



BRITISH ROWING

British Rowing Selection Policy

**2021 World Rowing Beach Sprint Finals
Oeiras, Portugal.**

Updated: 21/06/2021 (Updates highlighted in yellow)

TEAMWORK | OPEN TO ALL | COMMITMENT



1. Introduction

British Rowing will be sending a team to represent Great Britain at the 2021 World Rowing Beach Sprint Finals, taking place in Oeiras, Portugal between the 24th to 27th September.

This is the second time the event will be held, and the first-time junior events will be offered. British Rowing is committed to growing all forms of the sport including coastal sculling and will be hosting the 2022 World Rowing Beach Sprint Finals at Saundersfoot, Wales. It is our aim to build a world leading coastal sculling programme in the lead up to the 2026 Youth Olympic Games and the potential inclusion into the 2028 Olympic programme.

The Beach Sprint format starts with a sprint on the beach of between 10m and 50m for the rower or one of the rowers. After entering the boat, the boat slaloms around two buoys then turns around a third buoy at 250m and rows straight back to the beach before one of the rowers exits the boat and runs to the finish line. The Rules of Racing for Beach Sprint are available on the [World Rowing Rule Book \(Appendix 23\)](#) and [British Rowing Rules of Racing \(Appendix F\)](#).

This event is ideal for agile and skilled scullers with a performance background, from either coastal or river rowing. As this exciting format and boat design will be new to many rowers a list of contacts and video links has been provided in the appendices to help you learn more about the beach sprint format.

More information about the 2021 World Rowing Beach Sprint Finals can be found [here](#).

2. Objectives

- 2.1. To select individuals who can perform with distinction in a World Rowing Beach Sprint format both as an individual and in a crew.
- 2.2. To understand where Great Britain performance ranks within the developing world stage.
- 2.3. To gain a greater insight and understanding of Beach Sprint Events.
- 2.4. To develop a pathway for individuals who have potential to represent Great Britain in Beach Sprint Events, (Including the 2022 World Rowing Beach Sprint Finals).

3. World Rowing Beach Sprint Finals

3.1. Events Offered

3.1.1. Senior Categories:

- Men's Solo CMIx
- Women's Solo CWIx
- Mixed Double CMix2x
- Mixed Coxed Quadruple Scull CMix4x+

3.1.2. Junior Categories:

- Junior Men's Solo CJMIx
- Junior Women's Solo CJW1x
- Junior Mixed Double CJMix2x
- Junior Men's Double CJM2x
- Junior Women's Double CJW2x

3.2. The team size and boats selected will depend on the strength and capabilities of athletes taking part in trials. Only athletes able to be competitive on a world stage will be selected to represent GBR.

3.3. Provisional Event Schedule

Day	Activity	Location
Wednesday, 22nd September	Registration & Accreditation / 12:00 – 17:30 Training Sessions / 12:00 – 17:30	Piscina Oceânica Praia da Torre
Thursday, 23rd September	Registration & Accreditation / 09:00 – 14:00 Training Sessions / 09:00 – 17:00 Team Managers Meeting / 15:00 Opening Ceremony / 18:00	Piscina Oceânica Praia da Torre Piscina Oceânica Fort of São Julião da Barra
Friday, 24th September	Rounds 1 & 2 / 09:00 – 16:21	Praia da Torre
Saturday, 25th September	Round 3 & Finals / 09:15 – 17:57	Praia da Torre
Sunday, 26th September	Round 3 & Finals / 10:00 – 17:27 Closing Ceremony	Praia da Torre
Monday, 27th September	Reserved day	



4. Eligibility

- 4.1. In order to be considered for selection for the World Rowing Beach Sprint Finals, rowers, coxes, coaches and support staff must fulfil minimum eligibility criteria. He or she must:
 - 4.1.1. at all times hold a valid Passport and be able to travel to events and training camps;
 - 4.1.2. have a current British Rowing, Scottish Rowing or Welsh Rowing membership;
 - 4.1.3. not be subject to any current disciplinary proceedings or ban;
 - 4.1.4. not be subject to any period of ineligibility or provisional suspension due to an anti-doping rule violation;
 - 4.1.5. be a fit and proper person to represent British Rowing.
- 4.2. In additions rowers and coxes must:
 - 4.2.1. be a British citizen;
 - 4.2.2. be eligible under the World Rowing Nationality & Gender Regulations;
 - 4.2.3. Senior Rowers and coxes must be aged eighteen on the date of team departure
 - 4.2.4. Junior Rowers must be born on or after 1st January 2003 and be aged sixteen years old or above on 1st September 2020.
- 4.3. In addition, Coaches, Boat Handlers and support staff must:
 - 4.3.1. Provide two-character referees.
 - 4.3.2. Confirm in writing that they have read, understood and agree to abide by British Rowing's Code of Conduct.
 - 4.3.3. Junior Coaches, Boat Handlers and support staff must hold a valid Disclosure and Barring Service (DBS) check through British Rowing with an issue date within the two and a half years prior to the World Rowing Beach Sprint Finals.
 - 4.3.4. Junior Coaches, Boat Handlers and support staff must have completed a recognised and appropriate Safeguarding & Child Protection course within the two and a half years prior to the World Rowing Beach Sprint Finals.

5. Selection Process

- 5.1. The selection panel will be made up of three people appointed by Louise Kingsley, Deputy Director of Performance Pathways and Paralympic Programme who is accountable to the Director of Performance.
- 5.2. **Senior rowers and Coxes**, wishing to be considered for this team should complete this [registration form](#), by **11th July 2021**.
- 5.3. **Junior rowers** wishing to be considered for this team should register themselves using this [registratation form](#). This should be completed by **25rd July 2021**.
- 5.4. **Coaches and Boat Handlers** wishing to be considered should complete this [registration form](#).



- **Senior Coaches** and **Boat Handlers** this should be by **11th of July 2021**.
- **Junior Coaches** this should be by **25th July 2021**.

5.5. Late registrations will only be accepted for an exceptional reason agreed in writing by the Deputy Director of Performance Pathways and Paralympic Programme.

Senior Team

5.6. All senior rowers must enter the respective solo event at the British Rowing Beach Sprint Championships on Sunday 18th of July 2012 at Exmouth, Devon.

- Coastal Men's Solo CMIx
- Coastal Women's Solo CWIx

5.7. Up to 6 male and 6 female scullers ranked by the selection panel, taking into consideration performances in all rounds, and who have registered for selection will be invited to attend the team selection the following day, Monday 19th July in Exmouth.

5.8. If the selectors observe an outstanding performance in the Coastal Mixed Double Sculls discipline at the British Rowing Beach Sprints Championships, the crew may be invited to join the selection day.

5.9. The selection day may involve testing in solos and doubles. Note pool boats will be provided.

5.10. Successful senior rowers need to be able to make themselves available for a 3-day beach training camp, Friday 20th – Sunday 22nd August location TBC.

Junior Team

5.11. Whilst we understand the British Rowing Beach Sprints clashes with the British Rowing Junior Championships, we would encourage any juniors interested in selection for this event to compete at the British Rowing Beach Sprints.

5.12. All junior rowers seeking selection must attend a 3-day development and selection camp will be held on the **Tuesday 17th to Thursday 19th of August 2021** venue TBC. Junior rowers are encouraged to attend with their coaches. The 3 days will include both training, coaching and selection racing.

5.13. If the numbers of junior rowers seeking selection is large (20+), invitations will be prioritised for those who have demonstrated their performance standard at the British



Rowing Beach Sprint Championships or through submitted 500m ergo scores and performance history.

5.14. The selection will involve testing in both singles and doubles.

Coxes

5.15. The cox may be of any gender.

5.16. Coxes seeking selection are encouraged to attend and take part in the British Rowing Offshore Championships and required to be present at the British Rowing Beach Sprints Championships and assist with boat handling.

5.17. The decision to form a Mixed Coxed Quadruple Scull will be made after the testing day on Monday 19th July 2021.

5.18. On Sunday, 18th July 2021 coxes will be required to complete a weigh in 1-2 hours before the first knockout race and complete a sprint test.

5.19. Up to 2 coxes will be invited to take part in the Senior August training camp at which the final team cox will be selected.

5.20. Selection of the cox will be based on the following criteria:

5.20.1. Ability to steer.

- coxing information covering both experience and racing results should be submitted with registration form, experience of coastal rowing is desirable but not essential.

5.20.2. Compatibility with selected team scullers.

- We would consider input from a combination of selected scullers, boat handlers and coaches.

5.20.3. Ability to sprint.

- All coxes will be required to complete a timed beach sprint of a set distance which will be between 10m and 50m in length.

5.20.4. Competitive weight.

- Minimum weight for racing is 55kgs.
- All coxes will be required to weigh in at their racing weight 1-2 hours before the official time of the sprint.



- 5.21. The final decision will be made by the selection panel and communicated as soon as is practical. If the decision is taken to not race the CMix4x+, this will mean a cox will not be selected.

Lead Boat Handler

- 5.22. Boat Handlers seeking selection are required to be present at the British Rowing Beach Sprints Championships and assist with boat handling and be required to attend both Senior & Junior August Camps.
- 5.23. The successful individual will lead the boat handling support and will be assisted by other team members. For further details on the role please read [Boat handler role description](#).
- 5.24. The final decision will be made by the selection panel and will consider:
- Input from selected rowers.
 - Handlers who have rowers selected.
 - Experience of the sea and the Beach Sprint format.
 - Have achieved or be willing to take the British Rowing Coastal Sculling Award.
 - The ability for the Boat handler to bring additional skills (like lifeguarding experience or manual lifting skills) to the team and team fit will also be taken into consideration.
- 5.25. The successful individual may not be notified on the day, however a decision will be made and communicated as soon as is practical.

Senior & Junior Coaches

- 5.26. Coaches seeking selection are required to be present at the British Rowing Beach Sprints Championships and assist with boat handling and be required to attend their respective Senior or Junior August Camps.
- 5.27. The successful individuals will provide coaching to the relevant crews and be able to operate as secondary boat handlers.
- 5.28. For further details on the role please read [Coach role description](#).
- 5.29. The final decision will be made by the selection panel and will consider:
- Input from selected rowers.
 - Coaches who have rowers selected.
 - Have achieved or be willing to take the British Rowing Coastal Sculling Award.
 - The ability for the Coach to bring additional skills to the team and team fit will also be taken into consideration.



- 5.30. The successful Senior Coach will be confirmed as soon as possible after Monday 19th July, 2021.
- 5.31. The successful Junior Coach will be confirmed as soon as possible after the Junior August Camp.

If you have any further questions or queries, please contact GBBeach@britishrowing.org

6. Costs and Logistics

- 6.1. Selected rowers will travel together as part of the GBRT and will be required to cover the cost of this event which will include travel from London Heathrow Airport, food and accommodation in Lisbon and a basic kit provision.
- 6.2. The maximum cost per team member for the event will be £1,300. Some Home Country funding may be available to support individual rowers. Costs for the training and selection camps will be kept to a minimum but will be additional to the event cost.
- 6.3. The team will travel out from London Heathrow Airport to Lisbon on the morning of Wednesday 22nd September. Departure from Lisbon to London Heathrow will be on the evening of Monday 27th September. Individuals will be responsible for funding their own travel to and from London Heathrow Airport.
- 6.4. Boats are provided by the Organising Committee. Subject to logistics GBR painted sculling blades will be transported by the team.

7. Anti-Doping

- 7.1. 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 an Anti-Doping webinar before competing at the World Rowing Beach Sprints Finals. These webinars are planned for 19:30 until 20:45 on the 26th of August and the 2nd of September.

If you have any questions or queries, please contact Jacqui.traynor@britishrowing.org or for further information please visit:

<https://www.britishrowing.org/about-us/governance/cleansport/> or <http://www.ukad.org.uk>



8. Training Opportunities

For more information on where you can try (World Rowing) coastal boats ahead of the GBR Beach Sprints team selection, please contact:

Location	Name	Phone	Email
England (North)	James Andrews	07818 576 142	james.andrews@britishrowing.org
England (South)	Guin Batten	07710 457 442	guin.batten@gmail.com
Scotland	Lee Boucher	07818 077 612	lee.boucher@scottish-rowing.org.uk
Wales	Sam English	07967 502 055	samantha.english@welshrowing.com

9. Coach Education Opportunities

British Rowing has developed Coastal Sculling education for experienced rowing coaches who wish to enhance their knowledge in the two World Rowing coastal formats endurance and beach sprint. If you want to learn about courses being run in your areas, please contact:

Location	Name	Phone	Email
England	Sarah Harris	07818 576 149	sarah.harris@britishrowing.org
Scotland	Lee Boucher	07818 077 612	lee.boucher@scottish-rowing.org.uk
Wales	Sam English	07967 502 055	samantha.english@welshrowing.com

12 May 2021

Appendix A: World Rowing's Coastal Race Module

A series of videos that may be helpful to watch.

1. [Introduction to coastal race module](#) Online Version (19min)
2. [SAFE Managing a water session \(F2.3a\)](#) (14min)
3. [SAFE Float Plan & Nav Hazards \(F3.C.3b\)](#) (55min)
4. [SAFE Pre-Launch \(F3.C.3c\)](#) (33min)
5. [Launching & landing \(F6.C.2a\)](#) (11min)
6. [Rescue Drills \(F2.C.1\)](#) (25min)
7. [Race Tech \(D1\)](#) (24min)
8. [Boat Entry \(D2\)](#) (15min)
9. [Boat Exit \(D3\)](#) (12min)
10. [Race Turns \(D4\)](#) (30min)
11. [Watership](#) (24min)
12. [Race Logistics \(E\)](#) (32min)
13. [Running a regatta \(F\)](#) (36min)

