



BRITISHROWING

# COVID-19 Statement on Reducing numbers

## Women's Development Programme

TEAMWORK | OPEN TO ALL | COMMITMENT



## Introduction

Due to the ongoing situation regarding COVID-19 we plan to put in appropriate measures to potentially separate and limit the numbers of attendees to attend the Women's Development Programme for the 2020-21 season.

We have outlined below how will reduce numbers for the programme to mitigate the risk of the spread of COVID-19. If required days will be moved to an online virtual session.

## All Attendees

1. Attendees may only attend the region in which their primary club is based.
2. Numbers will be limited to 6 or 10 coaches and 6 or 10 rowers per region depending on venue. Numbers will be based on venue size and the ability to mitigate the risk of the spread of COVID-19.
3. If the total number of rower and coaches combined attending is less than 6 or 10 (depending on region) the full day will be held as normal with both groups together. If the total combined number is more than 6 or 10 (depending on region) than rowers and coaches will be separated, and rowers will attend in the AM and coaches in the PM.

## 250m Ergo Criteria

With England going into Lockdown as of November 5<sup>th</sup>. We understand some potential attendees may not have access to an ergo to complete the requested 250m ergo. If you do not have access to an ergo at this time, please provide any historical ergo personal bests.

Ergo Scores that would be particularly useful include 500m, 1k at Rate 24 or a 2km test. For any test please provide a rough date when this was achieved. Lead coaches will assess any ergo scores submitted to help select potential applicants.

## Rowers:

- If more than the allocated number of rowers have applied, we will follow the steps outlined below, in order, until the number is reduced to the allocated amount.
  - The maximum age will be reduced to U21.
  - The minimum age will be increased to J16.
  - Ergo results submitted will be used to assess potential applicants.
  - A request for video footage of the participant performing a squat and a press up may be asked for if we cannot accurately separate further sign-ups.



## Coaches

- If more than the allocated number of coaches have applied to attend the programme, we will follow the procedure below to reduce the number to the allocated amount.
  - Clubs will be limited to 1 coach per club with priority given to clubs with an athlete attending.
  - Additional coaches will be selected based on a first come first served basis.

## Regions

- Numbers will be limited as follows for each region.
  - East Midlands: Rowers = 10, Coaches = 10
  - Eastern: Rowers = 6, Coaches = 6
  - Hants & Dorset: Rowers = 10, Coaches = 10
  - Lower Thames: Rowers = 10, Coaches = 10
  - North East: Rowers = 6, Coaches = 6
  - North West: Rowers = 10, Coaches = 10
  - South East: Rowers = 10, Coaches = 10
  - South West: Rowers = 10, Coaches = 10
  - Upper Thames: Rowers = 10, Coaches = 10
  - West Midlands: Rowers = 6, Coaches = 6
  - Yorkshire: Rowers = 10, Coaches = 10