

## Bulletin 1

### Location: Hotel and Club Punta Leona

Punta Leona is located in the Tárcoles district, Garabito canton, Puntarenas Province, just 60 minutes from the city of San Jose. It has lush tropical forests, beautiful white sand beaches, and emerald-green waters of the Pacific Ocean. During the month of May, which is a transitional month to the rainy season, historical temperatures show a maximum of 28 degrees Celsius and a minimum of 18 degrees Celsius, a really pleasant climate for rowing practice.



Organizing Committee:	
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## REGISTRATION INFORMATION - IMPORTANT

To ensure that the information for the course and the Beach Sprint championship is clear, we ask that you stay in touch with the Organizing Committee. Please send the following information to the Organizing Committee:

1. A completed Registration Form with all rowers and coaches.
2. Arrival and departure information in order to pick them up and take them to the airport on time.
3. Information about the team's accommodation needs for reservation purposes.
4. Important from this moment on: Please check the participants' identification documents/passports, ensuring that the expiration date is no less than 2 months before the travel date.

### Visas:

If you need a visa to enter Costa Rica, please send a request for an invitation letter to the organization. It is important that you indicate this as soon as possible so that we can help from the Institute of Sports and Recreation. Remember that the visa process can take several days or even weeks, so it is important to do it on time. You can call the Costa Rican embassy in your respective countries to find out the entry requirements for the country. You can also visit the following link:

<https://migracion.go.cr/Paginas/Visas.aspx>.

### Itinerary:

Online course:	Thursday, May 18th and Friday, May 19th from 18 hours to 20:00 hours (Costa Rica, Central America, and Mexico time)
Arrival to the country:	Sunday, May 21st in the morning
Start of the in-person course:	Monday, May 22nd in the morning
End of the in-person course:	Thursday, May 25th in the afternoon
Trials:	Saturday, May 27th in the morning
Competition:	Sunday, May 28th in the morning
Departure to the airport:	Monday, May 29th in the morning



**The virtual course (Coastal Racing Module - Part "A") will be organized and completed upon arrival in Costa Rica from May 22nd to 25th with a theoretical and practical part.**

**Objective:** To develop the coastal rowing modality in our area, through the realization of a continental course for coaches of this discipline and to carry out a regatta at the end as the practical course closure, leaving in the attending coaches, a legacy that allows them to recruit talent and prepare athletes with a view to the Youth Olympic Games Senegal 2026.

This modality must grow in our area so that its development is contemporary with global development, as it is practically new.

For this reason, World Rowing and its development program, together with Olympic Solidarity and the Costa Rican Rowing Federation, are organizing this course where each delegation will have accommodation, food, and internal transport for 1 coach and 2 athletes (one woman and one man) for free.

On May 28th, the Beach Sprint Americas Championship will be held. The event takes place as the practical course closure, in a beach environment, starting with a 30m beach start towards the boat and then slalom rowing at 2 buoys towards a last buoy located 250m from the beach and returning in a straight line. The race ends with a rower from each team running towards the finish line on the beach. The competitions will be as follows:  
Men and women C1x and Mixed CMix2x.

## **PREREQUISITE**

All participating athletes must be registered in the Performance Test, a test that is carried out every month within the requirements of the World Rowing development program.

## **ROWERS' SAFETY AND HEALTH**

The ability to swim and stay afloat is essential for participants in water sports such as rowing. The risk of capsizing or falling into the water in a rowing boat can be dangerous if athletes cannot stay afloat and, therefore, coaches must be prepared.

According to World Rowing's rulebook, Appendix R18 - Coastal Rowing Competition



### Regulations, Rule 14 - Safety and Health of Rowers:

a) each rower in coastal events will ensure that they:

- i. Have a health and physical condition that enables them to compete at a level appropriate to the level of competition of the particular event; and
- ii. Have basic swimming ability, including the ability to swim 50m and keep their head above water unaided for three minutes.

As a result, before attending the Beach Sprint Americas Championship, all officials from national rowing federations must verify the athlete's compliance with Appendix R18, Rule 14. Likewise, all rowers, unless they are athletes who have already performed the capsizing exercise, must have completed the capsizing drill with safe recovery. Swimming tests and capsizing drills must be conducted in pools with at least two lifeguards present.

World Rowing recommends that you contact your national swimming federation and request guidance if necessary.

Swimming tests should never be conducted in open water. Each national federation must certify the swimming ability of each rower presented to participate in a World Rowing training camp or activity.

Federation members are recommended to carefully read the British Federation's guidelines on swimming competitions found in section 3.6 of RowSafe, available at the following link:

<https://www.britishrowing.org/wp-content/uploads/2018/10/Row-Safe-abril-2018.pdf>

Note that all rowers must have completed a pre-competition health check according to World Rowing's rulebook.

### **INSURANCE**

It is mandatory for all participants to have medical and incident insurance abroad, including Covid-19 coverage. Proof of the insurance contract must be sent to the Organizing Committee for accreditation.

I Coastal Rowing Coach Level I Course  
And American Beach Sprint Championship  
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## **ACCREDITATION/CREW REGISTRATION**

Crew members and team officials will receive their accreditation at the Hotel reception.  
All competitors and coaches must carry their accreditation throughout the event.

## **VENUE AND SCHEDULE**

The competition venue, opening hours for training, and training program will be published in Bulletin No. 2.

## **COMPETITION RULES**

Las regatas se llevarán a cabo de acuerdo con las Reglas de regatas de World Rowing y el The regattas will be held according to World Rowing's Rules of Racing and Appendix R18: Coastal Rowing Competition Regulations.

*2021 World Rowing Rule Book - EN - World Rowing*

## **CIVIL LIABILITY**

Participants are solely responsible for their equipment and people. The Organizing Committee is **NOT** responsible for any damages that may occur in Costa Rica. Each Federation will ensure adequate insurance coverage for each of its rowers and accompanying team officials (including delegates) for at least the duration of the event and the travel period to and from. We refer to Rule 15 - insurance in the WR rulebook for **"adequate and appropriate insurance coverage."**

## **TRANSPORTATION**

Transportation from Juan Santa Maria International Airport in San Jose to the facilities at Hotel and Club Punta Leona, where participants will be staying and the event will take place, will be provided and covered by the Organizing Committee for 3 (three) participants from each delegation, approved by their respective National Federation. It is important that they arrive in Costa Rica in the morning as much as possible. Likewise, once the event is over, transportation will be provided to the airport on Monday, May 29, in the morning.

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## **ACCOMMODATION**

The Organizing Committee will provide free accommodation, breakfast, lunch, and dinner at Hotel and Club Punta Leona for the 3 members of each delegation approved by their respective National Federation.

<https://www.hotelpuntaleona.com/es/>

## **BOATS AND EQUIPMENT**

For participants confirmed by their National Federation for the training camp and competition, the equipment will be provided free of charge.

All boats and other equipment are **Swift Racing** and comply with all requirements of World Rowing.

## **CLIMATIC CONDITIONS**

The average climatic conditions in the Central Pacific of Costa Rica for the month of May are as follows:

The daily maximum temperatures range from 28°C to 32°C.

The daily minimum temperatures in the area are between 22°C to 18°C.

It is a transitional month between the dry and rainy seasons, so mornings are sunny and hot, and there are occasional rains in the afternoons, but the temperature does not drop below 18°C."

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**Important Dates:**

April 15	Presumptive Registration Deadline
April 28	Nominal Registration Deadline
May 18th and 19th	Start of Online Course (6pm-8pm Costa Rica Time)

***The organization, together with the World Rowing development program, will cover the expenses of lodging, meals, and internal transportation for one female athlete, one male athlete, and one coach.***

***Any additional person, whether athlete, coach or executive, must cover the costs of lodging and meals, which amount to \$56 for a single room and \$76 for a double room per day.***

***Each delegation may register more than one athlete per event.***

Attached to this document you will find the registration form in Excel, please send it before the established dates.

**We hope to have you all with us.**

