Dragon Boat Coaching Course Policy

Proposal to EDBF congress by Sajjad Gharibi

Georgia Dragon Boat Federation

- Levels
- Modules
- Instructor
- Host country commitments
- EDBF commitments
- Participants
- Proposed fee
- Duration

Coaching levels

- EDBF LEVEL 1

At least 6 months dragon boat experience

Swimming ability

Minimum age 18

- EDBF LEVEL 2

At least 2 years dragon boat coaching experience

Having EDBF level 1 certificate

- EDBF LEVEL 2

At least 4 years dragon boat coaching experience

Having EDBF level 2 certificate

Participated at least in 2 IDBF or EDBF formal events as coach

Modules- level 1

- Dragon boat history, current status and equipment
- why dragon boat
- Dragon boat coach feathers
- How to teach a new comer
- Safety, balance and capsize in dragon boat
- Dragon boat Technique
- Steering and drummer tips in dragon boats
- First aids
- Dragon boat water training (brief)
- Para and BCS dragon boat

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Modules- level 2

- Tactics in dragon boat
- Dragon boat training and periodization
- Physiology in Dragon boat
- Dragon boat weight exercise
- One session training in dragon boat and how arrange the
- workouts in one session
- Race rules
- Nutrition and anatomy
- Injuries and corrective exercise in dragon boat
- First aids
- Dehydration and over training in dragon boat

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Modules- level 3

- Doping in sports
- Race distance specifications
- Annual periodization and Types of water training
- Team space control and team solidarity
- Team selection methods
- Specific weight and land training in dragon boat
- Teamwork in Dragon boat
- Fatigue in dragon boat training
- First aids
- Psychology in dragon boat
- Coaching accessories

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Instructors

- Instructors will selected in EDBF congress by related commission after receiving their CV
- Instructors must know English language fluency
- Instructors should have at least 10 years experience inDragon boat coaching
- Instructor will follow EDBF coaching policy in careers
- Nominated instructors will introduce by national DB federations to EDBF
- Instructor should have commitment to participate in course that EDBD managed

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Host country commitments

- Host country will provide instructor trip costs such as flight/accommodation/meals/transfer
- Request and information bulletin of hosting coaching must received to EDBF 6 month before course date
- Host country provide class area, Dragon boating equipment and suitable pontoon
- Host country manage first aid instructor related with course level
- Host country provide information bulletin included course fee, accommodation, meals, transfer information and dates
- Host country will pay the amount of EDBF and instructors after the course

EDBF commitments

- EDBF will send the course information to the member and share it in other space such as website, and social networks
- EDBF will certify the course and issue the certificates and signed by EDBF president
- EDBF will introduce the instructors

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Participants

- Participant must registered 1 month before course
- Participant would registered individual or by federations
- Participant must pass the exam and be present in whole time of Theoretical and practical classes
- Maximum number of participant is 40 and minimum number is 20
- Accommodation, meals and transfer costs of course will provided by participants

Proposed fee

- **Level 1 – 150 Euro**

EDBF fee 20 Euro

Host fee 70 Euro

Instructor fee 50 Euro

- **Level 2 – 180 Euro**

EDBF fee 25 Euro

Host fee 90 Euro

Instructor fee 65 Euro

- **Level 3 – 230 Euro**

EDBF fee 35 Euro

Host fee 110 Euro

Instructor fee 85 Euro

Duration

- **Level 1 – 2 to 3 days**
- Theoretical 12 hours
- practical 4 hours
- practical Exam
- Written exam
- **Level 2 – 3 days**
- Theoretical 16 hours
- practical 2 hours
- practical Exam
- Written exam
- **Level 3 – 3 days**
- Theoretical 20 hours
- practical 2 hours
- practical Exam
- Written exam

Thank for your attention

Sajjad Gharibi