



2022 AFRICA AND ARAB TRAINING CAMP, COACH EDUCATION AND BEACH SPRINT CHAMPIONSHIPS

21 - 30 October 2022
Hammamet, Tunisia
BULLETIN NO. 1

ORGANISING COMMITTEE (OC):
Tunisian Rowing Federation /
OC and FASA & FAA Technical
Commission Chairman: Fayçal Soula
faysal.soula@gmail.com

REGISTRATION INFORMATION - IMPORTANT

To ensure that the information for the regatta is clear, we ask you to keep in touch with the Organising Committee (OC) and with World Rowing

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Send an email to the OC and World Rowing (contacts above) with the following information:

- Application for development support (valid for **three (3) participants**, one (1) male athlete, one (1) female athlete and one (1) coach, at an entry fee of Five Euro (€ 5,00) day/person; the fee will contribute towards the operational costs of the event.
 - Registration form duly completed with all rowers and coaches.
 - Arrival and departure information for airport/bus station pick-up.
 - Information regarding the needs of the team to reserve accommodation.
- Important as of now:** Please check the identity documents/passport of the participants and your mailbox regularly until all reservations have been made.

Application forms must be sent to World Rowing and the OC by the 31st of August 2022.

INFORMATION ON VISAS

If you need a visa to enter Tunisia, please send a request for a letter of invitation to the OC click [here](#)

** Please contact the Embassy of Tunisia for information on the documentation you may need to enter the country and to be able to submit the application forms to the organizing committee.

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

2022 African and Arab Beach Sprint Championships

Arrival:	October 20, 2022
Coach Education and Training starts:	October 21, 2022,
Africa Beach Sprint CHs	October 27 - 28, 2022
Arab Beach Sprint CHs	October 29 - 30, 2022
Departure (African nations)	October 28-29, 2022
Departure (Arab nations)	October 30-31, 2022

*Pre-course online learning will be organized (L1 / Coastal Race Module – Part A) and completed upon arrival in Tunisia (Part B in person)

The Africa Beach Sprint Championships focuses on the promotion and development of coastal rowing, which is a Youth Olympic Games event. It will also be the continental qualification event for Africa for the ANOC World Beach Games Rowing (scheduled for 6 - 12 August 2023, Bali, Indonesia).

SCHEDULE OF EVENTS

Location	Hammamet Beach, Tunis
Thurs 27 – Fri 28 October	Africa Beach Sprint Championships
Sat 29 – Sun 30 October	Arab Beach Sprint Championships



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OFFERED EVENTS AND FORMAT

The event will be in Beach sprint format, a sprint to a buoy and back; the race ends with one rower from each team running towards a finish line on the beach. Events offered are:

Women CW1x, CW2x, CJW1x, CJW2x
Men CM1x, CM2x, CJM1x, CJM2x
Mixed CMix2x, CJMix2x

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.

In line with the World Rowing rule book, appendix R18 – Coastal rowing competition regulations, rule 14 – Safety and Health of Rowers (Rule 14) a) each rower at coastal events shall ensure that:

- i. they have a state of health and fitness which allows them to compete at a level commensurate with the competition level of the event; and
- ii. 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 African and Arab Beach Sprint Championships, all national rowing federation officials need to verify athlete compliance with appendix R18 – rule 14. 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 & CIVIL LIABILITY

The participants are solely 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 Beach Sprint Championships. Participants are solely responsible for themselves and their material. 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. 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.



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ACCREDITATION / CREW REGISTRATION

Crew members and team officials will receive their accreditation at the registration desk. Team Leaders or Crew Captains will be required to bring photo identification (passport or international identification card) of all crew members to collect the accreditation for their crews. All competitors are required to carry their accreditation with them throughout the event.

VENUE

Venue course and opening times will be released on the event website <https://rowingevents.tn/>

RULES OF RACING

Racing will be run in accordance with the World Rowing Rules of Racing and Appendix R18 – Coastal Rowing Competition Regulations.

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

COMMITMENT FORM

Rowers may only compete at the Africa and Arab Beach Sprint CHs if they have submitted a signed commitment form that you can find in [here](#). Each Team official must have submitted a commitment form before accreditation is issued.

COVID 19 INFORMATION: PROTOCOLS AND TEST REQUIREMENTS

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 (Fifteen Euros) and the PCR Tests €50 (Fifty Euros); these will be carried out at the venues of the event with adequate coordination for greater safety of the participants. Please request the Covid-19 exam in advance through the OC. Contact details will be provided on the event website <https://rowingevents.tn/>

All participants must follow the protocols implemented at the competition venue, accommodation, dining room(s) and transportation throughout the event. It is mandatory to report any symptoms of discomfort related to COVID-19 to the organisation as soon as they appear. To prevent the risk of infections, participants will not be allowed to leave the accommodation, transportation system and venue of the event.

Visit the following link to verify the entry requirements to Tunisia <https://www.visatunisia.com/>. Confirm return requirements for your country as they relate to entry protocols, including those relating to Covid 19.

ACCOMMODATION

In the event website <https://rowingevents.tn/>, the OC has will advise on the identified venue which will be the official place for the Africa and Arab Beach Sprint. It will include accommodation, breakfast, lunch, and dinner at the premises. These costs will be covered by the OC for a maximum of **three (3) participants** per team for a maximum of **seven (7) nights**, subject to approval by the respective National Federation for **three (3) participants**, one (1) male athlete, one (1) female athlete and one (1) coach. A second female coach may apply for support.

All participants of the Africa and Arab Beach Sprint CHs will be accommodated at the confirmed venue. Additional participants must ask the OC for their accommodation needs and make the payment directly to the OC before check-in. For these additional participants, the cost per person is €80 (Eighty Euros) per day for a double room and €105 (One Hundred Five Euros) for a single room click. More information may be found by following the link found [here](#)



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TRANSPORT

The transport from Carthage Airport to the facilities at Hammamet where the participants will be staying, will be provided, and covered by the Organising Committee for **three (3) participants**, one (1) male athlete, one (1) female athlete and one (1) coach, as approved by their respective National Federation.

Access between the designated hotel and the competition and training beach is through a walking distance of not more than 10 minutes.

BOATS AND EQUIPMENT

For participants confirmed by their National Federation for the training camp, the equipment will be free of charge. It is at the discretion of the OC to setup a schedule for use of pool boats for training.

Each team is strongly recommended to bring their own oars. All boats and other equipment must comply with World Rowing rules.

ACCREDITATION / CREW REGISTRATION

Entry and Accreditation deadline: **Monday, 17 October 2022** by completing the entry form that you can download from <https://rowingevents.tn/>

Entries and accreditation must be sent to the FASA & FAA Technical Commission Chairman: Fayçal Soula on email faysal.soula@gmail.com

WEATHER FORECAST

During the week of the events, the following weather forecast are expected:

Daytime temperature: 24 °C / Night-time temperature: 15°C / Average Wind Speed 10 Km/h / Dominant wind direction: NNE
Humidity: 80% / Sunrise: 06:35 / Sunset: 17:25 / Water temperature: 23°C / Tide information click [here](#)