

26 February 2022
Lausanne, Switzerland

**2022 World Rowing Development Training Camp &
XXXVI “Memorial Paolo d’Aloja” International Regatta
Piediluco, Italy, 03-10/11 April 2022**

Dear Member Federations,

With the valuable support of the Italian Rowing Federation (FIC), World Rowing is pleased to offer a limited number of rowers and coaches from targeted Member Federations the chance to take part in a World Rowing Development Training Camp and the 2022 Paola d’Aloja Memorial International Regatta in Piediluco, Italy.

Invited rowers and coaches will be able to take part in a training camp before the event from **03 to 07 April 2022**. The Regatta will take place from **08 to 10 April 2022**.

World Rowing coaching experts Giovanni Postiglione and Fayçal Soula will supervise the training camp.

Please read this bulletin carefully and apply for support **no later than 06 March 2022**, using the attached application form.

Arrival/Departure Dates

Teams are expected to plan their travel to arrive on Sunday, **03 April 2022** and depart on the evening of Sunday **10 April** or **morning of Monday 11 April 2022** at the latest.

Travel and Medical Insurance

All participants are responsible for insurance costs of equipment and persons. The Organising Committee (OC) 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 Italy.

As such, 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 Italy. We refer to Rule 15 – insurance on the WR rule book for “adequate and appropriate insurance cover”.

It is mandatory that all participants have adequate overseas medical and incident insurance, including Covid-19 coverage. All and any expenses, including without limitation, accommodation, boarding, medical examination and medical services...etc. (in case of quarantine in Italy for Covid-19 cases while at the event) are to solely be covered by each Member Federation/team affected.

FIC/ World Rowing Development Programme Offer

The FIC/WR Development Programme offer will include free accommodation (**max 07 nights’ support**) in individual and shared rooms, meals, airport transport and boats loan from 02 to 10/11 April 2022 (training camp and regatta) **for maximum one (1) male athlete, one (1) female athlete and one (1) coach (male or female)**.

Please note that the FIC/WR Development Programme offer is different from the FIC offer for the event covering a maximum of five athletes per Member Federation Team for three days (**8,9,10 April**) as per what was circulated by FIC. So, please note that, you cannot combine both offers.

What could possibly be an option if you have more crews to participate is you apply for the FIC/WR Development Programme offer, then apply for 2 additional athletes with FIC support (only 3 days covered by FIC, while any extra expenses shall be covered by each Member Federation).

Teams will be eligible based on the following requirements: Eligibility for development support (including regular training and compliance with the WR Test Performance programme – please see below), 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.

Please note that, the expenses related to flight tickets and any international travel related expenses, such as; entry visas, travel and medical insurance, Covid-19 testing, quarantine or medical services in Italy, extra nights and/or extra participants beyond the persons covered through the development offer and/or FIC offer...etc. are at the cost of each Member Federation and its participating team.

Regatta Programme:

Men's events

Senior: 1x, 2x, 4x, 2-, 4-, 8+

LW: 1x, 2x, 2-

Junior: 1x, 2x, 2-

Women's events

Senior: 1x, 2x, 4x, 2-,4-

LW: 1x, 2x

Junior: 1x, 2x, 2-

The provisional competition schedule, subject to change is available at the following link:

http://www.memorialdaloja.org/boat_schedule.shtml;

Please check in advance the Progression System at the following link:

http://www.memorialdaloja.org/progression_system.shtml;

Entries and registration

Entries for both competition days must be submitted on line at the following link entry.canottaggio.net no later than **03 April 2022**. However, in order to allow teams to try more combinations for their crews, changes or new entries for the second day of the regatta (Saturday 9 April) will be allowed on site until one hour after the end of the Saturday Finals.

Please note that a preliminary registration of the rowers and all team members on the platform will be required (basic personal data and passport size picture). Entries for unregistered rowers will not be possible. The registration allows issuing a digital code (QRCode) readable with smartphone, tablet or PC with cameras. This will make identifying Team members simple and secure.

The QR Code image will be used as accreditation for access to the venue and for any other identification purpose (for rowers, access to the pontoons or weight control).

Boats Rental

The official boat builder supporting the Development programme for this event is Filippi Boats. The requests for equipment support should be sent to inas.hussein@worldrowing.com **no later than 06 March 2022** via the attached application form. Teams are requested to bring their own oars, blade stickers, as well as, training and competition uniforms.

Accommodation & Extra Participants

The Teams included in the FIC/WR Development Programme will stay at **Hotel Tulipano**.

Prices for extra participants/extra nights are:

- Single Rooms: 74 Euro per person/per night/full board
- Double Rooms: 62 Euro per person/per night/full board

Airport Transport

The Organising Committee will provide free transport from/to Rome Fiumicino Airport and free local transport for participants covered through the FIC/WR Development Programme. This is applicable for teams arriving on 03 April 2022 and departing on 10/11 April 2022. Teams travelling on other dates should arrange their own transport.

A specific pick up and drop of schedule will be prepared and sent in advance of the training camp.

STEPS TO FOLLOW:

1. **MF Application communicated to World Rowing** – Please send an email confirming your interest to be included in the development programme, together with the completed attached application form to Inas Hussein inas.hussein@worldrowing.com by **06 March 2022 at the latest**. The application form should include the list of the whole team you intend to send to Piediluco, including extra participants beyond the ones supported through the development programme and the FIC offer (if applicable). **A decision will be made by 12 March 2022** on which rowers or coaches will be offered the free participation.
2. **Entry VISA** – Please complete the attached **VISA form** and send the names of the rowers and coaches, along with a personal passport style photo and a scan or photocopy of their passport face page by **06 March 2022 at the latest** to Inas Hussein inas.hussein@worldrowing.com.

The visa request procedure does not require a generic invitation letter. A barcode or a protocol number will be issued for approved participants to present to the respective embassy. This will only cover rowers and coaches.
<http://www.memorialdaloja.org/VISA.shtml>

3. **Embassy Relations** – Please ask the relevant consulate or embassy for the deadline to apply for a visa. You should make contact with the embassy as early as possible, and make them aware of your plans. Get a detailed list of all the information you will be required to produce in order to make your travel arrangements. To avoid any problems for denied visa, it is suggested to make an appointment with the embassy in your country no later than 10 March 2022 (beyond this date the Italian NOC is not able to assist with the visa procedure).

Information about travel to enter Italy is available at the following link:

[COVID-19 QUESTIONARIO \(viaggiare Sicuri.it\)](#);

Event Safety & Security Measures:

World Rowing encourages all participants to be vaccinated and stay current with the COVID-19 vaccination cycle.

This year the Organizing Committee is committed to deliver a safe event, following the Covid-19 prevention plan, that will be published shortly on the event website to minimize the risk of transmission of Covid-19.

[Memorial "Paolo d'Aloja" \(memorialdaloja.org\)](http://memorialdaloja.org)

In Italy, sports competitions are held in accordance with the specific protocol adopted by the sports organization.

Please check the requirements for participants at the following link: http://www.memorialdaloja.org/2022_edition.shtml

(such as; EU Digital Covid Certificate or equivalent certificate (reinforced green pass) and molecular or rapid test with negative results for the SARS-CoV-2 when necessary).

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.

If you have any questions, please do not hesitate to ask Inas Hussein, World Rowing Development Manager at inas.hussein@worldrowing.com and/or memorial@canottaggio.org.

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

Enclosures:

- Application Form (including equipment order)
- Entry Visa Request Form
- Test Performance Reporting Sheet

*See below the Test Performance Programme Protocol

**WORLD ROWING
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 February as per the below protocol. Please send your test performance results using the attached reporting sheet to World Rowing Coaching Director, Giovanni Postiglione at postiglione1gianni@gmail.com, copying Inas Hussein at inas.hussein@worldrowing.com.

The teams to be supported/invited through the FIC/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

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 attached to submit testing results by 06 March 2022.**