



Development Support
2022 WR U19 & U23 CH
27-31 July 2022
Varese, Italy
Bulletin No. 1



Local Organising Committee (LOC)

COMITATO ORGANIZZATORE DEI CAMPIONATI INTERNAZIONALI DI CANOTTAGGIO VARESE 2025

Via dei Canottieri 21, 21100 – Varese

Website: [World Rowing U19 & U23 Championships – World Rowing U19 & U23 Championships \(vareserowing.com\)](https://www.vareserowing.com)

OC Coordinator for the World Rowing Development Group: Lisa Tondini rowing@vareseturismo.it

World Rowing Development Manager: Paolo Mattana, paolo.mattana@worldrowing.com

Introduction

As part of its goals, World Rowing provides development opportunities on a regular basis for targeted Member Federations (MFs), who are identified as needing support for their crews, with the aim of supporting and enabling such MFs to participate in World Rowing key events and championships.

As part of the World Rowing Development Programme, and with the generous support of the 2022 Varese World Rowing under 19 & 23 Championships (WRU19&U23CHs) LOC, we have the pleasure to send targeted MFs the development programme bulletin.

Please read this bulletin carefully and apply for support **no later than Friday 29 April 2022** to Paolo Mattana, paolo.mattana@worldrowing.com, using the application forms attached.

Development Programme - Varese 2022 - ELIGIBILITY

Targeted MFs and their Teams will be eligible based on the following requirements: regular training and compliance with the WR Test Performance programme – (please see pages 5 and 6 for detailed information); having a national selection policy; having own budgets for travel (including flight tickets), insurance, COVID-19 PCR tests, clothing kit, general extra costs... etc, and no outstanding debts to World Rowing.

Development Programme - Varese 2022 - Key dates and support

As part of the 2022 Varese WRCHs development programme, there is support available for a maximum of 80 rowers and/or coaches. Support consists of free accommodation in shared rooms, meals, boats rental and local transport from **24/25 – 31 July/1 August 2022 (maximum support for 7 nights)**. Please note that, athletes and coaches will be housed with other athletes and coaches of the same gender, and flight tickets will be at the cost of the participants/MFs, as well as, any other expenses apart from those mentioned above as being covered through the development support.

Each team can apply for development support **for a maximum of two female + two male athletes and one coach (female or male)**. An additional place for a female coach may be considered when justified at the discretion of World Rowing Development.

Invited rowers and/or coaches will be able to take part in the events from 27-31 July 2022.
World Rowing will invite coaching experts to support the programme.

Please note that **the deadline for team applications is 29 April 2022, applications sent after the deadline will not be considered.**



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There is a maximum number of nations and persons that can be funded. This number depends on the number and size of the teams and quality of all the applications sent by Member Federations. However, Member Federations are welcome to send more athletes and coaches at their own cost to take part in the 2022 WRU19&U23CHs. The extra costs should be paid directly to the Varese OC.

Supported MFs/participants will receive:

- **Transport:** Airport pickup/drop off and local transportation between venue and hotel during the WRU19&U23CHs official period.
- **Accommodations:** Accommodation in shared rooms of the same gender (check-in 24/25 July, check-out 31 July/1 August) (**maximum 7 nights**)
- **Meals:** Breakfast, lunch, dinner
- **Coaching:** Support from World Rowing Coaches
- **Equipment:** Maximum of two boats loaned per nation

Boats and Equipment

For participants approved by each MF and WR, equipment (maximum of two boats per nation) will be free of charge during the training and racing period.

The rental price of additional boats per seat/per day is 30,00 €.

For equipment requests the information should be sent to WR by 29 April 2022.

Each team is highly recommended to bring their own oars as all of these need to be painted on both sides in the colours of the respective federations. This service will not be offered.

All equipment must comply with World Rowing Rules of Racing.

Criteria

As places are limited, World Rowing will select the nations to invite following the below criteria:

- Applications will only be considered if all the required test performance documents are received and approved by the World Rowing Coaching Director. These must be submitted with the application as per instructions below.
- Commitment to a training programme and evidence of athletes and coaches participating in regular training.
- Athletes need to be able to swim in deep-water and perform a capsizing drill. This is the responsibility of the National Federation to confirm.
- World Rowing 2022 Subscription fees paid.
- Compliance with the [pre-competition health screening](#).
- Compliance with the 2022 World Rowing Event testing and vaccination policy.

Key contacts and application

To make sure the arrangements are clear, please read this bulletin in detail and keep in regular contact with World Rowing and the Organising Committee:

World Rowing Development Manager: Paolo Mattana, paolo.mattana@worldrowing.com

OC Coordinator for the World Rowing Development Group: Lisa Tondini (rowing@vareseturismo.it)

As soon as possible, please send an email with the following information to the above-mentioned contacts (**deadline 29 April 2022**):



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- **Form 1 completed with the applicants' details (athletes & coach)**
- **Form 2 completed with the athlete test performance**

This application should include the total size of the team you intend to send to the WRCHs, not just the participants applying to receive support. A decision will be further made on which rowers and/or coaches will be offered the support.

- **Information about arrival and departure dates and time for a pick-up from the airport should be sent by 30 June 2022 at the latest to:**
World Rowing Development Manager: Paolo Mattana, paolo.mattana@worldrowing.com
OC Coordinator for the World Rowing Development Group: Lisa Tondini (rowing@vareseturismo.it)

Please note that, international travel support is not included. MFs need to cover their own flight tickets.

Information on VISAS

If you need a visa to enter Italy, please follow the instructions on the [Event bulletin](#).

Please note that the Visa issuance process can take several weeks, so you should apply as early as possible.

Contact the LOC well in advance at varesecrowing@gmail.com

[Request for Visa Invitation](#)

General Programme

Arrival	24 or 25 July 2022
2022 WRU19&U23CHs	27-31 July 2022
Departure	31 July or 1 August 2022

Maximum 7 nights' accommodation support is offered. Any extra night shall be covered by the MFs. (85€/person/day in single room with half board, 65€/person/day in twin room with half board – lunch will be provided at the venue at 20€/meal)

Please refer to the following links for the event

WR Event pages:

[2022 World Rowing Under 23 Championships - World Rowing](#)

[2022 World Rowing Under 19 Championships - World Rowing](#)

Event Bulletin: [2022-WRU19U23CH-Bulletin-2.pdf \(worldrowing.com\)](#)

Organising Committee Website:

[World Rowing U19 & U23 Championships – World Rowing U19 & U23 Championships \(vareserowing.com\)](#)

Transport

Shuttle Bus Service

Airports and Varese Train station

Shuttle from and to Malpensa, Linate and Bergamo airports and Varese train Station will be provided free of charge for applicants approved for development support. For extra participants who will book accommodation through the Organising Committee this can be organised by the LOC at a fair price. **The final travel information must be sent to the OC by email no later than 30 June 2022.** The Arrival and Departure booking forms will be available at [Varese OC Website](#). Contact: transport@vareseturismo.it and copy Lisa Tondini (rowing@vareseturismo.it) and Paolo Mattana, paolo.mattana@worldrowing.com



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Hotel-Venue

A **Shuttle bus service will operate connecting the regatta course and the official hotel (AS Hotel Fiera) from 24 to 31 July 2022**, according to the timetable to be announced by the LOC. The travel time from the AS Hotel Fiera and the Regatta Venue is approximately 40 minutes. The transport fee is included in the accommodation costs. However, transportation before official operational dates of the shuttle bus can also be arranged and will be subject to additional charges.

Accommodation

The Organising Committee has reserved [AS Hotel Sempione Fiera](#) as the official hotel for the WR development group.

The cost of accommodation (including full board) and local transport is supported by the LOC for 7 nights for a maximum of four athletes and one coach, previously approved by the Member Federation and World Rowing. Accommodation includes half board (HB), and the lunch will be provided at the venue.

For additional participants, the cost of HB accommodation and local transport is 85€/person/day in single room, 65€/person/day in twin room – lunch at the venue is provided at 20€/meal.

Additional participants are encouraged to send their accommodation request well in advance, by 29 April 2022. Accommodation within the development group must be booked via WR and the OC using the development application form and identifying the entire delegation, including extra persons outside of the development support.

Rules of racing

Racing will be run in accordance with the [World Rowing Rules of Racing](#)

Safety and health of the rowers

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.

Rowers may only compete at the World Rowing Championships if they have submitted a signed commitment form. Each Team official must have submitted a commitment form before accreditation is issued.

Swimming ability

The ability to swim and stay afloat is essential for participants in water sports, such as rowing. The risk of tipping over or falling into the water in a rowboat can be dangerous if athletes are unable to stay afloat, and coaches need to be prepared.

Each rower taking part in the development programme at the WRU19&U23CHs shall ensure that they have a state of health and fitness which allows them to compete at a level commensurate with a world level event; and they have a basic swimming ability, including being able to swim 50 m and keep their head above water unassisted for three minutes.

Accordingly, prior to attending the WRU19&U23CHs, all national rowing federation officials need to verify athlete compliance with the safety and health of the rowers. Likewise, all rowers, unless they are athletes who are known to have already performed the capsize drill, must have completed the capsize drill with safe recovery.



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Swim tests and capsized drills must be held in pools with at least two lifeguards present. World Rowing recommends that you contact your national swimming federation and ask for guidance, if necessary. Swim tests should never be conducted in open water. Each national federation is required to certify the swimming ability for each rower submitted to participate in a World Rowing development activity.

It is recommended that members of the federation carefully read the guidelines of the British federation on swimming competitions found in section 3.6 of RowSafe, available at the link below:

<https://www.britishrowing.org/wp-content/uploads/2018/10/Row-Safe-April-2018.pdf>

Please note that all rowers must have completed a pre-competition health screening as per the World Rowing rule book, by laws to rule 14 – safety and health of rowers.

Insurance & Liability

The participants are responsible for insurance costs of equipment and persons. The Organising Committee declines all liabilities for all kinds of damage in the area of the regatta. Participants are solely responsible for themselves and the material used. The OC is not responsible for damages that may occur in the Italy.

Each Member Federation shall ensure that it has adequate and appropriate insurance cover in place for each of its rowers and accompanying team officials (including delegates) for at least the duration of the event and the period of travel to and from. We refer to Rule 15 – insurance on the WR rule book for “adequate and appropriate insurance cover”.

It is mandatory that all participants have medical and incident insurance abroad, including Covid-19 coverage.

Covid 19 Test

World Rowing encourages all participants to be vaccinated and stay current with the COVID-19 vaccination cycle. All participants to the regatta are required to follow the event’s guidelines of the Organising Committee for the prevention of infection from COVID-19. These will be available on the [Varese OC Website](#) and on World Rowing’s Event pages:

[2022 World Rowing Under 23 Championships - World Rowing](#)

[2022 World Rowing Under 19 Championships - World Rowing](#)

Weather

For weather updates please visit: <https://www.astrogeo.va.it/meteo/>

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 paolo.mattana@worldrowing.com by **29 April 2022 at the latest using the attached Excel reporting form.**

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 Stroke Rate (SR) 24	15 km aerobic Stroke Rate (SR) 22
Intermediate	3-6	150m anaerobic	2 km Race distance	n.a.	10 km aerobic Stroke Rate (SR) 22
Beginners	0-3	150m anaerobic	2 km Race distance	n.a.	6 km aerobic Stroke Rate (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

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



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1 x 6000 meters SR 24
Aerobic regeneration light rowing 40 minutes

Day 2 - Morning

Warm up 30 minutes
1x 15Km SR 22 or (for High Performance rowers)
10Km at SR 22 (for Intermediate rowers)

* Kindly use the Test Performance [excel report template](#) attached to submit testing results