



ICF Dragon Boat Coach Course (Level 2) and Technical Official Examination

Chinese Taipei

06 - 09 March, 2020

FROM	Chinese Taipei Canoe Association (CTCA)
TO	National Federation Affiliated to :- International Canoe Federation (ICF) Asian Canoe Confederation (ACC)

INVITATION

Dear Sports Friends,

1. It is our pleasure to inform you that the Chinese Taipei Canoe Association (CTCA), with supports of International Canoe Federation (ICF) and Asian Canoe Confederation (ACC), will organize an ICF Dragon Boat Coach Course (Level 2) & Technical Official Examination in Taipei, Taiwan from 06 to 09 March, 2020. The venue is Luzhou Breeze Park, 248, New Taipei City, Luzhou District, Taiwan.
2. For your information, the National Dragon Boat Team Qualification for Asian Championships will also be held at Luzhou Breeze Park, Luzhou District, New Taipei City from 07 to 08 March, 2020.
3. It will be an excellent opportunity especially for the Asian Canoeing countries to gauge each other's for the standardize practice in high international level. Nominations from National Federations affiliated with ICF are also welcomed to attend the course.
4. Registration of entries is now open. Please fill the 'Form A' as enclosed. Kindly note that each participant is responsible for his/her own expenses.

5. Accommodation.

(a) The available accommodations rates are:

- (i) Single Room 100 USD per person per day - 4 Star Hotel
- (ii) Double room 50 USD twin sharing per person per day

(b) The accommodation fees include the following services: Accommodation and Breakfast. Booking must be made by **15 February, 2020** because the hotels have limited rooms, we will be booking reservation according the received applications.

(c) The Lunch will be served at the Venue @ 5 USD per lunch.

(d) The reservation of accommodation will be based on the Names submitted by the respective Federations. All entries submitted are too accompanied by a 50 % deposit from the total amount to be paid by 29 February, 2020. Booking of accommodation will be based on a first come first serve basis.

6. Transport.

Transport fee for one person will be 35 USD. Transport fee includes: one way transfer from the airport to the Hotel. In the case where accommodation is booked independently, NO transport will be provided by the Organizing Committee.

7. Course Fee. The Course Fee will be 200 USD per person. Course fee includes the following:

- (a) Medical care at the venue.
- (b) Bottle water during course days.
- (c) Examination documents.

8. ICF Examination Fee. The ICF Examination Fee will be 20 Euro for each examination. For Coach Course, participants are required to bring 20 Euro (cash) to pay before the examination. For ITO Examination, ICF will send an invoice to the NFs concerned in October requesting them to pay 20 Euro for each candidate.

9. Visa. VISA could be required to enter Taiwan. Please contact relevant authority in your country to make it sure.

10. Schedule:

Date	AM	PM
06-03-2020	Arrival and Registration	Registration and Briefing
07-03-2020	Theoretical sessions	Practical sessions
08-03-2020	Revision & Quiz	Practical assessment
09-03-2020	Examinations	Presentation of Diploma / Departure

11. Workshop Contents and Additional Information

- (a) ICF Dragon Boat Official Examination contents:
 - (i) Practice as officials in the Dragon Boat Event.
 - (ii) Written examination on 2019 ICF Dragon Boat Competition Rules
 - (iii) Quiz (oral) on practical dragon boating scenarios.
 - (iv) Each candidate is required to provide 1 passport photo adhesive on the application form. An examination fee of 20 € will be billed to NF concerned.
- (b) ICF Coach's Education Programme Dragon Boat Coach Course:
 - (i) Certification: ICF Level II Coaching Diploma to be issued to each successful trainee.
 - (ii) Each candidate is required to pay an examination fee of 20 €

12. Trainees

- (a) Nominated by National Federation;
- (b) The nominee(s) has coaching and/or teaching experience in her/his country;
- (c) He/she is competent in spoken English;
- (d) He/she has pre-knowledge/education on Anatomy & Physiology, Exercise Physiology & Psychology, Kinesiology, Weight Training Practicum, Exercise Programming, Exercise Prescription & Assessment, Sports Injuries etc.; and
- (e) He/she has experience in dragon boat paddling as paddler and steerer;
- (f) Priority and feasibility will be given to NFs currently with no dragon boat activities.

13. Course Contents:

- (a) Theoretical sessions
 - (i) ICF Dragon Boat Competition Rules;
 - (ii) The effects of weather (tide, wind and current) against dragon boat;
 - (iii) Paddling technique, endurance, strength & training;
 - (iv) Emergency managements, capsize drill;
 - (v) Anti-doping
- (b) Practical sessions
 - (i) Inspection of boats, paddles, steering oars and life jackets;
 - (ii) Balancing a boat;
 - (iii) Capsize drill;
 - (iv) Paddling forwards and backwards;
 - (v) Drawing and emergency stop;
 - (vi) Securing a steering oar (knots);
 - (vii) Steering skills (straight line and turning);
 - (viii) Drum signals;
 - (ix) Warm up and cooling down exercises.

14. Inquiry. CTCA, Miss Carol CHEN at email: ctdragonboat@gmail.com and tpedragon@yahoo.com.tw .

15. We look forward to meeting you in Taipei, Taiwan.

Best Regards,

陳明如



Aki Chen

President

Chinese Taipei Dragon Boat Association

26 January 2020



ICF Dragon Boat Coach Course & Technical Official Examination

Taipei, Taiwan: 07 - 09 March, 2020

FORM A

(Must be submitted on or before 15 February, 2020)

Country	
Name of Association	
Tel No	
E Mail	
Address	

No. of Officials	Arrival Date	Time	Flight No	Remarks
No. of Officials	Departure date	Time	Flight No	

No	Name	Passport No	Date of Birth
1			
2			
3			

No	Name	Coaching (tick)	Examination(tick)
1			
2			
3			

Date :

Signature
President/Secretary General
National Sports Federation

Please submit Form A by email to ctdragonboat@gmail.com