



**LEVEL 1 PARA ROWING MODULE COACHING
COURSE, TRAINING CAMP & 14TH TUNIS LAKE
INTERNATIONAL REGATTA 15-20 MARCH
2022 TUNIS, TUNISIA**

Organising Committee
Tunisian Rowing Federation
Address: Maison des Fédérations Sportives
Avenue de la Terre, Cité Olympique 1003
Tel: +216 98 344 054
General Coordinator: Fayçal SOULA
E-mail: Faysal.soula@trf.org.tn

BULLETIN NO. 1

APPLICATION INFORMATION - IMPORTANT

To make sure that L1 Para rowing module coaching course, training camp and regatta arrangements are clear, please carefully read this bulletin for details and keep in regular contact with the Organising Committee (OC) and World Rowing (WR):

Name, e-mail, Phone Number: Fayçal Soula Faysal.soula@trf.org.tn, +216 98 344 054
Name, e-mail, Phone Number: Anna Mguni anna.mguni@worldrowing.com +263 77 228 2717

As soon as possible please send an email to the above-mentioned contacts with the following information:

- **Full contact (name, email, phone) of person responsible for the applications.**
- **Official application letter signed and stamped by the MF to be sent before the 27th of February 2022.**
- **Complete the attached “WR DP MF Application form” and send it before the 27th of February 2022.**
- **Information about accommodation booking for your team (number of twin and single rooms) must be submitted by the 6th of March 2022.**
- **Information about arrivals, departures, and airport pick-up times must be submitted by the 6th of March 2022.**
- **International travel support is NOT included. We suggest you reach out to your respective NPC and submit a request for support through the NPC Development Programme – Athlete Support Programme.**

INFORMATION ON VISAS

If you need a visa to enter Tunisia, please send a request for a letter of invitation to the OC.

** Please contact the Embassy of Tunisia in your country for information on the documentation you may need to enter Tunisia, and to be able to apply for a visa and/or submit the application forms to the OC.

Note that the Visa issuance process can take several weeks, so you should apply as soon as possible.

General Program

Arrival:	14 March 2022
Para rowing module coaching course and training camp:	15-19 March 2022
Tunis Lake International regatta	20 March 2022
Departure	20/21 March 2022

Events Offered at the 14th Tunis Lake International Regatta (TLIR)

Men (M): 1x, 2x.

Women (W): 1x, 2x.

Lightweight Men (LM): 1x, 2x.

Lightweight Women (LW): 1x, 2x.

Para-rowing : PR1 W1x, PR1 M1x, PR3 Mix2x. (these events are medal events for Paris 2024 Paralympic Games)

RULES OF RACING

Racing will be run in accordance with the World Rowing Rules of Racing

[2021 World Rowing Rule Book - EN - World Rowing](#)

[2021 World Rowing Rule Book - FR - World Rowing](#)



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SAFETY AND HEALTH OF THE ROWERS

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 TLIR Regatta shall ensure that they have a state of health and fitness which allows them to compete at a level commensurate with a continental level event; and that 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 TLIR Regatta, 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 capsized drill, must have completed the capsized drill with safe recovery. 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 training camp or 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 all insurance costs, for equipment and for persons. The Organising Committee declines all liabilities for all kinds of damage in and around the sport event, including the regatta. Participants are solely responsible for themselves, and the material used. The OC is not responsible for damages that may occur in Tunisia.

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 the event. 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. Proof of the insurance contract must be sent to the OC for accreditation.

COMMITMENT FORM

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

COVID 19 TEST

All participants who require the COVID-19 PCR test or similar prior to their return home, will have to notify the OC. The antigenic tests will have an approximate cost of **€15,00 (Fifteen Euros)** and the PCR tests **€50 (Fifty Euros)** and will be carried out at the venue. Please request the Covid-19 exam in advance to the OC.



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TRANSPORT

Shuttle Bus Service

Arrival and departure transfer service will start on the 14th of March 2022 and will end on the 21st of March 2022. There will be an airport transfer and daily shuttle bus between the hotel and the venue: it will run on a schedule.

A Shuttle bus service will operate connecting the regatta course and the official hotel from 14th – 21st of March 2022, according to the timetable. This will be available to all those taking part in the training course and the TLIR.

El Mouradi Gammarth hotel is within 20 minutes driving to the regatta venue.

The transport fee will be included in the accommodation costs.

ACCOMMODATION

The Organising Committee has appointed the Hotel El Mouradi Gammarth, located at 18 km / 20 minutes away from the venue, as the official facility for the Para rowing coaching course, the training camp, and the regatta.

The cost of accommodation and local transport is **€75 (Seventy-Five Euros)** /per person/per day in a twin room, **€100 (One Hundred Euros)**/per person/per day in a single room. This includes full board and accommodation with breakfast and dinner at the hotel.

This cost is supported by World Rowing from the 14th - 20th/21st March for a maximum of three (3) participants previously approved by the Member Federation: one or two para rowers, one (1) male and/or one (1) female; and one (1) para coach, male or female.

Additional participants are encouraged to send their accommodation requests well in advance. Accommodation must be booked through the Organising Committee via email: faysal.soula@trf.org.tn

More information can be found: www.trf.org.tn

ROWING VENUE

The rowing venue is located on Tunis Lake (Club Nautique du Lac): more information can be found on this link [here](#)

BOATS AND EQUIPMENT (Boat booking sheet to be forwarded)

For participants approved by each MF, equipment (Wintech Racing boats or Swift Racing boats) will be free of charge during the race.

For equipment during the period from the 15th -19th February 2022.

The rental price of Wintech Racing or Swift Racing boat with oars per seat per day is **€30,00 (Thirst Euros)**.

For equipment requests the information should be sent to the Organising Committee until the 6th of March 2022.

Each team is highly recommended to bring their own oars and sculls as all these need to be painted on both sides in the colors of the respective federations.

All boats and other equipment must comply with World Rowing Rules of Racing.



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WEATHER

For up to the minute weather please click [here](#)

The past average weather conditions in venue, in March, are as follows:

Average daily maximum air temperature (°C)	19	Predominant wind direction	West
Average daily minimum air temperature (°C)	9	Average wind speed (m/s)	5,2
Average relative humidity (%)	71	Minimum wind speed (m/s)	2,7
Precipitation (mm)	48	Maximum wind speed (m/s)	7,8