



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

2026 IBCPC DRAGON BOAT FESTIVAL PRE-EVENT

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

**27 - 28 - 29 JUNE 2025**

FESTIVAL OPEN TO ALL

**INFORMATION PACK**





# DRAGON BOATING

*« Dragon Boating,  
a sport for all »*

The Dragon Boat is a traditional Asian boat decorated with a dragon's head and tail. It is said to have originated in an ancient Chinese legend : the struggle of a fallen poet who was expelled from a kingdom in southern China for denouncing its corruption.

Since then, the Dragon Boat has been linked to values of honesty, fighting spirit and loyalty in memory of the fallen poet, and by extension to notions of benevolence and team solidarity.

The Dragon Boat is around 12m long, 1m20 wide and weighs between 250 and 300kg empty. Dragon boating is a water-based activity suitable for anyone who enjoys sports, the great outdoors, team spirit and conviviality. Whatever the age or physical condition of the participants, the effort is collective and shared.



*« The pleasure to paddle  
together in a fun atmosphere »*

In the Dragon Boat, a team of 16 paddlers make the boat move forward together by synchronising their paddle strokes. A drummer, at the front of the boat, sets the pace to the beat of a drum and gives the racing instructions. A helm, standing at the back, steers the boat. Official races are held over distances of 2000m, 500m and 200m.

## *Breast Cancer Survivors Paddlers?*

BCS paddlers are women paddlers who are or have been affected by breast cancer. The physical and psychological benefits of paddling a Dragon Boat allows them to fight the disease and reduce the risk of recurrence. Around the world, hundreds of Dragon Boat crews carry the positive message of practicing sport for health.

An international body federates them: the IBCPC (International Breast Cancer Paddlers Commission). Every 4 years, the IBCPC chooses a host country for its international festival.

In 2026, it will take place in Aix-les-Bains, from 24 to 30 August on the Aqualac beach. With 4,500 participants coming from about 20 different countries, it will be the biggest BCS festival ever organised.



# THE 2025 AIX-LES-BAINS DRAGON BOAT FESTIVAL.

## *« A full scale rehearsal »*

One year before the 2026 IBCPC Festival, the 2025 Aix-les-Bains Dragon Boat Festival is announced to be a full-scale rehearsal.

It's open to everyone, not only BCS crews who can 'test themselves' on site in real conditions, but also to club teams, groups of friends and sports enthusiasts, colleagues and families seeking for a sports challenge, local and regional groups and businesses, future 2026 volunteers,... : everyone who is motivated by the fervour of sport, who is touched by the positive message of post-cancer sport, and everyone who shares the pride of hosting an event that is unique in the world.



This 2025 Festival is an opportunity for everyone to get together and raise the profile of this sport in Aix-les-Bains and throughout the region. Organised by the Pagaie plus Loin association (leading association for the 2026 IBCPC Festival) and Dragon Boat Attitude.



## *« A 3-day event on Aqualac beach »*

On Friday 27, Saturday 28 and Sunday 29 June 2025, the Aqualac beach and Lac du Bourget will live at the dragons rythm!

With a programme of races and challenges designed for everyone, we invite you to experience a grandiose site -where mountains' silhouettes reflect on the water of the largest natural lake in France- and a festive atmosphere marked by conviviality, benevolence and fair play. A festival for all, and above all for pleasure, this event is designed to be joyful and unifying, just like the spirit of dragon boating.



After a tour of Lac du Bourget in 2024, the 2025 Aix-les-Bains Dragon Boat Festival is the 2nd and final pre-event leading to the biggest gathering of BCS crews in the world: the 2026 IBCPC Festival ([ibcpcfrance2026.com](http://ibcpcfrance2026.com)).





# PROVISIONAL PROGRAMME.

*The programme may be modified at the organiser's initiative depending on the number of teams entered and the weather conditions.*



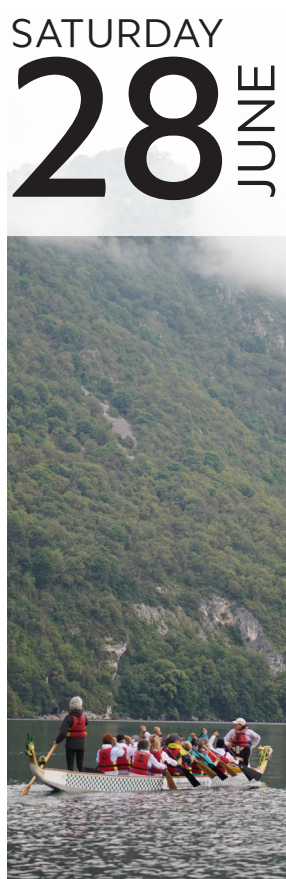
## ICDBA HELMS TRAINING COURSE (International Corporate Dragon Boat Association)

This course is aimed primarily at the BCS crews helms who are members of the IBCPC.

The aim of this training course is to validate the skills required to helm and manoeuvre a dragon boat, as well as safety instructions and how to take charge of a crew in the event of a capsized.

An ICDBA training certificate will be issued at the end of the course, accepted to helm at the 2025 Aix-les-Bains Festival and the 2026 IBCPC Festival. It can be provided by trainees as proof of their ability to steer.

14<sub>H</sub>



## ICDBA HELMS TRAINING COURSE. Continuation and end.

8<sub>H</sub>

### TRAININGS.

Team training sessions: not compulsory and to be booked beforehand (see rates and conditions in the 'registration conditions' section).

8<sub>H</sub>

### TEAM MANAGERS MEETING

It is compulsory and will take place in the festival village = presentation of the site, event programme, safety instructions, distribution of meal tickets ordered, any other questions.

11<sub>H</sub>

### LUNCH BREAK<sup>2</sup>

(a snack<sup>3</sup> will be open for quick bites or packed lunches ordered online when registering)

12<sub>H</sub>



OPENING CEREMONY	14 <sub>H</sub>
SPRINT RACES (200M)	14 <sup>30</sup> <sub>H</sub>
RESULTS AND PODIUMS	18 <sub>H</sub>
FESTIVE EVENING AND DINNER <sup>1</sup> (meal ticket for the evening to be ordered in advance online when registering)	19 <sub>H</sub>



VILLAGE OPENING	8 <sub>H</sub>
OPENING CEREMONY	9 <sub>H</sub>
LONG DISTANCE RACES (1500M)	9 <sup>30</sup> <sub>H</sub>
LUNCH BREAK <sup>2</sup> (a snack <sup>3</sup> will be open for quick bites or packed lunches ordered online when registering)	12 <sup>30</sup> <sub>H</sub>
LONG DISTANCE RACES	14 <sub>H</sub>
RESULTS AND PODIUM	16 <sup>30</sup> <sub>H</sub>

### <sup>1</sup>FESTIVE EVENING AND DINNER

A 'giant frying pan' evening meal is on offer on Saturday evening. It will include a starter, a giant frying pan main dish and a dessert for €16. It is necessary to buy a meal ticket online before the event. And of course, the snack stand will be open all weekend.

### <sup>2</sup>PACKED LUNCH

For catering on Saturday lunchtime and Sunday lunchtime, you can book a packed lunch online in advance of the event for €11. It consists of a classic or vegetarian sandwich, a bag of crisps, a fruit and a dessert.

### <sup>3</sup>SNACK STAND

Throughout the day, we will be selling coffee, tea and cold drinks, as well as savoury snacks and sweet treats.

# REGISTRATION CONDITIONS & REGULATIONS

**Aqualac beach, Place Daniel Rops 73100 Aix-les-Bains**

Accommodation in Aix-les-Bains :

<https://www.aixlesbains-rivieradesalpes.com/ou-dormir/>



## CONDITIONS TO REGISTER

- Read and accept the rules;
- Be in a good physical shape;
- Be able to swim 25 meters and immerse yourself;
- Fill in a health questionnaire or medical certificate. If you are unable to answer all the questions in the negative, please provide a valid medical certificate.

## RIGHT TO IMAGE

By registering, each participant acknowledges that he/she authorises the taking of images and accepts that the organisers and their subcontractors may publish them in any medium for any duration. The organisers undertake, through the captions or comments on these publications, not to undermine the dignity, privacy or reputation of the person portrayed.

## EQUIPMENT

### PROVIDED

Buoyancy aids

Boats

Paddles



### TO BRING

Appropriate clothing for water sports.

(a change of clothes and a windbreaker are recommended in case of bad weather).



## HELMS

Teams practising dragon boating within a club must bring their own certified helm (FFCK helm training certificate for France, or IDBF or ICDBA certificate for foreign teams - an ICDA helm training course has been specially organised for this purpose on the afternoon of Friday 27 June and the morning of Saturday 28 June, see programme).

A state-certified helm will be made available to 'community' teams (friends, family, companies) by the organisers.

## TEAMS COMPOSITION

A team is constituted of :



**16 paddlers  
& 2 replacements** (not compulsory)  
*including 8 men maximum for mixed  
categories (not including replacements  
or drummer)*



**1 drummer**



**1 helm, for club and BCS teams.**

If you have any issues putting a team together, please contact the organisers who may be able to merge incomplete teams together. A minimum of 12 paddlers is required for a team to be confirmed.

## CATEGORIES ET FEES

MIXED YOUTH		MIXED SENIORS		WOMEN SENIORS	
Mixed teams of under 16-year-old paddlers		Mixed teams of over 16-year-old paddlers and a maximum of 8 men (not including drummer and replacement)		Over 16-year-old women only teams	
1 day	2 days	1 day	2 days	1 day	2 days
18€*	20€*	35€*	45€*	35€*	45€*

In addition to the individual entry fee, a 'Corporate Partner' package of €350\* will entitle you to :

- race under the name of the company, mentioned by the speaker
- display a banner on the site (to be provided)

*\* Please note that a 4,8% administration fee (with a minimum of €0,80) will automatically be added to these prices, deducted by the online registration management platform.*

## TRAININGS

Training sessions are available:

- On Saturday 28 June 2025 morning in Aix-les-Bains, starting from the Aqualac beach: booking required at: [sonia@dragonboat-attitude.fr](mailto:sonia@dragonboat-attitude.fr)
- In an evening of June 2025 on Lake Annecy: booking required at [sonia@dragonboat-attitude.fr](mailto:sonia@dragonboat-attitude.fr). Please contact us as soon as possible to arrange a date.

### BEGINNERS TEAMS

**310 €**

This fee includes :

- Provision of the boat, paddles and buoyancy aids
- Supervision by a qualified helm
- Insurance cover

**Duration : 1h on the water**  
*(plan to be on site 15mns before)*

### EXPERIMENTED CLUB TEAMS

**190 €**

This fee includes :

- Provision of the boat, paddles and buoyancy aids
- Insurance cover

**Duration : 1h on the water**  
*(plan to be on site 15mns before)*

## REGISTRATIONS

Registration is to be made online.

When you register, you will be asked to attach the following documents. Please prepare them in advance:

- Health questionnaire or medical certificate.
- Parental authorisation for minors
- Payment by credit card only

All questions concerning registrations : [claire@dragonboat-attitude.fr](mailto:claire@dragonboat-attitude.fr)



# REGISTRATION PLATFORM INSTRUCTIONS

First of all, the Team Manager must connect to the Internet to register his team.

The Team Manager can then :

- register all the participants him/herself and pay the total amount.
- or provide the link to the platform and the team name (and password if the team is private) to each participant, who will then register individually and pay by bank card.

Before registering online, you should have :

- a health questionnaire or a medical certificate;
- For minors: a signed parental authorisation;
- A bank card for online payment.

By registering online, each participant acknowledges :

- they have read the rules and accept them
- they are physically fit and able to swim 25m and immerse themselves in water
- authorise the taking of images and their distribution

Registration will not be accepted until all documents have been accepted by the organisers. A confirmation email will be sent to the participant.

Meals: Participants may book meals at the time of registration, or at a later date by logging in to 'modify registration' mode.

You can buy as many meals as you like: family, friends, supporters, fan club!

The price of the meals is added to the registration fee, and must be paid online by bank card.

Booked meal tickets will be given to the person in charge of registration on site.

## QUESTIONS?

For more information about the event  
or to book a training slot.

@ [sonia@dragonboat-attitude.fr](mailto:sonia@dragonboat-attitude.fr)

For further information about  
registration.

@ [claire@dragonboat-attitude.fr](mailto:claire@dragonboat-attitude.fr)

## LINKS

**Official 2025 Aix-les-Bains  
Festival webiste**

[aixlesbains-dragonboatfestival.fr](http://aixlesbains-dragonboatfestival.fr)

**Official Facebook page**

[https://www.facebook.com/pro-  
file.php?id=61565421945723](https://www.facebook.com/pro-file.php?id=61565421945723)