



**SCOTTISH
ROWING**



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Selection Policy for the Scotland Rowing Team for the 2023 Home International Rowing Beach Sprints

27/02/2023



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A Company Limited by Guarantee, Registered in Scotland No. SC357505



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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. In 2023 the event will also see the addition of Jersey as one of the competing nations.

The 2023 HIR Beach Sprints will be hosted by Wales in Saundersfoot on Saturday 9th September.

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

Coastal sculling (in the Beach Sprints format) has now been confirmed as one of the sports for the 2026 Commonwealth Games in Victoria, Australia. The HIR Beach Sprints provides Scotland Rowing Team members with the opportunity to gain important race experience in this new international format as we build a competitive team towards Victoria 2026.

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.

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 2023 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.

Athletes who competed at the 2022 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 2004.

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 interested in representing the Scotland Rowing Team in 2023 must complete the following online form.

<https://forms.office.com/e/URA7UDTjzq>

Formal registration will take place in May 2023 and be facilitated by use of the Spond communication app. Athletes who have expressed interest using the online form will receive details of how to join the Spond group.

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		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	Junior Mixed Double	CJMix 2x

Teams should comprise a maximum of 2 Senior Women, 2 Senior Men, 2 Junior Women and 2 Junior Men. Coaches and boat handlers will be appointed to support the team.

Each event will comprise a time trial, semi-final and final.

4. Selection Procedure

4.1 Selection Events

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

- Early ID Event – Scottish Rowing Beach Sprints Regatta (13th / 14th May) – venue TBC*
- Final Selection Event – Scotland Rowing Team Selection Event (5th / 6th August) – venue TBC*

** Scottish Rowing is working hard to confirm the final dates and venues for these events and will communicate details via the Scottish Rowing website as soon as these are confirmed.*

Athletes should prioritise the entry of the Solo (1x) at the Early ID Event and where possible co-ordinate a Mixed Double (2x) entry through their club or as a composite with another club. For assistance in finding a suitable partner please contact [Lee Boucher](#).

For the Final Selection Event athletes will enter as individuals. Mixed Double (2x) combinations will be co-ordinated through the Scotland Rowing Team Selectors.

It is understood that many athletes seeking selection will have limited experience of the Beach Sprints format and of the equipment used. There will be an early season 'come-and-try' session organised at East Sands beach in St Andrews on Saturday 1st April – keep an eye on the Scottish Rowing website for more details.

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

4.2 Final Selection

Within one week of the Final Selection Event, 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.

4.3 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.

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 government guidance or other 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. 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 Pathway.

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 for Scotland Rowing Team Coaches 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.

7. Selectors

Both senior and junior teams 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 Pathway and the team coaches.

8. Additional Team Information

8.1 Costs

Athletes will be expected to pay a contribution towards costs for attending the 2023 HIR Beach Sprints as a member of the Scotland Rowing Team. There will be no cost to coaches and boat handlers appointed to the Scotland Rowing Team.

8.2 Accommodation and Equipment

All equipment, including boats and oars, will be provided for team training sessions as well as the HIR Beach Sprints competition.

Accommodation for all athletes, coaches and support staff will be arranged by the Team Manager.

Team travel to Wales will be organised from Wednesday 6th – Sunday 10th 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 support staff selected will be expected to follow a high standard of behaviour while representing Scotland and will be expected to sign a document declaring such.

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 TBC

For information about the Scottish Rowing Performance Programme contact:

Head of Performance Pathway lee.boucher@scottish-rowing.org.uk

For any safeguarding matters contact:

Child Wellbeing & Protection Officer childprotection@scottish-rowing.org.uk / 07852 947907

9. Appeals

Registered senior 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 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 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 Provisional Team
- 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.

Appendix Beach Sprint Further Information

As this exciting format and boat design will be new to many rowers, a list of contacts and video links has been provided in the appendices to help you learn more about the beach sprint format.

1. [Introduction to coastal race module](#) Online Version (19min)
2. [SAFE Managing a water session \(F2.3a\)](#)(14min)
3. [SAFE Float Plan & Nav Hazards \(F3.C.3b\)](#)(55min)
4. [SAFE Pre-Launch \(F3.C.3c\)](#) (33min)
5. [Launching & landing \(F6.C.2a\)](#) (11min)
6. [Rescue Drills \(F2.C.1\)](#) (25min)
7. [Race Tech \(D1\)](#) (24min)
8. [Boat Entry \(D2\)](#) (15min)
9. [Boat Exit \(D3\)](#) (12min)
10. [Race Turns \(D4\)](#) (30min)
11. [Watership](#) (24min)
12. [Race Logistics \(E\)](#) (32min)