



Joint Commissions Meeting

2020 Virtual

2020 Report of the Athletes Commission

2020 Primary Achievements

1. BPP – Big Plastic Pledge
 - 18,000 people reached
 - 1,102 engagements
 - Martin Helseth as Ambassador

World Rowing Athletes Commission
Published by Julien Bahain · June 7 · 🌐

Martin Helseth is taking over Instagram on [World Rowing](#). Go check out his story. As a World Rowing Ambassador to the [Big Plastic Pledge](#), join him today, take the pledge and let's reduce single use plastic together as a team. [#singleuseplastic](#) [#instatakeover](#)

World Rowing Athletes Commission
Published by Julien Bahain · June 5 · 🌐

Today is World Environment Day! We are grateful everyday to practice a sport that is dependant on the environment. But it is also our responsibility to care for it. Take the Big Plastic Pledge alongside Norwegian rower Martin Helseth and the World Rowing Athletes Commission, and promise to do your part to help reduce single use plastic in sport 🌐 More info 📄 www.bigplasticpledge.com Tune in next week as Martin takes over our World Rowing's Instagram [.#betterbackwards](#) [#redu...](#) [See More](#)

18,888 People Reached 1,102 Engagements Boost Post

👍❤️ 49 39 Shares

2020 Report of the Athletes Commission

2020 Primary Achievements

2. Row like a Star - Motivational message

A Message to Junior Rowers

world
rowing
Athletes
Commission

The logo for the World Rowing Athletes Commission, featuring a stylized blue circle with a white outline.

2020 Report of the Athletes Commission

2020 Primary Achievements

3. COVID-19 Athlete Outreach

- Virtual meetings with National Athlete Representatives between March and May to support the decision making process and canvass feedback from athletes



2020 Report of the Athletes Commission

2020 Primary Achievements

4. AC Chair invited to join Executive Committee meetings
5. Athlete Commission Election

World Rowing Athletes Commission
Published by Frida Svensson · October 18 at 6:25 AM · 🌐

Dear Rowing friends, Dear Athletes

Today is a historical day for our athletes, it's a historical day for FISA and for our member federations.(MF) Today FISA took a monumental step towards increased athletes' involvement at the highest level of decision making.

At today's 2020 FISA Extraordinary Congress FISA MF voted yes to approval of Council proposal for statute Appendix S5 - Athletes Commission Regulations.... [See More](#)

46 Proposed Changes to the Statute Appendices (absolute majority)
Vote 8
Do you approve the Council's proposal for Statute Appendix S5 - Athletes' Commission Regulations?

Total Possible Votes	139	
Abstentions and Blank Votes	6	
Valid Votes Cast	133	
Yes	129	96.99%
No	4	3.01%

world rowing | **FISA**

2020 FISA Ordinary & Extraordinary Congresses

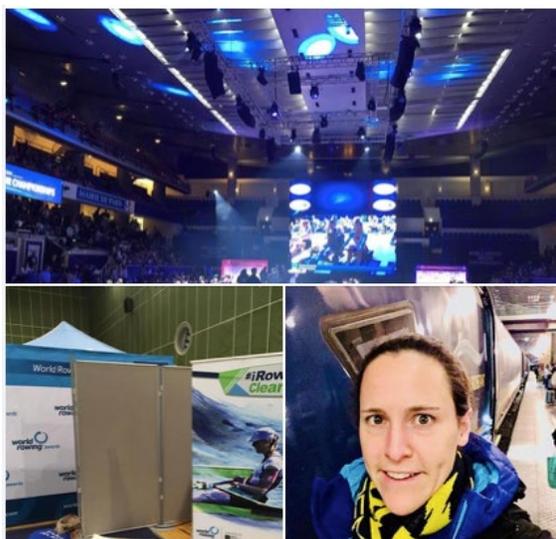
2,652 People Reached 307 Engagements [Boost Post](#)

2020 Report of the Athletes Commission

2020 Primary Achievements

6. Athletes Commission Members attended and supported the following events:

- WR Indoor Championships – Paris
- European Championships – Poznan



World Rowing Athletes Commission
Published by Julien Bahain · February 3 ·

Sophie Hosking will be at the 2020 World Rowing Indoor Championships in Paris this coming weekend as your Athletes Commission representative. A great opportunity to get in touch with us. [#athletescommission](#) [#athletesvoice](#)

SOPHIE HOSKING
Age: 34
Nationality: BRITISH
Place of residence: London, UK
International Career: 2003-2012
Boat class: LW2x
Career Highlights: Olympic Champion 2012 – 4-time World Medalist
AC Member since : 2015
Role in the AC: As the resident lawyer, I'm the minute and note taker ;)

"I firmly believe that athletes should have a strong voice in the direction and future of our sport and wanted to help ensure that athlete's views and opinions are heard."

2020 world rowing® indoor championships Paris France

328 People Reached 16 Engagements [Boost Post](#)

2021 Report of the Athletes Commission

2021 Primary Objectives

1. **WADA Outreach- Row Like A Star – antidoping education**
2. **Where possible be present at all senior events for the possibility to help, educate and assist.**
3. **Sustainability Outreach - BPP**
4. **Mental Wellness – be present, assist with webinars, education.**



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2021 Primary Objectives / Following Strategic Plan Objectives

1. Govern / Administer

- AC Election – prepare material, information and update

2. Develop

- Mental wellness
- Sustainability Outreach
- WADA Outreach

3. Showcase through Events

- WADA / BPP
- Athlete Lane Selection

4. Promote Rowing

- Continue working with Coastal
- Athlete Lane Selection

5. Respect the Environment

- Water bottle reduction at the start
- Virtual Meetings
- Increase our work with BPP



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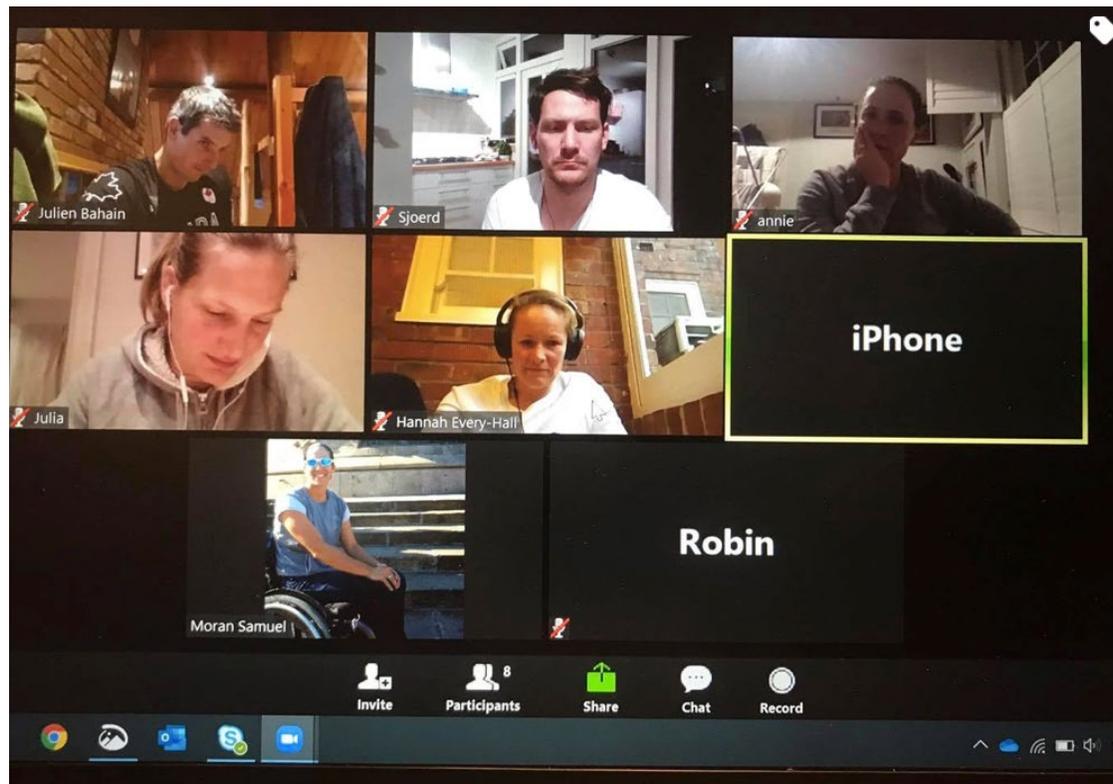
Budget Information (for Ex Comm)

- **WADA Outreach / Row Like a Star**
 - **AC Tent**



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“Thank you for your continued support and trust”

The Athletes Commission