



BRITISHROWING

Festival of Indoor Rowing 2022

Terms and Conditions

TEAMWORK | OPEN TO ALL | COMMITMENT

Festival of Indoor Rowing T&C's

Participation in the Festival of Indoor Rowing is at your own risk. If you feel unwell, have recently been suffering from Covid or another virus, or are on medication for acute illness, we recommend that you do not take part in the online challenges.

Always consult your doctor before starting any exercise programme or challenge. British Rowing will not be liable for any damages or injuries, however caused, occurring during or after adopting the challenge activity.

Further Medical Guidance.

- **COMPETING ALONE:** We **strongly** recommend you do not take part alone. At the very minimum, alert someone of your challenge attempt and check-in with them when you finish.
- **MEDICAL ISSUES DURING RACING:** If you experience any pain, discomfort, nausea, dizziness, or shortness of breath while participating in the online challenges, please STOP rowing and consult a medical expert.
- **JUNIORS:** If you are under 18 years of age, you must have a parent/carer on site with you. If you are the parent/carer of a participant under the age of 18, you agree to be fully responsible for their safety.
- **COVID-19:** If you have recently
 - tested positive for Covid-19, or
 - had symptoms of Covid-19 but a negative test, or
 - had suspected Covid-19 without a testyou should seriously consider whether you are fit and healthy to race. We strongly advise anyone who has recently had Covid-19 or symptoms, not to take part. You should not participate if you have not been in full normal training for at least 4 weeks prior to the competition.
- **BE PREPARED:** Please make sure you warm up properly, have eaten and hydrated sufficiently, you are wearing appropriate clothing and footwear and the location of your rowing machine is cool and well ventilated. Ensure you have practised your challenge distance or time before; it should not be the first time you attempt it.
- If you do not feel well then do not exercise.
- If something is making you feel unwell, then stop doing it.
- Social Distancing or covid guidance as issued by your government, local Council or venue of participation should be always adhered to. If this is not possible, do not participate.
- In preparing for any challenge, try to make progressive small improvements in performance rather than deliver a maximum effort.
- Exercise regularly and acclimate yourself to physical activity.
- It is OK to control your workouts so that you can deliver peak performance for the competition but remember that good performances take time and they result from careful planning and training.

For further guidance, please consult the following:

- **Safety alerts - Indoor Rowing:** <https://www.britishrowing.org/wp-content/uploads/2020/04/Safety-Alert-Indoor-Rowing-is-good-for-you-March-2020.pdf>
- **Adaptive Rowing:** <https://www.britishrowing.org/indoor-rowing/go-row-indoor/how-to-indoor-row/adaptive-indoor-rowing/>
- **Rowing and Backs:** <https://www.britishrowing.org/knowledge/safety/health-and-fitness/rowing-and-backs/>
- **Rowing and Pregnancy:** <https://www.britishrowing.org/knowledge/safety/health-and-fitness/rowing-and-pregnancy/>
- **Managing Covid-19 Guidance:** <https://www.britishrowing.org/2021/10/managing-covid-19-version-15/>

Conditions of Participation

1. By entering yourself to participate in any of the Festival of Indoor rowing LEAGUE or online partner activations you accept that:

- Participation in the event involves risks of injury, as well as loss of or damage to property.
- Your decision to participate in an event is made in full recognition of these risks and is entirely voluntary.
- Junior Entries or engagement (Under 18s) must be made by a responsible adult and with the knowledge and agreement of the Junior's parent/guardian/carer. Entries found not to comply with this term will be invalid and will be removed. Any entrant under the age of 18, or any adult at risk taking part, must be accompanied by a responsible adult or carer, for the duration of their participation.
- In consideration of your acceptance of the entry registration, you agree that British Rowing Ltd, their partners, their respective directors, officers, employees, representatives, agent successors and assigns are not liable for any injury, loss, claim, or damage to the health, wellbeing or property of any participant or anyone else caused by or arising out of participation in the British Rowing Online Challenges.

2. The Festival of Indoor Rowing LEAGUE and partner activations are open to anyone from the ages of 11 and above at the time of entry.

3. For an entrant to be eligible to win or receive any of the medals on offer for this event, an entry and score must be submitted through the Festival of Indoor Rowing LEAGUE platform. We will ask for evidence of your efforts, either through a dated photograph of the rowing monitor, a linked Strava workout, a connected app workout or indoor rowing verification code. We may also request documentation to confirm age upon request and proof of sport category certification from an international (World Rowing) or a national governing body for para rowing if applicable.

4. By submitting entries to the Festival of Indoor Rowing LEAGUE, you confirm that for each entry submitted:

- The result you have submitted was completed by you only;

- If you are entering as a parent, carer, teacher, tutor or guardian on behalf of a child, then your child completed the challenge on their own and the result submitted on their behalf was completed by the child;
- If you are under 18, you have the consent of your parent/carer or guardian to compete and to permit British Rowing to display your result;
- You will be responsible for any claim made by any third party in respect of your entry and to fully indemnify British Rowing in respect of all royalties, fees and any other monies owing to any person or entity by reason of your breaching any of the foregoing.

5. You agree to British Rowing publicising your entry on the Festival of Indoor Rowing webpage and social media, and to grant both an irrevocable, royalty-free and unrestricted right to use, sublicense, reproduce, modify and publish your entry, including the entrant's image and likeness as depicted therein, throughout the world for the following purposes:

- editorial purposes;
- promotional purposes;
- any other purposes.

6. By entering and participating in the Festival of Indoor Rowing, I agree to be bound by all Terms and Conditions of Entry. Further rules may apply and will be published on the Festival of Indoor Rowing website page prior to the event.

7. By entering and participating in the online challenges, I agree that I will abide by all British Rowing Regulations and policies including, but not limited to, British Rowing's Codes of Conduct, Anti-Doping Rules (being the UK Anti-Doping Rules), Safeguarding Children and Young People, and Adults at Risk policies. These can be found here:

<https://www.britishrowing.org/about-us/policies-guidance>

8. British Rowing recognises their duty of care to ensure that all reasonable steps are taken to provide a safe environment for all those involved in the online challenges events, whatever their capacity. Please take a moment to read the [British Rowing Welfare Policy Statement](#), the [British Rowing Safeguarding Handbooks](#) and [British Rowing's Safeguarding policy](#), so you can ensure you know all of your rights and responsibilities regarding safeguarding. If at any time during the online challenges, you see or experience something that is concerning to you, or makes you feel unsafe, please complete our '[Safeguarding referral](#)' form, which will be sent directly to the British Rowing Safeguarding and Integrity Team.

9. The British Rowing Online Challenges are committed to Clean Sport and we believe every rower has a right to take part in the British Rowing Online challenges knowing they and other competitors are competing clean. All athletes and athlete support personnel who take part in the British Rowing Online Challenges must abide by the UK Anti-Doping Rules. All participants are encouraged to report any information, or suspicions concerning a competitor in breach of the Anti-Doping Rules.

10. Any Athlete or other Person who has been declared Ineligible or is subject to a Provisional Suspension may not, during a period of Ineligibility or Provisional Suspension, participate in any capacity in this online competition. To understand more about anti-doping, the rules, your responsibilities, and how to report doping please visit <https://www.britishrowing.org/knowledge/cleansport/>

Photography / Videography / Live Streaming

1. The Festival of Indoor Rowing may use photographs and videos from the event or partners which may be used on its websites and social media channels including streamed live on the event day or shared with the media, press and British Rowing Partners. Any use of photography, video and live images involving juniors or adults-at-risk will be in accordance with the British Rowing 5.1 Photography and Use of Imagery Policy and 5.4 Online Safety and Social Media Policy which is accessible here: <https://www.britishrowing.org/wp-content/uploads/2021/09/Online-Safety-2020-October-Clean-2021.pdf>
2. If for whatever reason you, or your child, would not like to have your image or name shared, you must inform British Rowing prior to the event by emailing welfare@britishrowing.org and British Rowing will make every effort to take any necessary action.
3. Coaches, responsible adults and competitors agree that by entering competitors they have made the competitors and their parents/carers (where in loco parentis) aware of the above two paragraphs.
4. More information can be found here: <https://www.britishrowing.org/about-us/safeguarding/guidance-documents> (See Section 5).

Use of Data

1. You hereby give permission to British Rowing, ReSport (the challenge platform), their partners, their representatives, employees, stakeholders, and agents to publicly display the name and race data of you or the competitor you are entering during the virtual challenge or race event. In addition, you give permission to the said entities for data to be collated, analysed and for the results of that analysis to be publicly displayed – whether that is data relating to you or the competitor you are entering. In signing of the Conditions of Entry Waiver, you release any claim to such race data and agree that it may be used by British Rowing for promotional purposes and analysis, during the British Rowing online challenges and or in the future. More information can be found here: <https://www.britishrowing.org/about-us/policies-guidance/privacy-policy-and-cookies-policy/>
2. British Rowing and Festival of Indoor Rowing partners seek to implement a data processing agreement that complies with the requirements of the current legal



framework in relation to data processing and with the Regulation (EU) 2016/679 of the European Parliament and of the Council of 27 April 2016 on the protection of natural persons regarding the processing of personal data and on the free movement of such data and repealing Directive 95/46/EC (General Data Protection Regulation).

3. All sensitive and confidential information registered by all competitors, including junior entrants and adults at risk entrants, such as classification information and competitive information, will only be handled by British Rowing staff, ReSport staff, Festival of Indoor rowing partners, and volunteers who have been recruited in accordance with British Rowing's Safer Recruitment Guidance and who have read and signed the 'Safe Handling of Confidential Information' guidance. <https://www.britishrowing.org/about-us/safeguarding/guidance-documents/>

Privacy Policies

1. Any individual whose data is submitted via the Festival of Indoor Rowing LEAGUE platform will be provided to ReSport and will be held by and that of ReSport, who will process such personal data in accordance with its Privacy Policy. The full privacy and cookies policies of ReSport can be found here: <http://www.resport.io/#privacy>
2. Any individual whose data is submitted via the Festival of Indoor Rowing platform will be shared with British Rowing and British Rowing will process such personal data in accordance with its Privacy Policy. For the full privacy and cookies policies of British Rowing see here: <https://www.britishrowing.org/about-us/policies-guidance/privacy-policy-and-cookies-policy/>
3. Any individual whose data is submitted via any other Festival of Indoor Rowing partners will be held by and that of the partners involved, who will process such personal data in accordance with their own Privacy Policy.

Records

If a Concept2 British or world record is completed during taking part in the Festival event, participants may be contacted by British Rowing to confirm this and explain next steps. In return, to claim a record the competitor must:

- Submit a video of the row, which should be a single take that includes a close-up of the monitor before the start, a clear view of the athlete and rowing machine throughout the race, and a close-up of the monitor after the finish
- Include the ErgRace log file which must be submitted to Concept2 by the participant or parent/guardian/carer if classed as a junior
- Provide documentation to confirm age upon request
- Provide proof of sport category certification from an international (World Rowing) or a national governing body for para rowing if applicable
- Ensure lightweights are weighed-in no earlier than two hours before their race, under independent supervision, on approved scales. Using personal scales with a family member present will not count. Weigh-in should satisfy the same level of scrutiny as at a venue race

Prizes

For the Festival of Indoor Rowing LEAGUE event, the LEAGUE will offer the top three places in each event and age categories, across a range of indoor rowing machines, a chance of winning gold, silver, and bronze medals. Participants must use an official ReSport unique results link to submit their scores which they will receive via email after registering to take part.

A participant must submit a score between 00:00 am on 5 December and by 19.00 pm (BST) on the 10 of December 2022.

The lucky winners will be informed by British Rowing on a time and date that is clearly outlined in on the Festival of Indoor Rowing webpage. ALL medals will be posted to the identified winners after the LEAGUE event has closed and results have been officially verified. Winning medal participants will be informed on Monday 12th of December and medals will be posted out following confirmation of address details. Please be aware that medals may take up to 4 to 6 weeks to arrive.

The prizes hold no cash value and cannot be exchanged.

For the full privacy and cookies policies of British Rowing:

<https://www.britishrowing.org/about-us/policies-guidance/privacy-policy-and-cookies-policy/>