If you self isolate and live with others, then the key protection points are:-

- wash hands and surfaces regularly
- Separate food preparation
- Sleep separately
- Don't share clothes or towels
- Use separate bathrooms and toilets where possible, alternatively use antibacterial wipes to clean taps and hard surfaces in the bathroom and toilet between uses.

In any circumstances make sure that you do not contribute to the spread of COVID-19, whether you get it or not but if you are unlucky and get it, make sure that the transmission buck stops with you.

COLD vs. FLU vs. ALLERGIES vs. COVID-19				
SYMPTOMS	COLD	FLU	ALLERGIES	COVID-19** <small>(can range from mild to serious)</small>
Fever	Rare	High (100-102°F). Can last 3-4 days	Never	Common
Headache	Rare	Intense	Uncommon	Can be present
General Aches, Pains	Slight	Usual, often severe	Never	Can be present
Fatigue, Weakness	Mild	Intense, can last up to 2-3 weeks	Sometimes	Can be present
Extreme Exhaustion	Never	Usual (starts early)	Never	Can be present
Stuffy/ Runny Nose	Common	Sometimes	Common	Has been reported
Sneezing	Usual	Sometimes	Usual	Has been reported
Sore Throat	Common	Common	Sometimes	Has been reported
Cough	Mild to moderate	Common, can become severe	Sometimes	Common
Shortness of Breath	Rare	Rare	Rare, except for those with allergic asthma	In more serious infections

Sources: National Institute of Allergy and Infectious Diseases, CDC, WHO. \*\*Information is still evolving.

## QUESTIONS ANSWERED

COVID-19, a virus called coronavirus, is a new illness that can affect your lungs and airways. Because it's a new illness, it is not known exactly how COVID-19 spreads from person to person. Similar viruses are spread in cough droplets. It's very unlikely it can be spread through things like packages or food.

*There are many questions being asked about COVID-19, so in these pages my close colleague 'Pinky the Scientist' will answer the most common ones, which are scientifically, medically and factually correct.*

### 1. What are the symptoms of COVID-19 ?

**Pinky Scientist says:-** A high temperature above 37.8 °C – this means you feel hot to touch on your chest or back (you do not need to measure your temperature).

**A new, continuous cough** – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours. If you usually have a cough, it may be worse than usual.

Earlier signs of the virus may be a loss of taste and/or smell. To protect others, do not go to places like a doctor's surgery, a pharmacy or hospital but simply **Stay at Home**, if you can.

**Rest until the symptoms subside but if they don't then call your Doctor's surgery.**

### 2. How do I avoid catching and spreading COVID-19 ?

**Pinky Scientist says:- DO,**

- wash your hands with soap and water often – do this for at least 20 seconds
- always wash your hands when you get home or into work
- use hand sanitizer gel if soap and water are not available
- cover mouth and nose with a tissue or your sleeve (not hands) when you cough or sneeze
- put used tissues in the bin immediately and wash your hands afterwards
- avoid close contact with people who have symptoms of coronavirus
- only travel on public transport if you need to
- work from home, if you can,
- avoid social activities, such as going to pubs, restaurants, theatres and cinemas
- avoid events with large groups of people
- use phone, [online services](#), or apps to contact your Doctor or other Medical services

**DO NOT,**

- do not touch your eyes, nose or mouth if your hands are not clean
- do not have visitors to your home, including friends and family

### 3. Who is at high risk?

**Pinky Scientist says:-** You may be at high risk from coronavirus if you:

- have had an organ transplant
- are having certain types of cancer treatment
- have blood or bone marrow cancer, such as leukaemia
- have a severe lung condition, such as cystic fibrosis or severe asthma
- have a condition that makes you much more likely to get infections
- are taking medicine that weakens your immune system
- are pregnant and have a serious heart condition

#### **Pinky Scientist advice for people at high risk**

If you're at high risk of getting seriously ill from coronavirus, there are extra things you should do to avoid catching it. These include:

- not leaving your home – you should not go out to do shopping, visit friends or family, or attend any gatherings
- avoiding close contact with other people in your home as much as possible

Read the full [advice on protecting yourself if you're at high risk from coronavirus on GOV.UK](#).

#### 4. Should I wear a protective face mask ?

**Pinky Scientist says:-** Medical organisations do not presently recommend that the general public wear face masks to prevent viral infections but the COVID-19 outbreak has sparked a global surge in the demand for face masks because people think they will help to guard them against infection.

The two main masks being used are standard surgical masks and N95 respirators (painter's masks are "worthless for respiratory protection).

However, these masks are not likely to be very effective in preventing the virus from spreading and health experts have questioned how much protection they can actually offer but they do advise **people who have been diagnosed with COVID-19 (or are being evaluated for infection) to wear a mask** when they're in a room with other people.

**Surgical Masks.** *Surgical masks are designed to block liquid droplets and to keep what's in a surgeon's mouth and nose from getting into a surgical field, especially in an operating theatre*

*They are quite effective at doing that but surgical masks don't completely seal off the wearer's nose and mouth and leave the eyes exposed. They are not air tight around the edges, meaning droplets can still get in and some tiny particles can simply pass through the material.*

**Perhaps more importantly, surgical masks are designed to be used once only.**

*Healthcare workers treating patients should wear them, in addition to gloves, goggles and gowns as the masks are thought to be more effective in a clinical setting, with these additional protective measures.*

**N95 Masks.** *The N95 filtering face masks offer more protection than surgical masks by virtue of the fact that they are designed to guard the wearer's nose and mouth area against 95 per cent of small particles but they too are only effective if fitted properly. If they're not, droplets can still get inside the mask.*

*They also aren't suitable for children or adults with facial hair, and can make it hard to breathe. This is especially dangerous for anyone already showing symptoms including coughing and shortness of breath.*

**In summary, face masks are NOT generally effective in preventing the general public from catching COVID-19 and if healthcare providers can't get them, to care for sick patients, it puts them and our communities at risk and can increase the number of likely deaths within the community as a whole.**

#### 5. Should I go to work or shopping or for training, to see family & friends or to socialize

**Pinky Scientist says:-** The latest advice from governments around the world – a requirement in some countries, is that you should work from home, and only go to your normal workplace if you are a 'key worker' such as a medic, teacher, police-officer, food & pharmaceutical shop staff, etc.

Going out shopping should be restricted to buying the food and necessities you need for a week but ideally you should shop on line, where possible.

Group training, going to gyms, restaurants etc or socializing in groups has now been banned in most countries and 'social distancing' that is, keeping at least 2 metres away from another person, has been introduced across the world.

This helps to reduce social interaction between people and can reduce the transmission of COVID-19 dramatically

#### **SOCIAL DISTANCING MEASURES ARE:-**

1. *Avoid contact with someone who is displaying symptoms of COVID-19.*
2. *Avoid non-essential use of public transport where possible.*
3. *Work from home, where possible. Your employer should support you to do this.*
4. *Avoid large and small gatherings in public spaces, cafes, restaurants, leisure centres and similar venues, as infections spread easily where people gather together to socialize.*
5. *Avoid gatherings with friends and family. Keep in touch using phone, internet, social media etc.*
6. *Use telephone or online services to contact your doctor's surgery or other essential services*

**Everyone is strongly advised to follow these measures as much as possible and to limit face-to-face interaction with friends and family, particularly if you are over 70, have an underlying health condition.**

*I hope that you have found this information interesting and useful to you in understanding and dealing with the dangers and restrictions placed on us all by the COVID-19 pandemic.*

**I will be publishing regular articles during the COVID-19 pandemic, covering such topics as:-**

**How to Boost Your Immune System:**

**How to remain happy not bored, if you have to stay at home.**

**How to keep fit through home exercise.**

**Tips on Diet & Healthy Eating.**





## EURO NEWS - EDBF EXECUTIVE & COUNCIL MEETINGS

### 2020 European Nations Championships (ENC) in Kiev, postponed 2020 Euro Cup Races, cancelled



***It is with much regret that I announce that the 14<sup>th</sup> EDBF European Nations Championships scheduled for 15<sup>th</sup> – 19<sup>th</sup> July 2020 in Kyiv, Ukraine is postponed to July or August 2021.***

The EDBF Council in conjunction with the Organising Committee, the Ukraine Dragon Boat Federation and the various stakeholders have been actively monitoring the rapidly developing situation across Europe and have come to the conclusion that it is impossible to organise a Championships in 2020. The health and welfare of the athletes, officials and volunteers being at the forefront of this decision.

We await the IDBF's confirmation of their race calendar for 2021 before we can announce a revised date. A decision on the European Club Crew Championships (ECCC) for 2021 has yet to be decided, but it will not be held in Barcelona, Spain. A ECCC in Barcelona will now be postponed to a future year, subject to ratification by Congress.

***The Euro Cup for 2020 has also been cancelled as we cannot at this time confirm which events will be able to run. The EDBF Congress will now be held on Sunday, 19<sup>th</sup> July 2020 by video conference; further details will be issued nearer the time.***

We would like to thank the organising committee at this time for all the work that has already been put into facilitating these Championships. We now look forward to the Championships in 2021. Please look after yourselves

Claudio Schermi

President, European Dragon Boat Federation

1<sup>st</sup> April 2020



### EDBF NEWS SUMMARY - from the EDBF Executive & Council.

An extraordinary meeting of the EDBF Council & Executive Committee was held on 31<sup>st</sup> March 2020, to discuss important decisions concerning the activities of the EDBF, as a result of the present coronavirus pandemic.

**The meeting approved the postponement** of the 2020 Kiev European Nations Championship until 2021. The date of Kiev 2021 depends on the decision to be made by the IDBF regarding their announcement that the 2020 Club Crew World Championships, in Aix Les Bains, has also been postponed until 2021.

Should the 2021 CCWC remain in Aix Les Bains, then it is likely that it will take place in late August 2021, which would mean Kiev being held in July 2021, as per the 2020 international programme.

**The possibility of the Junior World Nations Champs** being held in conjunction with the 2021 Kiev European Nations Championships was also discussed and a proposal to this effect will be made to the IDBF.

**With regard to the 2021 European Clubs Champs**, these could either take place combined with the Kiev Nations Champs or combined with the 2021 CCWC in Aix Les Bains or indeed replace the CCWC in France, if the IDBF decides not to hold the postponed 2020 CCWC in France, or at all.

**In addition to the postponement of Kiev 2020**, the EDBF Council agreed to cancel the 2020 Euro Cup Race Series but confirmed that the 2020 European Indoor Championships and the EDBF Forum in Fidenza/Parma, Italy would still take place but over the first weekend of December 2020.

Because of the postponement of Kiev until 2021, the 2022 and 2023 EDBF Championships have been tentatively rescheduled as Ravenna 2022 (Nations) and 2023 Barcelona (Clubs). These changes in Championships are subject to agreement and **ratification by the 2020 EDBF Congress**, now to be held by video conference on Sunday 19<sup>th</sup> July 2020.

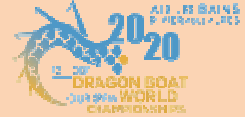
**In closing the meeting the EDBF President expressed the wish that EDBF Coaching and Officials video meetings should take place on a regular basis and especially during the present pandemic, to discuss ideas and develop closer co-operation and understanding between the EDBF Members, as well as offering a service to paddlers.**

**12th IDBF CLUB CREW WORLD CHAMPIONSHIPS**  
**AIX LES BAINS, FRANCE**  
(24<sup>th</sup> - 30<sup>th</sup> AUGUST 2020)  
**WILL NOT BE HELD IN 2020**



**IDBF NEWS RELEASE**

Date: 27 March 2020



**After extensive consultation, the IDBF with the Fédération de Dragon Boat for France (FDB) and the Organising Committee have agreed that this year's CCWC will not be held in 2020.**

The main reason behind this decision is for the health and wellbeing of our athletes. Some of the factors which guided our decision include (but not limited to) the following:

- athletes in most countries are restricted in being able to train as a team and to prepare effectively
- some athletes will be affected by economic pressures due to potential loss of income through shorter work hours or time off without pay.
- consideration of vulnerable family members.
- the inability to effectively predict what travel restrictions may still be in force.
- the volatility in the exchange rate will increase the costs to athletes.

The IDBF Executive has been meeting frequently to discuss the COVID-19 situation and held dialogue with national dragon boat federations, race officials, athletes and clubs. The welfare of our race officials, volunteers, supporters and broader stakeholders who face similar family and financial challenges were also discussed.

We hope that this decision will be a relief to many and enable everyone to move forward on other priorities. As the world governing body for dragon boat sport, the health and welfare of the dragon boat community must be at the fore front of any decisions we make.

The feasibility and impacts of moving the Championship is complex and is now being closely considered. The Organising Committee and the City of Aix les Bains are still committed to hosting the Championships in 2021.

We appreciate and thank everyone for their understanding and patience during this time in particular the qualifying clubs, FDB, Organising Committee and Commissions.

For now, it is important that each and every one of us follow the advice of our governments, to do what we can individually, to help to contain the spread of the virus.

Please all take care and stay safe.

**Mike Thomas**  
**IDBF President**



## RACING THE DRAGON – THE FIRST 40 YEARS.

by Mike MacKeddie-Haslam – A Dragon Boater



As mentioned in the last few DSNs I am writing a book covering the first four decades of my personal journey through the Sport, since I first heard about Dragon Boating in 1980 and went on to develop Modern Sport Racing. **I would like to add your dragon boat story and weave your story into the book**, to mark 40 years of "Racing the Dragon" around the world. *So please drop me a line or two on how you came into the Sport and those who influenced you to 'Race the Dragon'. In this issue of DSN, as a taster, I have included an extract or two from Chapter 3.*

### CHAPTER 3. THE DRAGON ARRIVES

As Dragon Boating is one of the oldest of Chinese traditions, it was an obvious activity to look at when, in 1975, John Paine, the then Executive Director of the Hong Kong Tourist Association and Philip Lai, the Chairman of the Hong Kong Fishermen's Association, sat down to discuss Dragon Boat Racing as a way to promote Hong Kong as a tourist venue, with the attraction of an associated festival of Chinese culture.

They decided to hold the first International Dragon Boat Race in Hong Kong, in 1976 with a crew from the Japanese City of Nagasaki invited to race.

Thus it was that Dragon Boating as a competitive, rather than a traditional activity, was born and this event marked the beginning of the modern era of Dragon Boating.

Following the regional success of the HKIR, the Tourist Association decided to start a world-wide campaign of promoting Dragon Boating overseas, as a way of attracting more and more tourists to Hong Kong with the intention of making the dragon boat a symbol of the City.

These first International Races evolved to become the Hong Kong Dragon Boat Festival, International Races, or HKIR for short, which have been held annually, ever since, on the first weekend after the traditional Festival Races (Tuen Ng).

The idea of promoting tourism and aspects of Chinese culture, through Dragon Boat Festivals, quickly spread to other cities in the Pacific Basin, such as Singapore, Penang, Osaka and later Auckland, Sydney and Vancouver.

Considerable efforts were also made to promote Hong Kong by inviting crews to compete in the HKIR, initially targeting the UK, USA, Canada and Australia.

Wooden dragon boats were sent to England and other Countries for the invited crews to train on, then publicize their trips and promote Hong Kong.

The boats came from the Fishermen in Hong Kong, mainly from Chai Wan, a district on Hong Kong Island and from Cheung Chau, a small outlying island within Hong Kong's territory but there was only a limited stock of boats available and given the time and expense involved in building a 2 ton solid teak boat, only a very few were actually ever sent to Western countries.

In 1980 the Hong Kong Tourist Association (HKTA) now the Tourist Board, sent three wooden teak Dragon Boats to take part in an event they called the 'Chinese Festival in London', as part of the global campaign to promote Chinese Culture and tourism. The Dragon Boating took place on the River Thames and Paddlers from rowing and canoeing clubs based on the Thames raced them.

At that time, as the Director of the 16th World Canoe & Kayak Racing Championships, called *Canoe 81-Nottingham*, I was planning supporting events, two of which were a Waterside Exhibition and a Water Related Activities Programme, which eventually consisted of 25 different events.

Di Lawler from the Richmond & Elmbridge Canoe Clubs, knew I was looking for other attractions for *Canoe 81* and told me about the colourful but funny looking boats they had raced on the Thames, called Dragon Boats.

I decided to get the 40ft long teak boats to Nottingham and with the agreement of the Hong Kong Government Office in London, this was arranged, which proved to be a tricky task.

Fortunately, the boss of Ensor Transport, a local Nottingham company, had a fleet of lorries, that were used as 'mobile grandstands' for rowing regattas and I had also used them for the Nottinghamshire International Canoeing Regatta.

I asked them if they would send one of their 40ft flat-bed lorries to Thorpe Park, near London and bring them back to Nottingham. The Boss happily agreed and once they were there, I thought, as well as displaying them at the Waterside Exhibition, why not race them too.

**To find crews was the next challenge**, so I sent out a press-release and did a 'chat spot' on local radio and to my surprise, people, responded, from local businesses, sports clubs, youth clubs, canoe clubs and social clubs, who then formed their crews and turned up to race, without any knowledge at all, of the traditions or Chinese culture associated with dragon boats.

**The racing took place during the World Champs lunch breaks and in the early evening of each Racing Day.**

Everyone had a great time during the week and the Lincoln Imps Dragon Boat Crew, from the Lincoln Canoe Club, won the 500 metres final, raced as part of the closing ceremony activities on the Sunday afternoon of the Championships, to become the winners of the first formal Dragon Boat competition in the UK.

**In addition to the lunch time Dragon Boat Races**, I also persuaded the majority of the Board Members of the International Canoe Federation (ICF) to paddle down the regatta course in one of the boats.

**Unfortunately it was windy and a bit choppy** and water soon came over the sides of the boat and swamped it. **The boat eventually slid beneath the waves** (captured on the Championship video tape) with all hands on board, leaving the ICF hierarchy to be rescued by the safety boats.

Many of them were not wearing paddling gear but just normal everyday suits, so it is no wonder that after the event, they declined to consider Dragon Boating as a future ICF discipline.

**In my final report on Canoe 81 Nottingham to the ICF, after the event, I wrote:-**

*"The Dragon Boat Racing was particularly popular with the participants and spectators and without the restrictions of 'racing time' placed on the competition by the dictates of the actual World Championships, Dragon Boat Racing would have proved itself to be an extremely watchable aspect of Canoe 81.*

*Undoubtedly, there is scope for development with Dragon Boat Racing, given more publicity and more attention, as it has an undoubted appeal as both a spectator and participant activity. It has colour, activity and excitement and as such would no doubt lend itself well to coverage by the media.*

*Dragon Boat Racing is an excellent way of getting people with no previous experience of paddle sport onto the water and introducing them to the 'competitive' world". It was cost effective and successful and has a market potential that should be explored".*

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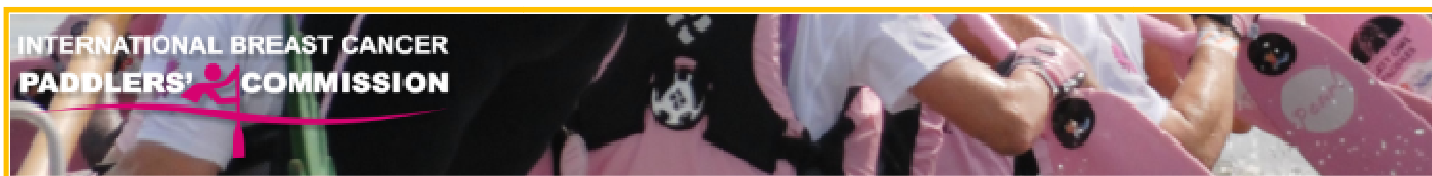
**It is my intention to publish 'Racing the Dragon' by the end of 2020 as an Ebook but also in hard copy. I would also like to serialize the book electronically, in the coming months. If you are interested in receiving a copy of the book in any of the formats shown below then please drop me an email at [mikehaslam@aol.com](mailto:mikehaslam@aol.com) and I will reserve you a copy. Prices will be kept low, dependent on the type of copy- ranging from approx 1 Usd to 25 Usd.**

**Racing the Dragon, the first 40 Years – Publishing Format**

**Serialized Copy – text only**

**EBook electronic Copy – text plus limited pictures**

**Printed Hard Copy – fully illustrated pictures**



The primary goal of the **International Breast Cancer Paddlers Commission (IBCPC)** is to ensure that **International Breast Cancer Survivors (BCS)** participation festivals and international competitive events are raising awareness about life after a diagnosis of and treatment for breast cancer. *The IBCPC is an Affiliated Commission of the International Dragon Boat Federation (IDBF).*

Articles courtesy of the IBCPC Newsletter "Keep Abreast with IBCPC".



**From the desk of IBCPC President Meri Gibson.** Hello to you all from New Zealand,

**I don't even know where to start to talk about what has been on our minds constantly for the last 9 or so weeks. What a changing world we live in**

On a daily basis, I receive so many emails from so many of you, literally hundreds over the last weeks telling me about your personal experiences. I am in contact with so many of you from every corner of the globe. This is not the time for politics or grandstanding by politicians and organisational leaders, it is a time of caring for each other, holding your families close, staying well and staying safe.

**My very first conversation about COVID-19 was with our National Representative to China, Beirong (Bei) Xiong** while she was in China visiting her elderly mother over Chinese New Year. Bei told me of her immediate isolation lockdown and the need to extend her stay by two weeks while in isolation and then her further two weeks isolation on her return to Ottawa, Canada. Throughout Bei maintained high spirits and thought not just of her family but also of her much loved newly formed Dragon Sisters teams.

**We feel deeply for all of our paddlers, wherever they are.** I have spoken in depth with many paddlers from Italy and feel their pain immensely. Our own Vice President Lucia de Ranieri has been in lockdown for some weeks now while she cares for her elderly parents. Lucia keeps us informed of the realities of what is happening in Italy on a daily basis.

I have been heartened by the contact from Italian teams who, despite this incredibly difficult time, are super excited about the prospect of registering for the festival in NZ in 2022. The NZ 2022 committee in agreement with the IBCPC Festivals Committee has made the decision to delay the opening of the **festival registration by two months until 1st June 2022.**

### CHINESE DRAGON SISTERS FOLLOW THEIR DREAM DURING CORONAVIRUS QUARANTINE.

**Report by IBCPC China Rep Beirong (Bei) Xiong March 21, 2020.** *It has been over 9 weeks now since communities across the country locked down. in aid of containing the COVID-19 virus. We checked in with members of the newly minted breast cancer dragon boat teams in Shanghai and Beijing.*



**Beijing Dragon Sisters.** Wan Wan is used to seeing her gramma climb on the living room couch, barely noticing anymore as she pulls away the cushions before settling into her ready, ready, position. **Zhu Zhu Wang** has been doing this for weeks now, ever since the government ordered China's population to remain in their homes to help contain the COVID-19 virus outbreak discovered earlier in Wuhan. Zhu Zhu has good reason for this daily ritual. She's chasing her dream. "Paddling on the couch is the closest way to simulate my seat in our dragon boat," she says. "I just can't feel the catch." She says working out also keeps her spirits up.

**Shanghai Dragon Sisters.** Beirong praises Di Na Zhou for her hard work organizing the Shanghai Dragon Sisters, stepping into the captain's role to lead her paddlers in regular workouts at a fitness centre. Now, during the quarantine, the thirty-two women share their workout results with each other every two weeks on their team WeChat group.

**Di Na**, who embraced yoga after her diagnosis in 2014, welcomed the chance to add full-body workouts to her recovery plan. "A group of us met last May to meet Beirong, a breast cancer survivor whose story many of us had followed on WeChat. She invited us to share our stories with the group before leading us to a nearby pond to try the paddle stroke. I loved it the minute I dipped my paddle in the water!"



On the 8th floor of her mother's high rise building, **Xin Mei** is now up to 20 side squats in her daily routine. As she rises from each squat, Mei can see the neighbouring buildings through the living room window. The streets below are eerily void of people and traffic. At the end of her session she taps some numbers onto her phone and hits the send button for all 32 paddlers on the Shanghai Dragon Sister team to see.

**Ci Ci** works out on her TRX, stretching to strengthen her core, and increase her upper and lower body strength. "It's the perfect solution for a small space and it complements our team training program," she says.

**ITALY IN LOCKDOWN FROM LUCIA'S PERSPECTIVE.** All of us around the world live in very hard times right now because of the sneaky COVID-19 virus. This virus has no borders, it comes and goes wherever it likes and as it pleases.

My country, Italy, is suffering very much, we are shedding many tears over the 10,000 deaths. The tireless work of all the medical staff is so very moving to observe, they are taking care of all patients, not only as professional staff but also offering the last words comfort and kindness to these people before they pass.

A simple word and a warm look in the loneliness of this disease. The thought of these people passing on their own hurts me so very much.

As we all know only too well every crisis is not the end, but it is a beginning, the beginning of a rebirth and a renovation journey, I firmly believe this.

We Italians are united more than ever to overcome this tragic moment that seems to be so endless and I'm sure that the renewed spirit of solidarity of all of us will help the country to rise after such a painful fall.

I urge you to raise awareness within your own communities about the dangerousness of the virus and its effects. Unbelievably still now there are 15 to 20% of the Italian population that are not fully aware of this and they want to continue to hold onto the lifestyle habits they have, which is frustrating the efforts of the rest of the population.

**I want to sign off with the 2018 Florence festival motto: "Never stop trying, never stop believing, never give up".**

### **LIFE ON THE COVID-19 - "FRONT LINE" - A NURSE'S PERSPECTIVE** *By Linda Kuska in Canada*

**You all know me for my articles in the IBCPC Newsletter** as the "High-Performance Coach", I am the Team Captain of the Rowbust BCS Dragon Boat Team in London, Ontario, Canada but in my "real" life, I am a Registered Nurse at the London Health Sciences Centre (LHSC) in London, Ontario, Canada where I have worked as an RN for 36 years.

LHSC is a very large Trauma Centre for Adults and Paediatrics and I am the Charge Nurse in the Orthopaedic Clinic that usually sees 500 to 700 patients per week. But that has all drastically changed!!

**Here in Canada, we heard about what was happening in Wuhan**, China for weeks and we just couldn't believe what we were seeing. But you go about your everyday life, that is happening across the world and **you think that it could never come here WRONG!**

**I have worked through SARS** but this is unlike anything the Health Care System has ever dealt with. Everything is shut down, only essential services are still working. The streets are so quiet. Grocery stores and pharmacies are the busiest places but everyone is trying to stay 2m away from other people. Self Isolation is being done by many.

**Coming to work is very quiet** but now the staff has separate entrances from patients. Everyone is screened when they come in with a series of very specific questions.

**Only the patients are allowed into the hospital** and we are only seeing Urgent/Emergent patients. All other patients, elective procedures are cancelled until we don't know when.

**There are many staff who have been exposed to the virus and are now in self Isolation.** That means that many of our units are going short staffed and they are desperately looking for staff to work. Currently, in my unit, I am the only RN who can work, everyone else is in self Isolation because of either recent travel or being exposed to Covid-19.

**There are so many thoughts** that are going through everyone's mind right now but working on the Front Lines, we have so much more to worry about!

**Our hospitals are preparing for** the potential of overflowing hospital beds and needing more ventilators because we have watched what has happened in China, Italy, Spain, France, United States and other countries. **We watch and wait for this invisible enemy to come knocking at our doorstep.**

**Health Care workers also need to look after themselves.** What I do is I draw on my experience with Dragon Boating to help me through. I exercise, exercise helps to keep ME sane!

I turn off the news and go outside for a run (keeping my social distance from everyone else), I continue my Circuit Training because I NEED to do this, it clears my mind and keeps me healthy! I call my friends, video chat with them or we exercise together by video!!

**Everything we know as dragon boaters is different** but we need to find a way to get through this and stay healthy!

**What can YOU do** to help the Health Care Workers.

**Stay away from everyone. Keep your social distance. Stay quarantined, if required.**

**WE ALL NEED TO STOP THIS VIRUS!**

**What will the next few months be like?** I have no idea but we all need to work together to stop this virus!! **To all my fellow dragon boat Health Care Workers, stay strong, stay safe, stay healthy and look after yourself!!!**

**ROSAS DEL PLATA CELEBRATE, WITH OVER 100 WOMEN,  
THE 2ND ARGENTINA PINK MEETING AS SEEN THROUGH THE EYES OF A 17-YEAR- OLD.**

My name is Paul Yadid. I am 17 years old and I am starting my last year of high school next week. On Saturday, March 7th my brother Lucas and I were involved in helping with registration at the 2nd Argentine Pink festival that gathered together over 100 pink paddlers from all over our country, Argentina.

My uncle Roberto Yahni, a gynaecologist/obstetrician (my mom, Matilde Yahni spares no one in the family) was also involved by giving a lecture about the benefits of exercise post a diagnosis of and surgery for breast cancer.

I was amazed at the energy of the women who participated. I am used to seeing my mom running around organizing things for Rosas del Plata and also seeing the amount of exercise she does, but I didn't expect to see this from everyone else:

**They paddled hard, they danced, they laughed even harder, and they hugged a lot. A real celebration of life where we all realized how much they enjoy this activity and each others company.**

I was 12 when my mom was diagnosed with breast cancer. She recovered quite fast, and I remember how happy I was when we did that trip to the US to leave the sad moments behind, and in this gathering, I felt like that again: very grateful and happy.

**I really hope you all keep paddling always to honour life. Proud of you, ladies.**

**Paul Yadid, son of Matilde Yahni**



**LIVING IN A DREAM WORLD. DREAMS BECOME REALITY. by Virginia Mezzo, Chicas Pink, Santa Fe**



**Dreamers, Passionate, Romantic, Fun, Fine, Smart, Drive, Fighters, together we travelled to Escobar, Argentina for the 2nd national meeting of Pink Women from across Argentina.**

**Everything was Pink, what a paradox,** so exciting to all be together living this dream with these survivors from Argentina.

**On Saturday morning,** the Pink hosts, **ROSAS DEL PLATA,** welcomed us all with so much warmth. The place next to the lake was swathed in Pink. We were so excited and enjoyed every moment. Every minute, every talk, every hug, every smile, was amazing and then it was time to hop into the Dragon Boat.

**Our passion was fabulous for each and every one of us.** It certainly felt like a dream, a dream come true. Between the many laughs, the praise for a beautiful occasion, the talks, the drawings, the gorgeous gifts,

And the acknowledgements; we listened to a very interesting talk about controls in our lives and life experiences. And ever-present at all times was the opportunity to train and paddle in the dragon boat.

**Next thing we knew a PINK tide of women were dancing together** until sunset and to the rhythm of Zumba, celebrating life.

**Sunday arrived, it was another unforgettable day.** We breathed so much joy, so much love, so much happiness, and so it was that we breathed life. We simply cannot express in words the amazing weekend that we lived.

**This was such a different weekend,** with such a strong PINK flavour, paddling on the water, the water inspiring life, the eco of the drum in each breath, leaving stamps in the waters of Puerto de Escobar.

**We hug with our hearts to the wonderful team of ROSASDELPLATA and we say goodbye with an infinity of applause.**

## BLASTS FROM THE PAST

### 1998 -1991 HONG KONG DRAGON BOAT MEETINGS.

25<sup>th</sup> June 1988 – New World Hotel, Hong Kong at 5.30pm.

**First Meeting in Hong Kong, of people involved in Dragon Boating to establish the views of those present concerning the future development of Dragon Boat Racing internationally and to recommend a course of action.**

**Opening Remarks.** The meeting was opened by **Mike Haslam**, Chairman of the British Dragon Boat Racing Association (BDA) who outlined his reasons for calling the meeting by explaining the problems the BDA was facing, in :-

- Getting recognized by government and other sports,
- Maintaining the traditions of Chinese Dragon Boat Racing,
- Developing the sport for a wider participating audience
- Attracting finance and sponsorship. Standardizing a boat.

He summarized that his Association felt that similar problems were being experienced by other national groups already formed or in the process of forming, especially where more than one Dragon Boat group existed in a country.

He also felt that many of the same problems would emerge in the future, at international level and felt that there was a need for an International Federation to:-

- Legitimize Dragon Boat Racing Internationally and address problems of International concern, for example, formulating international rules and regulations,
- Give advice, help and guidance, to newly emerging National Dragon Boat organizations and co-ordinate the international development of Dragon Boat Racing,
- Represent the sport of Dragon Boat Racing with other International Sports Federations,

**General Debate.** **Bob Wilson** (Race Controller of the HKIR) felt that whilst there may not necessarily be a need for a formal federation at international level, there were indications that Dragon Boating, as a 'Sport' was developing fast. This may mean an informal international grouping being formed.

In speaking for their own groups **Sue Smith** (USA), **Patrick Couling**, **Larry Chu** (Canada) and **Alistair Hoggard** (New Zealand) all supported the view that some form of International Federation was needed, to help emerging nations, especially where more than one group existed.

**Hajime Yuki** (Japan) was concerned about the 'representation' of National level Dragon Boating and felt that the need to co-ordinate an International Racing Programme.

**Conclusions Drawn.** The meeting agreed that there was a need for 'international correspondence' to:-

**Collect views on an International Federation, examine national situations and an international role and to explore, ways forward and aspects of development.** The meeting also agreed that there was a definite need for an international 'talking shop' and that there should be an International Conference in 1989, immediately before the Hong Kong Int Races.

**Actions Agreed.** **Mike Haslam** proposed and it was agreed that **Bob Wilson** should act as Chairman of an ad hoc steering group, which would gather in views from all known groups interested in Dragon Boating 'World Wide', including national canoeing and rowing associations, ready for discussion and acceptance at the 1989 Conference

**Thomas Glaue** (W.Germany), **Albert Scotti** and **Enrico Tonali** (Italy) were also in favour of international development and competition. **Dennis Hill** (Australia) was concerned that the traditions of the races, the cultural exchanges and tourism side of the present races would disappear if the 'sporting' element became too serious.

**Jock Wishart** (Great Britain) felt that was very important to control the development of racing. To do this effectively needed an international governing body and it was just possible that in the future, Dragon Boat Racing could become an Olympic Demonstration Sport, especially if China were to host an Olympic Games. To be prepared for any eventuality was itself a reason for an international organization.

**Tang Chee Yuan** (Singapore) and **T.L.Looi** (Malaysia) were also in favour of international representation and co-ordination. They also spoke of the close relationship that could develop between the International Canoe Federation (ICF) and the Asian Canoe Confederation (ACC) and Dragon Boat Racing and a possible take-over of the later.

**Mike Haslam** advised the meeting that he had given a 'Dragon Boat Presentation' to the ICF Board of Management, in Duisburg, West Germany, in January 1986, covering the future likely development of the sport and its international representation. Whilst the ICF Board had acknowledged the pedigree of Dragon Boats, as being part of the very large 'family of canoes' that manifest itself through boats of varying designs, in many different Regions of the World, they did not wish to control the development of Dragon Boat Racing or organize it.

The ICF Board would be prepared however, to form a close association with any International Federation of Dragon Boats that may arise and represent such a federation if and where necessary; as they had done with the World Polynesian Out Rigger Canoe Association.



**19<sup>th</sup> June 1989 – HKTA Board Room, Jardine House, Hong Kong at 10.15am.**

**Meeting of Dragon Boat Teams and Race Organisers to discuss the findings of the Dragon Boat Racing Questionnaire and the need for and practicality of an International Federation or an Annual Conference.**

The meeting Chairman, **Bob Wilson** (Hong Kong Dragon Boat Festival) started the discussion by pointing out that Dragon Boat Racing was not regarded as a sport in Asia.

The standardization of race rules and equipment by the proposed federation might simply be ignored by Asian countries, if they opposed. If only equipment approved by the federation could be used in international races, this might pose financial problems on Asian countries where traditional boats, of various designs were used. Judging from the response of the questionnaire Mr Wilson suggested that a large bureaucratic organization was unnecessary at the present stage.

**Views of those supporting the formation of an International Federation, were as follows:-**

**Mr Mike Haslam** (British Association - BDA) strongly supported the idea of an International Federation. The standpoint of the BDA was that the traditions of Dragon Boating should be maintained but it should also be organized as a 'sporting event' where regular races would be held. Other competing organizations, such as canoe organizations, might try to gain control of Dragon Boat Racing, without keeping to its traditions, if a formal federation was not formed.

**Mr Jim Bishop** (Vancouver Chinese Cultural Centre) remarked that the present leadership vacuum in DBR, should be filled. He suggested that a committee be formed to study this is and report back in about 6 months.

**Views of those who did not favour an International Federation, were as follows:-**

**Mr Dennis Hill** (Sydney Dragon Boat Race Committee) pointed out the importance of friendship and cultural exchange in Dragon Boating, over its sporting aspect.

**Mr Tang Chee Yuen** (Singapore DBA) preferred an annual conference where all took part in the races could discuss matters of common interests. Too many rules might prevent the races festivity.

**Mr Peter Chen** (Victorian DBA Australia) stressed that the cultural aspects of DBR were of paramount importance.

**Mr Larry Chu** (Vancouver Chinese Cultural Centre) felt it was important to concentrate on the festival side of DBR.

**Mr Errol Stoove** (Netherlands Foundation for the promotion of DBR) felt that a small international secretariat serving as a point of reference would be enough.

**Mr Raymond Leung** (Sydney DBR Committee) suggested that the present system where everybody enjoyed the festivity be kept.

**The Chairman requested each organisation to vote on whether a formal international organisation, with a written constitution should be formed. Eight (8) organisations voted for a formal organisation with a written and twelve (12) voted for an informal meeting every year.**

It was agreed that an annual meeting would be needed even if a formal organisation was not to be formed at the present moment and that the 1990 conference would be in Hong Kong. It was agreed to set up a secretariat in Hong Kong to prepare for the conference and that all those involved in Dragon Boating, including race organisers and participating clubs, would be eligible to attend the conference.

**Mr Massimo Guerrieri** (Assodragon, Italy) agreed with the setting up of a governing body to supervise the growing 'sport' of Dragon Boat Racing. He suggested a small committee of 5 persons be formed to prepare a draft constitution for everybody's consideration in 6 months.

**Mr Peter Gorman** (British Association – BDA) reiterated that all Race Organisers would still have the flexibility within the proposed federation.

The present practices of different Race Organisers would be kept and the federation would only control the 'sporting' aspect of Dragon Boat Racing.

The individuality of each race would be ruined if race rules were imposed and the festive atmosphere would be jeopardized, if DBR was purely a sporting event. A proper linking system among those interested in DBR be formed and a newsletter would be useful for organizations to be aware of others activities.

**Ms Sue Smith** (American DB Festival) remarked that the key to any kind of organisation should be the sharing of experience and not the attempt to control.

**Mr David Hooker** (Sydney DB Committee) agreed to keep things simple. A formal constitution was unnecessary.

**Mr Alan Smythe** (Lampen DB Festival) agreed with Mr Wilson that any international organisation should be a simple one, mainly for exchanging information. His organisation would oppose any control imposed on them.

**Mr Douglas King** (HKTA) said that the HKTA treated Dragon Boat Racing as a colourful festival to be preserved and the Asians would like to keep things simple instead of being controlled by elaborate rules and regulations.

4<sup>th</sup> June 1990 – Four Seasons Suites, New World Hotel, Kowloon, Hong Kong at 9.0am.

**Annual Conference for Dragon Boat Race Organizers/ Team Representatives.** The meeting Chairman, **Bob Wilson** (Race Controller of the 1990 Hong Kong Dragon Boat Festival - International Races) invited members at the meeting to give a brief review of Dragon Boat Racing in their city/country.

**New Zealand**, reported 2 major and 3 smaller regional Dragon Boat Festivals were held in 1990.

**Canada**, held races in Vancouver (5<sup>th</sup> year of local races, 2<sup>nd</sup> for international races) and Toronto (2<sup>nd</sup> year of races mostly mixed teams). The Toronto Chinese Business Association planning their 1<sup>st</sup> International races.

**Indonesia**, will hold races in 1991 for local racing only. They would like to include Dragon Boat Racing in the 1998 Asian Games in Jakarta if an International Federation of Dragon Boat Racing was established.

**Great Britain**, the United Kingdom has 260 registered crews. A total of 50 Dragon Boat races will be held this year. They have recently appointed a paid secretariat to coordinate and monitor Dragon Boat Racing in the UK.

**Macau**, has 24 registered Dragon Boat crews. At the moment there are no International Races in Macau.

**Penang**, in 1990 Penang, Malaysia held Dragon Boat races for the 12th consecutive year.

**Osaka**, Japan held International Dragon Boat Races for the 3rd year. All Dragon Boats in Osaka are made of fibreglass.

**Singapore**, has been organizing Dragon Boat Races since 1978. Overseas teams first invited to participate in 1980.

**Australia**, reports 7 full time Dragon Boat Clubs in Western Australia, all governed by the Western Australian Dragon Boat Association. A total of 90 crews participated in the Sydney Dragon Boat Festival 1990.

**Taiwan**, has held Dragon Boat races every year since 1974 with the Taiwan Dragon Boat Club as the organizer.

**USA**, Dragon Boat racing is growing rapidly in the USA. Races are now being planned for many cities and small towns across the country.

**The European Dragon Boat Federation (EDBF)**, was formed on 9th May, 1990. Mr. Mike Haslam was elected as the EDBF Chairman. The following countries are members of the Federation: Belgium, Denmark, Finland, Holland, Italy, Norway, Sweden, Switzerland, West Germany, United Kingdom. All members had their own national Dragon Boat races. Holland, Switzerland, and UK will hold international races in 1990.

**Italy**, Assodragon was formed 2 years ago in Italy. They hope to organize an international race in the future in Rome.

**Hong Kong**, held the 15th Hong Kong Dragon Boat Festival - International Races in 1990 with 115 local teams and 22 overseas teams participating in the event. To celebrate the actual Dragon Boat Festival races were organized in 17 locations, with total entries as follows:

Large Dragon Boats (50 pax) 54 entries, Regular size Men's (22 pax) 455, Regular size Women's (22 pax) 79, Mini Dragon Boats (10 pax) 109. Together with entries at the International Races, over 23,000 persons took part in races in Hong Kong this year.

**The China Dragon Boat Association**, was formed in 1984. Since then two national conferences have been held and a 3rd conference was scheduled to be held in June 1990. Four National Dragon Boat races have been held since 1984, and the 5th National Dragon Boat Race was held on 13th June 1990. Teams from 15 provinces were expected in this year's races.

#### **The Chairman then invited members for their views on the proposed establishment of an International Federation.**

**Mike Haslam** (European Dragon Boat Federation) strongly supported the idea of forming an International Federation. The EDBF fully appreciated the traditions and the cultural background of Dragon Boat racing and felt that these aspects should be maintained. However, there was also a demand to develop the sport side of the festival as well. An International Federation should monitor this development and act as a forum for exchange of information.

**Tang Chee Yuen** (Singapore DBA) **Kent Hayden-Sadler** (British DBA) both supported the idea but also recognized the need for national governing bodies.

The formation of an International Federation could provide guidelines and advise to these national bodies.

Kent Hayden-Sadler also said that the setting up of an International Federation could encourage the establishment of national governing bodies and provide guidelines and advice to these national bodies.

**Ada Tsang** (Toronto Silver Dragons) also recognized the need for the establishment of a national federation in Canada, adding that Dragon Boat racing should remain as a Chinese cultural event. **Radm Basoeki** (Indonesia Rowing & Canoeing Association) supported the formation of an International Federation but could not claim to represent Indonesia as a whole.

**David Blackley** (Swan East Freemantle DB Club) felt that special attention should be paid to the direction that the International Federation would take.

**Lau Sai Yee** (China Dragon Boat Association) supported the formation of an International Federation of Dragon Boat Racing since this would benefit and enhance the development of Dragon Boat racing. However, the CDBA felt that national Dragon Boat organizations should be formed first in countries where they did not have one at the moment. As regards Taiwanese involvement in the International Federation, the issue could be handled in the same way as in the Olympic Games.

The Chairman summarized the discussion, saying that there appears to be a need for an International Federation to:

1. Define Dragon Boat Racing and protect its traditions, cultural aspects and regional differences.
2. Ensure that the development of Dragon Boat Racing is along traditional lines.
3. Maintain primacy of international competition between club base crews.
4. Prevent Dragon Boat racing from being controlled by organizations or individuals whose primary interests lie elsewhere.
5. To provide and foster international and national bodies to represent the interests of Dragon Boat racing.
6. To coordinate and publish an international regatta program.

The Chairman, Bob Wilson, pointed out that Dragon Boat Racing was spreading rapidly in countries outside Asia and there had already been proposals to include Dragon Boat Racing in the Asian Games and the World Games. In view of this, he felt an International Federation should be formed to represent the interest of Dragon Boat Racing.

The Chairman then requested each country present to vote as to whether an International Federation of Dragon Boat Racing should be formed. 18 countries supported the formation of an International Federation while 2 (Macau & Indonesia) abstained. The PRC supported the idea in principle but felt that national bodies should be formed first

The Chairman remarked that since an International Federation of Dragon Boat Racing was to be formed, a Steering Committee should be set up to discuss and prepare a draft constitution. It was unanimously resolved that the following would form the Steering Committee:

**Chairman:** Mr. R. L. Wilson Hong Kong Amateur Rowing Association

**Members:** Mr. Mike Haslam, European Dragon Boat Federation (Secretary)

Ms. Sue Smith, American Dragon Boat Association

Mr. Alan Smythe Cathay Pacific/Air New Zealand Dragon Boat Team

Mr. Tang Chee Yuen Singapore Dragon Boat Association

Mr. Hajime Yuki Japan International Dragon Boat Championships

China Dragon Boat Association (Representative to be confirmed)

A questionnaire would be circulated seeking views on matters such as objectives, membership, voting rights, etc..

**24<sup>th</sup> June 1991 – Four Seasons Suites, New World Hotel, Kowloon, Hong Kong at 8.30am.**

**The Foundation Meeting of the International Dragon Boat Federation, opened by Douglas J King, General Marketing Manager of the Hong Kong Tourist Association (HKTA). Mr Bob Wilson was elected as Chairman of the Meeting and Mike Haslam as the Meeting Secretary.**

The Chairman advised that the International Dragon Boat Federation was to be set up by national associations. Fifteen countries were in attendance but three, Canada, Japan and Macau did not have a recognised national association. The Chairman summed up that Australia, China PR, Chinese Taipei, Great Britain, Hong Kong, Indonesia, Italy, Malaysia, Norway, Philippines, Singapore and the U.S.A had national association representative status and were entitled to vote.

**The Associations voted unanimously in favour of the motion of adopting the proposed Statutes of the International Dragon Boat Federation** and Hong Kong was chosen as the Headquarters and administrative office for the Federation. **Mr Lu Jin** (China) was unanimously elected Honorary President.

**After a secret ballot was held the following Council Members were elected.**

**\*President:** Mr Robert Wilson (Hong Kong)

**\*Vice-Presidents:** Mr Massimo Guerrieri (Italy), Mr Tang Chee Yuen (Singapore), Mr Yen Yao (Chinese Taipei).

**\*General Secretary:** Mr Mike Haslam (Great Britain) **\*Treasurer:** Mr Douglas J King (Hong Kong).

**Commission Chairmen**

(\* Denotes members of the Executive Committee)

**Regattas & Technical Installations:** Mr Merklyn Hauck (Great Britain).

**Equipment:** Mr Budiman Setiawan (Indonesia).

**Race Officials:** Mr David Blackley (Australia).

**Public Relations & Mass Media:** Mr Enrico (Italy).

**Marketing, Sponsorship & Finance** Mr Kent-Hayden-Sadler (Great Britain).

The Chairman (President) closed the meeting by stating that he hoped that the IDBF would be well established within the next 12 months and that it would now take the lead in developing existing and new areas where interest was being shown in Dragon Boat Racing. **The future for the Sport looked very bright and exciting.**

## DRAGON BOAT PICTURES JUST FOR YOU – FROM HENNING WIEKHORST

*Announcing the new IMAGE SHOP - a source for pictures*

After four months working day and night, Henning Wiekhorst has catalogued a large percentage of the thousands of pictures he has taken at Dragon Boat Races around the globe and at World & European Championships. Henning is now making his gallery available to you from the new **Creative Dragon Works IMAGE SHOP**

at <https://creative-dragon-works.de/photo>.

The **IMAGE SHOP** offers photos from Henning's personal stock, of which many never have been published before.

Although there is still much more to come, the first batch of over 5.000 dragon-boat-photos covering 16 events is now available to see and download at a very low price.

The **IMAGE SHOP** runs bi-lingual, German and English. It contains also many, many other pictures, which are sorted in over 30 categories

To guide your way through so many photos, Henning has set up a helping link-list for each single event covered. Once you are at the **IMAGE SHOP** you will find it in the **FAQ**, which resides under "**Site Info**" in the navigation. The direct link to the FAQ-page is:

<https://creative-dragon-works.de/photo/pages/faq.html>

So, if you have been to Seville last year, to Brandenburg in 2018 or perhaps in Macau, Budapest, Prague or Sabaudia, in the past, there are chances you might find a picture of you and/or your team on the Image Shop site.

Have a look and enjoy the pictures and for a one-time payment, have your personal copies to keep and enjoy and tell your Dragon Boat friends and family as they may too may find their own picture in the Image Shop collection



## **DRAGON BOAT INTERNATIONAL NEWSLETTER**

**"NEWS FROM DRAGON BOAT SPORT"**

### **GREAT BRITAIN**

### **THE BRITISH DRAGON BOAT RACING ASSOCIATION**



**BDA AGM 2020.** Due to the Coronavirus/COVID-19 situation the BDA AGM will be held online on **Saturday the 4th of April at 11am** using the ZOOM video conferencing software

**CORONAVIRUS/COVID-19** The BDA Executive will review the advice in this statement on the 13th April unless there is a material change to the situation before then. **We will communicate via the Crews@ email address, on our website and on social media channels.**

**Club Training:** Follow UK Government advice which states that people should avoid all unnecessary social contact and all unnecessary travel.

Based on this **the BDA advises clubs to stop all group training activities for the fore-seeable future.**

In line with Government advice on staying active the BDA advises paddlers to continue, where possible, with individual training activities.

Paddlers should keep in mind government advice on preventing the spread of the virus including "social distancing" and good hygiene when taking part in individual activities.

### **GB Squad/British National Training Squad (BNTS).**

As with club guidance, we are also advising that all GB/BNTS training squads stop their group training activities for the foreseeable future.

**BDA Events.** Our first two League races of the season, in **Liverpool on 26<sup>th</sup> of April** and **Exeter on 9th May**, have been **cancelled.**

Our League races after May, including Worcester on 7th June, are still going ahead at this time but will be reviewed, on the 13th April 2020.

We realise this advice will be disruptive to clubs, members and GB/BNTS crews but paddlers health and safety are of paramount importance.

### **CANADA.**

### **DRAGON BOAT CANADA**



Dear DBC Members,

I hope you and your members are all staying safe. I am sincerely asking on behalf of the entire Canadian Dragon Boat community that we all stop practicing immediately!

Social distancing is the solution to the problem we are facing. Dragon boat teams have an opportunity to be community leaders and work together to 'flatten the curve.' This is not the time to compete with one-another but rather to come together and make simple decisions to improve our collective circumstances.

**Scott Murray, DBC President.**

DBC takes the health and well-being of the Dragon Boat community very seriously. Along with other National Sport Organizations in Canada, we are monitoring the situation in relation to the COVID-19 virus closely. At the moment, we are remaining apprised of the guidance of COPSIC (Canadian Olympic and Para-Olympic Sport Institute Network) and will adhere to any actions from the Public Health Agency of Canada (PHAC) and including any travel advisories of the Canadian government.

At this time, the Canadian Championships and National Team processes are proceeding as scheduled. Should this change, updated information will be posted on the DBC website and communicated to our dragon boat community as soon as it becomes available.

### **IRELAND**

### **IRISH DRAGON BOAT RACING ASSOCIATION**



**Coronavirus (COVID-19)** The Irish Dragon Boat Association (IDBA) Executive Committee have been regularly monitoring the COVID-19 situation very closely. The health and safety of everyone involved in our sport is of paramount importance and we are committed to making responsible decisions to ensure the welfare of everyone involved.

We are also very aware the normal training routines of our athletes has been disrupted through the closure of sporting facilities and potential financial difficulties.

We have therefore made the decision that the following events in 2020 will be cancelled:

- **The Dragon Run 10km** – Sun 22<sup>nd</sup> March 2020
- **Senior Women's Trials** – Sat 28<sup>th</sup> March 2020
- **Athy Dragon Boat Regatta** – Sun 3<sup>rd</sup> May 2020
- **Kerala Boat Race** – Sat 9<sup>th</sup> May 2020
- **Barrow Dragon Boat Regatta** – Sun 7<sup>th</sup> June 2020

At this moment we are unable to say whether these events can be re-scheduled to dates later in the year. We do however remain optimistic and the following events will remain in our calendar.

- **IDBA AGM** – Sun 17<sup>th</sup> May 2020 – This will now be held as a video conference. Details nearer the time.
- **Dragons At The Docks** – Thur 3<sup>rd</sup> September 2020
- **Dublin Dragon Boat Regatta** – Sat & Sun, 12<sup>th</sup> & 13<sup>th</sup> September 2020.

**THE PHILIPPINES**

**PHILIPPINE DRAGON BOAT FEDERATION**



It is the priority of the federation to ensure safety of its members off and on boat. With the recent developments of Pandemia COVID 19 and recent announcement of President Duterte declaring NCR under Code Alert Level 2, we are temporarily suspending our Dragon Boat training until April 15, 2020. We are monitoring latest news from DOH and our government officials and will keep everyone posted for any latest developments. #NoTraining #LetsFIGHTCOVID2019



**26 January · Manila, Philippines ·**

**The 2020 Chinese New Year Dragon Boat Festival was a resounding success**, not just because we finished the races on time (at 2PM), not because we had zero protests, nor because we had a nice, gargantuan LED screen to show photo finish results of each race... but more importantly, because the participating teams with hundreds of athletes were happy enjoying a safe, quality dragon boat race of the PDBF.

**Thank you very much to our sponsors and partners:** Chinese Embassy in Manila, Spurway Enterprises, PEMCOR, the City of Manila, the Philippine Coast Guard, and the National Parks Development Committee. Special thanks to MMDA and MOP, too for being so accommodating of PDBF's requests.

This race would not have been possible as well, were it not for the dedicated race officials and volunteers and very cooperative participating teams within and outside PDBF. We're happy to bring this race to you and we look forward to serving you again next race.

**NEW ZEALAND**

**NEW ZEALAND DRAGON BOAT ASSOCIATION**



To the NZ Dragon Boat Community

We regrettably announce that the 2020 New Zealand National Dragon Boat Championships (27-28<sup>th</sup> March 2020) are cancelled following the government's announcement to cancel any gatherings over 500 people. Unfortunately, postponement was not found to be feasible.



The Prime Minister has advised yesterday a ban on all non-essential events like sporting activities, music festivals, religious and cultural events whether they are inside or outside where there would be more than 500 people gathered.


This decision has not been made lightly. The health and wellbeing of our members is paramount, and it is considered that attendance at the event presents a heightened risk to the attendees.

Our National Organising Committee will meet this week to discuss what's next, especially around costs and refunds. They will contact the Team Managers with any and all information on this. Thank you for your patience on this and we look forward to seeing you next year. **NZDBA Board of Management**

**A LOOK BACK TO 1995**

NZ Mixed Dragon Boat team China. This was the 1st NZ team to medal at a World Dragon Boat Champs — with Brett Annan and Lance Roozendaal .






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SD3 Neon Knight, CD3 Dark Knight

Email: [info@merlingear.com](mailto:info@merlingear.com)



## DSN CALENDAR OF DRAGON BOAT SPORT & FESTIVAL RACING 2020

### Issue 3: APRIL - DECEMBER 2020

*Given the world pandemic caused by the coronavirus it is assumed that most if not all Dragon Boat events up until early June will have been cancelled or postponed. You should check with the organiser concerned, if you wish to go to any of the events scheduled for April and May 2020.*

**All events shown for June and July should now be considered as Provisional dates.**

	<b>Championships - International &amp; National</b>	All Races shown use IDBF Racing Rules or rules adapted from them. Championships are held under IDBF Competition Regs.  (P) = Provisional Date or Venue
	<b>Local Races &amp; Events</b>	
	<b>Festival Races</b>	
	<b>International Regattas &amp; Regional Champs</b>	
	<b>Multi Sports Games &amp; Boating Events</b>	

**All events and dates shown as at 31st March 2020. (P) = Provisional. TBN = To Be Notified**

APRIL 2020	Event Details	Venue	Country	Contact Details
04 Apr 2020	Berlin Island Cup 8.5km & DB Half Marathon	Berlin	Germany	www.drachenboot-liga.de
05 Apr 2020	ESL Schools Dragon Boat Regatta	Trinidad	Trinidad & Tobago	www.trinidad & tobago DB federation
18 Apr 2020	USFHK Dragon Boat Champs, Sml Boat 200m	Shing Mun River	HK China	www.hkcdba.org
17-19 Apr 2020	3 <sup>rd</sup> Surigaoc Int Dragon Boat Festival,	Surigaoc City	Philippines	surigaocitydbfestival@gmail.com
18 Apr 2020	Miami Dragon Boat Festival	Miami, Florida	USA	www.gwndragonboat.com
18 Apr 2020	Rocky Point Dragon Boat Festival	Tampa, Florida	USA	www.panamdragonboat.com
19-25 Apr 2020	PanAm Spring Trg Camps, Little Harbour, Ruskin	Tampa, Florida	USA	www.panamdragonboat.com
24-26 Apr 2020	3rd Tbilisi Int DB Festival, Rustavi Park	Tbilisi	Georgia	EM: Georgiadragons.club@gmail.com
<b>25 Apr 2020</b>	<b>Tampa Bay International Dragon Boat Festival</b>	<b>Tampa, Florida</b>	<b>USA</b>	<b>www.panamdragonboat.com</b>
26 Apr 2020	British National League – Race.1 <b>CANCELLED</b>	Liverpool	England	www.dragonboat.org.uk
MAY 2020	Event Details	Venue	Country	Contact Details
02 May 2020	11 <sup>th</sup> Inter-Schools DB Champs, Sml Boat 200m	Shing Mun River	HK China	www.hkcdba.org
03 May 2020	63 <sup>rd</sup> Festival of Sport Sml Drg Boat Races 100m	Shing Mun River	HK China	www.hkcdba.org
03 May 2020	Fishing Boat Harbour DB Festival, FB Harbour	Freemantle, WA	Australia	www.dragonboatingwa.asn.au
03 May 2020	Athy DB Regatta, River Barrow, Emily Square	Athy, Co Kildare	Ireland	www.dragonboat.ie
05 May 2020	Dragon Boat Races Konigswusterhausen	Konigswusterhausen	Germany	www.drachenboot-liga.de
09 May 2020	Neuruppin Dragon Boat Regatta	Neuruppin	Germany	www.drachenboot-liga.de
09 May 2020	Dragon Boat Races Minden 'old ride'	Minden	Germany	www.drachenboot-liga.de
09 May 2020	Madison County Chamber Dragon Boat Regatta	Madison County	USA	www.gwndragonboat.com
09 May 2020	British National League – Race.2 <b>CANCELLED</b>	Exeter	England	www.dragonboat.org.uk
09 May 2020	St Jude-Ducan Williams Dragon Boat Festival	Memphis, TN	USA	www.panamdragonboat.com
09 May 2020	Keraia House Boat Race, Carlow Town Park	Graiguecullen, Carlow	Ireland	www.dragonboat.ie
09 May 2020	Charleston Dragon Boat Festival	Charleston	USA	www.gwndragonboat.com
16 May 2020	Castle Cup	Dresden	Germany	www.drachenboot-liga.de
16 May 2020	Dragon Boat Cup, Berlin-Kopenick	Berlin	Germany	www.drachenboot-liga.de
16 May 2020	Sarasota Int DB Festival	Sarasota, Florida	USA	www.gwndragonboat.com
16 May 2020	Clermont DB Festival	Clermont, Florida	USA	www.panamdragonboat.com
16 May 2020	Charlotte DB Festival	Charlotte, NC	USA	www.panamdragonboat.com
16-17 May 2020	DFW DB Festival	Dallas, Texas	USA	www.panamdragonboat.com
17 May 2020	Salford Dragon Boat Festival	Salford	England	www.racethedragon.com
17 May 2020	Columbus Asian Festival Dragob Boat Race	Columbus, Ohio	USA	www.gwndragonboat.com
19 May 2020	Buddha Day's & Multicultural DB Races, Fed Sq	Victoria	Australia	www.dragonboatvictoria.com.au
23 May 2020	Dragon Boat Races Havelberge	Havelberge	Germany	www.drachenboot-liga.de
23 May 2020	Dragon Boat Cup, Waren / Murtitz	Murtitz	Germany	www.drachenboot-liga.de
23 May 2020	Defi En Barque DB Races, Bolvin Lake	Granby QC	Canada	www.22dragons.com
23 May 2020	Long Circuit Dragon Boat Race	Trinidad	Trinidad	www.trinidad & tobago DB federation

<b>23-24 May 2020</b>	<b>3rd Barcelona Int DB Festival &amp; Euro Cup Race</b>	<b>Barcelona</b>	<b>Spain</b>	<b><a href="http://www.barcelonadragonboatfest.com">www.barcelonadragonboatfest.com</a></b>
23-24 May 2020	Stanley Dragon Warm Up Races – 200 & 250m	Stanley Beach	HK China	<a href="http://www.dragonboat.org.hk">www.dragonboat.org.hk</a>
24 May 2020	Fairway Gorge PC, Super Sprints	Victoria	Canada	<a href="http://www.fgpaddle.com">www.fgpaddle.com</a>
29 May 2020	National Inter Schools, All Divisions + NCC –200m	Marina Bay	Singapore	<a href="http://www.sdba.org.sg">www.sdba.org.sg</a>
29-30 May 2020	Greater Moncton DB Festival	Moncton NB	Canada	<a href="http://www.22dragons.com">www.22dragons.com</a>
30 May 2020	Fresh Start DB Challenge, Ipswich Marina	Ipswich	England	<a href="http://www.racethedragon.com">www.racethedragon.com</a>
30-31 May 2020	Dragon Boat Cup, Lubeck	Lubeck	Germany	<a href="http://www.drachenboot-liga.de">www.drachenboot-liga.de</a>
31 May 2020	Toronto Women's Dragon Boat Festival	Toronto	Canada	<a href="http://www.dragonboat.ca">www.dragonboat.ca</a>
<b>30-31 May 2020</b>	<b>DBS Marina Int Regatta – 200m</b>	<b>Marina Bay</b>	<b>Singapore</b>	<b><a href="http://www.sdba.org.sg">www.sdba.org.sg</a></b>
<b>JUNE 2020</b>	<b>Event Details</b>	<b>Venue</b>	<b>Country</b>	<b>Contact Details</b>
05-06 June 2020	Dragon Boat Regatta Furstenwalde	Furstenwalde	Germany	<a href="http://www.drachenboot-liga.de">www.drachenboot-liga.de</a>
05-07 June 2020	Dragon Boat Cup, Cologne	Cologne (Koln)	Germany	<a href="http://www.drachenboot-liga.de">www.drachenboot-liga.de</a>
06 June 2020	Chicago Southland DB Festival	Chicago	USA	<a href="http://www.gwndragonboat.com">www.gwndragonboat.com</a>
06-07 June 2020	Pickering Dragon Boat Festival	Pickering, Ont	Canada	<a href="http://www.pdbc.ca">www.pdbc.ca</a>
06 June 2020	Dragon Boat Regatta Cottbus	Cottbus	Germany	<a href="http://www.drachenboot-liga.de">www.drachenboot-liga.de</a>
06 June 2020	Echo Dragon Boat Races, Surrey Docks WSC	London	England	<a href="http://www.racethedragon.com">www.racethedragon.com</a>
06 June 2020	Defi DB Races, AMCAL	Montreal QC	Canada	<a href="http://www.22dragons.com">www.22dragons.com</a>
06 June 2020	Independence DB Regatta	Philadelphia, PA	USA	<a href="http://www.panamdragonboat.com">www.panamdragonboat.com</a>
06 June 2020	Mt Dora Paddlefest	Mt Dora, Florida	USA	<a href="http://www.panamdragonboat.com">www.panamdragonboat.com</a>
06 June 2020	Lachine Knockout DB Races	Lachine, Quebec	Canada	<a href="http://www.dragonboat.ca">www.dragonboat.ca</a>
06 June 2020	Dragon Boat Festival Dobbertin	Dobbertin	Germany	<a href="http://www.drachenboot-liga.de">www.drachenboot-liga.de</a>
07 June 2020	British National League – Race.3	Worcester	England	<a href="http://www.dragonboat.org.uk">www.dragonboat.org.uk</a>
07 June 2020	Chester Dragon Boat Festival	Chester	England	<a href="http://www.racethedragon.com">www.racethedragon.com</a>
07 June 2020	Barrow Dragon Boat Regatta, Carlow Town Park	Graiguecullen, Carlow	Ireland	<a href="http://www.dragonboat.ie">www.dragonboat.ie</a>
12-13 June 2020	Neuhausen Water Festival	Neuhausen	Germany	<a href="http://www.drachenboot-liga.de">www.drachenboot-liga.de</a>
13 June 2020	Dragon Boat Cup, Neubrandenburg	Neubrandenburg	Germany	<a href="http://www.drachenboot-liga.de">www.drachenboot-liga.de</a>
13 June 2020	Peterborough Dragon Boat Festival,	Peterborough, Ont	Canada	<a href="http://www.dragonboatfestivals.co.uk">www.dragonboatfestivals.co.uk</a>
13 June 2020	Dragon Boat Festival Greifswald	Greifswald	Germany	<a href="http://www.drachenboot-liga.de">www.drachenboot-liga.de</a>
13 June 2020	Paddle for Pink DB Races, West Windsor	Princeton, NJ	USA	<a href="http://www.panamdragonboat.com">www.panamdragonboat.com</a>
13 June 2020	Rotary Club, Edgbaston DB Challenge	Birmingham	England	<a href="http://www.racethedragon.com">www.racethedragon.com</a>
13 June 2020	Peterboro Dragon Boat Festival, Thorpe Meadows	Peterborough	England	<a href="http://www.dragonboatfestivals.co.uk">www.dragonboatfestivals.co.uk</a>
13 June 2020	Fanshawe DB Festival	London, Ontario	Canada	<a href="http://www.gwndragonboat.com">www.gwndragonboat.com</a>
13 June 2020	British National League – Race.4	Milton Keynes	England	<a href="http://www.dragonboat.org.uk">www.dragonboat.org.uk</a>
13 June 2020	Kankakee Valley Dragon Boat DB Festival	Kankakee, IN	USA	<a href="http://www.gwndragonboat.com">www.gwndragonboat.com</a>
13 June 2020	Arlington DB Festival	Arlington, Texas	USA	<a href="http://www.panamdragonboat.com">www.panamdragonboat.com</a>
13 June 2020	Fairway Gorge DB Festival – 500m	Victoria BC	Canada	<a href="http://www.fgpaddle.com">www.fgpaddle.com</a>
<b>13-14 June 2020</b>	<b>Penang Int Dragon Boat Races</b>	<b>Penang</b>	<b>Malaysia</b>	<b><a href="http://www.penangdragonfestival.com">www.penangdragonfestival.com</a></b>
13-14 June 2020	Istanbul Mayis Dragon Boat Festival	Istanbul	Turkey	<a href="http://www.dragonfestivali.com">www.dragonfestivali.com</a>
14 June 2020	Mississauga Dragon Boat DB Festival	Mississauga, Ontario	Canada	<a href="http://www.gwndragonboat.com">www.gwndragonboat.com</a>
19 June 2020	Dragon Boat Cup, Essen	Essen	Germany	<a href="http://www.drachenboot-liga.de">www.drachenboot-liga.de</a>
19 June 2020	Dragon Boat Races Oranienburg	Oranienburg	Germany	<a href="http://www.drachenboot-liga.de">www.drachenboot-liga.de</a>
19-21 June 2020	Concord Pacific DB Festival	Vancouver	Canada	<a href="http://www.dragonbobc.ca">www.dragonbobc.ca</a>
20 June 2020	Hope Chest Buffalo-Niagara DB Festival	Buffalo, NY	USA	<a href="http://www.panamdragonboat.com">www.panamdragonboat.com</a>
<b>20-21 June 2020</b>	<b>29<sup>th</sup> Toronto International DB Festival Races</b>	<b>Toronto Ctre Island</b>	<b>Canada</b>	<b><a href="http://www.gwndragonboat.com">www.gwndragonboat.com</a></b>
20-21 June 2020	Tobago Dragon Boat Festival	Trobago	Trinidad & Tobago	<a href="http://www.trinidad &amp; tobago DB federation">www.trinidad &amp; tobago DB federation</a>
27-28 June 2020	Izmir Dragon Boat Festival	Izmir	Turkey	<a href="http://www.dragonfestivali.com">www.dragonfestivali.com</a>
18 June 2020	London Construction Ind DB Challenge, West Res	London N4.	England	<a href="http://www.dragonboatfestivals.co.uk">www.dragonboatfestivals.co.uk</a>
<b>19-21 June 2020</b>	<b>Hong Kong International DB Races</b>	<b>Venue TBC</b>	<b>HK China</b>	<b><a href="http://www.hkcdba.org">www.hkcdba.org</a></b>
20 June 2020	Big Blue DB Festival	La Crosse, WI	USA	<a href="http://www.panamdragonboat.com">www.panamdragonboat.com</a>
21 June 2020	Really Helpful Club DB Challenge, Park Lake	Wimbledon, London	England	<a href="http://www.racethedragon.com">www.racethedragon.com</a>



25 June 2020 TBC	Macau International DB Races	Nam Van Lake NC	Macau, China	www.
25 June 2020	Sun Life Stanley International DB Races, 270m	Stanley Beach	HK China,	www.dragonboat.org.hk
26-28 June 2020	Bradford Dragon Boat Festival, Roberts Park	Bradford	England	www.racethedragon.com
27-28 June 2020	Tim Horton Ottawa, DB Festival Races	Ottawa	Canada	www.gwndragonboat.com
27 June 2020	Dragon Boat Races Wintersdorf	Wintersdorf	Germany	www.drachenboot-liga.de
27 June 2020	Milton Keynes DB Festival, Willen Lake	Milton Keynes	England	www.dragonboatfestivals.co.uk
27 June 2020	Chicago Dragon Boat for Literacy	Chicago, IL	USA	www.panamdragonboat.com
27-28 June 2020	Eglisau Dragon Boat Festival	Eglisau	Switzerland	www.dragonboat.ch
<b>JULY 2020</b>	<b>Event Details</b>	<b>Venue</b>	<b>Country</b>	<b>Contact Details</b>
04 July 2020	Dragon Boat Festival Strausberg	Strausberg	Germany	www.drachenboot-liga.de
04-05 July 2020	Montreal DB Challenge	Montreal QC	Canada	www.22dragons.com
05 July 2020	19 <sup>th</sup> Sun Life Stanley Short Course Races – 200m	Stanley Beach	HK China	www.dragonboat.org.hk
05 July 2020	Dragon Boat Races Erfurt	Erfurt	Germany	www.drachenboot-liga.de
05 July 2020	KWF DB Festival, Leeds Castle, Maidstone, Kent	Maidstone	England	www.racethedragon.com
10-12 July 2020	Nanaimo DB Festival	Victoria BC	Canada	www.fgpaddle.com
11 July 2020	17 <sup>th</sup> Dragon Boat Friendship Cups – 300m Std Bt	Shing Mun River	HK China	www.hkcdba.org
11 July 2020	Dragon Boat Races Hall	Hall	Germany	www.drachenboot-liga.de
11 July 2020	Northwich River Festival DB Races, River Weaver	Northwich	England	www.racethedragon.com
11 July 2020	Milwaukee Dragon Boat Festival	Milwaukee, Misconsin	USA	www.panamdragonboat.com
11 July 2020	St Georges de Beauce Annual DB Races	St Georges QC	Canada	www.22dragons.com
11 July 2020	GWN Sport Regatta, Marilyn Park	Toronto, Ontario	Canada	www.gwndragonboat.com
<b>15-19 July 2020</b>	<b>14<sup>th</sup> EDBF NATIONS CHAMPS. - POSTPONED,</b>	<b>Kiev (Kyiv)</b>	<b>Ukraine</b>	<b>www.edbf.org</b>
16 July 2020	Greater Green Bay DB Festival	Green Bay, WI	USA	www.panamdragonboat.com
18 July 2020	H2O The Dragon Boat Festival	Amos QC	Canada	www.22dragons.com
18-19 July 2020	Singapore DB Festival (incorp PM Cup) – 500m	Marina Channel	Singapore	www.sdba.org.sg
<b>24-26 Jul 2020</b>	<b>Canadian National Champs, Flat Water Centre</b>	<b>Welland ON</b>	<b>Canada</b>	<b>www.dragonboat.ca</b>
25 July 2020	Fire Services Dept DB Races, Sml/Std Boat 200m	Shing Mun River	HK China	www.hkcdba.org
26 July 2020	Auxiliary Medical Service Races, Sml/Std Bt 200m	Shing Mun River	HK China	www.hkcdba.org
25-26 July 2020	Pesta Sukan – 200m & 2km	Marina Channel	Singapore	www.sdba.org.sg
26 July 2020	British National League – Race.6, River Trent	Nottingham	England	www.dragonboat.org.uk
25 July 2020	Rowan County DB Festival	Salisbury, NC	USA	www.panamdragonboat.com
<b>25 July 2020</b>	<b>Chicago International DB Festival</b>	<b>Chicago</b>	<b>USA</b>	<b>www.gwndragonboat.com</b>
<b>AUGUST 2019</b>	<b>Event Details</b>	<b>Venue</b>	<b>Country</b>	<b>Contact Details</b>
1 Aug 2020	Norfolk Dragon Boat Festival	Norfolk VA	USA	www.panamdragonboat.com
<b>01 Aug 2020</b>	<b>Richmond Int DB Festival</b>	<b>Richmond, BC</b>	<b>Canada</b>	<b>www.gwndragonboat.com</b>
01 Aug 2020	4 <sup>th</sup> Donegal Dragons DB Regatta, Nth West Coast	Donegal	Ireland	www.dragonboat.ie
01 Aug 2020	Lake Bemidji DB Festival	Lake Bemidji MN	USA	www.gwndragonboat.com
01 Aug 2020	Werberlinsee Dragon Boat Races	Werberlinsee	Germany	www.drachenboot-liga.de
02 Aug 2020	Nottingham Riverside Festival, Victoria Emb.	Nottingham	England	www.dragonboatfestivals.co.uk
03-04 Aug 2020	Get Active Singapore Races - Sports Hub WSC	Kallang Basin	Singapore	www.sdba.org.sg
To be Confirmed	10 <sup>th</sup> Hong Kong Indoor Dragon Boat Champs	To be notified	HK China	www.hkcdba.org
<b>06-09 Aug 2020</b>	<b>18th Padang Int Dragon Boat Festival</b>	<b>Padang</b>	<b>Indonesia</b>	<b>www.padangdragonboatfestival</b>
07-09 Aug 2020	Victoria Dragon Boat Festival	Victoria, BC	Canada	www.fgpaddle.com
08 Aug 2020	Waterford DB Festival	Waterford, NY	USA	www.panamdragonboat.com
08 Aug 2020	Chautauqua Lake Dragon Boat Races	Chautauqua Lk NY	USA	www.gwndragonboat.com
08 Aug 2020	White Bear Lake DB Festival	White Bear Lake MN	USA	www.panamdragonboat.com
08 Aug 2020	Starbuck DB Festival, Lake Minnewaska	Minnesota	USA	www.gwndragonboat.com
08 Aug 2020	Oriental DB Festival	Oriental NC	USA	www.panamdragonboat.com
08 Aug 2020	Woodstock Rotary DB Festival,	Woodstock, Vermont	Canada	www.gwndragonboat.com
08 Aug 2020	Rawdon DB Festival Races 250 & 500m	Rawdon QC	Canada	www.22dragons.com

09 Aug 2020	British National League – Race.7,	Wath upon Dearne	England	www.dragonboat.org.uk
09 Aug 2020	Boston Dragon Boat Races, Withway Country Pk	Boston, Lincolnshire	England	www.racethedragon.com
15 Aug 2020	Minocqua DB Festival	Minocqua WI	USA	www.panamdragonboat.com
15 Aug 2020	River Front & Asian DB Festival	Hartford, CT	USA	www.gwndragonboat.com
15 Aug 2020	Habitat DB Festival	Gadsden AL	USA	www.panamdragonboat.com
18 Aug 2020	Northern Nevada Int DB Festival	Navada	USA	www.gwndragonboat.com
22 Aug 2020	Lake Andrea DB Fest	Pleasant Prairie WI	USA	www.panamdragonboat.com
22 Aug 2020	Colorado Springs DB Festival, Prospect Lake	Colorado Springs	USA	www.gwndragonboat.com
22 Aug 2020	Dragon Boat Races Kremmen	Kremmen	Germany	www.drachenboot-liga.de
22 Aug 2020	Steveston DB Festival	Steveston BC	Canada	www.dragonbobc.ca
23 Aug 2020	Reading Dragon Boat Festival	Reading	England	www.readingdragonboatfestival.co.uk
<b>24-30 Aug 2020</b>	<b>12<sup>th</sup> IDBF CCWC - POSTPONED UNTIL 2021</b>	<b>Aix Le Bains</b>	<b>France</b>	<b>www.idbf.org</b>
29 Aug 2019	Dragons At The Docks, Grand Canal Dock	Ringsend, Dublin	Ireland	www.dragonboat.ie
28-30 Aug 2020	Dragon Boat Cup	Dortmund	Germany	www.drachenboot-liga.de
30 Aug 2020	Dragon on the Lake DB Festival, Lake Orion	Lake Orion MI	USA	www.gwndragonboat.com
31 Aug 2020	Sando Independence Regatta	Trinidad	Trinidad & Tobago	www.trinidad & Tobago DB federation
<b>SEPTEMBER 2020</b>	<b>Event Details</b>	<b>Venue</b>	<b>Country</b>	<b>Contact Details</b>
01 Sept 2019	Tees Dragon Boat Festival, River Tees WSC	Stockton	England	www.teesdragonboatfestival.co.uk
03 Sept 2020	Dragons At The Docks, Grand Canal Dock	Ringsend, Dublin	Ireland	www.dragonboat.ie
04-06 Sept 2020	Dragon Boat Cup Minden	Minden	Germany	www.drachenboot-liga.de
05 Sept 2020	Great River Race, River Thames	London	England	www.greatriverrace.co.uk
05 Sept 2020	Dragon Boat Races Wintersdorf	Wintersdorf	Germany	www.drachenboot-liga.de
06 Sept 2020	British National League – Race.8, Surrey Quays	London	England	www.dragonboat.org.uk
06 Sept 2020	St Catherine's Hospice, DB Festival, Tilgate Park,	Crawley, Sussex	England	www.racethedragon.com
07-08 Sept 2019	GWN Dragon Boat Challenge, Western Beach	Toronto, Ontario	Canada	www.gwndragonboat.com
12 Sept 2020	Wirral Headway, DB Festival, Marine Lake	West Kirby	England	www.racethedragon.com
12 Sept 2020	Cambridge Dragon Boat Festival, River Cam	Cambridge	England	www.dragonboatfestivals.co.uk
12 Sept 2020	Dunbrook DB Festival	La Porte PA	USA	www.panamdragonboat.com
12 Sept 2020	Rostock Autumn Dragon Boat Races	Rostock	Germany	www.drachenboot-liga.de
12 Sept 2020	Louisville DB Festival	Louisville KY	USA	www.panamdragonboat.com
12-13 Sept 2020	Tim Hortons GWN DB Challenge, Marilyn Bell Pk	Toronto	Canada	www.gwndragonboat.com
<b>12-13 Sept 2020</b>	<b>Dublin Int DBoat Regatta, Grand Canal Dock</b>	<b>Ringsend, Dublin</b>	<b>Ireland</b>	<b>www.dragonboat.ie</b>
12-15 Sept 2020	ICF Members DB Champs, Bilawali Lake	Indore	India	www.canoeicf.com
13 Sept 2020	Tees Dragon Boat Festival, River Tees WSC	Stockton-on-Tees	England	www.racethedragon.com
19 Sept 2020	Mercer County DB Festival	West Windsor, NJ	USA	www.gwndragonboat.com
19 Sept 2020	Stratford Rotary DB Festival	Stratford, Ontario	Canada	www.gwndragonboat.com
19-20 Sept 2020	Quebec DB Cup, 200, 500, 2000m	Montreal QC	Canada	www.22dragons.com
19-20 Sept 2020	Istanbul Haziran Dragon Boat Festival	Istanbul	Turkey	www.dragonfestivali.com
<b>19-20 Sept 2020</b>	<b>British National Championships. NWSC</b>	<b>Nottingham</b>	<b>England</b>	<b>www.dragonboat.org.uk</b>
26 Sept 2020	Synergy DB Race Series	Hollywood FL	USA	www.panamdragonboat.com
26-27 Sept 2020	San Diego Dragon Boat Race	San Diego CA	Singapore	www.usdbf.org
26 Sept 2020	Greater Triangle Area DB Festival	Rayleigh NC	USA	www.panamdragonboat.com
26 Sept 2020	SDBA-AustCham DB Challenge 5km & 10km	Marina Reservoir	Singapore	www.sdba.org.sg
26 Sept 2020	Rotary Club of Peachtree City DB Festival	Peachtree City GA	USA	www.panamdragonboat.com
26 Sept 2020	Ankara Dragon Boat Festival	Ankara	Turkey	www.dragonfestivali.com
<b>OCTOBER 2020</b>	<b>Event Details</b>	<b>Venue</b>	<b>Country</b>	<b>Contact Details</b>
03 Oct 2020	Dragon Boat Cup, Strandbad, Berlin-Weissensee	Berlin	Germany	www.drachenboot-liga.de
<b>03 Oct 2020</b>	<b>Philadelphia International DB Festival</b>	<b>Philadelphia PA</b>	<b>USA</b>	<b>www.panamdragonboat.com</b>
10-11 Oct 2020	CBL Chinese Arrival Dragon Boat Festival	Trinidad	Trinidad & Tobago	www.trinidad & tobago DB federation

17 Oct 2020	Dragon Boat Triathlon Berlin 500,1000m, 2.5km	Berlin	Germany	www.drachenboot-liga.de
17 Oct 2020	Orlando Int DB Festival	Orlando, Florida	USA	www.gwndragonboat.com
24 Oct 2020	Suncoast International DB Festival	Sarasota FL	USA	www.panamdragonboat.com
<b>NOVEMBER 2020</b>	<b>Event Details</b>	<b>Venue</b>	<b>Country</b>	<b>Contact Details</b>
TBC Nov 2020	Western Region DB Regatta, Windamere Dam	Cudgegong, NSW	Australia	www.dbnsw.org.au
01-05 Nov 2020	14 <sup>th</sup> ADBF Asian Dragon Boat Championships	Kwun Tong Prom	HK China	www.hkcdba.org
06-08 Nov 2020	21st Hong Kong International DB Champs	Kwun Tong Prom	HK China	www.hkcdba.org
07 Nov 2020	Lake Hernando DB Festival	Hernando FL	USA	www.gwndragonboat.com
14-15 Nov 2020	Limassol Int DB Races & Euro Cup Race	Limassol	Cyprus	www.facebook.com/CYDBA
21 Nov 2020	Pan Am Sport Regatta, By-Pass Canal	Tampa FL	USA	www.gwndragonboat.com
21-22 Nov 2020	Singapore Regatta, Water Fest – 200m	Sports Hub WSC	Singapore	www.sdba.org.sg
<b>DECEMBER 2020</b>	<b>Event Details</b>	<b>Venue</b>	<b>Country</b>	<b>Contact Details</b>
05-06 Dec 2020	Penang International Dragon Boat Festival	Penang	Malaysia	www.penangdragonfestival
06 Dec 2020	11 <sup>th</sup> Hong Kong Half Marathon DB Champs	Shing Mun River	HK China	www.hkcdba.org



**UNITED STATES DRAGON BOAT FEDERATION**



**We are all aware of the potential danger the Corona Virus poses** to ourselves, our families, our friends, our communities and the economy of our country. It is time for the U.S. dragon boating community to join with the other sports leagues around the country and the world to shut our activities down and contribute to the efforts to stop the spread of this deadly virus.

**USDBF is asking all teams and race organizers** suspend practices, festivals and races. Teams and race organizers should monitor all guidelines for any changes in restrictions or conditions and adhere to the current recommendations.

Like every sport, we are closely monitoring information about the Corona virus, to include precautions and procedures that teams and individuals should be aware of and already following.

**We must each assess our own risk** and follow guidelines accordingly, wash your hands, cover your cough, avoid crowds, maintain adequate distance from others (6 feet recommended), and please stay home if you are displaying any symptoms such as fever, shortness of breath or persistent cough (a best practice even if you are negative for the virus). Individual teams should stay in contact with their race organizers for any changes in local competitions.

**TO EVERYONE, FROM DSN - STAY CALM, STAY FOCUSED.**  
**WE WISH YOU ALL WELL AND KEEP SAFE FROM HARM**

# DRAGON SPORT NEWS

the Emagazine for Dragon Boaters world-wide

"The Independent Voice of Dragon Boat Sport"



## NEWS FROM DRAGON BOAT SPORT

*IDBF Members – Australia, Canada, Gt Britain, Iran, Malaysia, Egypt, Senegal, New Zealand and Spain.*

## FEATURES

*IBCPC Pink Paddlers News.*

*Seniors Section – Developing Senior Racing*

## CULTURE CORNER

*History of the Dragon Boating in Japan.*

## KNOW HOW - SPORTS SCIENCE CORNER

*Abdominal Exercises – Tighten the Stomach, Fight the Fat.*

## EDITORIAL

*Year of Change. AIMS Recognition*

## FEATURES

*Irish Women's Mayor's Award  
London Hong Kong Regatta*

## NEWS & INFORMATION

*2017 European Club Crew Champs  
AIMS Role & President's Message  
2017 World Nations Championships  
StandUp Paddle Dispute*

## CALENDAR OF DRAGON BOATING

*Events and Festivals from June 2017 to  
December 2017. Pages; 22 and 23.*



## FEATURES

*Secrets of a Club's Success  
Millions Raised for Charity  
Corporate Cup Another Success*

## NEWS FROM DRAGON BOAT SPORT

*IDBF Members –Gt Britain, New Zealand,  
Puerto Rica, Canada, Philippines, Uganda, Iran,  
Spain, Korea, Hungary.*

## KNOW HOW - Sports Science Corner

*Beta Blockers, Motivation,  
Health & Exercise, Going Nuts !*

## SPECIAL FEATURE

*Background to BCS Dragon Boating*