



**ENGLAND**  
**ROWING**

# Selection Policy

**Home International Rowing Beach Sprints, 2026**

Updated: 03/07/2026 (Updates highlighted in yellow)

TEAMWORK | OPEN TO ALL | COMMITMENT

## 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 developing Athletes and Coaches aiming to represent Great Britain at the 2032 and/or 2036 Olympic Games with a positive development experience that supports their progress on the GB Pathway 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 Olympic Class boats 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, 19 September 2026**, in **Nairn Beach, Nairn, Scotland** hosted by Scotland.
- 3.2. The HIRBS comprises events in the following boat classes:

<b>Juniors</b>	CM1x, CW1x, CMix2x
<b>U23s</b>	CMix2x
<b>Seniors</b>	CM1x, CW1x, CMix2x, Mixed Ability CMix2x

**Note:** The Mixed Ability CMix2x will be a trial event at this year's HIRBS and will not be included in overall points for team trophy.

- 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. England Team

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

<b>Juniors</b>	2 Men, 2 Women, 2 Travelling Reserves/Boat Handlers (1 Male, 1 Female), 1 Coach
<b>U23</b>	1 Man, 1 Woman, 2 Travelling Reserves/Boat Handlers (1 Male, 1 Female), 1 Coach
<b>Seniors</b>	2 Men, 2 Women, 1 PR3 Athlete (Male or Female), 2 Travelling Reserves/Boat Handlers (1 Male, 1 Female), 1 Coach

**Note:** Only 1 PR3 athlete will be selected who may be male or female. Depending on the gender of the selected PR3 athlete a Travelling Reserve of the opposite gender will be selected to also compete in the Mixed Ability PR3 CMix2x.

- 4.2. 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.
- 4.3. 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 £300 to £400: **(Costs will be confirmed by the time registration closes.)**

- 4.3.1. £TBC per athlete.  
4.3.2. £TBC per Travelling Reserve/Boat Handler  
4.3.3. £TBC per coach.  
4.3.4. This includes a basic kit bundle, two nights' accommodation, meals and if required transfers.  
4.3.5. Additional team kit will be purchasable through Kukri and will be at additional cost.

**Note:** British Rowing receives talent funding from Sport England to help subsidise the cost of England Rowing Teams. To address inequalities and ensure equitable access for those who need further support please see [Appendix B](#) for information on financial support offered from British Rowing.

**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.

## 5. Eligibility for England

5.1. **Athletes and Coaches** will be asked to confirm that they meet the eligibility requirements set out below to be considered for selection. Those who do not meet the criteria set out or cannot provide the correct documentation when asked will not be considered for selection.

5.2. **Athletes:** must meet the following conditions:

- 5.2.1. have **NOT** represented another country in a HIR match (Regatta or Beach Sprint) in this or the previous year.
- 5.2.2. must be a British Citizen and be qualified by one of the following conditions:
- Having been born in England.
  - Having a parent or grandparent born in England.
  - Be a resident in England for six of the twelve months prior to the HIRBS and be a member of a club in England during that time.
  - Having had five years of primary or secondary education in that country.

- Having competed for that country previously, subject to the requirement associated with competing for different countries in subsequent years.
- 5.3. **Athletes** who have been selected to represent Great Britain in Olympic Class boats between 1 January 2026, and England selection meeting (currently scheduled for the week commencing 10 August 2026), will not be eligible for selection.
- 5.4. **Para Athletes** will need to hold a valid British Rowing Para (not adaptive) Classification or World Rowing Sport classification. For information regarding Para-Classification please see the [British Rowing Website \(Adaptive classification\)](#).
- 5.5. **Junior Athletes** must have been born on or after 1 September 2007 and 31 August 2010.
- 5.6. **U23 Athletes** must have been born on or after 1 January 2004.
- 5.7. **Athletes and Coaches** must meet the following conditions:
- 5.7.1. hold [British Rowing Membership](#) whilst representing England. (**Athletes** must hold a racing license and **Coaches** must hold a Coach Membership.)
  - 5.7.2. not be subject to any current disciplinary proceedings or ban;
  - 5.7.3. not be subject to any period of ineligibility or provisional suspension due to an anti-doping rule violation;
  - 5.7.4. be a fit and proper person to represent England Rowing;
  - 5.7.5. confirm 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](#)
  - 5.7.6. must have completed Clean Sport education since 1 September 2025 prior to the HIRBS. ([See section 11 for opportunities to attend Clean Sport education.](#))
  - 5.7.7. be available to arrive at the HIRBS Accommodation by 18:00 Thursday, 17 September 2026 prior to the HIRBS and until all equipment is packed and loaded approximately 18:00 Saturday, 19 September 2026.
  - 5.7.8. 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.
- 5.8. **Coaches**, must at all times, meet [British Rowing's Requirements of a Responsible Coach](#) and the following conditions:
- 5.8.1. Be aged eighteen by the 1 September 2026.
  - 5.8.2. must 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](#)).

**Note:** The England Safeguarding Officer will be in possession of the most up-to-date list of coaches who meet [British Rowing's Requirements of a Responsible Coach](#) 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 2 months 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 9.5.1 will be determined by the Safeguarding Manager for British Rowing.

## 5.9. Selected Coach Expectations:

- 5.9.1. **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.
- 5.9.2. **Selected Junior Coaches** must inform the Safeguarding Officer of the location, date and time of any junior training taking place.

## 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 Wednesday, 12 August 2026**. 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 Beach Sprint Pathway Coach - England**, 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. **PR3 Athlete:** The PR3 Athlete will be selected through the GB Beach Sprint Team selection process from the next highest ranked rower eligible to represent England.
- 6.4. **All Other Athletes:** The following Beach Sprint events only will be considered for selection:
  - 6.4.1. Welsh Junior Beach Sprint Championships, Colwyn Bay – 19 April
  - 6.4.2. Northern Beach Sprint Cup, South Shields – 9/10 May
  - 6.4.3. English Senior Beach Sprint Championships, South Shields – 23/24 May
  - 6.4.4. Welsh Senior Beach Sprint Championships, Fishguard – 6 June
  - 6.4.5. Jersey Beach Sprint Regatta – 7 August
  - 6.4.6. English Junior Beach Sprint Championships, Studland – 10 August
  - 6.4.7. GB Trial Events
    - Trial 1 (Olympic Class Boats), South Shields – 24/25 May
    - Trial 2 (4x), Jersey – 9 August
    - Trial 2 (U19s/Coupe/YOG), Studland – 11/12 August

**Note:** Athletes need only attend one event to be considered for selection. However, the more data we are able to collect on an athlete will allow the selection panel to make more accurate decisions.

- 6.5. The selection panel will consider the following for selection:
  - 6.5.1. Event results as outlined in section 6.3.
  - 6.5.2. Potential for future development in the format.
  - 6.5.3. Compatibility and availability for training with other athletes registered.
  - 6.5.4. Only athletes eligible to compete for England will be considered ([see section 4](#)).

**Note:** Ergo data collected by the GB Beach Sprint Team in relation to the GB Trials process, age, historic international results will be used to consider potential for future development.

- 6.6. 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.
- 6.7. The decision on which boats the rowers will race in will be at the discretion of the selection panel.

- 6.8. **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:
- 6.8.1. Coaches with selected athletes.
  - 6.8.2. Coaching experience and the development opportunity for the coach.
  - 6.8.3. Availability for crew training.
  - 6.8.4. Team Compatibility.
  - 6.8.5. The ability to bring additional skills to the team.
  - 6.8.6. Only coaches able to confirm that all requirements in [section 4](#) & [section 7](#) are met will be considered.

## 7. Appeals

- 7.1. 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.*

- 7.2. The appeal process can only be used to determine:
- 7.2.1. Whether the correct procedures have been followed in the implementation of the Selection Policy.
  - 7.2.2. Whether a selection decision was reached based on an error of fact.
  - 7.2.3. Whether the selectors have acted reasonably, fairly and without bias in making a decision.

*It is advised that this ground cannot be used simply because of the belief that the selection panel made a wrong decision. The decision would need to be so unreasonable that no reasonable person/panel (acting reasonably) could have made it.*

- 7.3. 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.
- 7.4. **Making an Appeal:** The appeal must be raised within thirty-six hours of a "Selection Decision". A Selection Decision is defined as:
- 7.4.1. Either the publication of the names of members of the Provisional Team
  - 7.4.2. 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.
- 7.5. An appeal should be initiated by emailing the Governance and Integrity Lead at [governance@britishrowing.org](mailto:governance@britishrowing.org) (Subject: ENG Appeal) setting out full details of the basis upon which the athlete is appealing including:

- 7.5.1. 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.
  - 7.5.2. Details of the decision being appealed.
  - 7.5.3. 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
  - 7.5.4. Any documents or written evidence upon which the Athlete relies in support of their appeal. These documents must be relevant specifically to the Athlete's grounds of appeal.
  - 7.5.5. An email or postal address for correspondence.
- 7.6. If the athlete fails to submit an appeal within the time limit, they will automatically lose the right of appeal.
- 7.7. An appeals hearing will take place virtually by videocall on Monday, 17 August 2026 (or additionally 18 and 19 August 2026 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.
- 7.8. The Appeals Panel will either:
- 7.8.1. Reject the appeal and confirm the decision of the selectors.
  - 7.8.2. 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.
- 7.9. 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 its decision via email as soon as possible.
- 7.10. **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.

## 8. Anti-Doping Policy

- 8.1. **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](#).
- 8.2. **All Athletes** selected for the England Team must attend a British Rowing iRowClean education workshop in the current season of the HIRBS. **Parents/Carers** of junior competitors should also attend the workshop, and a [Clean Sport e-handbook for parents/carers](#) is available.
- 8.3. **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 HIRBS, 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](#).



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

8.4.1. 19:30 Thursday, 3 September 2026

8.4.2. 19:30 Tuesday, 8 September 2026

**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 (HIRBS Team)

<b>Team Manager</b>	Rachael Ball	<a href="mailto:hirbs.tm@englandrowing.org">hirbs.tm@englandrowing.org</a>
<b>Contact for:</b>	Information or questions regarding the Selection Policy, team logistics and trials information	
<b>Safeguarding Officer</b>	Lucy McNulty	<a href="mailto:safeguarding@englandrowing.org">safeguarding@englandrowing.org</a>
<b>Contact for:</b>	Questions, advice or to report a concern regarding safeguarding in relation to the team.	
<b>Lead Coach (Beach Sprints)</b>	Kath Coleman-Jones	<a href="mailto:beach.coach@englandrowing.org">beach.coach@englandrowing.org</a>
<b>Contact for:</b>	For information regarding training or development opportunities.	

### British Rowing

<b>England Pathway Manager</b>	James Andrews	<a href="mailto:james.andrews@britishrowing.org">james.andrews@britishrowing.org</a>
<b>Contact for:</b>	Information or questions relating to the overall strategy for England Rowing Teams and Selection Policy.	
<b>Head of Safeguarding &amp; Welfare</b>	Aaron Prior	<a href="mailto:safeguarding@britishrowing.org">safeguarding@britishrowing.org</a>
<b>Contact for:</b>	Information or questions regarding the DBS process or questions or advice on wider safeguarding concerns.	
<b>Governance and Integrity Lead</b>	Richard Nunn	
<b>Contact for Information or questions regarding:</b>	The Anti-Doping or iRowClean training.	<a href="mailto:cleansport@britishrowing.org">cleansport@britishrowing.org</a>
	The appeals process.	<a href="mailto:governance@britishrowing.org">governance@britishrowing.org</a>
<b>Paralympic Classification &amp; Coach Education Consultant</b>	Simon Goodey	<a href="mailto:classification@britishrowing.org">classification@britishrowing.org</a>
<b>Contact for:</b>	Information or questions relating to para classification.	
<b>Programme Manager - DiSE</b>	Loretta Williams	<a href="mailto:Loretta.williams@britishrowing.org">Loretta.williams@britishrowing.org</a>
<b>Contact for:</b>	Enquiries regarding the Diploma in Sporting Excellence.	



## Appendix B: Financial Support

British Rowing aims to ensure that money isn't a barrier for talented athletes or coaches wanting to access our pathway. We are piloting this scheme to offer financial assistance to athletes and coaches in England who are seeking selection for the GB or England teams but might struggle with the costs of camps, training, or competitions.

**For more information on support available for athletes and coaches please visit [British Rowing's Financial Support for Pathway Athletes and Coaches in England](#).**