

DRAGON BOAT CANADA
NATIONAL TEAM TESTING – FACILITY PROTOCOL
2021 WORLD CHAMPIONSHIPS – HONG KONG

Schedule Overview:

Winter 20/21:

- Preliminary DBC National Team Indoor Testing includes p-erg and non-specific evaluation
- To be completed based upon the specific instructions of your program, either in-person or independent

March 21:

- Official DBC National Team Testing includes p-erg and non-specific evaluation
- To be completed in-person at authorized dates, times and facilities across Canada

May-July 21:

- Official DBC National Team Testing at tryout camps across Canada
- To be completed based upon the specific instructions of your program

Approved Facilities Must:

General:

- Post Testing Protocols in the area the tests are conducted
- Provide a knowledgeable facilitator at agreed upon times
- Track all testers and invoice DBC on the 1st of each month as appropriate
- Input all test results into the DBC testing database within 24hrs of the completion of each test

Perg:

- Install a DBC kit (rope/bungee combination) onto 4 machines for February/March 2021
- Provide a weighted barrier (recommendation is a non-drywall wall) at least 4ft high, 15-inches behind the perg seat

Weights:

- Provide 0.5lb, 0.75lb and 1lb weights so that all athletes can be assured of lifting 50% body weight
- Provide an authorized bench pull unit
- Provide an authorized bench press unit (20kg barbell for men, 15kg barbell for women)

Schedule/Execution of Indoor Testing

Pre-Test:

- Athlete registration, payment, arrival, following of local facility protocols
- Athlete weigh-in on approved facility scale

Test:

0:00 = P-erg 2:00 for distance

1:00 = P-erg 4:00 for distance

1:30 = Bench Pull, Max Reps

Option:

2:00 = Bench Press, Max Reps

Post-Test:

- Review test results with facilitator
- Submit results to DBC or to specific Program Manager

Overview of Tests:

Specific Evaluations:

P-erg 2:00, drag = 60, kg = 45 women, 68 men

P-erg 4:00, drag = 60, kg = 45 women, 68 men

- Minimum 60 minutes rest between perg tests
- Testing centres will follow a specific set of perg protocols

OC-1 150m, ranked by 2:00 perg results, with DBC officials for formal start and finish protocol

OC-1 330m, ranked by 150m results, with DBC officials for formal start and finish protocol

- Minimum 60 minutes rest between OC tests
- OC's to be procured by DBC for each set of testing

Non-Specific Evaluations:

Light Max Reps

Bench Press, 50% body weight, athlete must complete as many reps as possible continuous without pause between reps.

Bench Pull, 50% body weight, athlete must complete as many reps as possible continuous without pause between reps. Feet cannot be anchored and chest cannot leave the bench, hands may not swing past chin.

Or

Heavy Max Reps

Bench Press, bar loaded at 100lbs (U24) or 125lbs (PR) for women, 185lbs (U24) or 225lbs (PR) for men. Athlete must complete as many reps as possible.

- Bar must touch chest (press) or bench (pull), and arms must lock out symmetrically. Lockout must be achieved before re-racking for the repetition to count.
- Bench Pull equipment will be authorized at each facility.
- Men = standard barbell 20kg, Women = standard women barbell 15kg or wrist straps
- Facilities to provide 0.5, 0.75 & 1lb weights to ensure exactly 50% of body weight is racked