



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.

All evaluations must be filmed and submitted to nationaljuniorteam@dragonboat.ca before 12pm EST on December 19, 2022.

We suggest you upload videos to YouTube and share links. You can send an email with the results and the links to each test.

Specific Evaluation:

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

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

- Must be completed on the same day
- Minimum 60 minutes rest between perg tests
- Testing centres will follow a specific set of perg protocols

Videos of perg guidelines:

<https://youtu.be/5a4G8lQPEr4>

<https://youtu.be/awzHgyGknLs>

<https://youtu.be/hs38ToxrH94>

Fitness Evaluation:

- Does not need to be completed on the same day as perg if facilities do not permit.
- If completed on the same day, allow for at least 60 minutes rest.

1 - Push up test

- Max reps to failure
- Full extension at the top
- Chest to floor at bottom
- Arms go out to the side to ensure chest is at bottom

Videos of push up technique:

<https://youtu.be/areuYKPF-t4>

<https://youtu.be/wDgcQLhQheQ>

// 10 min break

2 - Butterfly sit ups

- Max reps to failure with metronome (60 rpm, beep at top, beep at bottom) - metronome beats is a free app that can be used.
- Arms out at the bottom
- Touch feet at top
- 3 chances to be off tempo or failure

Videos of sit up:

<https://youtu.be/8w0vWwGygYU>

<https://youtu.be/J6sfba4IWp4>

// 20 min break

3 - Half Cooper

6min run test on treadmill

1% slope

Start the treadmill and bring it to desired speed (athlete not on the treadmill); video the screen until 1min (it is important that the distance elapsed at 1min be visible); at 1min, athlete begins run. Athlete to be filmed from the back either straight on or at 45 degrees for the duration. At 6min45s, filmer can move to filming the screen to capture distance elapsed after minute 7 (it is important that the distance elapsed after 7min be visible).