



**DRAGON BOAT CANADA
BATEAU-DRAGON CANADA**

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NATIONAL TEAM TESTING PROTOCOL

2021 WORLD CHAMPIONSHIPS – HONG KONG

Schedule Overview:

Winter 20/21 (if safe under regional guidelines):

- Preliminary Indoor Testing including:
 1. P-erg
 2. Non-specific evaluations
- To be submitted via video

March 21 (if safe under regional guidelines):

- Spring Indoor Testing including:
 1. P-erg
 2. Non-specific evaluations
- To be completed in-person at authorized dates, times and facilities across Canada
 - Pullups, run, heavy bench press tests to be submitted via video

May-July 21:

- Summer Testing at tryout camps across Canada
- To be completed based upon the specific instructions of your program



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Schedule/Execution of In-Person Spring Indoor Testing (March)

Pre-Test:

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

Test:

0:00 = P-erg 2 minutes, max distance

1:00 = P-erg 4 minutes, max distance

1:30 = Endurance Bench Pull, Max Reps

2:00 = Bench Press, Max Reps (JR, PARA, SR A/B/C only)

Post-Test:

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

Schedule/Execution of Independent Spring Indoor Testing (March)

Video Submissions:

- Pull-ups (PR & 24U)
- Heavy bench press (PR & 24U)
- 6:00 run (PR)

These tests do not have to be completed on a specific rest schedule, they can be done at the discretion of the athlete and submitted by deadline (prescribed by your program).



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Overview of Tests:

Specific Evaluations:

P-erg (all programs): Kayak Pro paddling erg

1. 2 minutes, max distance
2. 4 minutes, max distance
 - Drag = 60
 - Weight: women = 45, open = 68
 - Minimum 60 minutes rest between perg tests
 - Testing centres will follow a specific set of perg protocols
 - Barrier will be placed 15 inches behind paddle seat

OC-1 (all programs, summer only):

1. 150m, starting order sorted by 2minute p-erg results
2. 330m, starting order sorted by 150m results
 - Minimum 60 minutes rest between OC tests
 - Race course buoys present (330m mark, 150m mark, and finish line)
 - DBC officials for formal start and finish protocol
 - Single-sided paddling with dragon boat paddles only
 - Ama on paddle side



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Non-Specific Evaluations:

Pull tests:

1. Bench Pull (all programs)
 - 50% of athlete's body weight
 - Complete as many reps as possible
 - Continuous movement - no pause between reps
 - Feet cannot be anchored and chest cannot leave the bench
 - Hands may not swing past chin
 - Bar must touch bench, arms must lock out
2. Pull-ups (PR & 24U only)
 - Athlete's body weight only (no added weight)
 - Complete as many reps as possible
 - Dead hang / full extension at the bottom (i.e. elbows straight)
 - Chin must clear the bar at the top
 - No movement in the hips or knees that may assist in providing momentum (kipping)

Push test (complete one, as indicated by program):

1. Light Bench Press (16U/18U, Para & SR A/B/C)
 - 50% of athlete's body weight
 - Complete as many reps as possible
 - Continuous movement - no pause between reps
 - Bar must touch chest, arms must lock out
2. Heavy Bench Press (PR & 24U)
 - Women's weight: 125lbs (PR) or 100lbs (24U)
 - Open weight: 225lbs (PR) or 185lbs (24U)
 - Complete as many reps as possible
 - Bar must touch chest, arms must lock out

6:00 Run on a Treadmill (PR only):

- Hands and arms must not make contact with any part of the treadmill except to push buttons to adjust speed
- You are encouraged to let the treadmill accelerate to cruising speed before starting the test (e.g. you can start the test at 0:30 and end at 6:30. The distance travelled would be the final distance at 6:30 minus the start distance at 0:30).



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Filming Instructions:

Videos should be uploaded to YouTube or other video streaming service with links sent to program directors. Do not email video files.

1. Pull-ups: film must provide view of the entire body from either the front or side (not back), and the camera needs to be at the same height as the bar (i.e. the person filming will need to stand on a raised platform).
2. Bench press/pull: film must clearly show the amount of weight loaded, bum-bench contact (for bench press), and bar touching chest/bench.
3. Both p-erg tests: film the paddling side directly and capture the entire athlete in the frame from a neutral angle (see photo below).
4. 6 min run on treadmill: film the treadmill display at the beginning and end of the test (i.e. 0:30 & 6:30 in above example) and film the entire athlete during the run.

