



Development Support
2022 ERU23CH
3-4 September 2022
Hazewinkel, Belgium
Bulletin No. 1



LOCAL ORGANISING COMMITTEE (LOC)

2022 Hazewinkel ERU23CH Local Organising Committee
Sport Vlaanderen Hazewinkel regatta course, Willebroek – Mechelen
Website: [ERU23CH Hazewinkel 2022 \(eru23ch2022.com\)](http://ERU23CH_Hazewinkel_2022_ (eru23ch2022.com))
OC Coordinators for the World Rowing Development Group:
Anton Renting and Chantal Neirinckx OC@rowing.be
World Rowing Development Manager: Anna Mguni anna.mguni@worldrowing.com

INTRODUCTION

As part of its goals, World Rowing and European Rowing provide development opportunities on a regular basis for targeted Member Federations (MFs), identified as needing support for their crews, and with the aim of supporting and enabling such MFs to participate in World and Continental level key events and championships.
As part of the European Rowing Development Programme, and with the generous support of the 2022 Hazewinkel European Rowing Under 23 Championships (ERU23CHs) OC, we have the pleasure to send targeted MFs this development programme bulletin.

Please read this bulletin carefully and apply for support by **no later than the 24th of June 2022** to Anna Mguni anna.mguni@worldrowing.com, using the application forms attached.

DEVELOPMENT PROGRAMME: HAZEWINKEL 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 or European Rowing

DEVELOPMENT PROGRAMME: HAZEWINKEL 2022 – KEY DATES AND SUPPORT

As part of the 2022 Hazewinkel ERU23CHs development programme, there is support available for a maximum of 15 rowers and/or coaches. Support consists of free accommodation in shared rooms, meals, boat rentals and local transport **from Thursday the 1st to Sunday the 4th of September 2022 (maximum support for 3 nights)**.

Please note that athletes and coaches may will be housed in multiple occupancy rooms near the regatta venue (chalets), along with other athletes and coaches of the same gender. Flight tickets will be at the cost of the participants/MFs, as well as any other expenses apart from those being covered through the development support., as mentioned above.

Each team can apply for development support **for a maximum of one (1) female + one (1) male athlete and one (1) coach (female or male)**. An additional place for a female coach may be considered when justified at the discretion of World Rowing Development team.

Invited rowers and/or coaches will be able to take part in the events from the 3rd to the 4th of September 2022. World Rowing will invite coaching experts to support the programme.



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Please note that the deadline for team applications is the 24th of June 2022: applications sent after the deadline will not be considered.

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 ERU23CHs. The extra costs should be paid directly to the Hazewinkel OC.

Supported MFs/participants will receive:

- **Accommodation:** Accommodation in shared multiple occupancy rooms of the same gender: check-in will be on the 1st of September, and check-out on the 4th of September: this is for a maximum of **3 nights**.
- **Meals:** Breakfast, lunch, dinner
- **Coaching:** Support from World Rowing Coaches
- **Equipment:** Maximum of two boats loaned per nation

Airport pick up and drop off is **not included**. Teams are advised to contact the Organising Committee to quote a pickup / drop off transport service. Teams flying to the Brussels National Airport are advised to take the train to Mechelen Station from where transport can be arranged with the LOC.

Please note that the LOC can arrange transport if asked but the costs will be charged to the team/Member Federation

More information can be found here: [2022-ERCU23-Bulletin-1.pdf \(worldrowing.com\)](#)

BOATS AND EQUIPMENT

For approved participant, 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 the 24th of June 2022**.

All equipment must comply with World Rowing Rules of Racing.

Each team is highly recommended to bring their own oars as these need to be painted on both sides in the colours of the respective National Federations. The painting service will not be offered on site.

CRITERIA

As places are limited, World Rowing will select the nations to invite as per the following 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 National Federation to confirm.
- World Rowing and European Rowing 2022 Subscription fees paid.
- Compliance with the [pre-competition health screening](#).
- Compliance with the 2022 World Rowing Event testing and vaccination policy.



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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: Anna Mguni anna.mguni@worldrowing.com

OC: OC@rowing.be

Send an email with the following information to the above-mentioned contacts: **DEADLINE IS 24TH OF JUNE 2022**

- **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 ERU23CHs, 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 should be sent by the 30th of June 2022 to:**

WR Development Manager: Anna Mguni anna.mguni@worldrowing.com and the OC OC@rowing.be

VISAS

If you need a visa to enter Belgium, please contact the local Organising Committee (OC) at OC@rowing.be

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

GENERAL PROGRAMME

Arrival	1 September 2022
2022 ERU23CHs	3-4 September 2022
Departure	4 September 2022

Maximum 3 nights' accommodation support is offered. Any extra night shall be covered by the MFs.

Please liaise with the World Rowing Development Manager: Anna Mguni anna.mguni@worldrowing.com and copy to the OC for the quotation OC@rowing.be

Please refer to the following links for the event

WR Event pages:

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

Event Bulletin: [2022-ERCU23-Bulletin-1.pdf \(worldrowing.com\)](#)

Organising Committee Website: [ERU23CH Hazewinkel 2022 \(eru23ch2022.com\)](http://eru23ch2022.com)

TRANSPORT

Local transport is not included. It may be available if you request a quotation to the organising committee.

Please note that

International travel support is not included. MFs need to cover their own flight tickets.

Local transport is not included. MFs need to make own arrangements or contact the OC for a local transport option.



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ACCOMMODATION

The Organising Committee has reserved **accommodation nearby** at the Sport Vlaanderen Hazewinkel regatta course, as the official accommodation for the WR development group.

The cost of accommodation (including full board) and local transport is supported by the LOC for 3 nights for a maximum of two athletes and one coach, previously approved by the Member Federation and World Rowing.

For additional participants, a quote for full board accommodation should be requested from the Organising Committee. Additional participants are encouraged to send their accommodation request well in advance, and by no later than the 24th of 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 uphold and preserve the health and safety of the athletes and coaches. Please read the World Rowing Statutes, Rules of Racing and kindly acknowledge Appendix S10, Byelaw 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 ERU23CHs 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 ERU23CHs, all rowing National 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.

Swim tests and capsize drills must be held in pools with at least two lifeguards present. World Rowing recommends that you contact your swimming National Federation and ask for guidance, if necessary. Swim tests should never be conducted in open water. Each 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.



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INSURANCE & LIABILITY

Participants are responsible for insurance costs, both personal and equipment insurance. The Organising Committee will not be responsible for any liabilities relating to all forms of damage in the regatta or any damage that may occur in Belgium. Participants are solely responsible for themselves, their personal effects and the material or equipment used.

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 their territories. We refer you to Rule 15 – Insurance - in the WR Rule Book, relating to “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 [OC Website](#) on World Rowing’s Event pages: [2022 European Rowing Under 23 Championships - World Rowing](#)

WEATHER

For weather updates please visit: [Wind, waves & weather forecast Hazewinkel - Windfinder](#)

TEST PERFORMANCE PROGRAMME

Teams wishing to be considered for development support are required to provide test results during the pre-regatta season from December to March as per the protocols outlined below. Please send your completed test performance results to Anna Mguni anna.mguni@worldrowing.com **by the 24th of June 2022 at the latest using the [attached Excel reporting form](#).**

The final list of participants selected 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
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