



22 July 2021

Lausanne, Switzerland

Dear National Federations,

World Rowing, as part of its goals, provides development opportunities on an annual basis to national federations to be able to attend training camps and regattas.

This is possible due to the support of Olympic Solidarity, the IOC Sports Department and the different national federations and organising committees for World Rowing Events.

European nations, historically the continent with the most rowing and rowing traditions are also a focus for the World Rowing Development Programme. Smaller nations who need support for their athletes, support to develop their female rowers and coaches are able to take part in the European U23 Championships with support from the Organising Committee and the World Rowing Development Programme.

Boat equipment is very kindly supported by several World Rowing Partners either free of charge or at a discounted rate.

We ask that you read through the entire document and contact the respective persons as listed in the document with any potential questions.

We look forward to working with you and thank you for your ongoing collaboration.

Best regards,

Handwritten signature of Daniela Gomes in black ink.

Daniela Gomes
Development Director

Handwritten signature of Gianni Postiglione in black ink.

Gianni Postiglione
Coaching Director

World Rowing Federation

2021 WR DEVELOPMENT PROGRAMME EVENT BULLETIN FOR EUROPEAN ROWING U23 CHAMPIONSHIPS

WORLD ROWING Development Programme

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PREFACE AND REQUIREMENTS

WORLD ROWING DEVELOPMENT PROGRAMME

The World Rowing Development Programme in cooperation with the European Rowing Board, the Kruszwica organising committee and the World Rowing Development Partners, are able to provide the following:

- Free accommodation for a limited number of athletes and coaches for the European Rowing U23 Championships.
- Limited boat equipment is available on request. For more than two boats per nations, teams will be asked to make a financial contribution.

Athletes should travel accompanied by the respective national coaches.

Teams will be eligible based on the following requirements:

- Evidence that the athletes and coaches proposed to take part in the event with WR development support are currently participating in regular training.
- Evidence that the athletes proposed to take part in the event with WR development support are selected following a clear selection process.
- Teams must submit results for the Test Performance Programme as outlined on page 4.
- Own budgets for travel, insurance, clothing kit, pocket money and additional team members not covered by development support.
- Visa requests need to be submitted 4 to 8 weeks in advance.
- No outstanding debts to World Rowing (including the 2021 Membership fee)

Your team should be training regularly and within the minimum recommended levels for the [World Rowing Training Programme](#)

WR Development Programme support will include:

- Airport pickup-drop off;
 - Accommodation in single or twin rooms (respecting the team's bubble and in compliance with the Event Covid-19 Protection Plan);
 - Meals: breakfast, lunch, dinner;
 - Hotel – Venue – Hotel transfers;
 - Boats (limited to supported athletes and reserved on a first come, first served basis)
- (Countries are requested to bring their own sculls and blade stickers)

For any questions, please contact Paolo Mattana, paolo.mattana@worldrowing.com & Giovanni Postiglione postiglione1gianni@gmail.com

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TEST PERFORMANCE PROGRAMME

- The teams to be supported/invited through the World Rowing Development Programme are required to provide testing results during the pre-regatta period to the World Rowing Development Department by 6 August 2021 for all the athletes applying for support. The Test Performance Programme is a necessary document required by teams who have been identified as needing to complete. Testing results must be submitted in the attached form. The participant selection for the World Rowing Development Programmes remain solely at the discretion of the World Rowing Development team.
- Instructions on drag factor and test preparation are provided in the protocol below.
- The rowers participating at the test programme will be considered as in the following categories:
 - **High performance** rowers with 6 and more years of rowing experience
 - **Intermediate** rowers with 3-6 years of rowing experience
 - **Beginners** rowers with 0-3 years of rowing experience
- Test distances on ergometer for the rowers

Category	Years of rowing	Test distances on Ergometer			
High performance	6 & more	150m anaerobic	2 km Race distance	6 km anaerobic threshold SR 24	15 km aerobic SR 22
Intermediate	3-6	150m anaerobic	2 km Race distance	n.a.	10 km aerobic SR 22
Beginners	0-3	150m anaerobic	2 km Race distance	n.a.	6 km aerobic SR 22

- Test protocol on ergometer

Category	Drag factor: (Concept 2)
Open Senior Men	135
Light Weight Men & Junior Men	125
Open Senior Women	120
Light Weight Women & Junior Women	110

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Day 1 - Morning

Warm up 30 minutes
1 x 150 meters max
Active recovery 20 minutes
1 x 2000 meters max
Aerobic regeneration light rowing 40 minutes

Day 1 - Afternoon

Warm up 30 minutes
1 x 6000 meters SR 24 or 10Km at SR 20-22
Aerobic regeneration light rowing 40 minutes

Day 2 (only for High Performance rowers) - Morning

Warm up 30 minutes
1x 15Km SR 20-22

* Kindly use the Test Performance excel report template as attached to submit testing results

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2021 EUROPEAN ROWING UNDER23 CHAMPIONSHIPS

Kruszwica, Poland – 4-5 September 2021

The Organising Committee has provided 15 places free of charge for development nations. This will be on a first come, first serve basis, based on eligibility. **Each team can apply for support for a maximum of 1 male, 1 female athlete and 1 coach (male or female). An additional place for a female coach will be considered when justified.**

Invited rowers or coaches will be able to take part in the event from 2 to 5 September 2021 (maximum of four nights for development support, from Wednesday/Thursday to Sunday or Monday). The cost for additional places/days is 50 eur/day/person and reservations must be done directly with the OC and be subject to prior confirmation. Support consists of free accommodation in single and twin rooms, meals and boats from 2 to 5 September 2021. Please note that there will be no shared rooming with athletes from different countries to respect the team bubble. Flight tickets will be at the cost of the participants. An airport transfer will be provided upon arrival and for departure, as well as local transport between the venue and accommodation.

Team's responsibilities

In light of the covid-19 global pandemic teams should follow all the recommendations from the World Health Organisation (WHO) and fully respect the guidance and recommendations of the local organising committee, the National Health authority and the World Rowing Sports Medicine Commission.

Accident/Health insurance are mandatory and the responsibility of each National federation for the entire delegation. All participants must have international travel insurance with medical care coverage for Covid-19. Teams are responsible for providing this travel coverage to each of their team members prior to boarding and must send proof of this medical coverage prior to their arrival.

Please send a scan of your insurance to Paolo Mattana at paolo.mattana@worldrowing.com .

Dates & Deadlines:

For **Accommodation & Equipment** from 2 to 5 September please send an email by Friday, 6 August (including the attached excel application form) to paolo.mattana@worldrowing.com

Accreditations & Entries for the regatta must be submitted online at the World Rowing platform no later than Friday, 20 August 2021. Please communicate with daniela.oronova@worldrowing.com if you have any doubt.

Information & Contacts:

Please refer to the following link to access event information and Organising Committee website & contact :

Email: BeataKruszwica@wp.pl

Event information: <https://worldrowing.com/event/2021-european-rowing-under-23-championships>

VISA: If you need a VISA contact the Organising Committee asap at BeataKruszwica@wp.pl .

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Safety

The ability to swim and tread water is fundamental for participants in a water sport, such as rowing.

Capsizing in a rowing boat can be dangerous if athletes are not able to tread water, and coaches need to be prepared.

All rowers competing in World Rowing Championships, World Rowing Cup regattas and European Championships and qualification regattas for the Olympic, Paralympic and Youth Olympic Games should be able to swim 50m and keep their head above water unassisted for three minutes. It is the responsibility of the Member Federation to ensure and certify that rowers can meet these minimum standards and be able to provide evidence thereof, if requested by World Rowing/European Rowing.”

Similarly, all rowers, other than those who are reliably known to have done capsize drills, need to have completed a boat capsize recovery exercise.

Swimming tests and capsize drill must be conducted in swimming pools with at least two lifeguards in attendance. World Rowing recommends that you contact your national swimming federation to ask for guidance, if needed. Swim tests should never be conducted in open water. Each Member Federation is requested to be able to certify the swimming ability for each rower presented for participation at a World Rowing activity.

It is recommended that Member Federations carefully read the British Rowing guidance on Swimming Competence that can be found in Section 3.6 of RowSafe, available through the following [link](#).