



Development Support
2022 World Rowing CH
18-25 September 2022
Račice, Czech Republic
Bulletin No. 1



Český
Veslařský
Svaz

Organising Committee (OC)

Národní olympijské centrum vodních sportů, z.s. Zátokova 100/2 169 00 Praha 6 - Břevnov www.rowingracice.com
OC Coordinator for the World Rowing Development Group: Josef Johaneč, johaneč@veslo.cz
World Rowing Development Manager: Inas Hussein, inas.hussein@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 Račice World Rowing Championships (WRCHs) Organising Committee, ČVS Český veslařský svaz, 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 3 June 2022** to Inas Hussein, inas.hussein@worldrowing.com, using the application forms attached.

Development Programme - Račice 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, travel and medical insurance, COVID-19 PCR tests, clothing kit, general extra costs...etc.), and no outstanding debts to World Rowing.

Events Offered

The following Olympic and Paralympic Events and International Events are offered at the World Rowing CHs:

Men (M): 1x, 2x, 2-, 4x, 4-, 8+

Women (W): 1x, 2x, 2-, 4x, 4-, 8+

Lightweight Men (LM): 1x, 2x, 2-, 4x

Lightweight Women (LW): 1x, 2x, 2-, 4x

Para-rowing: PR1 W1x, PR1 M1x, PR2 Mix2x, PR2 M1x, PR2 W1x, PR3 Mix2x, PR3 Mix4+, PR3 M2-, PR3 W2-.

Development Programme - Račice 2022 – Key dates and support

As part of the 2022 Račice WRCHs development programme, there is support available for a maximum of 100 rowers and/or coaches. Support consists of free accommodation in shared rooms, meals, boats rental and local transport from **15/16 – 25/26 September 2022 (maximum support for 10 nights)**. Please note that, athletes and coaches will be housed with other athletes and coaches of the same gender from double, to quadruple occupancy rooms and shared toilets/bathrooms, 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 event from 18-25 September 2022.

World Rowing will invite coaching experts to support the programme.

Please note that the deadline for team applications is Friday 3 June 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 World Rowing Championships. The application should mention the whole delegation and the extra costs should be paid directly to the Račice OC.

Supported MFs/participants will receive:

- **Local transport:** Airport pickup/drop off and local transportation between venue and hotel during the CHs official period.
- **Accommodation:** Accommodation in shared rooms of the same gender (check-in 15/16 September, check-out 25/26 September) (**maximum 10 nights**)
- **Meals:** Breakfast, lunch, dinner
- **Coaching:** Support from World Rowing Coaches
- **Equipment:** Maximum of two boats 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 **Friday 3 June 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 Head of Coaching. 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 capsized drill. This is the responsibility of the Member 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 carefully read this bulletin in detail and keep in regular contact with World Rowing and the Organising Committee:

World Rowing Development Manager: Inas Hussein, inas.hussein@worldrowing.com

OC Coordinator for the World Rowing Development Group: Josef Johaneč, johaneck@veslo.cz

As soon as possible, please send an email with the following information to Inas Hussein, inas.hussein@worldrowing.com (**deadline 3 June 2022**):

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



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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 31 July 2022 at the latest to:**

World Rowing Development Manager: Inas Hussein, inas.hussein@worldrowing.com

OC Coordinator for the World Rowing Development Group: Josef Johaneč, johaneč@veslo.cz

Please note that, international travel support is not included. MFs need to cover their own flight tickets, insurance, Covid-19 tests and all other extra costs not included as part of the development support.

Information on VISAS

If you need a visa to enter the Czech Republic, 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.

General Programme

Arrival:	15 or 16 September 2022
2022 World Rowing Championships:	18-25 September 2022
Departure:	25 or 26 September 2022

Maximum 10 nights' accommodation support is offered. Any extra nights shall be covered by the MFs and paid directly to the OC.

Prices for additional participants including FB accommodation and local transport:

EUR 108 double room rate per person/day

EUR 100 four-bedroom rate per person/day

(Shared toilets and bathrooms)

Prices include full board at Regatta venue

Please refer to the following links for more information about the event:

WR Event page: [2022 World Rowing Championships - World Rowing](#)

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

Organising Committee Website: www.rowingracice.com

Transport

Shuttle Bus Service

Airport

Transportation from and to the **Vaclav Havel Airport Prague (or Prague Railway Station)** will be provided free of charge for teams who will book accommodation through the Organising Committee. The travel time from Vaclav Havel Airport Prague and the Regatta Venue is approx. 1 hour. **The final travel information must be sent to the OC by email no later than July 31, 2022.** The Arrival and Departure booking forms will be available at www.rowingracice.com. Contact person: Lucie Makovičková, makovickova@rowingracice.com.

Hotel-Venue

A Shuttle bus service will operate connecting the regatta course and the official hotel from 14 to 25 September 2022, according to the timetable to be announced by the OC).

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.



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Accommodation

The Organising Committee has reserved accommodation for the WR development group at the **Regatta Venue**. The cost of accommodation (including full board with all meals provided in a catering tent at the Regatta Venue) and local transport is supported by the OC for 10 nights for a maximum of four athletes and one coach, previously approved by the Member Federation and World Rowing.

For additional participants, the cost of full board accommodation and local transport is mentioned above. Additional participants are encouraged to send their accommodation request well in advance, by 3 June 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 World Rowing Championships 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 WRCHs, 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 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 Czech Republic.

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 [regatta website](#) and on World Rowing’s [WR event page](#).

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 inas.hussein@worldrowing.com **by 3 June 2022 at the latest using the attached Excel reporting 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 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			
		150m anaerobic	2 km Race distance	6 km anaerobic threshold Stroke Rate (SR) 24	15 km aerobic Stroke Rate (SR) 22
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
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