



**DRAGON BOAT CANADA
NATIONAL TEAM TESTING – FACILITY PROTOCOL
2023 WORLD CHAMPIONSHIPS – THAILAND**

Thank you for opening your facility to the 2023 National Team Candidates. Your participation and that of the proctors from your facility are necessary for the success of Team Canada.

DBC National Team Indoor Testing includes p-erg and non-paddling evaluation

- DBC Requires the assistance of authorized facilities to execute the p-erg testing
- Athletes are approved to do non-paddling tests at any facility of their choice, many will prefer to do it at the same facility as their p-erg test

Approved Facilities Must:

- Provide a knowledgeable facilitator/proctor 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
- Provide Kayakpro D1 Ergometres
- Direct athletes to any preferred testing p-ergs within your facility

Perg Settings:

60 drag
Females = 45kg
Males = 60kg

Perg Tests:

P-erg 2:00 for distance
P-erg 4:00 for distance
1 hour rest between tests

Upon Completion:

- Review test results with facilitator/facility
- Ensure correct test results are input into the DBC National Team Testing database

Weights:

- To be completed based upon the specific instructions of each program

Provision of Equipment. Your facility agrees to provide individuals testing for the 2023 National Team with the equipment necessary as stated above.

Oversite. Your facility agrees to provide a proctor to ensure adherence to testing standards and logging of results.

Insurance. In case of commercial locations, your facility agrees to provide additional insured certificate if you do not receive your insurance from BFL. Certificate should be named Dragon Boat Canada.

Payment. For compensation from DBC as an approved testing site, your facility agrees to bill DBC \$20 for each athlete that completes their testing at your site effective until April 30, 2023.

Facility
Name/Location

Authorized Signature
Facility/Location

Authorized DBC
Representative Name

Authorized DBC
Representative
Signature