



BRITISHROWING

# British Rowing Selection Policy 2022

## International Beach Sprint Teams

Published: January 2022 (Updated 8<sup>th</sup> April 2022)

TEAMWORK | OPEN TO ALL | COMMITMENT



## **Selection Policy Update – April 2022**

In addition to selecting a team for the World Beach Sprints Championships in Saundersfoot on the 14<sup>th</sup>-16<sup>th</sup> October, we will now also use the trials process (outlined in the selection policy below – specifically section 5) to select a second team to take part in the European Championships. Therefore, we are now looking for a total of 24 rowers and one cox to make up these teams (17 rowers and one cox for the Worlds - M1x, W1x, Mix2x, Mix4x+, U19M1x, U19W1x, U19M2x, U19W2x, U19Mix2x; and 8 rowers for the Europeans - M1x, W1x, Mix2x, U19M1x, U19W1x, U19Mix2x).

Due to the addition of the European event and the requirement to select additional rowers, we have made some slight amendments to the selection policy below (published in January).

For senior rowers, the final static assessment will take place on the weekend of **Saturday 6<sup>th</sup> and Sunday 7<sup>th</sup> August**, at Hollowell Reservoir. We will invite up to a maximum of 24 senior rowers (12 males and 12 females) to this event. Provisionally the men's assessments will be on Saturday and the women's on the Sunday of that weekend.

In addition, we will now run an additional open assessment day at Hollowell for U19s on **Friday 5<sup>th</sup> August**. On this day there will be space for a maximum of 24 U19 rowers (12 U19 males and 12 U19 females).

The final stage of the selection process will take place in Exmouth on **Saturday 3<sup>rd</sup> and Sunday 4<sup>th</sup> September**. For this event we will invite up to a maximum of 16 senior rowers (8 males and 8 females) to race on the Saturday and up to 16 U19s (8 males and 8 females) to race on the Sunday. From here we will select the final 12 senior and 12 U19 rowers to compete for Great Britain at the Worlds in Saundersfoot or the Europeans in San Sebastian.

The above is a slight amendment in trials dates and numbers invited to that which was advertised in the selection policy first published in January. This amendment reflects the addition of the European Championship event and the general need to continually review and update the process for what is still a new and evolving format of the sport, to ensure we select the most competitive teams possible for both the Worlds and Europeans.

## 1. Introduction

British Rowing is committed to growing all forms of the sport including coastal sculling. As the host nation of the 2022 World Rowing Beach Sprint Finals in Saundersfoot, Wales it is our aim to use this event as a springboard 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.

British Rowing will be sending a team to represent Great Britain at the 2022 World Rowing Beach Sprint Finals, taking place in Saundersfoot, between the 14-16 October, and will support representation at other international beach sprints events in the 2022 season as appropriate.

The Beach Sprint format 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 2022 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 Finals both as an individual and in a crew (alongside additional international beach sprints events – see [section 6](#)).
- 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.

## 3. World Rowing Beach Sprint Finals

### 3.1. Events Offered

#### 3.1.1. Senior Categories:

- |                               |         |
|-------------------------------|---------|
| • Men's Solo                  | CM1x    |
| • Women's Solo                | CW1x    |
| • Mixed Double                | CMix2x  |
| • Mixed Coxed Quadruple Scull | CMix4x+ |

#### 3.1.2. U19\* Categories:

- |                         |         |
|-------------------------|---------|
| • Junior Men's Solo     | CJM1x   |
| • Junior Women's Solo   | CJW1x   |
| • Junior Mixed Double   | CJMix2x |
| • Junior Men's Double   | CJM2x   |
| • Junior Women's Double | CJW2x   |

*\*for clarification 'U19' is World Rowing's rebranding of the old 'Junior' category. There has been no change to the age requirements for this category. See section 4.2.4 for details for 2022 season.*

3.2. The team size and boats selected will depend on the strength and capabilities of athletes taking part in the trials process. Only athletes able to be competitive on a world stage will be selected to represent Great Britain. Selected individuals will race in one event, with no doubling up across boat classes.

## 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;
- 4.1.6. comply with any COVID regulations which form part of British Rowing policy at the time of competition.

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. comply with World Rowing regulations regarding Cardiac Screening. This will require the signing of a disclaimer, followed by arrangement of a physical examination by your GP or private provider. Further details will be sent to registered rowers and coxes during the 2022 trials process;
- 4.2.4. Senior Rowers and coxes must be aged eighteen on the date of team departure
- 4.2.5. Under 19\* (U19) Rowers must be born on or after 1 January 2004 and be aged sixteen years old or above on 1st September 2021.
- 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 and all other relevant British Rowing policies;
  - 4.3.3. U19 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. U19 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. Team Selection Process

- 5.1. The selection panel will be made up of three people appointed by the British Rowing *Director of Performance*.
- 5.2. Those rowers, coxes, coaches or boat handlers wishing to be considered for the team should register themselves using the following online registration form - [Beach Sprints Registration Form](#)
- 5.3. Registrations will open at the start of the 2021-22 season, and will remain open until **Friday 29 July 2022** for the Senior team, and **Friday 26 August 2022** for the U19 team. We would encourage those wishing to be considered for selection to register as early as possible to receive updates through the year. Late registrations will only be accepted for an exceptional reason agreed in writing by the *Director of Performance*.

## Senior Team

- 5.4. Initial opportunities for senior rowers wishing to be considered for the 2022 Great Britain Beach Sprints Team are as follows;
- 12 -13 February – Static Water Training/Assessment Weekend 1 - Caversham, Reading
  - 2 - 3 April – Static Water Training/Assessment Weekend 2 - Caversham, Reading
  - 7 - 8 May – Welsh Beach Sprints Championships – Saundersfoot
  - 14-15 May – Scottish Rowing Selection Event - St Andrews
  - 26 June – British Rowing Beach Sprints Championships - Saundersfoot
- 5.5. Based on performance at one or more of the above events, the selection panel will invite up to 12 male and 12 female scullers to attend the final selection process. This will be split into two parts. Part one will be a **Static Water Assessment**, taking place on **Saturday 6 August (venue tbc)**. Following this the selection panel will take up to 6 male and 6 female scullers forward to a second stage, a **Dynamic Water Assessment**, taking place on **Saturday 3 September** in Exmouth. From here the final team for the 2022 World Beach Sprints Finals in Saundersfoot will be selected. The team size and boats selected will depend on the strength and capabilities of athletes taking part in trials, up to a maximum of 4 male and 4 female scullers.
- 5.6. In exceptional cases, where a rower wishing to be considered for selection has not been able to attend one of the events between Apr-Jun but can demonstrate previous performance (in coastal or river rowing) which indicates they may add value to the team, they will be offered the opportunity to join the selection process via a time trial race off. This will take place prior to the start of the day on **Saturday 6 August**. If the rower is able to demonstrate sufficient performance in the race off, they will be invited to join the remainder of assessments on that day, in addition to the 12 male and 12 female scullers already invited.
- 5.7. The assessment days may involve testing in solos and doubles. Please note that pool boats will be provided. Whilst not essential, rowers may provide their own boat handlers.
- 5.8. Static and Dynamic Assessments will both be run over a standard beach sprint course, incorporating a running sprint of between 10-50m and a three buoy 250m (approx.) course. The Static Assessment is designed to provide an initial stage in an environment without the variables of tide and currents to assess general speed over a beach sprint course. The final stage of selection will take place in a Coastal environment, to best replicate the demands of this form of racing.
- 5.9. Following selection of the team, training will be organised over the remainder of September and early October. This will include a training camp in Saundersfoot leading

into the World Beach Sprints Finals on 14-16 October. Exact camp dates are to be confirmed but we expect this to start around Friday 7 October, running through to the start of the event.

## Under 19 (U19) Team

- 5.10. Initial opportunities for U19 rowers wishing to be considered for the 2022 Great Britain Beach Sprints Team are as follows;
- 12 -13 February – Static Water Training/Assessment Weekend 1 - Caversham, Reading
  - 2- 3 April – Static Water Training/Assessment Weekend 2 - Caversham, Reading
  - 7- 8 May – Welsh Beach Sprints Championships - Saundersfoot
  - 14-15 May – Scottish Rowing Selection Event - St Andrews
  - 26 June – British Rowing Beach Sprints Championships - Saundersfoot
- 5.11. Based on performance at one or more of the above events, the selection panel will invite up to 6 male and 6 female scullers to attend the final selection process. This will take place on **Sunday 4 September** in Exmouth. From here the final team for the 2022 World Beach Sprints Finals in Saundersfoot will be selected. The team size and boats selected will depend on the strength and capabilities of athletes taking part in trials, up to a maximum of 4 male and 4 female scullers.
- 5.12. In exceptional cases, where a rower wishing to be considered for selection has not been able to attend one of the events between Apr-Jun, but can demonstrate to the selection panel previous performance (in coastal or river rowing) which indicates they may add value to the team, they will be offered the opportunity to join the selection process via a time trial race off. This will take place at the start of the day on **Sunday 4 September**. If the rower is able to demonstrate sufficient performance in the race off, they will be invited to join the remainder of the assessments taking place that day, in addition to the 6 male and 6 female scullers already invited.
- 5.13. The assessment days may involve testing in solos and doubles. Please note that pool boats will be provided.
- 5.14. Following selection of the team, training will be organised over the remainder of September, through to the World Beach Sprints Finals on 14-16 October. This will be organised dependant on the availability of selected athletes and geographical location. A training weekend will take place on the 8<sup>th</sup>/9<sup>th</sup> October, in Saundersfoot as preparation for the team prior to the Worlds Finals the following weekend.

## Coxes

- 5.15. Coxes may be of any gender.
- 5.16. Coxes seeking selection must be aged eighteen years old or above on 1 September 2021.
- 5.17. Coxes seeking selection are encouraged to attend and take part in the Early Season opportunities listed in the Senior section and will be required to attend the Static and Dynamic Assessments in August and September.
- 5.18. Selection of coxes will be based on the following criteria:
- 5.18.1. 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.
  - 5.18.2. Compatibility with selected team scullers.
    - We would consider input from a combination of selected scullers, boat handlers and coaches.
  - 5.18.3. Ability to sprint.
    - All coxes will be required to complete timed sprints of a set distance which will be between 10m and 50m in length. These will take place at the Static Water Assessments on **6 August** and **3 September**.
  - 5.18.4. 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.
- 5.19. The final decision will be made by the selection panel and will be made and communicated as soon after the selection decision as is practical. If the decision is taken not race the CMix4x+, this will mean a cox will not be selected.



## Senior & U19 Coaches

- 5.20. Coaches seeking selection are encouraged to attend the Early Season opportunities listed in the Senior and U19 sections, and will be required to attend the Static and Dynamic Assessments in August and September.
- 5.21. The successful individuals will provide coaching to the relevant crews and be able to operate as secondary boat handlers. For further details please read the following [Coach Role Description](#)
- 5.22. The final decision will be made by the selection panel and will consider:
- Input from selected rowers.
  - Whether the coach is currently coaching rowers who have been selected.
  - Whether the coach has achieved or is willing to take the British Rowing Coastal Sculling Award.
  - The ability to bring additional skills to the team.
  - Team fit.
  - The total number of coaches required.

## Boat Handlers

- 5.23. Boat Handlers seeking selection are encouraged to attend the Early Season opportunities listed in the Senior and U19 sections, and will be required to attend the Static and Dynamic Assessments in August and September.
- 5.24. The successful individual will lead the boat handling support team and will be assisted by other team members. For further details on the role please read [Boat handler role description](#).
- 5.25. The final decision will be made by the selection panel and will consider:
- Input from selected rowers.
  - Whether the handler is currently part of a team whose rowers have been selected.
  - Experience of the sea and the Beach Sprint format.
  - Whether the Boat handler has achieved or is willing to take the British Rowing Coastal Sculling Award.
  - The ability to bring additional skills (like lifeguarding experience or manual lifting skills) to the team.
  - Team fit.

If you have any further questions or queries, please contact [GBBeach@britishrowing.org](mailto:GBBeach@britishrowing.org)

## **6. Selection and Nomination for other Beach Sprints events**

- 6.1. With the Beach Sprints format and organisation of international competitions being a relatively recent development, it may be the case that British Rowing are asked to select a team, or nominate individual club crews, to take part in events as the season develops, where the details and criteria for those events are not yet finalised.
- 6.2. Therefore, whilst this selection strategy is primarily designed to outline the process for selection for the World Beach Sprints Finals, the selection process above may also be used in the following situations;
  - Selection of a Great Britain team for the European Coastal Rowing Challenge
  - Selection of a Great Britain team for any other international competitions taking place through to the spring of 2023 which have not yet been confirmed
  - Nomination of club crews to take part in Beach Sprints Events, where a national federation nomination is required
- 6.3. In any of the above situations, where a selection needs to be made, in the first instance the information gathered on athletes or crews via selection events outlined earlier in this document, will be used as the basis for any selection decisions to be made by the selection panel in relation to those additional Beach Sprints events. Where this is not possible, additional selection trials for specific events may be organised, and these will be advertised separately as an update to this selection policy document. Please note that the criteria for selection may vary in line with the criteria required by the organisers of the event.

## **7. Costs and Logistics**

- 7.1. Boats and equipment for all training days, trials will be provided by British Rowing and/or the relevant competition organising committee.
- 7.2. Beach Sprints is not currently a UK Sport funded programme, and therefore athletes, coxes, coaches and boat handlers taking part in the process should be aware that they will be required to contribute as follows:
  - 7.2.1 £20 per rower for each of the training/assessment days outlined in sections 5.4 and 5.5 (Senior Rowers); 5.10 and 5.11 (U19 rowers). There will be no cost for coxes, boat handlers or coaches at these events.
  - 7.2.2. All rowers, coxes, coaches and boat handlers selected for the Great Britain team to take part in the World Beach Sprints finals in October 2022 would be expected to make

a maximum contribution of £1000 (seniors)/£860 (U19). This contribution will cover the cost of competition entry, kit, accommodation and food, for the pre-competition training days outlined in sections 5.9 (Seniors) and 5.14 (U19s) and the competition itself.

- 7.3 The above costs are a maximum, and work is ongoing to gain additional funding to subsidise these costs further. If finance is a barrier which may discourage any individual from joining the selection process then we would encourage you to contact [GBBeach@britishrowing.org](mailto:GBBeach@britishrowing.org) for a further discussion to see what support we may be able to provide

## 8. Appeals Process

- 8.1. Rowers may appeal certain selection decisions in accordance with the British Rowing [Selection Appeals Procedure](#).

## 9. Anti-Doping

- 9.1. All competitors, coaches and support staff are bound by the UK Anti-Doping Rules as adopted by British Rowing. British Rowing's Anti-Doping Policy is available on our [Policies and Guidance](#) webpage.
- 9.2. All coaches must have a current [Coach Clean Certificate](#) and competitors must have attended an [iRowClean Webinar or Workshop](#) in the season of the World Rowing Beach Sprints Finals. Availability of sessions will be made and communicated to all individuals who are selected.
- 9.3. Any competitor could be tested at any time. It is the responsibility of all competitors to check the prohibited status of any medications they are taking. At the point that you are prescribed with any medication (or purchase any medication over the counter), you should check the anti-doping status of that medication on [Global DRO](#). If the medication or method of treatment is prohibited, then use the UKAD [TUE Wizard](#) to find out how to apply for a Therapeutic Use Exemption (TUE). Please contact [cleansport@britishrowing.org](mailto:cleansport@britishrowing.org) or UKAD at [tue@ukad.org.uk](mailto:tue@ukad.org.uk) should you have any questions relating to medications or TUEs. We are obliged to inform you that you would be at risk of incurring an anti-doping rule violation should you be subject to Doping Control without having first obtained a TUE (unless there is an exceptional circumstance for not doing so).
- 9.4. All competitors must be familiar with and comply with British Rowing's [Supplement Policy](#).

If you have any questions or queries, please contact [cleansport@britishrowing.org](mailto:cleansport@britishrowing.org) or for further information please visit:

[British Rowing Clean Sport](#) or [UK Anti-Doping](#)

## 10. Training Opportunities

10.1. 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	<a href="mailto:james.andrews@britishrowing.org">james.andrews@britishrowing.org</a>
England (South)	Guin Batten	07710 457 442	<a href="mailto:guin.batten@gmail.com">guin.batten@gmail.com</a>
Scotland	Lee Boucher	07818 077 612	<a href="mailto:lee.boucher@scottish-rowing.org.uk">lee.boucher@scottish-rowing.org.uk</a>
Wales	Sam English	07967 502 055	<a href="mailto:samantha.english@welshrowing.com">samantha.english@welshrowing.com</a>

## 11. 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	<a href="mailto:sarah.harris@britishrowing.org">sarah.harris@britishrowing.org</a>
Scotland	Lee Boucher	07818 077 612	<a href="mailto:lee.boucher@scottish-rowing.org.uk">lee.boucher@scottish-rowing.org.uk</a>
Wales	Sam English	07967 502 055	<a href="mailto:samantha.english@welshrowing.com">samantha.english@welshrowing.com</a>

## 12. Other International Opportunities

Additional opportunities for international representation will be announced throughout 2021/22. This will include:

- Selection policies for England, Scotland and Wales to take part at the first Home International Rowing Beach Sprints
- Selection policies for Commonwealth Nations for the Commonwealth Regatta

When it is available links for more information will be placed on the [British Rowing Coastal Sculling Page](#).

## Appendix A: Beach Sprint Further Information

1. [World Rowing Rules of Racing \(See Appendix 23\)](#)
2. [British Rowing Rules of Racing \(Appendix F\)](#).
3. [Introduction to coastal race module](#) Online Version (19min)
4. [SAFE Managing a water session \(F2.3a\)](#) (14min)
5. [SAFE Float Plan & Nav Hazards \(F3.C.3b\)](#) (55min)
6. [SAFE Pre-Launch \(F3.C.3c\)](#) (33min)
7. [Launching & landing \(F6.C.2a\)](#) (11min)
8. [Rescue Drills \(F2.C.1\)](#) (25min)
9. [Race Tech \(D1\)](#) (24min)
10. [Boat Entry \(D2\)](#) (15min)
11. [Boat Exit \(D3\)](#) (12min)
12. [Race Turns \(D4\)](#) (30min)
13. [Watership](#) (24min)
14. [Race Logistics \(E\)](#) (32min)
15. [Running a regatta \(F\)](#) (36min)