

BULLETIN NR 1

ORGANISING COMMITTEE
NAMIBIA CANOEING AND ROWING FEDERATION tjuezatheo@gmail.com

COACH EDUCATION, NATIONAL TECHNICAL OFFICIAL EDUCATION, TRAINING CAMP AND BEACH SPRINT CHAMPIONSHIPS

The Commonwealth Rowing Association (CRA), in conjunction with the Namibian Canoe & Rowing Federation (NamCanRow), will organise the 2022 CRA Beach Sprint Championships (CRABSCHs) at Independence Beach, Walvis Bay, Namibia. The dates of racing are 2nd - 4th December 2022.

World Rowing (WR) and Olympic Solidarity will be supporting a Level 1 World Rowing Coastal Coach Development Course and Coastal Race Module course on the days prior to this event, from the 27th Nov - 1st Dec. In addition, there will be a National Technical Official (NTO) education/training opportunity running in the days preceding the event. Timeslots will also be available for teams to train and familiarise themselves with the course and conditions during these days.

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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OC Theo Tjueza	tjuezatheo@gmail.com	+264811247180

To apply for support from the World Rowing Development Programme, please send an email to the OC and World Rowing (contacts above) with the following information:

- Full contact (name, email, mobile number) of person responsible for the application.
- Official World Rowing Development Programme Application form completed and signed submitted to tjuezatheo@gmail.com ; anna.mguni@worldrowing.com ; daniela.gomes@worldrowing.com

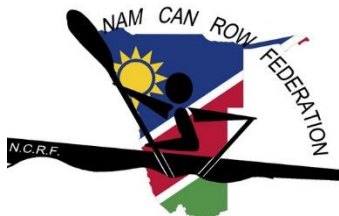
Your National Federation will be expected to send Information about arrivals, departures, and airport pick-up times as soon as development support approval is received. ***Note that international travel support is not included in the World Rowing Development Programme Support***. Each National Federation will be responsible for their flights.

Important as of now: Please check the identity documents/passport of the participants and your mailbox regularly until all reservations have been made.

DEVELOPMENT PROGRAMME APPLICATION FORMS MUST BE SUBMITTED TO WR AND OC BY 7 OCTOBER 2022.

ELIGIBILITY

The 2022 Commonwealth Rowing Association Beach Sprints Championships (CRABSCHs) shall be open to competitors who are authorized to compete by their Member Federation and who are eligible under the relevant rules. To represent a Member Federation at the 2022 CRABSCHs, a rower must be a citizen and hold a current passport of the country they are representing (in the case of teams from the nations of the UK, a British passport must be held). In addition, the Member Federation must be a member in good standing with the Commonwealth Games Association and a member in good standing with World Rowing, adhering to World Rowing statutes and rules of racing in this regard.



TEAM SIZE

A maximum of one (1) national team from each member country may be entered. Each team will be allowed up to four (4) competitors: two (2) women and two (2) men and a support team of up to two (2) additional personnel for a maximum team size of six (6) people. Any additional personnel should be expected to act as boat handlers for their own teams and potentially other teams as well. Countries that do not send additional personnel will be supported by volunteers to act as boat handlers, etc.

Countries who still do not have National Technical Officials are suggested to additionally bring one NTO trainee to take part in the NTO education. **Please note this will be at the cost of each country/Member Federation.**

INFORMATION ON VISAS

If you need a visa to enter Namibia, please send a request for a letter of invitation to the OC on email tjiuezatheo@gmail.com

** Please contact the Embassy of Namibia for information on the documentation you may need to enter the country and to be able to submit the application forms to the OC. Please note that the Visa issuance processes can take several weeks, so you should apply as early as possible.

2022 CRABSCHs PROGRAMME AND EVENT CATEGORIES

Arrival:	26 November
Coach Education and Training starts:	27 Nov - 1 Dec
Beach Sprint CHs	Sat 2 - Sun 4 Dec
Departure	5 Dec

Event Categories: There will be 4 event categories offered at the 2022 CRABSCHs:

- CW1x
- CM1x
- CMix2x
- Team Relay

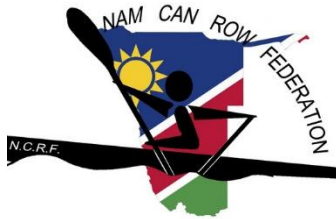
ROWING VENUE

The rowing venue is located on Independence Beach in Walvis Bay. Independence Beach is 19km from Walvis Bay International Airport and 5 - 7km from Walvis Bay town centre. Swakopmund lies 30km to the north. More information is available on the CRA Bulletin.

Venue course and opening times will be released by the CRA and the OC.

ACCOMMODATION

The official accommodation for the CRABSCHs is The Dome Complex, Swakopmund. Accommodation will be covered by the World Rowing Development programme **for approved participants**, being a maximum of three (3) participants per approved national team for a maximum of 7 nights: two (2) athletes, one (1) male and/or one (1) female and one (1) coach. The full list of applications should be sent to Anna Mguni at anna.mguni@worldrowing.com, with copy to daniela.gomes@worldrowing.com and tjiuezatheo@gmail.com. WR will confirm support **by 10th October 2022.**



This full board arrangement for teams on the Development Programme includes accommodation, breakfast, lunch, and dinner at the premises. Participants that require additional accommodation for extra days/extra people and must request and make the payment directly to The Dome before check-in. Please note that athletes and coaches may be housed in multiple occupancy rooms, along with other athletes and coaches of the same gender.

For all participants, the cost of full board is

- \$50 per person per night for a double room
- \$65 per person per night for a single room.

*The above rates include hotel-venue-hotel transport for a maximum of 7 nights

TRANSPORT

1. WALVIS BAY AIRPORT

The nearest airport is the **Walvis Bay International Airport (WVB)**. The Walvis Bay Airport is serviced by several international airlines, mostly linking through South Africa, these include Lufthansa, South African Airways, Ethiopian Air and Air Namib, with Airlink providing access from many neighbouring countries. There are daily flights into Walvis Bay from Cape Town and Johannesburg.

Development programme supported participants will benefit from Airport transfer from Walvis Bay free of charge.

TRANSPORT REQUEST FORMS MUST BE COMPLETED AND SUBMITTED TO WR, THE OC AND THE DOME BY 14 OCT.

For those not covered by the Development Programme Support, Walvis Bay airport-hotel-airport transfer cost for participants is approximately US\$17/person

2. WINDHOEK AIRPORT - HOSEA KUTAKO INTL.

The Hosea Kutako International Airport in Windhoek (WDH) has more direct flights but is 405km to the east of Walvis Bay and requires a 5-hour onward drive. There are several international airlines servicing Windhoek including British Airways, Lufthansa, South African Airways, Air Namibia, Qatar Air and KLM.

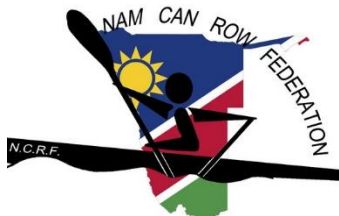
The cost of this transfer will **not** be supported by the development programme and Member Federations must cover this cost. A request for return transport (pickup/drop off from Windhoek Airport to The Dome in Swakopmund (where the participants will be staying), can be made directly with The Dome Management. This amount will be quoted independently to each National Federation for payment at their own cost. Please contact Conni Lyners at conni@thedomenamibia.com to get a quote

3. LOCAL TRANSFERS

A shuttle bus travel between The Dome and Independence Beach (approx. 30 minutes travel time) will run from the 27th Nov - 4th Dec, at no cost for the Development Programme approved participants for the maximum of 7 days covered. The cost for any extra participants/any extra days is US\$6/day/person.

For extra days and extra participants outside of development programme support, the hotel-venue-hotel transport cost is 6\$us/day/person.

For the avoidance of doubt, please contact Conni Lyners on email conni@thedomenamibia.com to get a quote for Windhoek transfers and local transfers, for extra days or persons outside of the confirmed development support.



ACCREDITATION / CREW REGISTRATION / ENTRIES

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.

Entries: Details of how to enter will be posted soon on www.commonwealthrowing.org and <https://worldrowing.com/events/coastal-events/>

Entry and Accreditation deadline: **FRIDAY 11 NOVEMBER 2022**

COMMITMENT FORM

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

RULES OF RACING

Racing will be run in accordance with World Rowing Rules of Racing and Appendix R18 – Coastal Rowing Competition Regulations. [2021 World Rowing Rule Book - EN - World Rowing](#)

BOATS AND EQUIPMENT

World Rowing, CRA and the Namibia Rowing Federation have secured SWIFT boats for the event. All equipment will be provided by the OC and the cost of rental will be included in the event entry fee. All teams must use the OC supplied boats; oars will also be provided but teams can provide their own oars if they choose to. Teams bringing their own oars are reminded that all boats and other equipment must comply with World Rowing rules.

It is at the discretion of the OC to setup a schedule for use of pool boats for training.

SAFETY AND HEALTH OF THE ROWERS

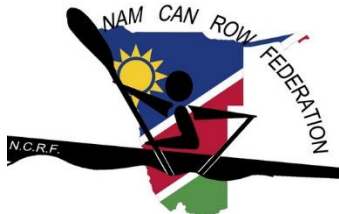
The ability to swim and stay afloat is essential for participants in water sports, such as rowing. The risk of tipping over or falling into the water in a rowboat can be dangerous if athletes are unable to stay afloat, and coaches need to be prepared.

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:

- 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
- 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 AABSCHs, 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 Namibia.

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

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. Cost for the antigenic tests and the PCR Tests will be provided by the OC and should be booked in advance.

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.

WEATHER FORECAST

A weather forecast for the week of the events will be shared in the upcoming weeks.