

World Rowing Federation

31 August 2021
Lausanne, Switzerland

**World Rowing Development Programme
Munich Organising Committee Support
2021 European Rowing Junior Championship regatta,
Munich, Germany 9 – 10 October 2021**

Dear Member Federations,

World Rowing, as part of its goals, provides development opportunities on an annual basis to member 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 member 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 Junior Championships with support from the European Board, the Organising Committee of the 2021 European Rowing Junior Championships (ERJCH) and World Rowing partners.

We kindly ask you to carefully 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,

A handwritten signature in black ink, appearing to read "Daniela Gomes".

Daniela Gomes
Development Director

A handwritten signature in black ink, appearing to read "Gianni Postiglione".

Gianni Postiglione
Coaching Director

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Teams will be eligible to receive Development Support based on the following requirements:

Eligibility for development support including regular training and within the minimum recommended levels for the [World Rowing Training Programme](#).

Compliance with the WR Test Performance programme and acknowledgement of the health, safety and safeguarding considerations within the WR statutes – please see pages 4-6.

Having a national selection policy, own budgets (for travel, insurance, COVID-19 PCR tests, clothing kit, general extra costs) and no outstanding debts to World Rowing.

Athletes should travel accompanied by the respective national coaches and athlete support personnel.

Development Programme – Munich OC Support

The Munich 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.

Please read this bulletin carefully and apply for support **no later than 08 September 2021**, using the **application form attached to inas.hussein@worldrowing.com**.

Invited rowers or coaches will be able to take part in the event from **09 to 10 October 2021 and plan the arrival to Munich for the 07th October**.

The development support consists of:

Full board accommodation in single and twin rooms (shared accommodation only for participants from the same team bubble) and hotel-venue-hotel transport from **7 to 10 October 2021 (max 3 nights support)**.

Each team can apply for support for a maximum one (1) male, one (1) female athlete and one (1) coach (male or female). An additional place for a female coach will be considered when justified. Any further participants beyond what is mentioned above shall be at the full cost of the federation.

Regatta programme:

Please refer to the following links for the event:

[Home - 2021 European Rowing Junior Championships Munich \(erjch2021.com\)](http://erjch2021.com)

[2021 European Rowing Junior Championships - World Rowing](#)

Accreditations & Entries for the regatta must be submitted online at the World Rowing platform <https://rowingtwo.sportresult.com> no later than **24 September 2021**. Please communicate with daniela.oronova@worldrowing.com if you have any doubt.

STEPS TO FOLLOW:

1. **Information** – Please send an email including the adequate excel application form to inas.hussein@worldrowing.com by **08 September 2021**. This email should include the size of the team you intend to send (i.e. the entire composition of the team whom you intend to send to the ERJCH). A decision will be made by 13 September 2021 on which rowers or coaches will be offered the free accommodation and equipment.

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2. **Boats available for loan:** Limited boat equipment is available on request and very kindly supported by several World Rowing Partners either free of charge or at a discounted rate. Please complete [this form](#) by 08 September if you require equipment assistance in Munich. For more than two boats per nation, teams will be asked to make a financial contribution.

Note: Kindly note that equipment double bookings are subject to exclusion from the Development programme. In addition, the equipment loan might not exactly meet particular specifications.

3. VISA regulations

Please ask the relevant consulate or embassy for the deadline to apply for a visa. If you need a Visa Invitation Letter to provide to your embassy, please contact the OC at info@regatta.de, copying inas.hussein@worldrowing.com

For more information follow this link: [Competitors - 2021 European Rowing Junior Championships Munich \(erjch2021.com\)](#)

Airport Transport

This service must be booked in advance not later than 24th September with accommodation@regatta.de copy to inas.hussein@worldrowing.com

International travel

The cost of travel to/from the home nation to Munich is the responsibility of each team/member federation, as are all costs related to insurance, PCR tests, clothing kit and general extra costs; such as additional participants and extended stays.

Accommodation

Please find below the **name and address** of the hotel in which you will be accommodated:

Victor's Residenz Hotel, Carl-von-Linde-Straße 42, 85716 Unterschleißheim

Prices for additional participants are:

143 Eur (single room) per day, 118 Eur (twin room) per person, per day, on a full board basis, and local shuttle bus services included.

Kindly note that the accommodation request for teams applying for development programme support will need to be done directly via World Rowing.

If you have any questions, please do not hesitate to ask us at inas.hussein@worldrowing.com with copy to accommodation@regatta.de.

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TEST PERFORMANCE PROGRAMME

Teams wishing to be considered for development support are required to provide testing results during the pre-regatta season from December to March as per the below protocol. Please send your test performance results to the World Rowing Coaching Director Giovanni Postiglione at postiglione1gianni@gmail.com, with copy to inas.husseini@worldrowing.com using **the attached Form**.

The teams to be supported/invited through the World Rowing Development Programme must have submitted results of the Test Performance Programme to the World Development Department for at least three months for all the athletes applying for Development support. The Test Performance Programme is a necessary document required by teams who have been identified as needing to complete. The final participant selection for the World Development Programmes remains 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 six (6) and more years of rowing experience
- **Intermediate** rowers with three to six (3-6) years of rowing experience
- **Beginners** rowers with zero to three years (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

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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

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

World Rowing Statutes

It is a priority for World Rowing to preserve the health and safety of the athletes and coaches. Please read the World Rowing Statutes, Rules of Racing and kindly acknowledge Appendix S10, Bye-law to article 57 of the rules (World Rowing Commitment Form). Safety matters and safeguarding policy are referred to explicitly to help ensure awareness amongst participants, in terms of their responsibilities and their well-being.

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.

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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](#).

World Rowing Anti-Doping Information

Fundamental Rationale for the Code and World Rowing's Anti-Doping Rules:

Doping is fundamentally contrary to the spirit of sport, the principle of fair play, medical ethics and can be harmful for the health of the rowers.

Please visit [Anti-Doping - World Rowing](#) for more information.

WADA Education initiatives

Please access WADA's [Anti-Doping Education and Learning platform \(ADEL\)](#) where digital education programs and resources are available for your athletes and athlete support personnel.

Safeguarding and Athlete Welfare

World Rowing believes that it is a fundamental right of all individuals involved with World Rowing to be able to participate in a non-violent, safe and respectful environment. Please visit [Safeguarding - World Rowing](#) for more information