



WR DEVELOPMENT BULLETIN 1
PARA ROWING

TUNIS PARA ROWING CAMP
(13 - 17 MARCH 2023)
PARA ROWING CLASSIFICATION WORKSHOP
(16 - 17 MARCH 2023)
15TH TUNIS LAKE INTL. REGATTA
(18 - 19 MARCH 2023)

ORGANISING COMMITTEE

Tunisian Rowing Federation
Address: Maison des Fédérations Sportives, Avenue de la Terre, Cité Olympique 1003
Website: www.rowingevents.tn

INTRODUCTION

As part of its goals, World Rowing (WR) collaborates with event Organising Committees (OC) to provide development opportunities to targeted Member Federations (MFs) needing support for their crews or providing opportunities for capacity development of their coaches and technical personnel.

As part of the 2023 Africa Rowing calendar of activities, and with the support of the Tunisia Rowing Federation OC, WR have the pleasure to send targeted MFs this development programme bulletin.

Please read this bulletin carefully: you may apply for support by no later than Tuesday 31st January 2023 through Anna Mguni anna.mguni@worldrowing.com, and copy faysal.soula@trf.org.tn, using the attached WR Development Application form

APPLICATION INFORMATION - IMPORTANT

There will be no specific para rowing coach education for the 2023 event: instead, there will be educational sessions for personal development as well as a para rowing classification workshop ahead of the International Regatta. To make sure that arrangements are clear, please carefully read this bulletin for details and keep in regular contact with the OC and WR respectively:

TRF: Fayçal Soula, Faysal.soula@trf.org.tn, +216 98 344 054

WR: Anna Mguni, anna.mguni@worldrowing.com, +263 77 228 2717

As soon as possible please send an email to the above-named contacts, with the following information:

- Full contact (name, email, phone) of the person responsible for the application.
- Completed "WR DP MF Application form" attached and send on or before **Tuesday 31 January 2023**.
- Regarding team accommodation: requests for number of twin or single rooms to be submitted by **Friday 17 February 2023**.
- Arrival and departure information: request for pick up and drop off must be submitted by **Tuesday 28 February 2023**.
- **International travel support is not included.** We suggest you may reach out to your respective NOCs/NPCs and submit a request for support through their development programmes

DEVELOPMENT PROGRAMME: LAKE TUNIS INTERNATIONAL REGATTA 2023 - ELIGIBILITY

Targeted MFs and their Teams will be eligible based on the following requirements:

- Provide evidence of regular training, a national selection policy and submit the latest 2000metres athlete/crew times on water and on the erg.
- Have own budgets for travel (incl. flight tickets), insurance, any COVID-19 protocols, clothing kit and general extra cost.
- Member Federations have no outstanding debts with World Rowing.

INFORMATION ON VISAS

Please contact the Embassy of Tunisia for information on the documentation you may need to enter the country. If you need a visa to enter Tunisia, please send a request for a letter of invitation to the OC.

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

ACCOMMODATION

The OC has appointed the Hotel El Mouradi Gammarth as the official hotel for the event. The Hotel is located 18 km away and a 20-minute drive from the Lake of Tunis venue.

Each team can apply for World Rowing 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 and at the discretion of World Rowing Development. The World Rowing Development Programme will cover full board for **a maximum of seven (7) nights** only from 13 - 19 March 2023.

The deadline for development support application is 31 January 2023: submissions sent after the deadline will not be considered.

Please note that athletes and coaches may be housed in multiple occupancy rooms, along with other athletes and coaches of the same gender. The cost of full-board accommodation (breakfast and dinner) and local transport is €75 Euro/per person/per day in a twin room, €100 Euros/per person/per day in a single room.

There are a maximum number of applications that can be considered, and this depends on the submissions. However, Member Feds are welcome to send more athletes and coaches at their own cost to take part in the event. WR will not cover any extra costs under any circumstance: any extra nights or additional persons shall be covered and paid for by the MFs. All additional participants are encouraged to send their requirements in advance, book and pay directly to the OC. Please contact the OC via email faysal.soula@trf.org.tn. More information can be found on www.rowingevents.tn

TRANSPORT

Arrival and departure transfer between the hotel and the airport will be in place on 12 March and on 20 March 2023. A shuttle bus service will operate connecting the regatta course and the official hotel from 13 - 19 March 2023: this will run on a specific timetable and schedule and will be available to all those taking part in educational sessions, the classification, and the International Regatta. **The transport fee will be included in the accommodation costs.**

GENERAL PROGRAMME

Arrival	12 March 2023
Para Rowing Training Camp and Educational Sessions	13 - 17 March 2023
Para Rowing Classification Workshop	16 - 17 March 2023
15 th Tunis Lake International Regatta	18 - 19 March 2023
Departure	19 March evening or 20 March 2023

EVENTS OFFERED ON THE PROGRAMME OF THE TUNIS LAKE INTERNATIONAL REGATTA

Junior Men (JM): 1x, 2x

Junior Women (JW): 1x, 2x

Men (M): 1x, 2x.

Women (W): 1x, 2x.

Lightweight Men (LM): 1x, 2x.

Lightweight Women (LW): 1x, 2x.

Para-rowing: PR1 W1x, PR1 M1x, PR3 Mix2x (these para rowing events are medal events for the Paris 2024 Paralympic Games)

RULES OF RACING

Racing will be run in accordance with the [World Rowing Rules of Racing](#) and “[Para rowing competition regulations – Event regulations and/or departures from the World Rowing Rules of Racing](#)”

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.

Each rower taking part in the TLIR Regatta shall ensure that they have a state of health and fitness which allows them to compete at a level commensurate with a continental 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 TLIR Regatta, 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. Swimming 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 & LIABILITY

The participants are responsible for insurance costs of equipment and people. The OC declines all liabilities for all kinds of damage in and around 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 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 the country of origin. 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 cover. Proof of the insurance contract must be sent to the OC for accreditation.

COMMITMENT FORM

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 TLIR if they have submitted a signed commitment form. Each Team official must have submitted a commitment form before accreditation is issued. The form may be found via the following link:

[2021-World-Rowing-Commitment-Form.pdf \(d2cx26qpfwuhvu.cloudfront.net\)](https://www.britishrowing.org/wp-content/uploads/2021-World-Rowing-Commitment-Form.pdf)



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COVID 19 PROTOCOLS

All participants who require the COVID-19 PCR test or similar prior to their return home will have to notify the OC in advance and be prepared to pay the full costs related to this service.

BOATS AND EQUIPMENT

For participants approved by each MF equipment, boats will be provided free of charge during the race.

For equipment requests during the period from 13-17 March, the information should be sent to the OC by 31 January 2023. Each team is highly recommended to bring their own oars and sculls as all of these need to be painted on both sides in the colors of the respective federations.

All boats and other equipment must comply with the World Rowing Rules of Racing available via this link:

<http://www.worldrowing.com/fisa/publications/rule-book>

WEATHER

For up to the minute weather please click [here](#)