



**AIX-LES-BAINS**  
**DRAGON BOAT**  
**2025 FESTIVAL**

2026 IBCPC DRAGON BOAT FESTIVAL PRE-EVENT

# HELM CERTIFICATION

27 & 28 June 2025 - Aqualac Beach

## INFORMATION PACK

The ICDBA (International Corporate Dragon Boat Association) is organizing a dragon boat helms training session, concluded with a final exam and issue of a training certificate. This session, supervised by state-certified professionals, gives dragon boat helms the opportunity to certify their level of practice and validate their skills.

### WHEN?

**Friday 27 June 2025**, from 2pm to 6pm : training and practical exercises

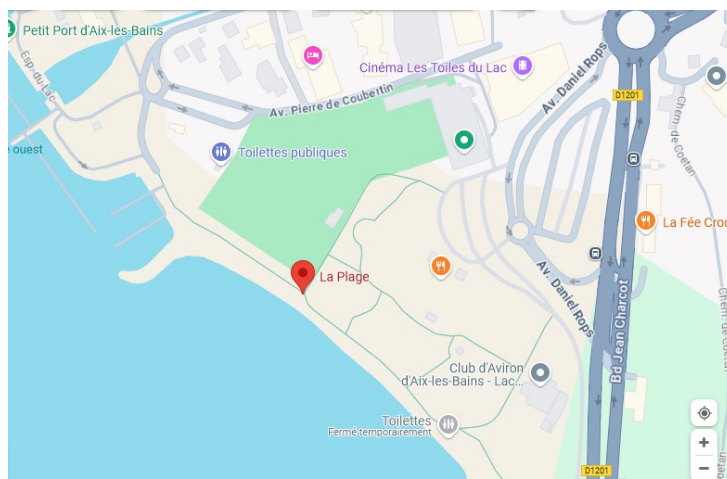
**Saturday 28 June 2025**, from 8am to 11am : final exam

The two half-days are independent. Registering on the exam on Saturday is not subject to the Friday training requirement.

### WHERE?

**Plage Aqualac d'Aix les Bains,  
73100 Aix-les-Bains, France**

GPS point:  
45.69092125781061,  
5.892761449980782



### FOR WHOM?

The course is primarily designed for helms from IBCPC dragon boat crews, but can also be attended by helms from non IBCPC clubs. In all cases, the ICDBA course is designed for experienced helms who are already comfortable maneuvering a dragon boat, both on official race distances (200m, 500m, 2000m) and in training, as well as in dealing with capsizing. **Experience is required for ICDBA training.**

## GOAL

The aim of this training course is to validate skills in steering and maneuvering a dragon boat, as well as safety instructions and crew handling in the event of a capsize.

Two levels of aptitude may be validated, depending on the degree of competence of the candidate (see “training program” section).

## CERTIFICATE

An ICDBA training certificate, valid for the 2025 Aix-les-Bains Dragon Boat Festival and the 2026 IBCPC France Festival, will be issued at the end of the training course. It can be presented by trainees as proof of their ability to helm.

## THE TRAINING BODY



ICDBA (International Corporate Dragon Boat Association) was founded by 3 international dragon boat event professionals:



**Dragon Boat Attitude, France** - French Dragon Boat specialists. Organizers of corporate teambuildings, training camps, festivals, paddling adventures and championships. Dragon Boat Attitude is the organizer of the 2026 IBCPC France Festival and has organized two European Club Crews Championships (2015 and 2017) and a Junior Nations World Championship (2017). Dragon Boat Attitude is the inventor of the Snow Dragon Boat. Learn more: [www.dragonboat-attitude.fr](http://www.dragonboat-attitude.fr)



**Dragon Boat Emotions, Espagne** - The benchmark for Dragon Boat Racing in Spain. Dragon Boat Emotions organizes corporate seminars, events for schools and BCS paddlers, and festivals. It is the organizer of the Barcelona International Festival, a growing gathering of dragon boaters. For more information: [www.dragonboatemotions.com](http://www.dragonboatemotions.com)



**Race the Dragon, Angleterre** - The heart and soul of dragon boat racing in the United Kingdom. Race the Dragon specialises in organising events for charities, businesses and communities throughout the UK. Find out more: [www.racethedragon.com](http://www.racethedragon.com)

ICDBA's goal is to rely on the strength of its international links and its shared experience through:

**Developing training courses**

**Promoting events**

**Offering equipment for sale**

ICDBA expertise means:

**+ 100 qualified instructors**

**+ 100 open festivals**

**+ 15 years of experience**

**5 international championships**

## TRAINING PROGRAM

FRIDAY  
**27**  
JUNE

### TRAINING

- Theoretical training and case studies
- Practical exercises: steering tests on race courses, straights and reverses, docking, alignment and race starts
- Safety: management of capsizing

2<sup>PM</sup>

6<sup>PM</sup>

SATURDAY  
**28**  
JUNE

### EXAM

Final assessment to validate the skills acquired according to 2 levels of aptitude (Entry Level and Level 1).

8<sup>AM</sup>

11<sup>AM</sup>

#### ENTRY LEVEL

The **entry level**, the first level of ICDBA training, validates the **basic knowledge required of all dragon boat paddlers**. It validates technical skills (knowing how to paddle, demonstrate, balance the boat) and safety skills (knowing how to behave in the event of a capsize, being able to ensure one's own safety). Last but not least, a minimum knowledge of the history and philosophy of dragon boating is required. The entry level ICDBA course is designed to certify independent personal practice. It is not a supervisory level.

#### NIVEAU 1

ICDBA **Level 1** validates the transformation of basic knowledge into **fundamental skills**. It focuses more on the **skills of the helm and certifies her/his autonomy in leading a group and managing dragon boat equipment**. The helm is no longer simply a maneuvering expert, but a manager of her/his group, ensuring its smooth running, cohesion and safety. In addition to the **helm technical skills**, she/he can also demonstrate **coaching skills, autonomous management of capsizing and crew safety, autonomous equipment of the boat**, and in-depth knowledge of the history and philosophy of dragon boating.

Both levels of ICDBA training (Entry Level and Level 1) are certifiable for participation in the 2025 Aix-les-Bains Dragon Boat Festival and the 2026 IBCPC France Festival.

## EQUIPMENT & SUPPORT

### ICDBA provides candidates with:

- Qualified instructors
- Dragon boats
- Life jackets
- Training area with pontoons and racing lanes

### Candidates must bring:

- Their paddles
- A wetsuit or suit suitable for the weather and capsizing exercises.
- Extra dry clothes

## CONDITIONS OF PARTICIPATION

**Experience at the helm is a mandatory prerequisite for the training and final exam offered by ICDBA.** The training session on Friday 27 June 2025 is not sufficient to provide the necessary experience to be comfortable at the helm. It is essential that candidates have already gained experience through regular practice in their clubs and structures.

If you are planning to take the exam on Saturday 28 June 2025 only, **please contact us to ensure that you have the necessary prerequisites** (see “contact” section).

The health questionnaire downloadable through this [link](#) must be completed by all candidates and enclosed with their registration.

## FEES

COURSE & EXAM	EXAM ONLY
Friday 27 June, from 2pm to 6pm & Saturday 28 June, from 8am to 11am	Saturday 28 June, from 8am to 11am
Aqualac beach, Aix-les-Bains	
200€	100€

Payment must be made by bank transfer to Dragon Boat Attitude, via the following [bank details](#). Payment must be made before the closing date for registrations.

## REGISTRATION

The deadline for registration is Friday 16 May 2025.

The registration is nominative and must be made by using this form:

<https://forms.gle/7HdP2mkuAaueV5pj6>

Don't forget to upload your [completed and signed health questionnaire](#) in the registration form.

Your registration will not be validated until payment has been received.

## CONTACT

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