



2026 IBCPC FESTIVAL HELMS CERTIFICATE
AIX LES BAINS - FRANCE

I, the undersigned,

Dragon Boat club coach / club president of (city)

Or

President of the National Dragon Boat Federation of
(country)

certify that Mrs..... is able to:

- **Distribute the paddlers evenly** to balance the boat;
- **Steer a dragon boat:** leave and return to the pontoon in forward and reverse, keep a straight line, turn right and left;
- **Lead a team to maneuver** a dragon boat (including making emergency stops, make the boat move sideways to either side);
- Paddle in wavy and windy conditions (even if it is coming sideways);
- Line up at the start line of a race and follow the starter's orders;
- Maintain control of the boat from the start to the end of a race by staying in the middle of the racing line;
- Know how to position the boat near a start line pontoon.

I certify that:

- She/Her has already helmed during official competitions (national or international levels).
- She/He knows and is able to apply the safety instructions and the protocol (described in page 2) that must be applied in the event of a boat capsize.

Made in(city), on (date)

Signature :



SAFETY INSTRUCTIONS AND BOAT RECOVERY PROTOCOL

SAFETY INSTRUCTIONS

In order to limit the risk of a boat capsize, paddlers are prohibited from:

- Standing up in the boat;
- Splashing their teammates or other competitors (heckling);
- Voluntarily rocking the boat;
- Trying to counterbalance when the boat is rocking;
- Jumping into the water or voluntarily flipping the boat over (immediate disqualification of the entire team).

The helms must know how many people are on board the boat. The boat must be balanced in terms of weight, tilt and trim.

When boarding, the helm gives a number to each person on board so that everyone can count themselves in the event of a capsize.

Each paddler pays particular attention to her/his bench neighbor. She/he must scrupulously respect the instructions of the helm and the water rescuers and demonstrate maximum seriousness and cooperation.

BOAT RECOVERY PROTOCOL

In the event of a capsize, a safety motorboat will come near the dragon boat with a government certified Dragon Boat Instructor and Water Rescuers on board. The Dragon Boat Instructor will take the team in charge and lead rescue operations:

- 1) With the help of the helm, the instructor will count the team members to check that no one is under the boat.
- 2) The instructor will turn the boat over and empty it.
- 3) The instructor will help the crew members to re-embark as the boat is emptied.
- 4) Instructor and water rescuers will bring the boat back to the pontoon.

If necessary, people can be taken care of by rescuers and evacuated by motorboat.

All these instructions must be known and adhered to by all participants of the IBCPC 2026 Festival.