



British Rowing Beach Sprint Strategy and Selection Policy 2024

Including selection and ranking policy for club
entries to European and World Rowing
Coastal Championships

January 2024 – revised 13.03.24

TEAMWORK | OPEN TO ALL | COMMITMENT



1. Introduction

British Rowing is committed to growing all forms of the sport including Coastal Sculling, with a particular focus on the Beach Sprints format, which has now been confirmed as part of the Olympic programme for LA2028. Following a successful 2023 season, with medal performances at both European and World level, we now have a springboard to develop a world leading programme towards key international events, including the Youth Olympic Games in 2026, Commonwealth Beach Sprints, and the Olympic Games in 2028.

British Rowing will be sending a teams to represent Great Britain at the following events in 2024;

- European Coastal Rowing Championships, Gdansk, POL (20-23 Jun)
- World Rowing Beach Sprint Finals, Genoa, ITA (13-15 Sept)
- Coupe de la Jeunesse Beach Sprints, Venue TBC (1-3 Nov)

In addition we will provide opportunities for both Club and National Federation crews to compete in the Endurance categories at the European Coastal Rowing Championships (Gdansk, POL 20-23 Jun) and World Coastal Rowing Championships (Genoa, ITA, 6-8 Sept), as part of our strategy to further develop skills within the coastal environment. For further details see [Section 6](#).

A significant part of the strategy will also include supporting the development of Home Nations Beach Sprint programmes, working with England, Scotland, Wales and Jersey to support the development of their programmes, following the inclusion of Beach Sprints as part of the Commonwealth Games programme.

2. Objectives

- 2.1.** To select individuals who can perform with distinction in the Beach Sprints events outlined in section 1, and in any additional international Beach Sprints events which develop over the course of 2024 and early 2025 (see [Section 7](#)).
- 2.2.** To understand where Great Britain's performance ranks within the developing world stage.
- 2.3.** To gain a greater insight and understanding of Beach Sprint events and what will be required to be successful over the next 4-6 years.
- 2.4.** To develop a pathway for individuals who have potential to represent Great Britain in Beach Sprint Events, including utilising the opportunity provided by the Coastal Endurance events as part of that pathway.



3. Events and Selection Strategy

3.1. European Coastal Rowing Championships, Gdansk, POL (20-23 Jun)

Senior Categories:

- | | |
|----------------|--------|
| • Men's Solo | CM1x |
| • Women's Solo | CW1x |
| • Mixed Double | CMix2x |

U19 Categories:

- | | |
|--------------------|---------|
| • U19 Men's Solo | CJM1x |
| • U19 Women's Solo | CJW1x |
| • U19 Mixed Double | CJMix2x |

3.2. World Rowing Beach Sprint Finals, Genoa, ITA (13-15 Sept)

Senior Categories:

- | | |
|-------------------------------|-----------|
| • Men's Solo | CM1x |
| • Women's Solo | CW1x |
| • Mixed Double | CMix2x |
| • Mixed Coxed Quadruple Scull | CMix4x+ |
| • Para Mixed Double | PR3CMix2x |

U19 Categories:

- | | |
|----------------------|---------|
| • U19 Men's Solo | CJM1x |
| • U19 Women's Solo | CJW1x |
| • U19 Mixed Double | CJMix2x |
| • U19 Men's Double | CJM2x |
| • U19 Women's Double | CJW2x |

3.3. Coupe de la Jeunesse Beach Sprints, venue tbc (1-3 Nov)

U19 Categories:

- | | |
|----------------------|---------|
| • U19 Men's Solo | CJM1x |
| • U19 Women's Solo | CJW1x |
| • U19 Mixed Double | CJMix2x |
| • U19 Men's Double | CJM2x |
| • U19 Women's Double | CJW2x |

3.4. Selection of the boats will depend on the strength and capabilities of athletes taking part in the trials process. Only crews able to be competitive on a world stage, who show they are of the standard to reach the quarter final stage of their respective event will be selected to represent Great Britain.



4. Eligibility

- 4.1.** In order to be considered for selection for any of the events outlined above, rowers, coxes, coaches and support staff must fulfil minimum eligibility criteria. He or she must:
- at all times hold a valid Passport and be able to travel to events and training camps;
 - have a current British Rowing, Scottish Rowing or Welsh Rowing membership;
 - not be subject to any current disciplinary proceedings or ban;
 - not be subject to any period of ineligibility or provisional suspension due to an anti-doping rule violation;
 - be a fit and proper person to represent British Rowing;
- 4.2.** In addition rowers and coxes must:
- be a British citizen;
 - be eligible under the World Rowing Nationality and Gender Regulations;
 - 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 2024 trials process;
 - Senior Rowers and coxes must be aged eighteen on the date of team departure;
 - Under 19 (U19) Rowers must be born no earlier than 1 January 2006 and no later than 31 August 2008;
 - Para rowers must have a national or international PR3 Classification;
- 4.3.** In addition, coaches and support staff must:
- 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;
 - U19 Coaches 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 event they are taking part in.
 - U19 Coaches and support staff must have completed a recognised and appropriate Safeguarding and Child Protection course within the two and a half years prior to the event they are taking part in.

5. Beach Sprint Teams Selection Process

- 5.1.** The selection process will be managed by a three person panel of Eira Parry, Guin Batten and Tom Pattichis, appointed by the British Rowing *Director of Performance*.
- 5.2.** Those rowers, coxes, coaches wishing to be considered for the team should register themselves using the following online registration form - [Beach Sprints Registration Form](#).
- 5.3.** Registrations will remain open until **Friday, 19 July 2024**. 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*.
- 5.4.** Key dates for rowers wishing to be considered for the 2024 Great Britain Beach Sprint Teams are as follows;

Selection Opportunity 1	13-14 April	Jersey Beach Sprint Regatta (St Helier)
	27 April	GB Beach Sprint Selection Trial 1 (Bournemouth)
	28 April	English Beach Sprint Regatta (Bournemouth)
	11 May	Welsh Senior Beach Sprint Championships (Fishguard)
	18 May	Scottish Beach Sprint Championships (St Andrews)
Selection Opportunity 2	3-4 August	GB Beach Sprint Selection Trial 2 - Senior (Tees/Redcar)
	3-4 August	Welsh Junior Beach Sprint Championships (Colwyn Bay)
	4 August	GB Beach Sprint Selection Trial 2 – U19 (Colwyn Bay)
	10-11 August	British Rowing Beach Sprint Championships (St Andrews)

- 5.5.** The final decision will be made by the selection panel, and selection decisions will be made and communicated as soon after the selection events as is practical.
- 5.6.** The process for those wishing to enter the Endurance categories at the European and/or World Coastal Championships is outlined in [Section 6](#).



Senior Team

- 5.7.** Our intention is to select 10 senior rowers (5 men and 5 women) to race for GB Beach Sprint Teams in the 2024 season. These rowers will be selected in the following crews;
- 5.7.1.** 6 rowers (3 men and 3 women) out of which four (2 men and 2 women) will be selected to race in the CW1x, CM1x, CMix2x at the European Coastal Rowing Championships and World Rowing Beach Sprint Finals. The remaining two rowers (1 man and 1 woman) at each event will act as the team reserves, boat handlers and will also be given the opportunity to race in the Endurance categories at the European Coastal Rowing Championships and/or World Coastal Rowing Championships. In addition, one of those two rowers may be selected to race in the PR3CMix2x event at the World Rowing Beach Sprint Finals, alongside an eligible para rower
- 5.7.2.** 4 rowers (2 men and 2 women) to race in the CMix4x at the World Rowing Beach Sprints Finals
- 5.7.3.** 1 rower to race in the PR3CMix2x at the World Rowing Beach Sprints Finals
- 5.8.** Rowers who wish to be considered for selection for one of the crews outlined in 5.7.1. are required to attend the GB Beach Sprint Selection Trial 1 on 27 April and a minimum of one other event outlined under 'Selection Opportunity 1' in section 5.4, and race in the appropriate senior C1x category. Rowers selected after 'Selection Opportunity 1' will not be required to attend events outlined under 'Selection Opportunity 2' in section 5.4. Rowers selected after 'Selection Opportunity 1' must be available to race at the European Coastal Rowing Championships and World Rowing Beach Sprint Finals, including any pre-event camps, and may also be asked to take part in separately organised selection testing to establish the makeup of the CW1x, CM1x, CMix2x and reserves/boat handlers for the Europeans and Worlds.
- 5.9.** Rowers who wish to be considered for selection for crews outlined in 5.7.2. are required to attend GB Beach Sprint Selection Trial 2 on 3-4 August. They are also strongly encouraged to enter and race at the British Rowing Beach Sprint Championships to support their development, although this event will not form part of the selection process. Rowers selected must be available to race at the World Rowing Beach Sprint Finals, including any pre-event camps.
- 5.10.** Rowers who wish to be considered for selection for crews outlined in 5.7.3. are required to attend GB Beach Sprint Selection Trial 2 – Senior on 3-4 August.



Under 19 (U19) Team

- 5.11.** Our intention is to select 10 U19 rowers (5 U19 men and 5 U19 women), to race for GB Beach Sprint Teams in the 2024 season. These rowers will be selected in the following crews;
- 5.11.1** 4 U19 rowers (2 U19 men and 2 U19 women) to race in the U19 CW1x, U19 CM1x, U19 CMix2x at the European Coastal Rowing Championships and World Rowing Beach Sprint Finals.
 - 5.11.2** 6 U19 rowers (3 U19 men and 3 U19 women) out of which four (2 men and 2 women) will be selected to race in the U19 CW2x, U19 M2x, at the World Rowing Beach Sprint Finals. The remaining two rowers (1 man and 1 woman) will act as the team reserves/boat handlers at the World Finals. These six rowers will also be offered the opportunity to race at the Coupe de la Jeunesse Beach Sprints.
- 5.12.** Rowers who wish to be considered for selection for one of the crews outlined in 5.11.1. are required to attend the GB Beach Sprint Selection Trial 1 on 27 April and a minimum of one other event outlined under 'Selection Opportunity 1' in section 5.4, and race in the appropriate U191x category (*n.b. if entering the Welsh Senior Beach Sprint Championships U19s should race in senior categories*). Rowers selected after 'Selection Opportunity 1' will not be required to attend events outlined under 'Selection Opportunity 2' in section 5.4. Rowers in this group must be available to race at the European Coastal Rowing Championships and World Rowing Beach Sprint Finals, including any pre-event camps.
- 5.13.** Rowers who wish to be considered for selection for crews outlined in 5.11.2. are required to race at the Welsh Junior Beach Sprint Championships, and attend GB Beach Sprint Selection Trial 2 on 3-4 August. They are also strongly encouraged to enter and race at the British Rowing Beach Sprint Championships to support their development, although this event will not form part of the selection process. Rowers selected must be available to race at the World Rowing Beach Sprint Finals, including any pre-event camps.

Senior and U19 Team

- 5.14.** Where a rower has attended GB Beach Sprint Selection Trial 1, and/or any other events listed under 'Selection Opportunity 1' of section 5.4, and is not successful in gaining selection during that phase, and subsequently attends GB Selection Trial 2, the performances recorded within those earlier season events may also be used as part of the selection process in the latter selection period. Therefore, while a rower may join the process as late as August and still attain selection it is advantageous for rowers to build a performance profile throughout the full season.
- 5.15.** In the event that a rower is unable to attend a trial or selection event listed in 5.4. due to injury, illness or otherwise, they need to notify the selection panel who will make an exemption decision based on previous performance. Rowers may be required to provide



further evidence to support an exemption request and the selection panel may consult with a doctor as required to approve or reject medical exemptions.

- 5.16.** With the exception of GB Beach Sprint Selection Trials 1 and 2, all other events listed in 5.4 are externally run competitions, and the event format and course layout will be at the discretion of the organising committee for each event.
- 5.17.** The GB Beach Sprint Selection Trials 1 and 2, are internally organised trials, and will include a series of assessments designed to test an individual's skills and abilities to deliver the best possible performance in the Beach Sprint format. This may include land based ergo assessments, running speed assessments, straight line water speed assessments, crew compatibility/speed assessments, rough water assessments and/or assessments of individual components of the Beach Sprint format, such as turning, slalom, and boat entries/exits. These assessments may test specific individual components separately and/or test speed over a full standard Beach Sprint course. The selection panel will confirm the format of the selection process to be carried in advance of each GB Selection Trial.
- 5.18.** Following selection of the team, training will be organised prior to each competition. The location of training will be dependent on the location of the rowers, coxes and coaches selected. There will be a formal pre-World Finals training camp beginning the week prior to World Rowing Beach Sprint Finals and leading into the event. Exact camp dates, venues and costs will be confirmed as early as possible in 2024.

Para Event

- 5.19.** The PR3Mix2x, selected to race at the World Rowing Beach Sprint finals will include one rower who must have a National or International PR3 classification
- 5.20.** The para rower for the PR3CMix2x will be selected using performances at GB Selection Trial 2 – Senior on 3-4 August. The most appropriate format for assessment of female and male para rowers will be determined following the close of entries
- 5.21.** The second rower in the PR3CMix2x does not need to be a classified para rower. Therefore, the second rower will be selected from an eligible rower as determined by the selection panel
- 5.22.** Following GB Selection Trial 2, the selection panel will use the available data to select what it believes to be the fastest PR3CMix2x to represent Great Britain at the World Rowing Beach Sprint Finals. For the avoidance of doubt, this may involve selecting a female para rower with an eligible male or a male para rower with an eligible female. Only in the event that it will produce the fastest combination would a crew of 2 para rowers (1 male, 1 female) be selected
- 5.23.** It is not a requirement that the para rower complete one of the sprint legs. The selection panel reserves the right to select a crew which performs on the basis of one crew member completing both sprint legs



Coxes

- 5.24.** One cox will be selected to race in the CMix4x at the World Rowing Beach Sprint Finals.
- 5.25.** Coxes seeking selection are not subject to any restrictions regarding gender.
- 5.26.** Coxes seeking selection must be aged eighteen years old or above on 1 September 2023.
- 5.27.** Coxes seeking selection are encouraged to attend and support with as many of the dates outlined in 5.4. for which they are available. Coxes will be required to attend GB Selection Trial 2 - Senior, where the cox for the CMix4x will be selected.
- 5.28.** Selection of coxes will be based on the following criteria:
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.
 2. Compatibility with selected team scullers.
 - We would consider input from a combination of selected scullers and coaches.
 3. Ability to sprint.
 - All coxes will be required to complete timed sprints of a set distance which will be between 10m and 40m in length. This will take place at GB Beach Sprints Selection Trial 2 - Senior.
 4. Competitive weight.
 - Minimum weight for racing is 55kgs.
 - All coxes will be required to weigh in at an agreed time at GB Beach Sprints Selection Trial 2 - Senior.
 - The selected cox must be able to live healthily and perform to their full physical potential at their agreed race weight for a period of time leading into competition and at the competition.

Senior and U19 Coaches

- 5.23.** Coaches seeking selection are encouraged to attend and support with as many of the dates outlined in 5.4. for which they are available.
- 5.24.** The successful individuals will provide coaching to the relevant crews and in some cases may be asked to operate as boat handlers.
- 5.25.** The final decision will be made by the selection panel and will consider:
- Input from selected rowers.
 - Whether the coach is currently coaching rowers from their club, who have been selected.
 - The ability to bring additional skills to the team.
 - Team fit.
 - The total number of coaches required.



Boat Handlers

- 5.26.** It should be noted in 2024 our strategy will be to utilise team reserves, coaches and others already attending the events to act as boat handlers for all competitions. Only in exceptional cases would an individual be selected for a team specifically to carry out a boat handling role.
- 5.27.** Therefore all rowers seeking selection should be aware that if they have specific handlers working with them through the season it is not guaranteed that those handlers will be able to support them at competitions where they are selected to represent GB. Therefore rowers are encouraged to work at being adaptable to working with different handlers without impact on their performance.
- 5.28.** Boats Handlers for GB Beach Sprint Selection Trials 1 and 2 will be provided to triallists taking part from a pool of volunteers at the events, who will be assigned to support all those taking part. Therefore rowers may not be in a position to specify which handlers they wish to work with at a trial. At externally run competitions (e.g. Scottish Champs, Welsh Champs, British Champs, etc) rowers can use their own handling team.

6 Nomination for Endurance Coastal Sculling Events

- 6.1.** Opportunities will be provided for both National Federation and Club crews to compete in the Endurance categories at the European Coastal Rowing Championships (Gdansk, POL 20-23 Jun) and World Coastal Rowing Championships (Genoa, ITA, 6-8 Sept).

National Federation Crews

- 6.2.** Rowers who demonstrate they have future Commonwealth or Olympic potential within the Beach Sprint format may be nominated to race as Great Britain in either the National Federation endurance events at the European Coastal Rowing Championships and/or race as Great Britain in one or more of the boat classes at the World Coastal Rowing Championships.
- 6.3.** In addition, rowers who are not part of the Beach Sprint pathway, but who demonstrate international medal potential in the Endurance format may also be nominated to race as Great Britain in either the National Federation endurance events at the European Coastal Rowing Championships and/or race as Great Britain in one or more of the boat classes at the World Coastal Rowing Championships.
- 6.4.** Crews nominated to race as Great Britain, as outlined in 6.2 and 6.3 will be chosen by the Selection Panel (5.1) based on performances at the selection trials and competitions outlined in section 5.4 and/or performance at the British Rowing Offshore Championships (Jersey, 1-2 June), or other previous performances which demonstrate genuine medal



potential at Coastal European and/or World Championship level.

Club Crews

- 6.5.** Club crews wishing to enter the Club Endurance categories at either the European Coastal Rowing Championships (Gdansk, POL 20-23 Jun) and/or any Endurance categories at the World Coastal Rowing Championships (Genoa, ITA, 6-8 Sept) must race at the British Rowing Offshore Championships (Jersey, 1-2 June).
- 6.6.** Crews will be ranked by finish results from the corresponding category from the British Rowing Offshore Championships. Where more than one boat is entered in each event, British Rowing will rank boats. With the best ranked crew ranked 01, the next crew 02, etc.
- 6.7.** Following the conclusion of the British Championships crews wishing to enter Europeans or Worlds must notify British Rowing (exact process and deadline to be confirmed prior to Brit Champs).
- 6.8.** In the event that more crews wish to enter a particular category at either the European or World Championships than places made available by the event organising committees, the ranking process outlined in 6.6 will be used to prioritise entries. The ranking process outlined in 6.6 may also be used by the event organisers to seed crews at the event.
- 6.9.** Any crew wishing to be ranked must contain at least 75% of the crew (not including coxswains) that competed at events listed in point 6.7.
- For C1x and C2x boats must contain the same crew.
 - For the C4x+, it will be considered the same crew if it contains 3 or more of the same rowers (not including coxswains)

Requirements of all Nominated Rowers and Accompanying Coaches

- 6.10.** Any individuals nominated within a National Federation crew to represent Great Britain (including accompanying coaches) must comply with the Eligibility Criteria outlined in Section 4 and Anti-Doping requirements outlined in Section 10.
- 6.11.** Any individuals nominated within a Club crew will represent their club. However, as a ranked crew they are bound by the UK Anti-Doping Rules as adopted by British Rowing, and therefore only crews that have completed [Clean Sport e-learning](#) will be ranked.
- 6.12.** The endurance format is not a UK Sport funded programme, and therefore rowers and accompanying coaches will have to make their own self-funded arrangements to attend the European and World Championships. Rowers will have to arrange and self-fund all their own requirements such as equipment hire, travel, accommodation, food etc.

7 Selection and Nomination for other Beach Sprints events

- 7.1.** With the Beach Sprint 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.
- 7.2.** Therefore, the selection process above may also be used in the following situations;
- Selection of a Great Britain team for any other international competitions taking place in 2024 and early 2025 which have not yet been confirmed.
 - Nomination of club crews to take part in Beach Sprint events, where a national federation nomination is required.
 - Selection of Paralympic categories which are added to existing Beach Sprint events.
- 7.3.** 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 in 5.4, will be used as the basis for any selection decisions to be made by the selection panel in relation to those additional Beach Sprint 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.

8 Costs and Logistics

- 8.1.** Boats and equipment for all training days, trials will be provided by British Rowing and/or the relevant competition organising committee. However, crews are responsible for bringing their own blades.
- 8.2.** Beach Sprints is not currently a UK Sport funded programme, and therefore athletes, coxes, and coaches taking part in the process should be aware that they will be required to contribute as follows:
- 8.2.1.** £20 per rower, per trial, for GB Selection Trial 1 and GB Selection Trial 2. There will be no cost for coxes, boat handlers or coaches at these events.
- 8.2.2.** All rowers, coxes, and coaches selected for a Great Britain team will be expected to make a contribution towards the cost of any competition for which they are selected. This will include costs of competition entry, kit, transport, accommodation and food, for the competition itself and any associated training days/camps leading into the competition.
- 8.2.3.** The above costs will be subsidised, however the level of the subsidy will vary depending on the event. All costs will be communicated in a timely fashion before any final team selections are made. 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 for a further discussion to see what support we may be able to provide.

9 Appeals Process

- 9.1.** Registered senior rowers, or the parent/guardian of registered U19 rowers, are entitled to appeal against the decision of the selection panel. The nature of the selection process means that selections to a team can often be made close to the competition. As such the outcome of an appeal can have a significant impact not just on athletes directly involved in an appeal but on the preparation of other members of the team. The Appeal process is therefore designed to operate quickly and minimise impact to athlete preparation. Athletes should carefully consider if an appeal is justified, before making one.
- 9.2.** The appeal process can only be used to determine:
- Whether the correct procedures have been followed in the implementation of the Selection Policy.
 - Whether the selectors have acted reasonably, fairly and without bias in making a decision.
 - Whether a selection decision was reached based on an error of fact.
- 9.3.** The right to appeal a selection decision is provided on these grounds only and must not be seen as an opportunity to dispute the opinion of the Selectors, who will be regarded by the Appeal Panel as experts.
- 9.4.** The appeal must be raised within 36 hours of a “Selection Decision”. A Selection Decision is defined as:
- Either the publication of the names of members of the Provisional Team
 - Or formal written communication between the Team Manager and the athlete that it is the intention of the selectors to no longer consider the athlete for selection.
- 9.5.** An appeal should be initiated by emailing the Head of Safeguarding and Integrity on governance@britishrowing.org (Subject: GB Beach Sprints Appeal) setting out full details of the basis upon which the athlete is appealing including:
- The appellant’s name, address and contact details. If the Athlete is under eighteen years of age it shall also include their date of birth and the name(s) and contact details of their parent or carer.
 - Details of the decision being appealed.
 - Details of the ground(s) of appeal upon which the Athlete relies, including the precise manner in which the Athlete alleges that the selection criteria have not been applied or in which the procedure set out in the applicable selection Policy or Process has not been followed; and
 - Any documents or written evidence upon which the Athlete relies in support of his or her appeal. These documents must be relevant specifically to the Athlete’s grounds of appeal.
 - An email or postal address for correspondence. If the athlete fails to submit an appeal within the time limit, they will automatically lose the right of appeal.
- 9.6.** An appeal hearing will take place virtually by videocall at an agreed date. The appeal will be conducted by written and/or verbal submissions on behalf of the Appellant and British Rowing only. The Appeal Panel may request further information during this hearing. The Appeal Panel may make their deliberations in person or remotely as they in their absolute



discretion decide.

- 9.7.** The Appeal Panel will either:
- Reject the appeal and confirm the decision of the selectors.
 - Uphold the appeal and inform the Selectors that errors have been identified in the conduct of the selection process and request that a new selection decision be made as soon as is reasonably practicable.
- 9.8.** The Appeal Panel will seek to reach its conclusion within 24 hours of the appeal hearing and will inform all interested parties as to their decision via email as soon as possible.
- 9.9.** Three members of the British Rowing Disciplinary and Grievance Panel will be selected to form the Appeal Panel. Any individual directly involved with the athlete making the appeal or who was involved with the selection process may not sit on the Appeal Panel.

10 Anti-Doping

- 10.1.** 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.
- 10.2.** All coaches must have a current [Coach Clean Certificate](#) and competitors must have attended an [iRowClean Webinar or Workshop](#) in the 2024 season. Availability of sessions will be made and communicated to all individuals who are selected.
- 10.3.** 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 or UKAD at 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).
- 10.4.** 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 or for further information please visit: [British Rowing Clean Sport](#) or [UK Anti-Doping](#).

GB Beach Sprint Team Key Dates and Team Selection Summary 2024

Taster/Training Days

There are opportunities through the year for those who have not taken part in Beach Sprints before to try the format, and for those who have done Beach Sprints before to develop their skills further. Key contacts are as follows;

Scottish Beach Sprint Pathway – Iain Docwra - iain.docwra@scottish-rowing.org.uk

English Beach Sprint Pathway – Lucy Hart - lucy.hart@britishrowing.org

Welsh Beach Sprint Pathway – James Walker – james.walker@welshrowing.com or Will King - william.king@welshrowing.com

There are also a series of accredited GB Coastal Sculling Academies which can introduce people to the format and provide training opportunities - [GB Coastal Sculling Academies - British Rowing](#)

	Dates	Beach Sprint Events	Endurance Events	International Events
Regattas and Selection Trials	6-7 April		Jersey Coastal Regatta	
	13-14 April	Jersey Beach Sprint Regatta (St Hellier)	Coastal Rowing League (Mayflower)	
	20-21 April			International Beach Sprint Regatta (Limassol, Cyprus)
	27 April	GB Beach Sprint Selection Trial 1 (Bournemouth)	Coastal Rowing League (Coastal Barbarians)	
	28 April	English Beach Sprint Regatta (Bournemouth)		
	11-12 May	Welsh Senior Beach Sprint Championships (Fishguard)	Coastal Regatta (Fishguard)	
	18 May	Scottish Beach Sprint Championships (St Andrews)	Coastal Rowing League (Teign Scullers)	
	25 May		Coastal Rowing League (Torquay)	
	1/2 June		British Rowing Offshore Championships (Jersey)	
	15 June		Welsh Coastal Championships (Aberdyfi)	
	20-23 June			European Rowing Coastal and Beach Sprint Championships (Gdansk, Poland)
	3-4 August	GB Beach Sprint Selection Trial 2 – Senior (Tees/Redcar) GB Beach Sprint Selection Trial 2 – U19 (Colwyn Bay) Welsh Junior Beach Sprint Championships (Colwyn Bay)		
	10-11 August	British Rowing Beach Sprint Championships (St Andrews)		
	24-25 August		Coastal Rowing League (Dartmouth)	Irish Coastal Championships (Bantry, Kerry)
	31 August-1 September			International Beach Sprint Regatta (Rotterdam, Netherlands)
	6-8 September		Coastal Regatta (Scarborough)	World Rowing Coastal Championships and Beach Sprint Finals (Genoa, Italy)
	13-15 September		Coastal Rowing League (Carrick)	
	28 September		Coastal Rowing League (Exmouth)	Home International Beach Sprint Regatta (Bournemouth)
	12 October		Coastal Rowing League (Teign Scullers)	
	26 October		Coastal Rowing League (Torquay)	
	1-3 Nov			Coupe de la Jeunesse Beach Sprints (venue tbc)