



Selection Policy for the Scotland Rowing Team for the 2024 Home International Rowing Beach Sprints

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The Home International Rowing (HIR) Beach Sprints is an annual challenge match between Scotland, England, Ireland and Wales using the World Rowing Beach Sprints race format. Since 2023, Jersey have taken part as a guest nation.

The 2024 HIR Beach Sprints will be hosted by England in Bournemouth on Saturday 28th September.

The Beach Sprints format is ideal for agile and skilled scullers with a performance background, from either coastal or river rowing.

With coastal sculling (in the Beach Sprints format) now confirmed in both the Commonwealth and Olympic Games programmes (from 2026 and 2028 respectively), the HIR Beach Sprints provides an important pathway development opportunity for athletes, coaches and boat handlers looking to progress towards further international competition.

Selection Policy

The Scotland Rowing Team will be selected using the following principles:

1. The best Scottish athletes should be given the opportunity to represent Scotland.
2. Rowing for Scotland should be a positive experience.

As this is an emerging discipline it is recognised that there will likely be athletes with varying experience levels taking part in the trials process. With many of the leading Scottish athletes in this discipline regularly competing internationally for Great Britain, this event provides an opportunity for Scottish Rowing to grow the depth and quality of the coastal sculling pathway.

1. Eligibility

All athletes seeking selection must fulfil at least ONE of the following:

- Be born in Scotland.
- Be resident in Scotland for 6 of the 12 months prior to the 2024 HIR Beach Sprints.
- Have a Scottish parent or grandparent.
- Have completed at least 5 years primary or secondary education in Scotland.
- Have previously competed for Scotland at the HIR Regatta / Beach Sprints.

Athletes who competed at the 2023 HIR Regatta / Beach Sprints for a country other than Scotland are not eligible for selection.

Junior athletes are required to have been born on or after 1st September 2005.

Under 23 athletes are required to have been born on or after 1st January 2002.

As well as satisfying the eligibility criteria, all athletes on the Scotland Rowing Team must be a member of Scottish Rowing.

2. Registration

All athletes, coaches and boat handlers seeking selection must complete the following online form by Monday 3rd June 2024. This is a single data capture form for all those seeking selection for the Scotland Rowing Team in 2024 (HIR Regatta and HIR Beach Sprints) and there will be a check box for you to express your interest in the HIR Beach Sprints team which you should make sure you select.

Register HERE → <http://tinyurl.com/ScotlandHIR24>

A list of registered athletes seeking selection for the 2024 HIR Beach Sprints will be circulated by Friday 7th June 2024.

Please note that following the British Rowing Beach Sprint Championships (the ‘final selection event’) invitations will be issued to eligible athletes to join the Spond app using the contact details provided to Scottish Rowing through the online form above. Further details regarding the trials process will then be facilitated through the Spond app. Junior athletes aged under 18 are required to have their parent/guardian also join.

3. Regatta Format

The Beach Sprint format starts with a sprint on the beach of between 10m and 50m by the athlete (or one of the crew in the case of the double). After entering the boat, the athlete slaloms around two buoys then turns around a third buoy at 250m and rows straight back to the beach before exiting the boat and finishing with a sprint to the finish line (in the case of the double only one of the crew exits the boat and runs to the finish line).

Regatta Format

Senior		Under 23		Junior	
Men’s Solo	CM 1x			Junior Men’s Solo	CJM 1x
Women’s Solo	CW 1x			Junior Women’s Solo	CJW 1x
Mixed Double	CMix 2x	U23 Mixed Double	CU23Mix2x	Junior Mixed Double	CJMix 2x

Teams should comprise a maximum of 2 Senior Women, 2 Senior Men, 1 Under 23 Woman, 1 Under 23 Man, 2 Junior Women and 2 Junior Men. Coaches and boat handlers will be appointed to support the team. The Under 23 Mixed Double is a new event for 2024.

Each event will comprise a time trial, (potential) repechage, semi-final and final.

4. Selection Procedure

4.1 Monitored Ergometer Submission

Athletes are required to submit details of an ergometer performance for the following assessment, to be completed during the dates specified. All ergometer assessments should be completed under the supervision of a [Scottish Rowing registered coach \(‘Coach Club’\)](#) / Scottish Rowing Performance Pathway Coach who will be required to verify the score.

Senior, Under 23 & Junior teams

- 3 minutes @ free rate to be completed between Monday 10th June – Monday 5th August 2024

Athletes failing to submit details will be removed from consideration for selection unless a medical exemption has been requested in writing to the Team Manager or in other exceptional circumstances as agreed by the Head of Performance and Pathways.

Details of how to submit the ergometer assessment will be provided in June along with the list of registered athletes.

4.2 Selection Events

Athletes seeking selection to the Scotland Rowing Team should note the following key events:

- First Selection Event – Scottish Rowing Beach Sprint Championships (18th May) – St Andrews
- Final Selection Event – British Rowing Beach Sprint Championships (10th / 11th August) – St Andrews

Athletes should prioritise the entry of the Solo (1x) at both selection events and where possible coordinate a Mixed Double (2x) entry through their club or as a composite with another club. For assistance in finding a suitable partner please contact [Iain Docwra](#), Scottish Rowing's Beach Sprints Pathway Coach.

It is understood that many athletes seeking selection will have limited experience of the Beach Sprints format and of the equipment used. Various 'come-and-try' sessions will be organised through the season – keep an eye on the Scottish Rowing website for more details or you can contact Iain Docwra for additional support.

Pool boats for all events will be provided although athletes will need to provide their own sculling oars.

4.3 Final Selection

Within one week of the Final Selection Event, and after consideration of all the performance data, the Scottish Rowing High Performance Group (HPG) will announce the proposed team. The HPG reserves the option to add or remove athletes from the team.

All athletes selected at this stage will be required to pay a deposit of £100. This deposit will be forfeited should the athlete subsequently remove themselves from selection for reasons other than injury or commitments pertaining to the GB Rowing Team. The deposit will be deducted from the final athlete contribution requested for the 2024 HIR Beach Sprints.

4.4 Athlete Availability

Athletes should ensure that they have good availability from the period following the Final Selection Event through to the HIR Beach Sprints to attend any team training opportunities as organised by the Team Manager or Team Coaches. They should notify Iain Docwra at the earliest opportunity of any known periods of leave during this time.

Athletes failing to provide a good level of availability through this period may have their selection from the team withdrawn.

5. Additional Selection Considerations

5.1 Exceptional Changes to Policy and Procedure

In response to any unforeseen circumstances the HPG may need to take action to modify the selection policy or procedure.

5.2 Performance Exemption

Exceptional athletes may be selected for the team without attendance at the Selection Events and / or without prior registration or ergometer submission. Such athletes should be actively seeking selection for GB teams or able to provide evidence of a high standard of performance or have experience of an international standard Beach Sprints competition. The decision to grant a performance exemption will rest with the Scottish Rowing Head of Performance and Pathways.

5.3 Medical Exemption

Athletes unable to complete any elements of the selection process should inform the Team Manager as soon as possible and will be required to provide a medical certificate. Scottish Rowing is not obliged to delay the selection process or give a rower special consideration as a consequence of such illness or injury.

6. Selection of Coaches and Boat Handlers

Coaches and boat handlers will be appointed by the Scottish Rowing High Performance Group. A job description detailing the roles and responsibilities is available on request. Coaches and boat handlers are reminded to complete the online registration process to express their interest in representing the Scotland Rowing Team.

All Scotland Rowing Team Coaches in 2024 will be required to hold a recognised rowing coaching qualification (L2 or equivalent), be a Scottish Rowing 'Coach Club' member and be able to demonstrate that they meet all of the minimum requirements as outlined on the [Scottish Rowing website](#). Coaches working with the junior team will need to be members of the PVG scheme.

7. Selectors

The Scotland Rowing Team will be selected by the Scottish Rowing High Performance Group. Following the announcement of the final team any decision on changes to crews because of injury or other unforeseen circumstances will be made by the Team Manager in consultation with the Head of Performance and Pathways and the team coaches.

8. Additional Team Information

8.1 Costs

Athletes will be expected to pay a contribution towards costs for attending the 2024 HIR Beach Sprints as a member of the Scotland Rowing Team. Scottish Rowing will cover the cost of coaches and boat handlers appointed to the Scotland Rowing Team. In 2023, the Scotland Rowing Team athlete contribution for the HIR Beach Sprints in Wales was £300.

Athletes in significant financial hardship can contact the Team Manager who may be able to provide additional support. All disclosures will be treated in confidence and will not affect selection decisions.

8.2 Accommodation and Equipment

Equipment, including boats, will be provided for team training sessions as well as the HIR Beach Sprints competition. Athletes may be required to provide their own / club sculling oars.

Accommodation at the 2024 HIR Beach Sprints for all athletes, coaches and support staff will be arranged by the Team Manager.

Team travel to England will be organised from Wednesday 25th – Sunday 29th September (inclusive) and all athletes, coaches and boat handlers should ensure that they are available on these dates.

8.3 Code of Conduct & Child Protection

Athletes, coaches and boat handlers selected will be expected to follow a high standard of behaviour while representing Scotland and will be expected to sign up to the [Scottish Rowing Codes of Conduct](#) for athletes and coaches.

All athletes must comply with Scottish Rowing's anti-doping regulations and not currently be under disqualification or suspension imposed by any national governing body or international federation.

Scottish Rowing wishes for children and young people to stay safe and have fun while taking part in rowing. Everyone involved in Scottish Rowing has a duty to safeguard the welfare of all children in their care. Scottish Rowing has made a commitment to promote safe practice and to protect children from harm, abuse and exploitation. This duty extends to the prevention of physical, sexual or emotional abuse of any child and shall be applied regardless of a child's gender, race, religion, sexuality or disability.

8.4 Contact Information

For question relating to the selection policy and procedures contact:

Team Manager

Ailsa Martin

ailsa.martin@scottish-rowing.org.uk

For information about the Scottish Rowing Performance Programme contact:

Head of Performance and Pathways

Lee Boucher

lee.boucher@scottish-rowing.org.uk

Beach Sprints Pathway Coach

Iain Docwra

iain.docwra@scottish-rowing.org.uk

For any safeguarding matters contact:

Child Wellbeing & Protection Officer

Mark Senter

childprotection@scottish-rowing.org.uk / 07852 947907

9. Appeals

Registered senior / under 23 athletes, or the parent/guardian of registered junior athletes, are entitled to appeal against the decision of the Selectors. The nature of the selection process means that selections to the Scotland Rowing Team can often be made close to the event. 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 Scotland Rowing 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.

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 on the basis of an error of fact.

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.

9.1 Making an Appeal

An appeal should be initiated by emailing office@scottish-rowing.org.uk setting out full details of the basis upon which the athlete is appealing against the decision of the Selectors.

The Appeal must be raised within 48 hours of a "Selection Decision". A Selection Decision is defined to be:

- The publication of the Final Team
- 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.

If the athlete fails to submit an appeal within the time limit, they will automatically lose the right of appeal. A £50 contribution towards the administrative costs of the appeal will be requested upon receipt of the appeal. This sum may be refunded upon conclusion of the appeal at the discretion of the Appeals Panel.

9.2 Appeals Panel

The Scottish Rowing President will select three people from a list, previously approved by the Scottish Rowing Board, to form the Appeals Panel. No individual directly involved with the athlete making the appeal or who was involved with the selection process may be part of the Appeals Panel.

9.3 Conduct of the Appeal

The appeal will be conducted by written submissions only. No parties to the appeal will be entitled to appear before the Appeals Panel. However, the Appeals Panel, may contact a party to the appeal by telephone or by email to request further information. The Appeals Panel may make their deliberations in person or remotely as required.

The Appeals 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.

The Appeals Panel will seek to reach its conclusion within 72 hours of receipt of the Appeal and will inform all interested parties as to their decision via email as soon as possible.

Key Dates – Scotland Rowing Team 2024

DATE	EVENT	DETAIL
Thursday 1st February 2024	HIRR / HIRBS	Scotland Rowing Team Registration Open (Athletes, Coaches and Boat Handlers) - includes 2k ergometer submission [completed since 1 September 2023]
Saturday 18th May 2024	HIRBS	Scottish Rowing Beach Sprint Championships, St Andrews (HIRBS 'First Selection Event')
Monday 3rd June 2024	HIRR / HIRBS	Scotland Rowing Team Registration Closes (Athletes, Coaches and Boat Handlers)
Friday 7th June 2024	HIRR / HIRBS	List of athletes seeking for Scotland Rowing Team in 2024 published [emailed]
Saturday 8th – Sunday 9th June 2024	HIRR	Scottish Rowing Championships, Strathclyde Park (HIRR 'Main Selection Regatta')
Monday 10th June	HIRBS	Start of period for completion of HIRBS ergometer submission (<u>deadline – Monday 5th August</u>)
By Thursday 13th June 2024	HIRR	List of athletes remaining under consideration for HIRR published (the 'provisional list') [emailed] + invitation to join Spond app + £100 non-refundable deposit requested
Wednesday 10th – Thursday 11th July 2024	HIRR	Scotland Rowing Team Junior Crew Formation, Strathclyde Park
Friday 12th – Sunday 14th July 2024	HIRR	Scotland Rowing Team Senior Crew Formation, Strathclyde Park
Tuesday 23rd July 2024	HIRR	Start of residential pre-HIRR junior training camp, Strathclyde Park
Friday 26th July 2024	HIRR	Overnight senior team accommodation pre-HIRR, Strathclyde Park
Saturday 27th July 2024	HIRR	Home International Rowing (HIR) Regatta 2024, hosted by Scotland at Strathclyde Park
Saturday 10th – Sunday 11th August 2024	HIRBS	British Rowing Beach Sprint Championships, St Andrews (HIRBS 'Final Selection Event')
By Sunday 18th August 2024	HIRBS	List of athletes selected for HIRBS published [emailed] + invitation to join Spond app + £100 non-refundable deposit requested
Wednesday 25th September 2024	HIRBS	Travel to England and start of residential pre-HIRBS training camp
Saturday 28th September 2024	HIRBS	Home International Rowing (HIR) Beach Sprints 2024, hosted by England at TBC