



# 16<sup>th</sup> IDBF WORLD DRAGON BOAT RACING CHAMPIONSHIPS

#Bulletin no.3

AUGUST 7 - 13, 2023

RAYONG - PATTAYA  
THAILAND

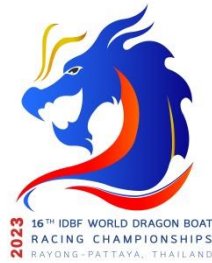


**2023** 16<sup>TH</sup> IDBF WORLD DRAGON BOAT  
RACING CHAMPIONSHIPS  
RAYONG-PATTAYA, THAILAND



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## BULLETIN NO.3

### **16<sup>th</sup> IDBF World Dragon Boat Racing Championships** **Rayong - Pattaya, Thailand August 7 – 13, 2023**

This information of Bulletin No.3 provides updated information about the 16th IDBF World Dragon Boat Championships including IDBF registration fee, hotels, accommodations fee, ceremonies, et cetera that must be adhered to.

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## IDBF Registration Fee

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The IDBF registration fee is **USD 50 per person** and **USD 25** for Junior and U24 participants.

The IDBF Deputy-treasurer will provide an invoice for this payment, which will contain the bank details.

Please note the timelines:

- Names entries close **June 16, 2023**
- Invoices will be sent out **by June 30, 2023**.
- Payment due **by July 20, 2023**

IDBF will not be refunding registration fees for registered attendees who cancel after the payment of the invoice.

It is the responsibility of the participating member to ensure the full amount showing on the IDBF invoice is received by IDBF. IDBF will send an updated invoice once the money is received and this invoice will show any outstanding fees. Any bank fees remain the responsibility of the participating member and these can be paid in cash in US dollars at time of registration.

The registration fee is the only money payable to the IDBF.

**\*\*All other fees are payable to the Organizing Committee\*\***

It is the responsibility of the member to ensure their registration on site in Thailand is within the hours set in the program.

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## Provisional Schedule

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The current schedule is shown below. In due course, more detailed information will be provided.

	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon
	4 <sup>th</sup>	5 <sup>th</sup>	6 <sup>th</sup>	7 <sup>th</sup>	8 <sup>th</sup>	9 <sup>th</sup>	10 <sup>th</sup>	11 <sup>th</sup>	12 <sup>th</sup>	13 <sup>th</sup>	14 <sup>th</sup>
Teams arrive											
Training at venue											
Registration											
Opening Ceremony											
Racing											
Closing Ceremony											
IDBF Congress											

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## Confirmed Entries

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19 Confirmed entries have been received from IDBF members: Argentina, Australia, Canada, China, Chinese Taipei, Germany, Great Britain, Hong Kong, India, Iran, Japan, Macau, Malaysia, New Zealand, Philippines, Singapore, Sweden, Thailand, USA.

Division	Class	Standard boat				Small boat		
		200m	500m	1000m	2000m	200m	500m	2000m
Premier	Open	8	8	7	7	11	11	9
	Women	6	6	6	5	10	10	9
	Mixed	11	11	12	10	10	10	9
Senior A	Open	5	5	6	5	12	12	12
	Women	3	4	4	4	8	8	8
	Mixed	8	9	9	9	8	7	7
Senior B	Open	5	6	6	6	9	8	8
	Women	4	4	4	4	6	5	5
	Mixed	8	7	7	7	6	7	7
Senior C	Open	5	5	5	5	4	4	4
	Women	3	3	3	3	4	4	4
	Mixed	4	4	4	4	2	2	2
24U	Open	4	4	4	4	5	5	5
	Women	3	3	3	3	5	5	5
	Mixed	7	7	7	7	3	3	3
Junior A	Open	2	2	3	2	4	4	4
	Women	3	3	3	3	2	2	2
	Mixed	3	3	3	3	3	3	3
Junior B	Open	Nil	Nil	Nil	Nil	3	3	3
	Women	Nil	Nil	Nil	Nil	1	1	1
	Mixed	2	2	2	2	1	1	1
Paradragon	PD1					3	3	3
	PD2	3	3	3	3	1	1	1

## Double Rostering (Competitors in more than one racing class)

Team Managers are advised that no allowance will be made in the Race Program for any competitors who are double rostered. Crews with double rostered competitors (and this includes drummer and helms) are advised that in the event of 'back to back' racing arising that the Race Officials will not delay races to make any extra time allowances.

## Crew Lists

All crew lists showing the competitors and reserves who will be racing in a particular competition class should be submitted by the team leader or crew manager to race secretariat (race administration) preferably at the Team Leaders meeting.

It is preferable for all crew lists to be submitted to the race secretariat (race administration) by the end of each day racing for the following days racing. This will allow the race officials to process the crew lists in sufficient time for the following day. With discretion crew lists will be accepted up to 1 hour prior to first race of the day.

Once racing commences, requests for changes to crew lists will only be accepted relating to a medical condition. Hence why reserves should be nominated on the crew lists to avoid the need for

changes. Competitors do not need to be nominated as reserves as long as their name appears as one of the 26 or 14 named competitors.

It is recommended to generate crew lists from the IDBF online database as it will improve clarity, and pin numbers and bar codes are automatically provided. This facility is available after team named lists have been entered online at <https://idbfchamps.org/idbf>

The 2023 WDBRC Organizing Committee will have a printer and laptop/computer available at the venue for those teams wishing to print their crew lists from the IDBF online database.

Please be aware that the registration system for preparing crew lists does not include the rules of the crew composition. It is the responsibility of the team manager to ensure that each crew complies with the relevant rules.

**Fit to Race:** You are reminded that when signing the crew list, the person signing is confirming with the chief official that all the competitors shown on the list are fit to race. This statement covers not just the physical ability of the competitors to undertake the race concerned but it also means that the signatory is confirming that there are no known medical reasons why those listed should not compete during the whole period of Championships.

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### Racing Vest Number (race number bibs)

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Teams should provide their own sets of Racing Vest Numbers or race number bibs (01-26). The 16<sup>th</sup> IDBF WDBRC Organizing Committee can, if requested, provide vest numbers for purchase by pre-ordering. Team Managers will be able to collect their pre-ordered Racing Numbers when they register at the Accreditation Office of the 16<sup>th</sup> IDBF WDBRC Organizing Committee. Pre-ordered Racing Numbers must be submitted before **June 30, 2023**.

To pre-order Racing Vest Numbers (race number bibs), submit the booking form to: [admin.wdbrc2023@rcat.or.th](mailto:admin.wdbrc2023@rcat.or.th)

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### Dragon Boats

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All dragon boats to be used in the Championship will be supplied by Swift Racing Boat.

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### Boat Pool

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All Teams are advised that only those dragon boats provided by the 2023 WDBRC Organizing Committee will be permitted to race in the Championships. For this World Championships, 20 Standard and 20 Small Dragon Boats built to the IDBF International Standard Racing Dragon Boat Specifications (ISRDB).

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## Boat Allocation

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Crews will be allocated to boats in accordance with the Lane Draws shown in the IDBF Tail Race Plans. Crews will NOT be allowed to pre-select a boat for any race or to race in a boat not provided by the 2023 WDBRC Organizing Committee.

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## World Championships Training Session

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Crew Official Training Sessions bookings are to be completed electronically on the online registration site: <https://idbfchamps.org/idbf> -TRAININGS interface.

The online registration system will open by booking training sessions from **Saturday July 8, at 12:00 noon UTC** (to verify the current UTC time use <https://time.is/UTC>).

**Official Training sessions in both standard and small boats are available from Saturday August 5, to Monday August 7.**

The time length of one session is one hour, however, the real practice time is shorter because the boat must be available for another crew every next hour.

**There are six sessions every day, starting at 09:00, 10:00, 11:00 and 13:00, 14:00, 15:00.**

The training schedule of each country shall be based on the time posted in the embarkation area.

The schedule is available publicly at  
[https://idbfchamps.org/TrainingsBookingShow.php?event\\_id=51](https://idbfchamps.org/TrainingsBookingShow.php?event_id=51)

Be aware that this address only displays the data and that the booking is to be made in the Event Registration system.

Should the 2023 WDBRC Organizing Committee, in consultation with the IDBF C&TC, deem it necessary and conditions allow, additional practices may be added.

Further detail on booking the trainings, in particular restrictions on the number of training sessions per crew, will be in Bulletin 4.

There is a video (*made a few years ago*) presenting the booking process.

It's available at <https://idbfchamps.org/help/videos/idbf-booking-trainings-1100.htm> (Adobe Flash is required).

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## Pre- Training Session

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The 2023 WDBRC Organizing Committee will not accept training before the times stated above.



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## International Race Official Grade 1 Training and Exam

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Date: Saturday August 5, 2023

Time: 09:00 - 18:00

Venue: TBA

Conduct: Presentations & Trainings

Date: Sunday August 6, 2023

Time: 09:00 - 18:00

Venue: TBA

Program: AM Revision & Online Exam, PM Oral Exams for 15 mins each.

Please inform Jason Chen IDBF Race Official Secretariat at [ro-secretariat@dragonboat.sport](mailto:ro-secretariat@dragonboat.sport)

Individuals can register via the below to attend the course.

For more information & registration please check via:

<https://docs.google.com/document/d/122wLDvK2hyHnctgqb2BMHrFxaeIAwieN/edit?usp=sharing&ouid=112363307578861525241&rtpof=true&sd=true> (Closing date: July 14, 2023)

**Note:** As there are limited slots, the presenter will reach out to you after the closing date to confirm your entry.

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## Team Managers Meeting

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Team manager meeting will be held on Monday August 7, 2023 at 3 pm - The Royal Thai Navy Rowing and Canoeing Training Center, Ban Chang, Rayong.

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## Registration Headquarters

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The Registration Office will be at the Royal Thai Navy Rowing and Canoeing Training Centre – Saturday and Sunday 9 am to 3 pm.

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## Drones

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Drones are not permitted to be flown at the Regatta Venue.

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## Media Accreditation

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The media accreditation process for the 16th IDBF World Dragon Boat Racing Championships is now open. Media Passes are limited and not all requests will be granted. To request a Media Pass or for more information about the accreditation process, please email Belinda Chung Chair, IDBF Marketing & Media Commission at [chair-marketing@dragonboat.sport](mailto:chair-marketing@dragonboat.sport).

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## National Flags

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National flags for medal ceremonies and Opening Ceremony (for flag bearers) will be provided by the Organizing Committee. Countries are encouraged to bring additional national flags which can be displayed in team tents.

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## Anthems

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**Please check your National Anthem** at [https://idbfchamps.org/anthems.php?event\\_id=51](https://idbfchamps.org/anthems.php?event_id=51) (Anthems interface). If you require a change or need to add your anthem, please upload an MP3 file or MP4 audio file in the [National Federation](#) system or in the Event Registration system opened for the current Championships, that is <https://idbfchamps.org/idbf>

To ensure the anthem is correct it is expected to be **approved in the last two weeks before the Championships** by the Team Manager or a person representing the National Federation concerned. It can be done either in the public Anthems interface or in the Event Registration system - ENTRY FORM interface.

The final date for submission is **Friday July 21, 2023**.

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## Opening Ceremony

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The Opening Ceremony will be held at the Royal Thai Navy Rowing and Canoeing Training Centre, Rayong on **Monday August 8, 2023** at 6 pm onward.

**Location:** The Royal Thai Navy Rowing and Canoeing Training Centre, Ban Chang, Rayong.

### Schedule:

6:00 PM: Athletes ready at the Royal Thai Navy Rowing and Canoeing Training Centre

6:05 PM: Welcoming performance

6:15 PM: Opening ceremony is officially begun by the MC (VIPs are introduced)

Participant countries are officially announced – Souvenirs will be given to all countries' representatives on stage. (Participating countries' representatives are given souvenir on the stage)

6:25 PM Performance

6:35 PM Dragon's Eyes Opening Ceremony (with the amount of the VIPs)



6:40 PM Video presentation

6:45 PM Welcoming speech by RCAT President

- Welcoming Speech by IDBF President
- The Championships is officially announced open by the Chair of the ceremony.
- Fireworks show

7:00 PM Dinner

- Performance

8:00 PM Athletes move to the hotels

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## Closing Ceremony

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The Closing Ceremony will be held on **Sunday August 13, 2023**. Tickets will be available for purchase through the 2023 WDBRC Organizing Committee. Pre-booked tickets will cost 20.00 USD per person, which includes entry to the event, transportation from all Official Accommodations, food and beverage, and music entertainment. Pre-booked tickets must be paid by August 7, 2023. Tickets booked after August 7, 2023 or at the Venue, will cost 30.00 USD.

**Location:** To be announced

### Schedule:

6:30 -7:00 PM - Athletes travel to the Convention Hall.

- Food and beverage are served.
- Performances

7:45 PM - The ceremony is officially begun

- MCs invite all the guests into the ceremony
- Performances
- Multi-vision video
- Thank you speech, by Host
- Thank you speech, by the IDBF
- Trophies Ceremony for the countries with the best result
- Next World Championships Dedication Ceremony
- Performances

9:30 PM - The end of the ceremony

**REMARKS** - Performances include: -

1. Thai cultural shows
2. Thai Boxing (Muay - Thai) and Swordplay shows
3. Joe Louis Thai Puppet Theatre
4. Music by DJs

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## Accommodation and Meals

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### Hotels

The Organizing Committee would like to updated hotel information for all participating teams located in Pattaya and vicinity areas. OC would like to encourage all teams to stay at all hotels in the list are provide given by the OC only. You will receive the convenience and smooth hospitality as our guests.

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### The Package fees

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No.	Official Accommodation's package	Room Type with breakfast		Quantity
	Package fee: USD/person/night	Single	Twin	Rooms
1	Kantary Hotel Ban Chang, Rayong	100	75	120
2	Serene Phala Resort and Restaurant	110	85	90
3	D Varee Jomtien Beach Pattaya	100	75	200
4	Grand Jomtien Palace Hotel	90	65	160
5	Jomtien Palm Beach Hotel & Resort	105	80	300
6	Ease Jomtien Beach	90	65	450
7	Welcome Jomtien Beach Hotel	90	65	350
8	Sabai Sabana	90	65	120
9	Grand Palazzo Hotel	100	75	100
10	Long Beach Garden Hotel & Spa (Long Beach Plus Zone also for IRO@IDBF Official)	100	75	500

**Remark:** The prices shown in the price list include room fee with breakfast and transportations (1 round trip airport-hotel-airport, 1 round trip hotel-venue per day, and trip to the opening ceremony). Lunch 15 USD per meal per person, and Dinner, 15 USD per meal per person, will be available for purchasing. All teams are advised to reserve their lunch and dinner in advance, via the OC their own convenience and comfort.

### Meals

For teams who choose to have their own lunch (not purchased through the OC), there are various kinds of local and international food and beverage vendors around the hotel areas.

Please notify the OC in advance, if there is any Halal or any food restrictions for any religious and/or medical reasons.

**Breakfast**

Breakfast will be provided at participating Official Hotels through the 16<sup>th</sup> IDBF WDBRC Organizing Committee.

**Lunch (15 USD)**

Organizing Committee will prepare an International Buffet for lunch to purchase at the venue. A meal consisting of:

1. *Steamed Jasmine Rice*
2. *Soup (curry, lemon grass soup, coconut soup etc.)*
3. *Fried Dishes (fried chicken, fried mixed vegetables, etc.)*
4. *Roasted Dishes (Roast Chicken, Roast Beef, Roast Fish, etc.)*
5. *Noodles (Pad-Thai, etc.)*
6. *Fruit (Seasoned Thai Fruit)*
7. *Drinking Water*

**\*Note:** This is an example of food list for teams to consider. The menu for each meal includes, at least, steamed Jasmine rice, 4 dishes, fruits, and drinking water. The menu changes for each meal.

**Dinner (15 USD)**

Organizing Committee will prepare an International Buffet for dinner to purchase at the hotel. A meal consisting of:

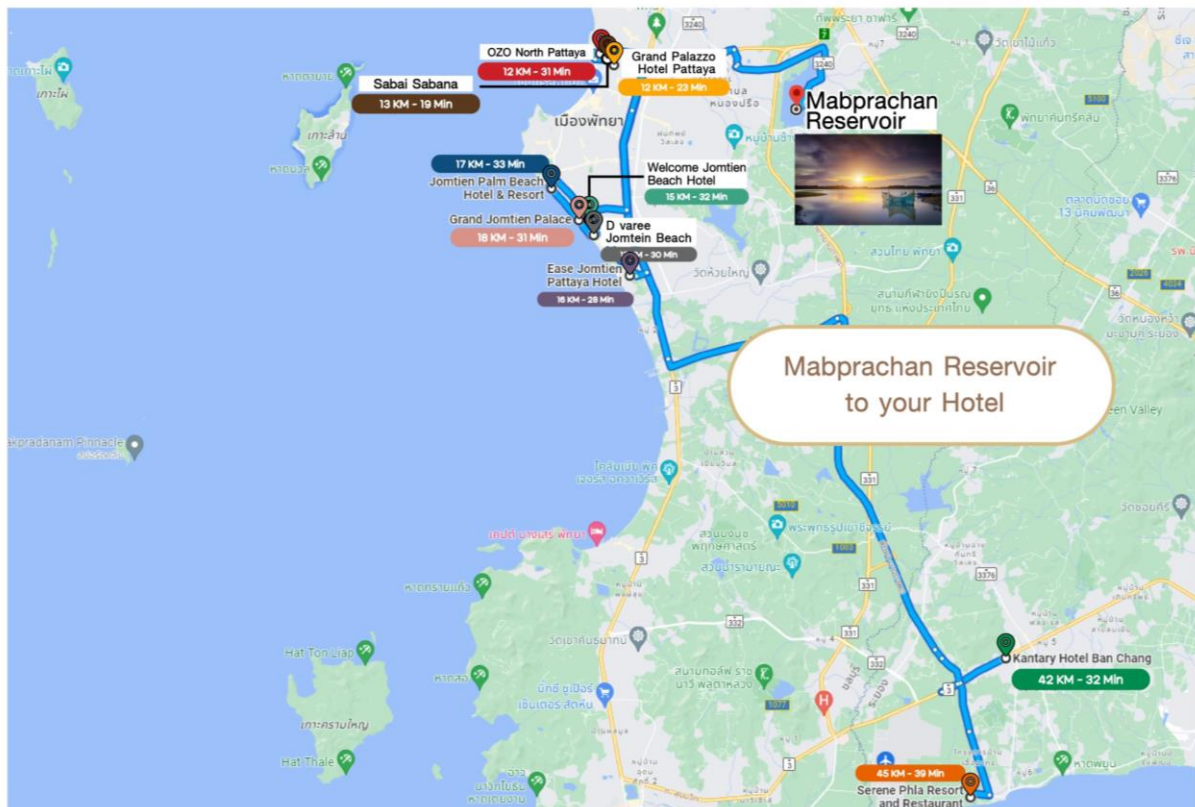
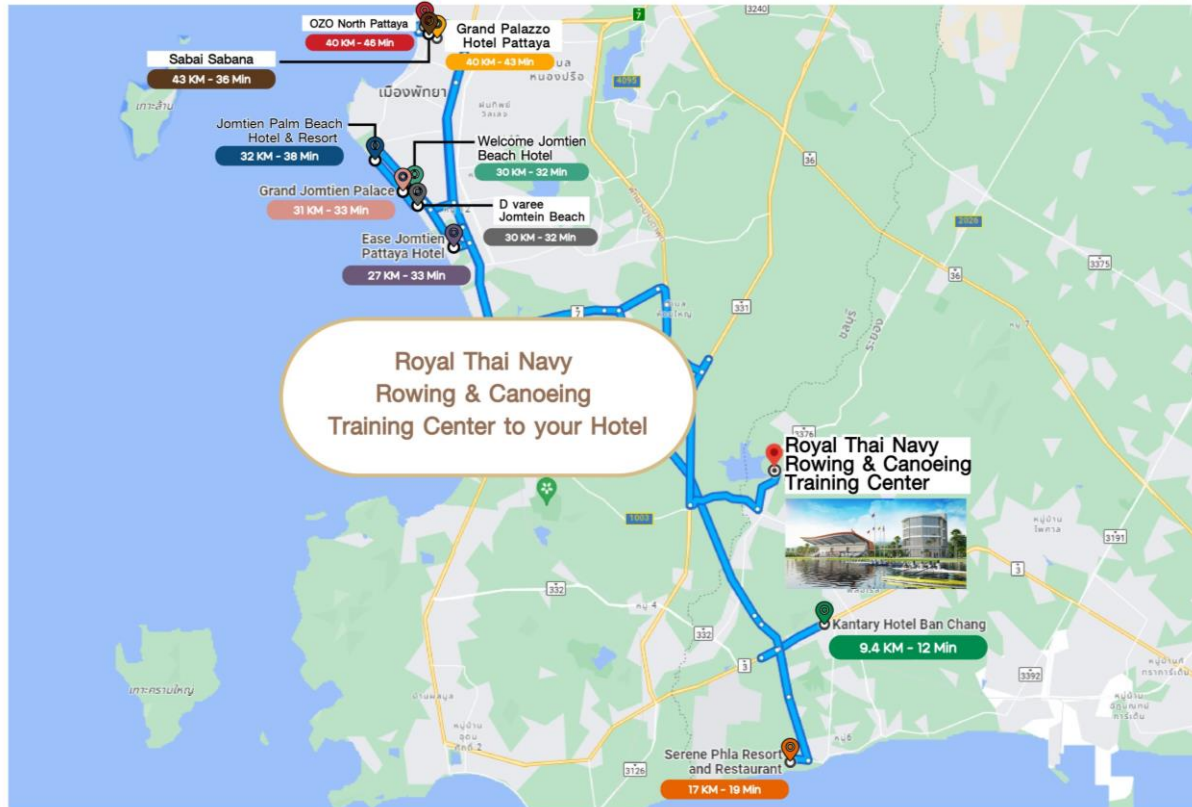
1. *Steamed Jasmine Rice*
2. *Soup (curry, lemon grass soup, coconut soup etc.)*
3. *Fried Dishes (fried chicken, fried mixed vegetables, etc.)*
4. *Roasted Dishes (Roast Chicken, Roast Beef, Roast Fish, etc.)*
5. *Noodles (Pad-Thai, etc.)*
6. *Fruit (Seasoned Thai Fruit)*
7. *Drinking Water*

**\*Note:** This is an example of food list for teams to consider. The menu for each meal includes, at least, steamed Jasmine rice, 4 dishes, fruits, and drinking water. The menu changes for each meal.

**Remark**

The OC requires all teams to provide a signature and Stamp of federation on the Hotel Reservation form. (Annex A)

## Map



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## Local Hospitalities

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The 16<sup>th</sup> IDBF WDBRC Organizing Committee will provide official liaison for teams that reserved their accommodation with the OC for free to the venue and the accommodations. The number of official liaisons will be determined according to the number of participants in the country. Teams can arrange their own commute schedule.

There are 2 airports where the official liaison will pick you up on your arrival and departure - Suvarnabhumi Airport and Don Mueang International Airport. The liaison will pick you up at the airport and take you to the hotel. The service will be provided both on training days and competition days. On your departure, official liaison will pick you up at your hotel and take you to the airport.

Please note that this Local Transfer Service will be provided ONLY to teams who book their accommodations in the official hotels with the OC. (Buses are designated per country NOT shuttle bus style as previous).

Any teams who have chosen not to use the official accommodation arranged by the Organizing Committee are responsible for organising own transport to/from airport and to/from regatta course and to/from opening ceremony and closing party each day. IDBF and Organizing Committee are not responsible for any delays which may occur using non-official transportation.

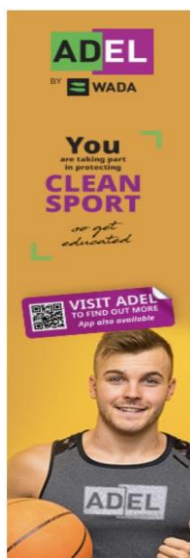
If you need assistance with any of your arrangements, please do not hesitate to contact the 16<sup>th</sup> IDBF WDBRC Organizing Committee.

Should any teams wish to take the liaison for your own purposes, teams will be responsible for the additional cost.

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## Anti-Doping Requirements

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### Don't leave it to do in Pattaya!

Completion of the appropriate ADEL course should be by 31.05.2023 - Premier to complete International Level Athlete; Seniors and 24U to complete National Level Athlete; coaches to complete High Performance Coaching

**This is mandatory for all PREMIER, Senior A and 24U athletes plus ALL coaches competing in the WDBRC 2023 in order to receive their accreditation**

Once you have completed the course, please send a copy of your ADEL certificate to:  
[chair-medical@dragonboat.sport](mailto:chair-medical@dragonboat.sport)

## TUE (Therapeutic Use Exemption)

Premier Athlete submission to: [chair-medical@dragonboat.sport](mailto:chair-medical@dragonboat.sport) by July 8, 2023.

See IDBF website for TUE Application form and IDBF TUE Checklist: Anti-Doping | idbf (dragonboat.sport) All other athlete submissions in the first instance to their National Anti-Doping Organization (NADO) otherwise to IDBF [chair-medical@dragonboat.sport](mailto:chair-medical@dragonboat.sport) by July 8, 2023.

*Those on medications for asthma please check the information in the Prohibited List 2023, page 9, S3 before submitting a TUE.*

## Declarations

In a continued effort to decrease the amount of paper and make life easier for all concerned the IDBF would like all declarations to be completed and submitted electronically.

**Declaration 1** - is for the senior official/ Representative (Team Leader/ Manager) of the Team to agree to and sign or tick a box as confirmation of acceptance.

**Declaration 2** - is concerning Anti-Doping and for **ALL** athletes, coaches, managers, physios, team physicians to **individually** sign or tick a box as confirmation of acceptance.

These Declarations will be available to download from the website. **Date to be advised.**

- IDBF Website - <https://www.dragonboat.sport/anti-doping>

Please complete and submit using [declarations@dragonboat.sport](mailto:declarations@dragonboat.sport) by July 31, 2023 will be greatly appreciated.

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## Declarations, Consent, and Waivers

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### The following Declarations are required:

Declaration 1 – Competitors & Team Leaders Medical & Financial Declaration

Declaration 2 – Competitors Anti-Doping Declaration

Declaration 3 – Competitors Declarations of Commitment to Dragon Boat Sport

Declaration 4 – Team Officials Declarations of Commitment to Dragon Boat Sport

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## Competitor's Rights

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- Be notified of selection for doping control
- Be informed of the consequences of refusing to provide a sample
- Have the doping control procedures explained
- Be provided with a selection of sealed equipment from which to choose
- Be observed when providing sample by someone of the same gender
- Receive copies of all signed documentation



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## Competitor's Responsibilities

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- Know the IDBF and your IDBF's Member anti-doping regulations
- Carry photo ID to present to the Doping Control Office (DCO)
- Inform your doctor or pharmacist that you are a competitor who may be subject to doping control
- Consult your IDBF Member in advance if you are medically required to take any medication on the prohibited list – before being permitted to take such substances, you will need to apply for medical exemption and therapeutic use exemption (TUE)
- Keep a list of all medications, vitamins or supplements you are taking and declare them on the doping control form
- Be careful with unlicensed products such as nutritional supplements or herbal products as they may contain prohibited substances
- From notification through to completion of sample collection, stay in full view of the DCO or chaperone, whether at a Competition, Training Venue or your home
- Re-hydrate with sealed non-alcoholic, caffeine-free beverage before the test
- Be prepared to begin sample collection procedures as soon as possible after notification

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## Paradragons

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The 16th IDBF WDBRC will include Paradragon racing. Racing will be in Standard boats (PD2) and Small boats (PD1 and PD2). As a reminder, PD1 races are for crews where all paddlers are impaired in some way, while PD2 races are for crews where approximately half the paddlers are impaired.

As previously advised in Bulletin No.2, IDBF will allow 'double rostering' by Paradragon crew members (both impaired and unimpaired). In this way, Paradragon crew members should be able to participate in other race divisions, classes, and boat sizes. It may also provide opportunities for 'reserves' in other classes to get more races than they might otherwise. In short, IDBF is determined to encourage both impaired and unimpaired athletes to race in the Paradragon class.

National 'B' teams will be permitted to participate in all Paradragon races. Medals will be awarded to the first three crews in each event regardless. Apart from the 2000m race, Paradragon events will each be decided by the combined times over three heats.

If any team uncertain about the application of the Paradragon race rules, or the event itself, the Chair of the Para Athletes Commission (Nigel Bedford) is available for direct queries by:

- *email (chair-para@dragonboat.sport); or*
- *phone (WhatsApp: +44 7712 645800 during normal UK working hours).*

As part of the process for accrediting Paradrasons, a Certificate of Diagnosis for each paddler will be required (copy attached to this Bulletin, and this can also be found at Annex D to the Paradrason Rules of Racing). A completed certificate needs to be submitted for each impaired paddler to [chair-para@dragonboat.sport](mailto:chair-para@dragonboat.sport) by email **by June 30, 2023 at the latest**. Note that Certificates of Diagnosis are not required for any unimpaired paddler who is part of a PD2 team, nor for the drummers or steerers.

The IDBF Para Athletes Commission will develop preliminary 'scores' for each impaired paddler based on the evidence in the Certificates of Diagnosis. These scores will be sent to the respective nations so that they can ensure that the crews they have in mind for events should satisfy the race rules.

However, in order to validate the process, and before racing actually starts, a few Paradrason paddlers from each team will be formally assessed to confirm that the impairment(s) declared in the Certificates of Diagnosis are consistent with the athletes' presentation. This assessment may result in adjustments to the 'scores' previously advised based on paper assessments. The assessments will be conducted at the race venue on August 5 – 6, 2023 and nations will be advised which of their paddlers has been selected to participate.

Paradrason teams will be co-located in the Athletes village and be provided with specific facilities for their own use. Transport will be provided (by 'golf buggy' type vehicles) to move mobility-impaired athletes from designated car parking to the Athletes village. Matting will be laid between the village to boat marshalling and to the medal presentation area to provide a suitable surface for wheelchair users.

Finally, IDBF knows that it is likely that some Paradrasons may need physical or emotional support before and after racing that is best provided by someone other than a teammate.

Accordingly, a 'Paradrason Chaperone' pass is available on a limited basis that will allow the chaperone to accompany the paddler into the athlete village and also into and through boat marshalling. If you believe one or more of these passes would be helpful to your Paradrason team, the relevant team manager should email [chair-para@dragonboat.sport](mailto:chair-para@dragonboat.sport) **by July 7, 2023**.

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### Input to outline programme

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Friday July 7, 2023	Deadline for applications for Paradrason Chaperone passes to be sent to <a href="mailto:chair-para@dragonboat.sport">chair-para@dragonboat.sport</a>
Saturday August 5, 2023	Paradrason assessments (at venue)
Sunday August 6, 2023	Paradrason assessments (at venue)

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### Dealing with the Heat in Thailand

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#### Before the Worlds:

**ADAPTATION:** training in high temperatures that result in excess sweating can help your body adapt to the conditions expected in Thailand. Your body learns to sweat more efficiently and cool down quicker. The amount of time that is ideal for this is about 2 weeks but any such training will have some benefit. Be sure to watch for the signs of heat exhaustion or heat stroke if doing this!

**At the Worlds:** There are 3 main things to worry about in degrees of severity.

**HEAT CRAMPS:** This is cramping of muscles overworked in the heat. This is most quickly cured by an infusion of salt containing intravenous fluid (would need the medical tent) but short of that electrolyte drinks and cooling down are generally adequate. Salt pills are not recommended for treatment or prevention. Once cleared the athlete can usually return quickly to competition.

**HEAT EXHAUSTION:** athletes will feel like they have a virus. They feel weak, achy, have a headache, may be lightheaded, nauseous and could vomit or pass out. **They do not have high body temperatures or confusion.** That is heat stroke!! See below. Treatment of heat exhaustion is resting in a cool environment, oral fluids is usually adequate. Fans, cool mist or showers and cold compresses can help. These athletes should not return to competition the day it happens and care taken on subsequent days.

**HEAT STROKE:** is a life-threatening emergency! The main sign is **CONFUSION** usually with a high temperature and other symptoms of heat exhaustion. The medical staff must handle this. Rapid lowering of the body temperature must occur. First aid is removal from the heat, keeping the victim on their side in the rescue position in case they vomit. If professional medical help is delayed, evaporation using fanning and water sprays can help. The athlete will not be allowed to compete again.

**PREVENTION:** athletes need to monitor themselves and coaches should keep an eye out for problems. Paddlers need to: keep up their fluid intake, stay out of the sun, use hats or umbrellas when in the sun, seek cool places with air conditioning or fans, and wear light, loose clothing that allows airflow. Excess caffeine and any alcohol can increase the risk of dehydration and heat illness.

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## Contacts

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<b>Championships Website</b>	<a href="https://www.rcat.or.th/16-IDBF-WDBRC">https://www.rcat.or.th/16-IDBF-WDBRC</a>
<b>Organizing Committee contacts</b>	<a href="mailto:office@rcat.or.th">office@rcat.or.th</a>
<b>Accommodation and Meals</b>	<a href="mailto:hotel.wdbrc2023@rcat.or.th">hotel.wdbrc2023@rcat.or.th</a>
<b>Administration, General Inquires</b>	<a href="mailto:admin.wdbrc2023@rcat.or.th">admin.wdbrc2023@rcat.or.th</a>
<b>Visa</b>	<a href="mailto:visa.wdbrc2023@rcat.or.th">visa.wdbrc2023@rcat.or.th</a>

### **IDBF contacts**

#### **IDBF General Secretary**

Peter Tang	<a href="mailto:general-secretary@dragonboat.sport">general-secretary@dragonboat.sport</a>
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#### **IDBF Treasurer**

Alan van Caubergh	<a href="mailto:treasurer@dragonboat.sport">treasurer@dragonboat.sport</a>
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#### **IDBF Deputy Treasurer**

Loretta Lewis	<a href="mailto:deputy-treasurer@dragonboat.sport">deputy-treasurer@dragonboat.sport</a>
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#### **Chair IDBF Competition and Technical Commission**

Melanie Cantwell	<a href="mailto:chair-ctc@dragonboat.sport">chair-ctc@dragonboat.sport</a>
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#### **Chair IDBF Medical and Sports Science**

Bridget Walter	<a href="mailto:chair-medical@dragonboat.sport">chair-medical@dragonboat.sport</a>
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#### **Chair IDBF Para Athletes Commission**

Nigel Bedford	<a href="mailto:chair-para@dragonboat.sport">chair-para@dragonboat.sport</a>
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#### **Chair IDBF Marketing & Media Commission**

Belinda Chung	<a href="mailto:chair-marketing@dragonboat.sport">chair-marketing@dragonboat.sport</a>
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The IDBF and RCAT encourage your association to enter the 16<sup>th</sup> IDBF WDBRC in Thailand, and looking forward to welcome you to join the championships.

# PARADRAGON CERTIFICATE OF DIAGNOSIS

This certificate (below) must be signed by a registered medical practitioner, as well as by the individual.

This form must be completed in English. All items prefixed with a \* must be completed.

PADDLER INFORMATION				
* Family name / surname:				
* Given / first name:				
* Gender:	Male <input type="checkbox"/> Female <input type="checkbox"/>	* Date of birth:		
			Day	Month
* Nation or club being represented:				
When moving towards a boat before loading, do you use:	Wheelchair <input type="checkbox"/> Crutches <input type="checkbox"/> Walking stick <input type="checkbox"/>	* Do you need assistance when loading or unloading the boat?	Yes <input type="checkbox"/> No <input type="checkbox"/>	
* Can you swim 50m in paddling clothing with no buoyancy aid? Notes: <ul style="list-style-type: none"> <li>this is to assist officials in planning racing; if you cannot swim 50m <u>you will still be allowed to race</u>); and</li> <li>the use of buoyancy aids may be mandated by race officials or your team but, if not, can always be worn regardless</li> </ul>			Yes <input type="checkbox"/> No <input type="checkbox"/>	
Other information that may assist IDBF. For example: <ul style="list-style-type: none"> <li>Help you need at boat loading / unloading</li> <li>Information about your condition that may assist officials</li> </ul>				
		* Paddler's signature:		
		* Date of signature:		
			Day	Month
				Year



# 國際龍舟聯合會 INTERNATIONAL DRAGON BOAT FEDERATION



## 16<sup>th</sup> IDBF World Dragon Boat Racing Championships



Rayong – Pattaya, Thailand | August 7 – 13, 2023

### Hotel Reservation (Annex A)

The Organizing Committee would like to inform, the updated official hotels information for all participating teams, located in Pattaya and vicinity area. Also, OC would like to invite all the teams involved to stay at the official accommodation which provided by the OC only. You will receive the full services and hospitality matters from us as our honorable guests.

National Federation:.....

Team Name:..... Arrival Date:.....Flight No.....

Departure Date:..... Flight No.....

Total No. of participant:..... Male:..... Female:.....

No. of Hotel Rooms Required:.....

### Accommodation Package Fee (USD per person per night)

#### 1. Kantary Hotel Ban Chang, Rayong (120 rooms)

Check in Date	Check out Date	Room type	Rate (USD)	No. of Nights	No. of Rooms	Sub-Total (USD)
		Twin	75			
		Single	100			





國際龍舟聯合會  
INTERNATIONAL DRAGON BOAT FEDERATION



16<sup>th</sup> IDBF World Dragon Boat Racing Championships

2. D Varee jomtien Beach Pattaya, Pattaya (200 rooms)

Check in Date	Check out Date	Room type	Rate (USD)	No. of Nights	No. of Rooms	Sub-Total (USD)
		Twin	75			
		Single	100			

3. Grand Jomtien Palace Hotel, Pattaya (160 rooms)

Check in Date	Check out Date	Room type	Rate (USD)	No. of Nights	No. of Rooms	Sub-Total (USD)
		Twin	65			
		Single	90			

4. Sabai Sabana, Pattaya (120 rooms)

Check in Date	Check out Date	Room type	Rate (USD)	No. of Nights	No. of Rooms	Sub-Total (USD)
		Twin	65			
		Single	90			

5. Jomtien Palm Beach Hotel & Resort, Pattaya (300 rooms)

Check in Date	Check out Date	Room type	Rate (USD)	No. of Nights	No. of Rooms	Sub-Total (USD)
		Twin	80			
		Single	105			



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16<sup>th</sup> IDBF World Dragon Boat Racing Championships

6. Grand Palazzo Hotel (100 rooms)

Check in Date	Check out Date	Room type	Rate (USD)	No. of Nights	No. of Rooms	Sub-Total (USD)
		Twin	75			
		Single	100			

7. Welcome Jomtien Beach Hotel, Pattaya (350 rooms)

Check in Date	Check out Date	Room type	Rate (USD)	No. of Nights	No. of Rooms	Sub-Total (USD)
		Twin	65			
		Single	90			

8. Serene Phala Resort and Restaurant, Rayong (90 rooms)

Check in Date	Check out Date	Room type	Rate (USD)	No. of Nights	No. of Rooms	Sub-Total (USD)
		Twin	85			
		Single	110			

9. Ease Jomtien Beach (450 rooms)

Check in Date	Check out Date	Room type	Rate (USD)	No. of Nights	No. of Rooms	Sub-Total (USD)
		Twin	65			
		Single	90			

10. Long Beach Garden Hotel & Spa (500 rooms)

Check in Date	Check out Date	Room type	Rate (USD)	No. of Nights	No. of Rooms	Sub-Total (USD)
		Twin	75			
		Single	100			



# 國際龍舟聯合會 INTERNATIONAL DRAGON BOAT FEDERATION



## 16<sup>th</sup> IDBF World Dragon Boat Racing Championships

Total Accommodation Fee (USD):.....

### Note

The official accommodation fee is based on the update information on hotel cost when reopening after COVID-19 relieved. The prices as shown in the price list in this Bulletin No.3, which breakfast and transportations (1 round trip airport-hotel-airport, 1 round trip hotel-venue per day, and tip to the opening ceremony) The OC provides the price for Lunch 15 USD per meal per person, and Dinner, 15 USD per meal per person, will be available for purchasing. All teams are advised to reserve their lunch and dinner in advance for their own convenience and comfort.

### Meals

For teams who choose to have their own lunch (not with the OC), there are various kinds of local and international food and beverage vendors around the hotel areas.

Please notify the OC in advance, if there is any Halal or any food restrictions for any religious and/or medical reasons.

**\*All bookings subject to first come first serve basis with availability of the room**



國際龍舟聯合會  
INTERNATIONAL DRAGON BOAT FEDERATION



16<sup>th</sup> IDBF World Dragon Boat Racing Championships

Bank Details for Payments

**16<sup>th</sup> IDBF WDBRC ORGANIZING COMMITTEE BANK ACCOUNT**

**RCAT Bank:** Krungthai Bank, Thailand

**Bank Address:** Sports Authority of Thailand Branch, 286 Ramkhamhaeng Rd, Huamark, Bangkok, Bangkok Thailand 10240

**Beneficiary Name:** The Rowing & Canoeing Association of Thailand

**Account Number:** 989-8-52035-3

**SWIFT or BIC:** KRTHTHBK

E-Slip or any kinds of money transferring evidence should be sent to [hotel.wdbrc2023@rcat.or.th](mailto:hotel.wdbrc2023@rcat.or.th)

Signature & Stamp of Federation \_\_\_\_\_

Name and position of authorised signatory \_\_\_\_\_

Contact telephone no.: \_\_\_\_\_ E-mail: \_\_\_\_\_



國際龍舟聯合會  
INTERNATIONAL DRAGON BOAT FEDERATION



16<sup>th</sup> IDBF World Dragon Boat Racing Championships



Rayong – Pattaya, Thailand | August 7 – 13, 2023

## Invitation Letter Request Form for VISA applications only (Annex B)

All visitors to Thailand require a visa except citizens of countries where an exemption has been granted.

An Official Letter of Invitation will be sent via email to each National Federation. Do not delay in beginning your visa process. Official Letter of Invitation request can be made to the 2023 WDBRC Organizing Committee at [admin.wdbrc2023@rcat.or.th](mailto:admin.wdbrc2023@rcat.or.th). Once a request is made, a member of the 2023 WDBRC Organizing Committee will forward a spreadsheet to be completed (see the attachment). One invitation letter will be provided for the entire Team. (Every country applying for the invitation will have to submit a copy of the President's signature or a national association seal and a WORD version of the attached form.

If there are any further questions or concerns, please contact: [admin.wdbrc2023@rcat.or.th](mailto:admin.wdbrc2023@rcat.or.th)

**\*Note: The OC requires all National Federation for a copy of passport\***



國際龍舟聯合會  
INTERNATIONAL DRAGON BOAT FEDERATION



16<sup>th</sup> IDBF World Dragon Boat Racing Championships

Name	Gender	Nationality	Date of Birth (dd/mm/yyyy)	Passport No.	Passport Expiry Date	Date of entry (dd/mm/yyyy)

Signature & Stamp of Federation \_\_\_\_\_

Name and position of authorised signatory \_\_\_\_\_

Contact telephone no.: \_\_\_\_\_ E-mail: \_\_\_\_\_





國際龍舟聯合會  
INTERNATIONAL DRAGON BOAT FEDERATION



16<sup>th</sup> IDBF World Dragon Boat Racing Championships

Rayong – Pattaya, Thailand | August 7 – 13, 2023

**Airport Pickup and Dropoff Service (Annex C)**

Official Team Name: .....

Team manager's Name: .....

Email: .....

What's app or WeChat app number: .....

Arrival Date (DD/MM/YYYY): .....

Arrival flight number: .....(XX to Pattaya-Rayong)

Number of people: ..... Male: ..... Female: .....

Departure Date (DD/MM/YYYY): .....

Departure flight number: .....(Pattaya-Rayong to XX)

Number of people: ..... Male: ..... Female: .....

Accommodation Name: .....

Accommodation Address: .....

Send completed forms to [admin.wdbrc2023@rcat.or.th](mailto:admin.wdbrc2023@rcat.or.th) by no later than July 15<sup>th</sup>, 2023.



# 國際龍舟聯合會 INTERNATIONAL DRAGON BOAT FEDERATION



16<sup>th</sup> IDBF World Dragon Boat Racing Championships

Rayong – Pattaya, Thailand | August 7 – 13, 2023

## Closing Celebration Ticket Ordering Form (Annex D)

Celebrating fierce competition, new friendships, and a shared passion of dragon boat, the Closing Celebration will take place on the evening of August 13, 2023. It will be an event you will not soon forget – a night of music and dancing under the stars with the waterway lit with fire pods as the backdrop. Food trucks, drinks, and a photo booth are some of the many features of the Closing Ceremony.

Tickets will be available for purchase through the 2023 WDBRC Organizing Committee. Pre-booked tickets will cost USD \$20.00 per person, which includes entry to the event, transportation from all Official Accommodations, and music entertainment. Pre-booked tickets must be paid by August 7th, 2023. Tickets booked after August 7, 2023 or at the Venue, will cost USD \$30.00.

**Team:** .....

**Contact Person:** .....

**Email Address:** .....

**Phone Number:** .....



Place		Time		Menu						
Venue	Hotel	Lunch	Dinner	Steamed Jasmine Rice	So up (curry, lemo n grass so up, co conut soup etc.)	Fried Dishes (fried chicken, fried mixed vegetables, etc.)	Roasted Dishes (Ro ast Chicken, Ro ast Beef, Roast Fish, etc.)	No odles (Pad-Thai, etc.)	Fruit (Seasoned Thai Fruit)	Drinking Water



Place		Time		Menu						
Venue	Hotel	Lunch	Dinner	Steamed Jasmine Rice	So up (curry, lemo n grass so up, co co nut soup etc.)	Fried Dishes (fried chicken, fried mixed vegetables, etc.)	Roasted Dishes (Roast Chicken, Roast Beef, Roast Fish, etc.)	No odles (Pad-Thai, etc.)	Fruit (Seasoned Thai Fruit)	Drinking Water

[illegible]



# 國際龍舟聯合會

## INTERNATIONAL DRAGON BOAT FEDERATION



### 16<sup>th</sup> IDBF World Dragon Boat Racing Championships

9. Date: August 13, 2023

Total No. of Persons:..... Male:..... Female:.....

Place		Time		Menu						
Venue	Hotel	Lunch	Dinner	Steamed Jasmine Rice	Soup (curry, lemon grass soup, coconut soup etc.)	Fried Dishes (fried chicken, fried mixed vegetables, etc.)	Roasted Dishes (Roast Chicken, Roast Beef, Roast Fish, etc.)	Noodles (Pad-Thai, etc.)	Fruit (Seasoned Thai Fruit)	Drinking Water

**Remark:** This is an example of food list for teams to consider. The menu for each meal includes, at least, Steamed Jasmine Rice, 4 dishes, fruits, and drinking water. The menu changes for each meal.

**\*All bookings subject to first come first serve basis with the food menu**

Signature & Stamp of Federation \_\_\_\_\_

Name and position of authorised signatory \_\_\_\_\_

Contact telephone no.: \_\_\_\_\_ E-mail: \_\_\_\_\_





國際龍舟聯合會  
INTERNATIONAL DRAGON BOAT FEDERATION



16<sup>th</sup> IDBF World Dragon Boat Racing Championships



Rayong – Pattaya, Thailand | August 7 – 13, 2023

**Paddle, Racing Numbers and PFDs Request form**

**National Federation:** .....

**Team Name:** .....

**Contact Person:** .....

**Role:** .....

**Email Address:** .....

**Phone Number:** .....

Paddles

Charge according to actual conditions

Racing Numbers

Charge according to actual conditions

Personal Floatation Devices (PFDs)

Charge according to actual conditions.

A confirmation notices and invoice for the rental of any Paddle, Racing Numbers and/or PFDs will be sent upon the processing of your request. Payment for the equipment must be paid in full prior to receiving the items.

**Send completed forms to [admin.wdbrc2023@rcat.or.th](mailto:admin.wdbrc2023@rcat.or.th) by no later than June 30, 2023.**

Signature & Stamp of Federation \_\_\_\_\_

Name and position of authorised signatory \_\_\_\_\_

Contact telephone no.: \_\_\_\_\_ E-mail: \_\_\_\_\_

