



Selection Policy

Home International Rowing Beach Sprints, 2025

Updated: 22/04/2025 (Updates highlighted in yellow)

Updated: 03/06/2025 (Updates highlighted in green)

1. Introduction

The [Home International Rowing Beach Sprints \(HIRBS\)](#) is a team event with points awarded according to finish position in each race, with an overall winner for the event.

Representing England is a unique development opportunity for both rowers and coaches wishing to gain international experience in the Beach Sprint format as we look forward to the format's inclusion at the 2028 LA Olympics.

2. Objectives

- 2.1. To provide Athletes and Coaches aiming to represent Great Britain with a positive development experience that helps them progress toward making the GB Rowing Team.
- 2.2. To select individuals who can perform with distinction at the HIRBS, who are ideally not representing Great Britain in this current season and give them an opportunity to gain international beach sprint experience.

3. Home International Rowing Beach Sprints (HIRBS)

- 3.1. The HIRBS will take place on **Saturday, 20 September 2025**, in **Loughros Point, Co Donegal, Ireland** hosted by Ireland.
- 3.2. The HIRBS comprises events in the following boat classes:

Juniors	CM1x, CW1x, CMix2x
U23s	CMix2x
Seniors	CM1x, CW1x, CMix2x

- 3.3. Racing will take place on a beach sprint course including running sprint, 250m slalom out, 250m straight back and running sprint to the finish.
- 3.4. The HIRBS will be run under [World Rowing rules](#), except for any variations referred to in the [HIRBS Rules](#).
- 3.5. Boats will be provided by the host nation.

4. Eligibility for England

- 4.1. **Athletes** may only compete for England at the HIRBS if they have **NOT** represented another country in a HIR match (Regatta or Beach Sprint) in this or the previous year.
- 4.2. **Athletes** must be a British Citizen and be qualified by one of the following conditions:
 - 4.2.1. Having been born in England.
 - 4.2.2. Having a parent or grandparent born in England.

- 4.2.3. Be a resident in England for six of the twelve months prior to the HIRR and be a member of a club in England during that time.
- 4.2.4. Having had five years of primary or secondary education in that country.
- 4.2.5. Having competed for that country previously, subject to the requirement associated with competing for different countries in subsequent years.
- 4.3. **Athletes and Coaches** must be available to travel with the team from Thursday, 18 September 2025 prior to the HIRBS until Sunday, 21 September 2025.
- 4.4. **Athletes** who have been selected to represent Great Britain (not including reserves) between 1 January 2025, and England selection meeting, currently scheduled for Monday, 28 July 2025, will not be eligible for selection.
- 4.5. **Junior Athletes** must have been born between 1 September 2006 and 31 August 2009.
- 4.6. **U23 Athletes** must have been born on or after 1 January 2003.
- 4.7. **Coaches** must be aged 18 by the 1 September 2025.
- 4.8. **Athletes and Coaches** participation is on the basis that they have confirmed that they have read, understood and agreed to abide by [World Rowing & British Rowing's Rules of Racing, Code of Conduct and all other relevant Policies and Guidance](#).
- 4.9. **Athletes and Coaches** must have completed Clean Sport education since October 2024 prior to the HIRBS. ([See section 9 for opportunities to attend Clean Sport education.](#))
- 4.10. **Athletes and Coaches** must, at all times, hold [British Rowing Membership](#) whilst representing England. **Athletes** must hold a racing license.
- 4.11. **Athletes and Coaches** will be asked to confirm eligibility requirements set out above. Those who cannot provide the correct documentation when asked will not be considered for selection.

5. England Team

- 5.1. In addition to the management team the England Rowing Team will comprise a maximum of sixteen athletes and three coaches broken down as follows:

Juniors	2 Men, 2 Women, 2 Travelling Reserves/Boat Handlers (1 Male, 1 Female), 1 Coach
U23	1 Man, 1 Woman, 2 Travelling Reserves/Boat Handlers (1 Male, 1 Female), 1 Coach
Seniors	2 Men, 2 Women, 2 Travelling Reserves/Boat Handlers (1 Male, 1 Female), 1 Coach

- 5.2. The race format will be time trials followed by Semi Finals and Finals. Depending on the number of entries there may also be a repechage.

- 5.3. Individuals must provide their own blades which must be painted white prior to the HIRBS. The England logo will be provided to complete the blade design. Insurance cover is not provided by British Rowing for any equipment. Athletes and Coaches must make their own arrangements in this respect.

If selected, the predicted total cost will be between £450 to £600: **(Costs will be confirmed by the time registration closes)**

- 5.3.1. £TBC per athlete.
- 5.3.2. £TBC per coach.
- 5.3.3. This includes a basic kit bundle, flights from a central location, transfers, two nights' accommodation and meals.
- 5.3.4. Additional team kit will be purchasable through Kukri and will be at additional cost.
- 5.3.5. See [Appendix B](#) for funding support opportunities.

Note: After selection the Team Manager will arrange a virtual team meeting where they will finalise important information and logistics for the event for selected athletes and coaches.

6. Registration & Selection Process

- 6.1. **Athletes and Coaches** must register using this [registration form](#) which must be completed in full no later than **23:59 Sunday, 21 July 2025**. Late registration or those that have not provided the correct documentation cannot be considered for selection.
- 6.2. The selection panel will comprise of three individuals, being the **British Rowing England Pathway Manager**, the **England Rowing Team Manager** and the **England Rowing Lead Coach (Beach Sprints)**. This group will oversee selection of the full team and select by majority vote.
- 6.3. **Athletes:** The following Beach Sprint events only will be considered for selection:
- 6.3.1. Welsh Beach Sprint Championships (Senior) – 3 May
 - 6.3.2. England Beach Sprint Regatta (Studland) – 17 - 18 May
 - 6.3.3. Jersey Coastal Championships (St Helier) – 20 - 22 June
 - 6.3.4. Welsh Beach Sprint Championships (Juniors) – 28 June
 - 6.3.5. [GB Beach Sprint Selection Trial](#) (Seniors Invitation Only, Juniors Open for Race-off, Littlehaven Beach, South Shields, North East England) – 19 - 22 July

Note: Athletes need only attend one event to be considered for selection.

- 6.4. The selection panel will consider the following for selection:
- 6.4.1. Event results as outlined in section 6.3.
 - 6.4.2. Potential for future development in the format.
 - 6.4.3. Compatibility and availability for training with other athletes registered.
 - 6.4.4. Only athletes eligible to compete for England will be considered ([see section 4](#)).
- 6.5. Only athletes deemed competitive by the selection panel will be chosen. If the selection panel believes there are no athletes from the events outlined in section 6.3 that meet the objectives outlined in [section 2](#) other registered athletes will be considered using their regatta history this current season.

- 6.6. The decision on which boats the rowers will race in will be at the discretion of the selection panel.
- 6.7. **Coaches:** Three coaches (1 Junior, 1 U23 & 1 Senior) will be selected to travel with the team. Coaches may be asked to act as boat handlers if able and required. The final decision will be made by the selection panel in collaboration with the British Rowing Coach Developer – Olympic Pathway and will consider:
- 6.7.1. Coaches with selected athletes.
 - 6.7.2. Coaching experience and the development opportunity for the coach.
 - 6.7.3. Availability for crew training.
 - 6.7.4. Team Compatibility.
 - 6.7.5. The ability to bring additional skills to the team.
 - 6.7.6. Only coaches able to confirm that all requirements in [section 4](#) & [section 7](#) are met will be considered.

7. Coaches

7.1. Selected Coach Expectations:

- 7.1.1. **ALL Selected Coaches** are expected to liaise with the Lead Coach to arrange appropriate training where possible for the boats they have been allocated between confirmation of selection and the HIRBS.
 - 7.1.2. **Selected Junior Coaches** must inform the Safeguarding Officer of the location, date and time of any junior training taking place.
- 7.2. **ALL Coaches** seeking selection should complete this [registration form](#) and ensure that all clearances and documents have been received (and where appropriate recorded as an active [credential on their British Rowing ClubHub profile](#)) by the close of registration ([See section 6](#)).
- 7.3. **Any Coaches who have not completed the [registration form](#) or do not meet the requirements set out below throughout close of registration and HIRBS will not be considered for selection.**

7.4. ALL Coaches seeking selection must have:

- 7.4.1. A valid [British Rowing Coach Membership](#).
 - 7.4.2. UK Anti-Doping's Coach Clean certificate or Introduction to Clean Sport Certificate – (Available free on UKAD's [Clean Sport Hub](#) and valid for two years).
- 7.5. It is also advised that Coaches seeking selection have a current/in date practical Emergency First Aid training course which includes CPR.

Note: There are many Emergency First Aid training providers, for example [St Johns Ambulance](#) and [Red Cross](#), however your local authority or club may also organise first aid training. Depending on the provider the duration the training is valid for may vary. All coaches should ensure at a minimum the training includes practical CPR (not online learning).

7.6. In addition, Coaches seeking selection for the Junior Team must have:

- 7.6.1. A current enhanced DBS check **carried out through British Rowing** which is no more than 3 years old at the time of the event.

- 7.6.2. Completed UK Coaching's [Safeguarding and Protection Children](#) training (valid for three years which can be renewed online if it was completed face-to-face three years ago).

7.7. In addition, Coaches seeking selection for the U23, or Senior Team must have:

- 7.7.1. A current enhanced DBS check **carried out through British Rowing** which is no more than three years old at the time of the event. (This is applicable for coaches or athlete support personnel in [regulated activity \(See annexe A on the following link\)](#) with an [adult at risk](#) only)
- 7.7.2. Completed UK Coaching's [Safeguarding Adults in Physical Activity and Sport](#) training (valid for three years).

Note: The England Safeguarding Officer will be in possession of the most up-to-date list of coaches who fulfil this criterion and coaches seeking selection will be crosschecked with British Rowing's records. It is expected that any coach who is involved in coaching Juniors or Adults at Risk will already have an enhanced DBS check through British Rowing. If you do not have a current and valid DBS check, please allow for at least 6 weeks for the application process to be completed. Further details regarding DBS checks can be obtained by contacting your Club Welfare Officer or alternatively by contacting the Safeguarding Team at British Rowing ([See Appendix A](#)). Eligibility for an enhanced DBS check outlined in 7.5.1 will be determined by the Safeguarding Manager for British Rowing.

8. Appeals

- 8.1. Registered coaches, senior athletes, or the parent/guardian of registered junior athletes, are entitled to appeal against the outcome of the selector's decision (in their selection only) if they feel the selection process has not been followed.

Note: The nature of the selection process means that selections to the team can often be made close to the regatta. 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 Appeals 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.

- 8.2. The appeal process can only be used to determine:

- 8.2.1. Whether the correct procedures have been followed in the implementation of the Selection Policy.
- 8.2.2. Whether the selectors have acted reasonably, fairly and without bias in making a decision.
- 8.2.3. Whether a selection decision was reached based on an error of fact.

- 8.3. 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 Appeals Panel as experts.

- 8.4. **Making an Appeal:** The appeal must be raised within thirty-six hours of a "Selection Decision". A Selection Decision is defined as:

- 8.4.1. Either the publication of the names of members of the Provisional Team
- 8.4.2. 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.

- 8.5. An appeal should be initiated by emailing the Head of Governance, Safeguarding and Integrity at governance@britishrowing.org (Subject: ENG Appeal) setting out full details of the basis upon which the athlete is appealing including:
- 8.5.1. 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 legal guardian.
 - 8.5.2. Details of the decision being appealed.
 - 8.5.3. 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
 - 8.5.4. 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.
 - 8.5.5. An email or postal address for correspondence.
- 8.6. If the athlete fails to submit an appeal within the time limit, they will automatically lose the right of appeal.
- 8.7. An appeals hearing will take place virtually by videocall on Friday, 1 August 2025 (or additionally 4 and 5 August 2025 as required). The appeal will be conducted by written and/or verbal submissions on behalf of the Appellant and British Rowing only. The Appeals Panel may request further information during this hearing. The Appeals Panel may make their deliberations in person or remotely as they in their absolute discretion decide.
- 8.8. The Appeals Panel will either:
- 8.8.1. Reject the appeal and confirm the decision of the selectors.
 - 8.8.2. 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.
- 8.9. The Appeals Panel will seek to reach its conclusion within twenty-four hours of the appeal hearing and will inform all interested parties as to their decision via email as soon as possible.
- 8.10. **Appeals Panel:** Three members of the British Rowing Disciplinary & Grievance Panel will be selected to form the Appeals Panel. Any individual directly involved with the athlete making the appeal or who was involved with the selection process may not sit on the Appeals Panel.

9. Anti-Doping Policy

- 9.1. **All Athletes, Coaches and Support Personnel** are bound by the UK Anti-Doping Rules as adopted by British Rowing. The full Anti-Doping Policy can be found on [British Rowing's Policies and Guidance webpage](#).
- 9.2. **All Athletes** selected for the England Team must attend a British Rowing iRowClean education workshop in the current season of the HIRR. **Parents/Carers** of junior competitors should also attend the workshop, and a [Clean Sport e-handbook for parents/carers](#) is available.
- 9.3. **All Coaches and Support Personnel** selected for the England Team are strongly encouraged to attend an iRowClean Sport education workshop in the current season of the HIRR, but as a minimum must hold a current UKAD Coach Clean certificate (coaches) or



UKAD Introduction to Clean Sport certificate (support personnel). These courses are available by registering on the [UKAD Clean Sport Hub](#). FAQs are available [here](#).

9.4. iRowClean Education workshops for selected **Athletes** (including Parents/Carers) and **Coaches** will take place at:

9.4.1. 19:00 Thursday, 28 August 2025

9.4.2. 19:00 Wednesday 4 September 2025

Note: Attendance to an iRowClean education workshop is mandatory for all Selected Athletes. A sign-up link will be shared with Selected Athletes. If you have already attended a workshop, please inform the Team Manager. If you have not attended a course in this current season, you will forfeit your right to represent the England Rowing team.

Note: For further Anti-Doping information please visit [British Rowing Clean Sport](#) or [UK Anti-Doping](#).

Appendix A: Contacts

England Rowing (HIRR Team)

Team Manager	Rachael Ball	hirbs.tm@englandrowing.org
Contact for:	Information or questions regarding the Selection Policy, team logistics and trials information	
Safeguarding Officer	Lucy McNulty	safeguarding@englandrowing.org
Contact for:	Questions, advice or to report a concern regarding safeguarding in relation to the team.	
Lead Coach (Beach Sprints) and British Rowing Beach Sprint Development Coach (England)	Lucy Hart	lucy.hart@britishrowing.org
Contact for:	For information regarding training or development opportunities.	

British Rowing

England Pathway Manager	James Andrews	james.andrews@britishrowing.org
Contact for:	Information or questions relating to the overall strategy for England Rowing Teams and Selection Policy.	
Safeguarding Manager	Ben Gillard	safeguarding@britishrowing.org
Contact for:	Information or questions regarding the DBS process or questions or advice on wider safeguarding concerns.	
Safeguarding and Integrity Education Officer	Richard Nunn	cleansport@britishrowing.org
Contact for:	Information or questions regarding the Anti-Doping or iRowClean training.	
Head of Governance, Safeguarding and Integrity		governance@britishrowing.org
Contact for:	Information or questions relating to the appeals process.	
Programme Manager - DiSE and L4	Loretta Williams	Loretta.williams@britishrowing.org
Contact for:	Enquiries regarding the Diploma in Sporting Excellence.	

Appendix B: Financial Support

British Rowing and the England Rowing team is committed to supporting selected athletes and coaches who are facing financial hardship who may not be able to meet the base costs outlined in [Section 5](#). We understand the cost of trialling and competing for the England Rowing Team can be costly. England Rowing Teams are primarily self-funded and any funding the team receives does not cover the full cost of the team. Below are suggestions to those who are in financial need.

1. Previous athletes and coaches have been successful in applying for financial help from their club/school/university or their [regional rowing council](#).
2. Athletes currently part of the [Diploma in Sporting Excellence \(DiSE\)](#) programme may be eligible to apply for an additional discretionary grant to support costs associated with point 5.3.1 in [Section 5](#). Please contact Loretta Williams (loretta.williams@britishrowing.org) for more information.
3. Active Partnerships: Some Active Partnerships allocate small grants for talented sports people, and we are happy to write supporting letters to successful team members who apply for funding. Find your local Active Partnership [here](#) (external link).
4. The parent/guardian of a junior athlete who at any point has been eligible for free school meals can apply for a grant up to the value of 100% of the team cost. Please contact the Team Manager (See [Appendix A](#) for contact information) with the information outlined below to apply for this support.
5. Selected coaches, senior athletes, or the parent/guardian of junior athletes still facing financial difficulties to represent the team (See 5.4 in [Section 5. England Team](#)), and who are not applicable for the above points, can apply for additional support by [completing this form](#) and providing the information outlined below:
 - Name of Athlete or Coach.
 - Name of Parent/Guardian (if applying for a Junior Athlete).
 - Contact Information.
 - Home address (including postcode).
 - Type of school education.
 - Evidence of free school meals eligibility (if applicable).
 - Note on extenuating circumstances and why you need support.
 - What other (if any) financial support you have already received to support your participation at this event? (E.g. from your Club, School, College, Regional Rowing Council, Active Partnership, etc).
 - Supporting letter from Club Chair, Captain or Coach.
 - Amount you'd like to apply for.

Note: Applications must be made within 36 hours of notification of selection.

Appendix C: Commonwealth Rowing Association Beach Sprint Championships, 2025 - Reserve Selection

If not already selected for the 2025 England Rowing Commonwealth Rowing Association Beach Sprint Championships Team, selected eligible rowers born after 1 January 2005 for the England Rowing Home International Rowing Beach Sprints Team may be asked to act as non-travelling reserves for the 2025 Commonwealth Team.

Athletes will be contacted following the selection of the 2025 England Rowing Commonwealth Rowing Association Beach Sprint Championships Team.

Full information about the 2025 England Rowing Commonwealth Rowing Association Beach Sprint Championships Team, including the selection process, can be found [here](#).