



Indoor Testing Protocol for 2023 IDBF World Championships

The purpose of the indoor testing submissions is to check in on athlete progress and help coaches to identify athlete strengths and weaknesses. The coaches' job is to help each individual become the best version of themselves. Paddling tests provide valuable information on paddling fitness, while the strength tests are indications of strength and general fitness. While no single test will "make or break" selection to the national team, together they provide an athlete profile and also help athletes that may be looking to try out in the future identify areas to work on. All tests must be filmed.

Testing Procedure:

Team Canada Senior A will arrange testing sessions at authorized DBC facilities in Dec (10/11) and April (2/3).

There are 2 components to Team Canada Senior A testing:

Perg testing:

2min perg test

4min perg test

Strength testing:

50% body weight bench press test

Pull ups (continuous until fail)

These test components DO NOT need to be completed on 1-day and 1 session.

Perg testing must be completed in 1 session. Strength testing can be done at the time and location of the athlete's choice. If you wish to complete all test components on the same day at the testing facility that option IS available to you.

Here is the testing schedule for all components:

2min perg

1hr rest

4min perg

30min rest

Bench Press

30min rest

Pull Ups

If perg and strength testing are separated the above minimum rest times still apply.

Perg Testing Protocol:

DBC authorized pergs are Kayakpro D1M model.

<https://www.kayakpro.com/multistroke/>

Make sure test is being done on a DBC authorized perg. If your facility has multiple pergs make sure you are directed to the authorized DBC testing perg(s) for your paddling side.

Make sure perg settings are correct:

Men = 68 kg, 60 drag

Women = 45 kg, 60 drag

2:00 perg:

Record distance, stroke rate and pace

4:00 perg:

Record distance, stroke rate and pace

Video record a minimum of 10 seconds (not including the start) of each piece.

Paddle with the same/similar technique that you would in a dragon boat.

There are no specific stroke rate requirements. You may choose your own race plan.

Strength Testing Protocol:

Pull-ups:

Perform maximum number of repetitions. Dead hang, full extension - elbows below eyes at the bottom. Chin must clear the bar at the top. No movement in the hips that may assist in providing momentum.

Bench press:

Weigh-in, identify 50% of body weight.

Lift 50% of your body weight for as many repetitions as possible. Maximum of 2 second pause at any point in the lift.

Full extension at top, touch a 2 inch block (foam or wood block is acceptable) on chest at bottom.

No extreme arching. Bum and shoulders must maintain contact with the bench at all times. You must have a spotter (in addition to the person filming).

Filming Instructions

Videos should be uploaded to YouTube or other video streaming service with links sent to:
Sanchez.k7@gmail.com
Do not email video files.

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).

Bench Press: film must clearly show the amount of weight loaded, bum-bench contact, and bar touching chest.