



**Development Support
2023 World Rowing U23 CH
19-23 July 2023
Plovdiv, Bulgaria
Development Bulletin No. 1**



Organising Committee (OC)

9, Georgi Tringov str., 4003 Plovdiv, Bulgaria www.plovdivrowing.com

OC Coordinator for the World Rowing Development Group: Katya Kozhuharova, accommodation@plovdivrowing.com

World Rowing Development Manager: Inas Hussein, inas.hussein@worldrowing.com

Introduction

As part of its goals, World Rowing provides development opportunities on a regular basis for targeted Member Federations (MFs), who are identified as needing support for their crews, with the aim of supporting and enabling such MFs to participate in World Rowing key events and championships.

As part of the World Rowing Development Programme, and with the generous support of the 2023 Plovdiv World Rowing U23 Championships (WRU23CH) Organising Committee, we have the pleasure to send targeted MFs the development programme bulletin.

Please read this bulletin carefully and apply for support no later than Friday 07th of April 2023 to Inas Hussein, inas.hussein@worldrowing.com, using the **Application Form attached**.

Development Programme WRU23CH, Plovdiv 2023 – ELIGIBILITY: Targeted MFs and their Teams will be eligible based on the following requirements: regular training and compliance with the WR Test Performance programme; having a national selection policy; having own budgets for travel (including flight tickets, travel and medical insurance, COVID-19 PCR tests (as applicable), clothing kit, general extra costs...etc.), and no outstanding debts to World Rowing.

Events Offered

The following events are offered at the 2023 World Rowing Under 23 Championships:

Under 23 Men (BM): 1x, 2x, 2-, 4x, 4-, 4+, 8+

Under 23 Women (BW): 1x, 2x, 2-, 4x, 4-, 4+, 8+

Under 23 Lightweight Men (BLM): 1x, 2x, 2-, 4x

Under 23 Lightweight Women (BLW): 1x, 2x, 2-, 4x

Development Programme - WRU23CH, Plovdiv 2023 – Key Dates & Support

As part of the WRU23CH, Plovdiv 2023 development programme, there is support available for a maximum of 50 rowers and/or coaches. Support consists of free accommodation in shared rooms, meals, boats rental and local transport from **16/23 July 2023 (maximum support for 7 nights)**. Please note that, athletes and coaches will be housed with other athletes and coaches of the same gender from double, to quadruple occupancy rooms and shared toilets/bathrooms. International flight tickets will be at the cost of the participants/MFs, as well as any other expenses, apart from those mentioned above as being covered through the development support.

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

Invited rowers and/or coaches will be able to take part in the event from 16-23 July 2023.

World Rowing will invite coaching experts to support the programme.

Please note that the deadline for team applications is Friday 07th of April 2023, 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 2023 World Rowing U23 Championships. The application should mention the whole delegation and the extra costs should be paid directly to the WRU23CH Plovdiv OC.



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Supported MFs/participants will receive:

- **Local transport:** Airport pickup/drop off and local transportation between venue and hotel during the CHs official period.
- **Accommodation:** Accommodation in shared rooms of the same gender (check-in from 16 July, check-out 23 July) (**maximum 7 nights**)
- **Meals:** Breakfast, lunch, dinner
- **Coaching:** Support from World Rowing Coaches and national Coaches from Bulgaria.
- **Equipment:** Maximum of two boats per nation

Boats & Equipment

For participants approved by each MF and WR, 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 Inas Hussein, inas.hussein@worldrowing.com by **07 April 2023**.

Each team is highly recommended to bring their own oars as oars need to be painted on both sides in the colours of the respective federations. This service will not be offered, and no painting will be allowed on WR oars, thus in case you wish to use WR oars, MFs and their teams should bring their own blade stickers.

All equipment must comply with World Rowing Rules of Racing.

Criteria

As places are limited, World Rowing will select the nations to invite following the below criteria:

- Applications will only be considered if the test performance review is received and approved by the World Rowing Head of Coaching. These must be submitted as per instructions below using the new WR Test Performance Website
- 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 Member Federation to confirm.
- World Rowing 2023 Subscription fees paid in full and no outstanding debts to World Rowing.
- Compliance with the [pre-competition health screening](#).

Key Contacts & Application

To make sure the arrangements are clear, please carefully read this bulletin in detail and keep in regular contact with World Rowing and the Organising Committee:

World Rowing Development Manager: Inas Hussein, inas.hussein@worldrowing.com

OC Coordinator for the World Rowing Development Group: Katya Kozhuharova, accommodation@plovdivrowing.com

Please send an email with the following information to Inas Hussein, inas.hussein@worldrowing.com (**deadline 07 April 2023**):

- **Form 1 completed with the applicants' details (athletes & coach) and your full equipment request.**
- **Form 2 completed with your accommodation booking for any additional participants you wish to have beyond the development support application athletes/coach.**
- **Athlete test performance registered on the WR [test performance website](#)**

Your application should include the total size of the whole team you intend to send to the WRU23CH Plovdiv 2023, 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 Friday 09 June 2023 at the latest to:**
World Rowing Development Manager: Inas Hussein, inas.hussein@worldrowing.com

Please note that, International travel support is not included. MFs need to cover their own flight tickets, insurance, Covid-19 tests and all other extra costs.



Development Support
2023 World Rowing U23 CH
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Information on VISAS

If you need a visa to enter Bulgaria, please follow the instructions on the [Event Bulletin](#)

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

<https://www.plovdivrowing.com/teams/visa-requirements>

General Programme

Arrival and Official opening of the regatta venue	16 July 2023
Training days:	16th – 18th July, 2023
Venue opening times*: 07:00 - 20:00 hrs	Training times: 07:15 - 19:30 hrs
2023 World Rowing U23 Championships (racing days)	19-23 July 2023
Departure	23/24 July 2023

*The venue opening times might change in case there is a change in the Race schedule.

Maximum 7 nights' accommodation support is offered. Any extra nights shall be covered by the MFs and paid directly to the OC. More information about accommodations is mentioned below.

Please refer to the following links for more information about the event:

WR Event page: [2023 World Rowing Under 23 Championships - World Rowing](#)

Event Bulletin: [2023-WRU23CH-Bulletin 1.pdf \(soticcloud.net\)](#)

Organising Committee Website: www.plovdivrowing.com

Transport

Shuttle Bus Service

Airport

Transportation from and to the Sofia International Airport: 90 minutes by car (120 km) and Plovdiv International Airport: 15 minutes by car (12 km) will be provided free of charge for teams who will book accommodation through the Organising Committee. The final travel information must be sent to the World Rowing Development Manager: Inas Hussein, inas.hussein@worldrowing.com no later than **Friday 09 June 2023**, using the attached Arrival and Departure Booking Form.

Hotel-Venue

A **Shuttle bus service will operate connecting the regatta course and the official hotel from 16 to 23 July 2023**, according to the timetable to be announced by the OC in due time. A shuttle bus booking form must be submitted prior arrival. A circular letter will be sent with more detailed information to all MF later on.

The transport fee is included in the accommodation costs. However, transportation before official operational dates of the shuttle bus can also be arranged and will be subject to additional charges. If your team wished to arrive earlier than the official dates, we need this information as early as you can so that the OC can arrange the transport and confirm the additional charges to be paid by the MF directly to the OC.

Accommodation

The Organising Committee has reserved accommodation for the World Rowing development group at the **Puldin Coop Hotel**. The cost of accommodation and local transport is supported by the OC for a maximum of 7 nights for a maximum of two athletes and one coach, previously approved by the Member Federation and World Rowing Development.

For additional participants, the cost of full board accommodation and local transport is mentioned below. Additional participants are encouraged to send their accommodation request using the attached form by **19 April 2023 to** Katya Kozhuharova, accommodation@plovdivrowing.com ; copying Inas Hussein inas.hussein@worldrowing.com. Accommodation within the



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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.

Prices for additional participants including FB accommodation and local transport:

EUR 135 single room rate per person/day

EUR 90 double room rate per person/day

EUR 80 triple room rate per person/day

Prices include full board at Regatta venue, transportation from/to airport and local transportation during the official dates of the CHs.

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

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 World Rowing Championships 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 WRU23CHs, 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. 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 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.

Insurance & Liability

The participants are responsible for insurance costs of equipment and persons. The Organising Committee declines all liabilities for all kinds of damage in 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 Bulgaria.

Each Member Federation shall ensure that it has adequate and appropriate insurance cover in place for each of its rowers and accompanying coaches and 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”. [FISA-rule-book-EN-2022.pdf \(d2cx26qpfwuhvu.cloudfront.net\)](#)

It is mandatory that all participants have medical and incident insurance abroad, including Covid-19 coverage.



Development Support
2023 World Rowing U23 CH
19-23 July 2023
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Development Bulletin No. 1



Covid 19 Test

World Rowing encourages all participants to be vaccinated and stay current with the COVID-19 vaccination cycle. The strict measures in Bulgaria in connection with the Covid 19 pandemic have been cancelled and no anti - Covid plan is required during the event. If there is a change OC will inform immediately.

Safeguarding & Wellbeing

World Rowing believes that it is a fundamental right of all individuals involved with World Rowing to be able to participate in a non-violent, safe and respectful environment.

World Rowing acknowledges its duty of care in this regard and is committed to creating and supporting an environment and a culture free from harassment and abuse. The welfare of all individuals involved with World Rowing is paramount.

All forms of harassment and abuse constitute a violation of the World Rowing Code of Ethics, World Rowing Safeguarding Policy, and the International Olympic Committee (IOC) Code of Ethics. Thus, all behaviours and actions that constitute harassment and abuse will not be tolerated.

All Member Federations participating at the WRU23CH in Plovdiv, Bulgaria must ensure that their delegations (including officials, coaches, and athletes) respect and follow the World Rowing Safeguarding Policy. They should refrain from any behaviour that constitutes any form of discrimination, abuse, or harassment to others. They have a duty to report any concerns about or allegations of discrimination, abuse, or poor practice via proper reporting channels.

Violation of the World Rowing Safeguarding Policy and Code of Ethics can result in formal disciplinary sanctions.

You can learn more information about the World Rowing Safeguarding Policy and Procedures from the following link: [Safeguarding - World Rowing](#)

Weather

For weather updates please visit: [Weather / World Rowing U23 Championship, Plovdiv, Bulgaria \(plovdivrowing.com\)](#)

Test Performance Programme

Teams wishing to be considered for development support are required to provide testing results during the pre-regatta season from January 2023 as per the test performance protocol. Please submit your test performance results here: [Login | RowersDataBase \(rowingtest.com\)](#)

The test performance tutorial can be found here: [Rowing Test Tutorial - Tutorial](#)

Best Wishes

World Rowing Development Team