



**SCOTTISH
ROWING**

Selection Policy for the Scotland Rowing Team for the 2020 Home International Regatta

10/02/2020



Scottish Rowing Centre
366 Hamilton Road, Motherwell
Lanarkshire ML1 3ED



+44 (0) 1698 250206



www.scottish-rowing.org.uk
office@scottish-rowing.org.uk
[@ScottishRowing](https://twitter.com/ScottishRowing)



Scottish Rowing Limited
Registered Office: 366 Hamilton Road, Motherwell, Lanarkshire ML1 3ED
A Company Limited by Guarantee, Registered in Scotland No. SC357505



sportscotland

The Home International Regatta (HIR) is an annual challenge match between Scotland, England, Ireland and Wales.

The 2020 regatta will be hosted by Wales at Strathclyde Park on Saturday 25th July 2020.

Please read the selection policy carefully as there have been changes to the events offered at the 2020 regatta.

Selection Policy

The Scotland Rowing Team will be selected using the following principles

1. The best Scottish athletes should be given the opportunity to represent Scotland
2. All selected crews should be competitive at the HIR
3. Crews should be selected to obtain the greatest number of points at the 2020 HIR
4. Rowing for Scotland should be a positive experience

1. Eligibility

All athletes seeking selection must fulfil ONE of the following:

- Be born in Scotland.
- Be resident in Scotland for 6 out of the 12 months prior to the 2020 HIR.
- Live in the British Isles and have a Scottish parent or grandparent.

Any athlete who competed at the 2019 HIR for a team other than Scotland is not eligible for selection. Junior athletes are required to have been born on or after 1st September 2001.

As well as satisfying the eligibility criteria, all rowers on the Scotland Rowing Team must be a member of Scottish Rowing, British Rowing or Welsh Rowing.

2. Registration

All athletes wishing to be considered for selection must register using: <https://bit.ly/36JnYX9>

Online registrations should be completed by **4 May 2020** to be considered for selection.

3. Regatta Format

3.1 Events

The following categories will comprise the 2020 Home International Regatta

Senior Men	Senior Women	Junior Men	Junior Women
8+	8+	8+	8+
4x	4x	4x	4x
4-	4-	4-	4-
4+	4+	4+	4+

2-	2-	2-	2-
2x	2x	2x	2x
1x	1x	"A" 1x	"A" 1x
Lwt 1x	Lwt 1x	"B" 1x	"B" 1x
Para 1x	Para 1x		

All events take the form of a single 2000m race.

Additionally, 4x and 8+ events will also take place over 500m.

Teams must comprise of a maximum of 14 athletes* and one cox. Athletes competing in the 4x and 8+ (both 2000m and 500m) must have competed in an event earlier in the regatta.

The HIR General Management Committee will be working with each of the Home Nations through the season to identify prospective para-rowing athletes with the aim of delivering competitive races at the HIR. Para-rowers eligible for Scotland should contact the Team Manager or complete the registration process at the earliest opportunity to express an interest.

All para-rowing athletes must have received an appropriate FISA classification prior to the HIR. For details on how to obtain a classification please contact the Team Manager.

* not including Para athletes

4. Selection Procedure

4.1 Monitored Ergometer Submissions

Athletes are required to submit details of ergometer performances for the following assessments, to be completed during the dates specified. All ergometer assessments should be completed under the supervision of a Scottish Rowing registered coach.

Senior

2km @ Free rate to be completed between Monday 9th March and Monday 30th March

Junior

2km @ Free rate to be completed between Monday 2nd March and Monday 16th March

Athletes failing to submit details will be removed from consideration for selection unless a medical exemption has been requested in writing to the Team Manager or in other exceptional circumstances as agreed by the Head of Performance Pathway. Information on how to submit details of performances will be made available on the Scottish Rowing website prior to each submission.

IMPORTANT: The following minimum performance standard will be applied to the 2km submission.

Senior Men	6:30		Senior Women	7:30
Senior Men (<73.5kg)	6:40		Senior Women (<60kg)	7:44
Senior Men PR1	9:05		Senior Women PR1	10:41
Senior Men PR2	7:50		Senior Women PR2	9:05
Senior Men PR3	6:50		Senior Women PR3	8:00
Junior Men	6:55		Junior Women	7:48

Rowers who fail to achieve these standards will only be considered for selection for an exceptional reason as agreed by the Head of Performance Pathway.

4.2 Main Selection Regatta

The Scottish Rowing Championships will serve as the main selection regatta.

4.2.1 Selection of Sweep Athletes

Sweep athletes seeking selection should enter the 2- event at the Scottish Rowing Championships. Both athletes competing in a 2- should be registered for selection in order to have their performance considered. Athletes are also encouraged to demonstrate their rowing ability in larger crew boats.

4.2.2 Selection of Sculling Athletes

All athletes seeking selection for these crews should enter the 1x event at the Scottish Rowing Championships. Athletes are also encouraged to demonstrate their sculling ability in larger crew boats.

4.2.3 Para Rowing Athletes

Para-rowing athletes are encouraged to enter the 1x event at the Scottish Rowing Championships. Results from other Para-rowing competitions will also be considered where appropriate.

4.3 Provisional Team & Confirmation of Intention to Continue to Seek Selection

Following the Scottish Rowing Championships, a list of athletes who remain under consideration will be published on or before **Thursday 11th June**. Athletes will not be allocated to crews at this time. The Scottish Rowing High Performance Group (HPG) reserves the option to add or remove athletes from this list.

All athletes on the provisional list will be required to pay a deposit. This deposit will be forfeited should the athlete subsequently remove themselves from selection for reasons other than injury or commitments pertaining to the GB Rowing Team. Athletes who

continue in the trialling process but who subsequently do not achieve selection to the Scotland Rowing Team will receive a refund of their deposit.

4.4 Additional Selection and Crew Formation Trial

Athletes on the provisional list will be invited to participate in additional selection/crew formation trials. The format of these assessments and those athletes required to participate will be confirmed after the HPG review the results of the selection regatta and all other relevant performance data.

4.5 Final Selection

After all additional selection and crew formation testing has been completed the HPG will announce the final team.

5. Additional Selection Considerations

5.1 Performance Exemption

Exceptional athletes may be selected for the team without attendance at the Scottish Rowing Championships and / or without prior registration or ergometer submission. Such athletes should be actively seeking selection for GB teams or be able to provide evidence of a high standard of performance. The decision to grant a performance exemption will rest with the Scottish Rowing Head of Performance Pathway.

5.2 Medical Exemption

Athletes not competing at the Scottish Rowing Championships or those unable to complete monitored ergometer tests due to medical reasons should inform the Team Manager as soon as possible and will be required to provide a medical certificate. Scottish Rowing is not obliged to delay the selection process or give a rower special consideration as a consequence of such illness or injury.

Athletes unable to complete any of the ergometer assessments within the allocated time window due to illness or injury should complete the assessment at the earliest possible opportunity thereafter and submit their result to the Team Manager.

5.3 Athlete Availability

Prior to the Scottish Rowing Championships athletes will be required to submit details of their availability to attend any additional selection trials or team training days. This should include details of any race commitments with their club. Details of how to submit this information will be provided to all registered athletes prior to the Scottish Rowing Championships.

Athletes may be removed from consideration for selection, if they:

- Fail to provide this information
- Are unable to make themselves available for selection trials or team training days as set by the HPG and Team Coaches
- Fail to demonstrate that they are able to achieve a satisfactory level of preparation for the regatta

5.4 Sprint Racing

Athletes will be selected to the provisional team on the basis of their performance in 2000m racing. After athletes have been confirmed to the Team additional testing may be performed to confirm those athletes most suitable for the sprint events.

5.5 Selection of Coxes

There is no gender restriction on coxes. The HPG will assess technical ability and select coxes following meetings/discussions with the crew coaches and from feedback from athletes in the selected crew.

Selected Coxes must

- Be confident
- Be able to quickly build a strong rapport with athletes
- Understand the FISA rules of racing
- Understand the safety considerations of training and racing
- Be able to deliver a session plan as specified by the crew coach and provide feedback to the coach

Coxes must be able to maintain an appropriate weight for an international regatta cox. Please note that the Scotland Rowing Team does not promote or encourage rapid or unhealthy weight loss. Coxes may be asked at various stages of selection to provide details of their weight.

Session Voice Recording

Prior to the Scottish Rowing Championships, all registered coxes will be required to provide:

1. An extract of a recording taken during a normal crew training session
2. An extract of a recording taken during a race or a high intensity training session

Details will be provided on how to submit recordings. The recordings will be reviewed, and feedback provided. Part of the selection process will also be based on availability of coxes to attend scheduled crew training sessions.

5.6 Selection of Coaches

Coaches will be appointed to crews by the Scottish Rowing High Performance Group. A job description detailing the roles and responsibilities for Scotland Rowing Team Coaches is available on the Scottish Rowing website.

6. Selectors

Both Senior and Junior Teams will be selected by the Scottish Rowing High Performance Group. Following the announcement of the final team any decision on changes to crews because of injury or other unforeseen circumstances will be made by the Team Manager in consultation with the Head of Performance Pathway and the Team Coaches.

7. Additional Team Information

7.1 Costs

Athletes will be expected to pay a contribution towards costs for attending the 2020 HIR as a member of the Scotland Rowing Team. There will be no cost to coaches appointed to the Scotland Rowing Team.

7.2 Transport, Accommodation and Equipment

Transport and accommodation for all athletes, coaches and support staff will be arranged by the Team Manager. The Team Manager will liaise with selected athletes and coaches to ensure that equipment is available for all competing athletes. Equipment not covered by existing insurance policies may be insured by Scottish Rowing. Team Members will be responsible for any equipment entrusted to them during their time with the team and may be liable for damage incurred if used improperly. For further details, contact the Team Manager.

7.3 Code of Conduct & Child Protection

Athletes and coaches selected will be expected to follow a high standard of behaviour while representing Scotland and will be expected to sign a document declaring such.

All athletes must comply with Scottish Rowing's anti-doping regulations and not currently be under disqualification or suspension imposed by any national governing body or international federation.

Scottish Rowing wishes for children and young people to stay safe and have fun while taking part in rowing.

Everyone involved in Scottish Rowing has a duty to safeguard the welfare of all children in their care. Scottish Rowing has made a commitment to promote safe practice and to protect children from harm, abuse and exploitation. This duty extends to the prevention of physical, sexual or emotional abuse of any child and shall be applied regardless of a child's gender, race, religion, sexuality or disability.

8. Appeals

Registered senior athletes, or the parent/guardian of registered junior athletes, are entitled to appeal against the decision of the Selectors. The nature of the selection process means that selections to the Team can often be made close to the regatta. As such the outcome of an appeal can have a significant impact not just on athletes directly involved in an appeal but on the preparation of other members of the Team. The Appeals process is therefore designed to operate quickly and minimise impact to athlete preparation. Athletes should carefully consider if an appeal is justified, before making one.

The appeal process can only be used to determine:

- Whether the correct procedures have been followed in the implementation of the Selection Policy;

- Whether the Selectors have acted reasonably, fairly and without bias in making a decision;
- Whether a selection decision was reached on the basis of an error of fact

The right to appeal a selection decision is provided on these grounds only and must not be seen as an opportunity to dispute the opinion of the Selectors, who will be regarded by the Appeals Panel as experts.

8.1 Making an Appeal

An appeal should be initiated by emailing office@scottish-rowing.org.uk setting out full details of the basis upon which the athlete is appealing against the decision of the Selectors.

The Appeal must be raised within 48hours of a “Selection Decision”. A Selection Decision is defined to be:

- The publication of the Provisional Team
- The publication of the Final Team
- Formal written communication between the Team Manager and the athlete that it is the intention of the Selectors to no longer consider the athlete for selection.

If the athlete fails to submit an appeal within the time limit, they will automatically lose the right of appeal.

A £100 contribution towards the administrative costs of the appeal will be requested upon receipt of the appeal. This sum may be refunded upon conclusion of the appeal at the discretion of the Appeals Panel.

Appeals Panel

The Scottish Rowing President will select three people from a list, previously approved by the Scottish Rowing Board to form the Appeals Panel. No individual directly involved with the athlete making the appeal or who was involved with the selection process may be part of the Appeals Panel.

Conduct of the Appeal

The appeal will be conducted by written submissions only. No parties to the appeal will be entitled to appear before the Appeals Panel. However, the Appeals Panel, may contact a party to the appeal by telephone or by email to request further information. The Appeals Panel may make their deliberations in person or remotely as required.

The Appeals Panel will either:

- Reject the appeal and confirm the decision of the Selectors
- Uphold the appeal and inform the Selectors that errors have been identified in the conduct of the selection process and request that a new selection decision be made as soon as is reasonably practicable.

The Appeals Panel will seek to reach its conclusion within 72 hours of receipt of the Appeal and will inform all interested parties as to their decision via email as soon as possible.

