England Team

Selection Policy
Home International Regatta, Strathclyde Park, 2020
Introduction

The Home International Regatta (HIR) is a team event with points awarded according to finish position in each race. Each match has a winner: Junior Men, Junior Women, Senior Men and Senior Women, with an overall winner for the whole event.

The HIR comprises events in the following boat classes:

<table>
<thead>
<tr>
<th>Juniors:</th>
<th>1x (A), 1x (B), 2x, 4x, 2-, 4-, 4+ &amp; 8+</th>
</tr>
</thead>
<tbody>
<tr>
<td>Seniors:</td>
<td>Para 1x, Lwt 1x, 1x, 2x, 4x, 2-, 4-, 4+ &amp; 8+</td>
</tr>
</tbody>
</table>

The Regatta will take place on Saturday July 25th at Strathclyde Park, Scotland hosted by Wales.

Racing will be over 2000m in all boat classes with an additional race over 500m in the 4x and 8+.

Eligibility for England Team Selection

No athlete may compete for England at the HIR if he/she has rowed/sculled/coxed for another country in the HIR the previous year.

Every competitor must be qualified by one of the following conditions:

- Having been born in England.
- Having a parent or grandparent born in England.
- Be a resident in England for 6 of the 12 months prior to the HIR and be a member of a club in England during that time.
- If an athlete lives in one Home Country and competes for a club in another Home Country and has competed for that club for more than the previous 6 months, that athlete may compete for either Home Country.

All athlete’s and coach’s participation is on the basis that they have confirmed that they have read, understood and agreed to abide by British Rowing’s Code of Conduct, Safeguarding and Protecting Children Policy (where relevant) and Anti-Doping Policies.

As well as satisfying the eligibility criteria, all athletes for the England Team must be a member of a British Rowing, Welsh Rowing or Scottish Rowing club, hold a racing license and a registration number as the entry will be on BROE.
Selection Trials

The 2020 England Team will be selected by a trial held at The Royal Albert Dock, London, E16 2QT, on Sunday 12th July or through GBRT Junior Crew Formation.

Weather permitting, the races will be held over 1500m. In the case of only one entry into the event the crew will be expected to complete a 1500m time trial. A competitive standard is required, therefore in the case of single entry the Junior or Senior World GMT % will be considered for that event.

Selectors: Head of Performance Talent and the England Team Manager will oversee selection of the full team. They will be assisted by the England Rowing Coaches and a selector for the Para-Team.

England Team

The England Team will comprise of 62 athletes broken down as follows:

<table>
<thead>
<tr>
<th></th>
<th>Junior Women</th>
<th>Junior Men</th>
<th>Senior Women</th>
<th>Senior Men</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>4 Scullers, 10 Sweep Rowers, 1 Coxswain</td>
<td>4 Scullers, 10 Sweep Rowers, 1 Coxswain</td>
<td>1 Para Sculler, 1 Lightweight Sculler, 3 Scullers, 10 Sweep Rowers, 1 Coxswain</td>
<td>1 Para Sculler, 1 Lightweight Sculler, 3 Scullers, 10 Sweep Rowers, 1 Coxswain</td>
</tr>
</tbody>
</table>

All athletes will race a minimum of 2 times with the majority racing 3 times.

Note: Selected crews and their coaches must attend a meeting after the trial with the Team Manager for the HIR outlining important information and logistics for the event.

Cost: If selected the cost per athlete (including coxes) is £400. This includes transport from a central location to the HIR, meals, accommodation and kit.

There is no cost for coaches attending with athletes, but all coaches will be required to complete a self-reflection process with either the England Team Manager, or England Team Coaches.
## Junior Team

<table>
<thead>
<tr>
<th>Coxes</th>
<th>Up to 2 Junior coxes may be selected for both JW and JM teams from the Junior GBRT Crew Formation.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1x*, 4+</td>
<td>The 4+ and 1x boats will be selected after GBRT Junior Crew Formation from the highest ranked rowers eligible to represent England. In the event of rowers not being eligible from GBRT Junior Crew formation, rowers from the England trial with high enough percentages will be selected.</td>
</tr>
<tr>
<td>1x*, 2x, 2-, 4-</td>
<td>The first past the post in each event will be selected to represent England. Crews with a higher % Gold Medal Time in their event may be asked to change boat types by the Team Manager, once selected.</td>
</tr>
<tr>
<td>4x</td>
<td>The 4x will be made from the 4 scullers selected in 1x (A), 1x (B), and 2x.</td>
</tr>
<tr>
<td>8+</td>
<td>The 8+ for the 2000m race will be formed from the 4+ and the next fastest combination of four rowers most suitable for the 8+. The 2 rowers not selected for the 2000m race will replace 2 rowers to race the 500m race.</td>
</tr>
</tbody>
</table>

*A race off will be held between the two 1x selected from each trial at the England Team Training day (19th July). The fastest sculler will race as the “A” boat and the runner up the “B” boat.

**Parental Consent/Good Conduct Form**: All parents will be required to read and complete the Parental Consent/Good Conduct Form. Athletes must also sign the form. This form will be issued once the crews are selected and must be submitted before departure to the HIR.

Athletes who cannot provide the correct documentation cannot be considered for selection into the England Team for the HIR.

## Senior Team

<table>
<thead>
<tr>
<th>Coxes</th>
<th>Coxes who wish to be selected must attend the trial. The cox of the selected 4+ will be selected.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lwt 1x, 1x, 2x, 2-, 4-, 4+</td>
<td>The first past the post in each event. Crews with a higher % Gold Medal Time in their event may be asked to change boat types by the Team Selector, once selected.</td>
</tr>
<tr>
<td>4x</td>
<td>The 4x will be made from the 4 scullers selected in Lwt 1x, 1x, and 2x.</td>
</tr>
<tr>
<td>8+</td>
<td>The 8+ for the 2000m will be made from a combination of rowers who have been selected in the 2-, 4- &amp; 4+. The 2 rowers not selected for the 2000m race will replace 2 rowers to race in the 500m race.</td>
</tr>
</tbody>
</table>
PR1 or PR2 1x As the PR1 and PR2 boats are different speeds the fastest crew will be calculated as being the highest % Gold Medal Time. Times are available from the Team Manager.

### Coaches

All coaches who accompany crews to the HIR must:

- Have a valid British Rowing membership
- Confirm in writing that they have read, understood and agree to abide by British Rowing’s Code of Conduct.
- Have attended an Anti-Doping course in the 12 months prior to the HIR and agree to abide by UK Anti-Doping rules as adopted by British Rowing.
- Provide evidence of their identity

All junior coaches who accompany crews to the HIR must have the following in addition to the points listed above:

- A valid Disclosure and Barring Service (DBS) check through British Rowing with an issue date of 29th July 2017 or later.
- Have completed a recognised and appropriate Safeguarding & Child Protection course within the last three years.
- Provide two-character referees.

The England Team Manager will be in possession of the most up-to-date list of coaches who fulfil this criterion and the name of the coach on the entry form will be crosschecked with British Rowing’s records. It is expected that any coach who is involved in coaching Juniors will already have an enhanced DBS check through British Rowing. ‘Last minute’ applications will not be accepted, and any potential coach should ensure that they are in possession of the necessary clearance in good time.

Further details can be obtained by contacting the Lead Safeguarding Officer at British Rowing at iso@britishrowing.org.

### HIR Rules of Racing

The HIR will be run under FISA rules, except for any variations specifically referred to in these rules.

**Coxswains and Lightweights:** The current FISA rules apply.

**Weighing-in:** All coxes and lightweights must weigh-in no less than 1hr and no more than 2hrs before the start of their first event.

**Note:** Coaches are advised to check in advance the heel restraints and other safety features on their boats, as failure to be fully compliant with the British Rowing Row Safe guidance will result in the crew not being allowed to race.
Anti-Doping Policy

All competitors, coaches and support staff are bound by the UK Anti-Doping Rules as adopted by British Rowing. All coaches and competitors will be asked to attend Anti-Doping at the trial in conjunction with speed testing and team briefing. For further information please visit https://www.britishrowing.org/aboutus/governance/anti-doping/ or http://www.ukad.org.uk

Entries

Entries Open: Monday 15th June through BROE. Rowers attending GBRT Junior Crew Formation will register as individuals for England Team selection.

Only crews eligible to compete for England will be considered.

The entry fee will be £20.00 per seat (excluding coxes). All payments must be made prior to the closing date. Entries that have not made payment before the closing date will not be entered into the trials.

Closing date for entries: 12:00 (noon) – Monday 6th July 2020.

Please ensure you complete the entry form in full i.e. contact details must be of the coach or crew intending on attending the event.

Performance Talent

The England Team for HIR is an event which is linked to British Rowing’s Performance Talent programme.

As part of the trials process, individuals may be asked to provide anthropometric data as well as information about their training background. Rowers who show the potential may be invited to be part of the Performance Talent programme along with their coaches.

For more information on the Performance Talent programme please visit the British Rowing website here:

https://www.britishrowing.org/gb-rowing-team/rowing-for-gb/performance-talent/

Contact

For further information please contact EnglandTM@britishrowing.org.uk