

Selection Policy for the Scotland Rowing Team for the 2017 Home International Regatta (Updated March 2017)

The 2017 regatta will be take place at Strathclyde Park on 22nd July. Although the regatta will take place in Scotland it will be officially hosted by England.

(Please note that the venue and date have changed from that announced in January 2017)

The Home International Regatta (HIR) is an annual challenge match between Scotland, England, Ireland and Wales. In recent years, the Scotland Senior Teams have experienced a period of success, winning the 4 of 6 Senior Team Competitions. The Scottish Rowing High Performance Group (HPG) is striving for this level of performance to be replicated at the Junior Level.

World-wide elite level sport has in recent years been marred by issues doping abuse. All members of Scottish Rowing are subject to UKAD and WADA regulations and while there are no indications of anti-doping problems within the Scottish Rowing community the Scotland Rowing Team wishes to play a proactive role in keeping the sport of rowing drug free. As part of the registration process for the 2017 Team, athletes will not only have to agree to abide by anti-doping regulations but will have to demonstrate that they have a sound understanding of the practical and ethical issues of anti-doping.

The HPG believes that representing Scotland is a special honour and as such expects all athletes to regard selection as an aspirational goal and encourages athletes seeking selection to do all they can to prove themselves to obtain a place on the Scotland Rowing Team.

In an on-going commitment towards, Para-rowing, these events will be part of the main regatta programme and therefore points scoring.

Key Points of the Policy and Changes from 2016

- Senior Athletes are required to complete an anti-doping assessment (Section 2.1)
- Selection process requires the submission of two monitored ergometer results (Sections 4.1 & 5.1)
- The Scottish Rowing Championships is the main selection regatta. (Sections 4.2 & 5.2)
- Para-rowing events are now part of the main HIR Programme (Section 4.5)
- Up to 2 coxes can now be selected for the senior team (Section 4.8)
- There has been a minor change to the regatta scoring system (Appendix A)
- While the policy has not changed from 2016, the HPG wish to emphasize the importance of section 6.4 Athlete Availability

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. Taking in to account 1 & 2, crews should be selected to obtain the most number of points at the 2017 HIR
4. Rowing for Scotland should be a positive experience

1. Eligibility

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 2016 HIR.
- Live in the British Isles and have a Scottish parent or grandparent.
- Have previously competed for Scotland at the HIR.

Any senior athlete who competed at the 2016 HIR for a team other than Scotland is not eligible for selection. Junior athletes are those who have not attained the age of 18 years before the 1st September of the calendar year prior to the year of the competition.

All athletes must comply with Scottish Rowing's anti-doping regulations and not currently be under disqualification or suspension imposed by Scottish Rowing, British Rowing, Welsh Rowing, the IARU or FISA.

2. Registration

All athletes wishing to be considered for selection must register using the online entry system at www.bit.ly/ScotlandRowingTeam2017

IMPORTANT: Online registrations MUST be completed by **Friday 10th February 2017** to be considered for selection for the Scotland Rowing Teams in 2017.

To comply with Scottish Rowing Child Protection procedures, junior athletes should be registered by their parent/guardian.

2.1 Anti-Doping Requirements

After registering athletes will be provided with anti-doping education resources.

Upon the close of registration, all athletes will then be sent details allowing them to complete a short online assessment on the practicalities and ethics of anti-doping.

IMPORTANT: All Senior athletes MUST complete the assessment by **Friday 7th April**.

Senior athletes failing to complete the assessment will be removed from consideration for selection

Junior Athletes will not be required to complete the assessment but will be encouraged to do so.

3. Regatta Format

3.1 Senior Events

The following senior events will comprise the 2017 Home International Regatta, with each event comprising one 2000m final (except para rowing events, which will be raced over 1000m):

Men	Women	Lightweight Men	Lightweight Women
8+	8+		
4x	4x		
4-	4-		
4+	4+		
2-	2-	2-	2-
2x	2x	2x	2x
1x	1x	1x	1x
Para-rowing 1x	Para-rowing 1x		

The senior teams (Men and Women) may consist of a maximum of 18 athletes*.

Athletes competing in the 4x and 8+ must have competed in an event earlier in the day at the HIR.

*Para-rowing races are full "points scoring" events but Para-rowing athletes are not considered when applying the maximum team size rule.

Teams (Men and Women) may also select up to 2 coxes. (New for 2017)

Para-rowing athletes with different classifications will compete in a single race and the winner determined by comparison to published Gold Medal Times for the different event classifications.

Further details of the regatta format can be found Appendix A.

3.2 Junior Events

The following junior events will comprise the 2017 Home International Regatta, with each event comprising one 2000m final:

Junior Men	Junior Women
8+	8+
4+	4+
4-	4-
2-	2-
4x	4x
2x	2x
1x	1x

The junior team may comprise a maximum of 17 athletes plus a maximum two coxes. As such should a full team be selected some athletes will be required to “double-up”.

4. Senior Selection Procedure

4.1 Monitored Ergometer Submissions

Athletes are required to submit details of ergometer performances for the following, to be completed during the dates specified.

5km	20th January – 17th February
2km	3rd March – 7th April

Athletes failing to submit details may be removed from consideration for selection. Information on how to submit details of performances will be provided to all registered athletes prior to each submission.

Further details of the regatta format can be found Appendix A

4.2 Main Selection Regatta

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

Athletes seeking selection MUST enter either Championship 1x or 2- (lwt or hwt). Athletes are encouraged to demonstrate, where possible, their rowing ability in both smaller boats and larger crew boats.

The HPG will make selections with reference to Section 6.4 (Athlete Availability) when considering the formation of crews with athletes who have different regular training locations.

4.3 Selection of the 8+ and 4x

To comply with the HIR rules, athletes in these crews must be selected from athletes who have competed in events earlier in the regatta. As such, the lineup for these crews will be decided upon after all other crews have been confirmed.

4.4 Lightweight Athletes

Lightweight athletes competing in heavyweight events at the Scottish Championships may have their weight recorded in order to aid the HPG in their decisions.

4.5 Selection of Para-rowing Athletes

Para-rowing athletes should provide details of the following ergometer performances.

2km	20 th January – 17 th February
1km	3 rd March – 7 th April

Para-rowing athletes MUST enter the 1x at the Scottish Rowing Championships.

The HPG will also consider all other appropriate results from Para-rowing competitions in making their selections.

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

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

Following the Scottish Rowing Championships, a provisional team list will be published on or before **Thursday 15th June**. After publication of the provisional team list, athletes will be contacted to confirm that they wish to continue to be considered for selection. Athletes and coaches are reminded that athletes are accepting a potential place on the team rather than as part of a specific crew. Any athlete withdrawing from selection (for other than medical reasons) after this time may be liable for any costs incurred.

Should the HPG make any changes to teams after this time, the individual athletes involved will be informed. Coaches of athletes will also be informed provided they are listed on the athlete's registration.

IMPORTANT: All selections remain provisional until confirmed by the Scottish Rowing Board on **Monday 17th July**.

Copies of the provisional team list will be sent to all member clubs and to all those who have registered using the online system.

4.7 Discretionary Selection Trial

Following the publication of the provisional team list, certain athletes may be invited to attend a discretionary selection trial in order to obtain further information. The Team Manager will arrange at the request of the HPG to assess different combinations of athletes in crews or to arrange race-offs between individual crews. The date of any discretionary selection trial will be arranged by the Team Manager following consultation with those athletes invited.

4.8 Selection of Senior 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 Senior 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 at 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.

Part of the selection process will also be based on availability of coxes to attend scheduled crew training sessions.

5. Junior Selection Procedure

5.1 Monitored Ergometer Submissions

Athletes are required to submit details of ergometer performances for the following, to be completed during the dates specified.

5km@R26	20th January – 17th February
2km	3rd March – 7th April

Athletes failing to submit details may be removed from consideration for selection. Information on how to submit details of performances will be provided to all registered athletes prior to each submission.

5.2 Main Selection Regatta

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

5.3 Selection of 2-, 4+ and 4-

Junior athletes seeking selection MUST enter Junior 2- at the Scottish Championships. Selection for both crews will be based primarily on the results of this event. The HPG will make selections with reference to Section 6.4 (Athlete Availability) when considering the formation of crews with athletes who have different regular training locations.

5.4 Selection of the 1x, 2x and 4x

All athletes seeking selection for these crews MUST enter Junior 1x at the Scottish Championships. Selection for both crews will be based primarily on the results of this event. In addition, athletes are encouraged to demonstrate, where possible, their sculling ability in larger sculling boats.

5.5 Selection of the 8+

The selection of all other crews will be confirmed before selection of this crew is considered. No athlete will be selected to this crew who has not competed in the Junior 2- event at the Scottish Championships.

5.6 Selection of Junior Coxes

There is no gender restriction on junior coxes. Junior coxes will be selected following consultation between the HPG and the coaches of athletes assigned to coach the coxed events. The decision will be based on technical ability and crew suitability. Part of the selection process will also be based on geographical factors in order to maximise crew training times.

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

Following the Scottish Rowing Championships, provisional teams will be published by **Thursday 15th June**.

The parents/guardians of junior athletes listed in the provisional team will be contacted directly to confirm that the wish to continue to be considered for selection. Communication in this manner is required in order to comply with Scottish Rowing's Child Protection Guidelines.

Should the HPG make any changes to the teams after this time, the parents/guardians of junior athletes involved will be informed, as will their coach.

Athletes, coaches and parent/guardians should be aware that by making this confirmation they are accepting a potential place on the team rather than as part of a specific crew. Any athlete withdrawing from selection (for other than medical reasons) after this time may be liable for any costs incurred.

IMPORTANT: All selections remain provisional until confirmed by the Scottish Rowing Board on **Monday 24th July**

5.8 Discretionary Selection Trials

Where appropriate, athletes may be invited to attend a discretionary selection trial in order to obtain further information. The Team Manager will arrange to assess different combinations of athletes in crews or to arrange race-offs between individual crews. Upon conclusion of any discretionary selection trial an updated provisional

team will be announced. Copies of the provisional and updated provisional team will be sent to all member clubs and to all those who have registered using the online system.

6. Additional Selection Considerations

6.1 Performance Exemption

Exceptional athletes may be selected for the team without attendance at the Scottish Championships. Such athletes should be actively seeking selection for GB teams and be able to provide evidence of a high standard of performance.

6.2 Medical Exemption

Athletes not competing at the Scottish Championships or those unable to complete monitored ergometer tests due to medical reasons should inform the Team Manager as soon as possible and may be required to provide a medical certificate.

6.3 Team Size

It is the intention of Scottish Rowing that a full team should represent Scotland at the 2017 HIR. However, should the HPG be of the opinion that no crew of sufficient standard exists for a specific event then HPG may choose not to select a crew to compete in that event.

6.4 Athlete Availability

Prior to the Scottish Championships athletes will be required to submit details of their availability to attend any additional selection trials or team training days between **Monday 19th June** and the commencement of the HIR. This should include details of any race commitments with their Club/School. 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
- Fail to demonstrate they are able to achieve a satisfactory level of preparation for the regatta

6.5 Crew Changes during the HIR

During the regatta any decision on changes to crews because of injury or other unforeseen circumstances will be made by the Team Manager in consultation with the team coaches.

7. Selectors & Appeals

Both Senior and Junior Teams will be selected by the Scottish Rowing High Performance Group (HPG).

If an athlete feels that the HPG decisions have not followed the Selection Policy or the Scottish Rowing Equality Policy they may submit an appeal to the Scottish Rowing Board following the Scottish Rowing Appeals Procedure. The decision to make an appeal should not be made lightly. Those submitting an appeal are asked to pay particular notice to the Prior Consultation section of the Appeals Procedure. An athlete selected in a particular boat class cannot make an appeal to be selected in another crew.

8. Selection of Coaches

All coaches interested in working with the Scotland Rowing Team should complete the online registration available at

www.bit.ly/ScotlandRowingTeam2017

Coaches will be appointed to crews by the Team Manager following consultation with the Scottish Rowing High Performance Group. As such it does not follow that the selection of an athlete/crew to the team means that their regular coach will also be selected. A job description detailing the roles and responsibilities for Scotland Rowing Team Coaches is available on the Scottish Rowing website.

Everyone has a responsibility to safeguard children and young people (no matter what their role), therefore Scottish Rowing wants to ensure all Scotland Team coaches all have an up-to-date awareness of this topic. To ensure this knowledge and empower all the coaches, we also require all coaches to have completed the Sports Coach UK Safeguarding and Protecting Children Course (or equivalent) within the past three years.

All coaches of junior athletes will be appointed in accordance with the Scottish Rowing Child Protection Policy and are required to have registered to the Scottish Rowing PVG Scheme.

Details of the course are available

www.sportscoachuk.org/site-tools/workshops/about-our-workshops/safeguarding-and-protecting-children

For further details and to arrange registration to the Scottish Rowing PVG scheme contact Laura Jennings.
childprotection@scottish-rowing.org.uk 07469 614852

9. Additional Team Information

9.1 Costs

Athletes, coaches and support staff will be expected to pay a contribution towards costs for attending the 2017 HIR as a member of the Scotland Rowing Team.

9.2 Equipment

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 the any equipment entrusted to them during their time with the team and may liable for damage incurred if used improbability. For further details, contact the Team Manager.

9.3 Transport and Accommodation

Transport and accommodation for all athletes, coaches and support staff will be arranged by the Team Manager.

9.4 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. Athletes and coaches seeking selection are reminded that unduly attempting to influence the selectors will be regarded as a disciplinary matter.

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.

9.5 2017 Dates of Interest

10 th February	Deadline for athlete registration
20 th January – 17 th February	1 st Ergometer submission window
3 rd March – 7 th April	2 nd Ergometer submission
2 nd April	Deadline for completion of anti-doping assessment
10 th -11 th June	Scottish Rowing Championships, Strathclyde Park
15 th June	Publication of Provisional Teams
17 th July	Announcement of Final Teams
22 nd July	Home International Regatta

9.6 Correspondence

Graeme Cunningham, the Team Manager, can be contacted by email graeme.cunningham@scottish-rowing.org.uk or via phone 07824341287

All postal correspondence should be sent to

HIR 2017

Scottish Rowing Centre

366 Hamilton Road

Motherwell

ML1 3ED

Online registration for all athletes, coaches, parents/guardians and other interested parties is available at www.bit.ly/ScotlandRowingTeam2017

Or

<https://scottishrowing.wufoo.eu/code/scotland-rowing-team-2017/>

General Information on the Home International Regatta, including results from previous years is available from www.homeinternationalregatta.org

Appendix A Home International Regatta Race Programme

1)	Lt. W 1x	10.30	11) W 2 -	11.50	21)	W2x	13.10
2)	Lt. M 1x	10.38	12) M 2 -	11.58	22)	M2x	13.18
3)	JW 1x	10.46	13) JW 4 -	12.06	23)	JW 4+	13.26
4)	JM 1x	10.54	14) JM 4 -	12.14	24)	JM 4+	13.34
5)	W 1x	11.02	15) W 4+	12.22	25)	W 4 -	13.42
6)	M 1x	11.10	16) M 4+	12.30	26)	M 4 -	13.50
7)	Lt. W 2 -	11.18	17) Lt. W 2x	12.38	27)	JW 4x	13.58
8)	Lt. M 2 -	11.26	18) Lt. M 2x	12.46	28)	JM 4x	14.06
9)	JW 2 -	11.34	19) JW 2x	12.54	29)	Para W	14.15
10)	JM 2 -	11.42	20) JM 2x	13.02	30)	Para M	14.25

Lunch Break

31)	JW 8o	15.30	32)	JM 8o	15.40
33)	W 4x	15.50	34)	M 4x	16.00
35)	W 8o	16.10	36)	M 8o	16.20

Weights Limits

With respect to lightweights and coxes, the regatta is run under FISA rules with the following exceptions:

“All lightweight athletes and coxes must weigh-in between one hour and two hours before the start of the regatta, in race clothing. Lightweight athletes failing to make weight at the HIR will be ineligible to compete in the 4x or 8+ events.

“Coxes must wear a lifejacket and abide with any other local rules with respect to safety”

The weight limits are:

	Individual	Crew Average
Men	72.5kg	70kg
Women	59kg	57kg

The minimum weight limit for coxes (Senior and Junior) is 55kg with a maximum of 15kg of deadweight to be carried.

Home International Points Scoring System

4 Boat Races		3 Boat (or fewer) Races	
1 st	4pts	1 st	3pts
2 nd	3pts	2 nd	2pts
3 rd	2pts	3 rd	1pt
4 th	1pt		

Para-rowing Gold Medal Times

Men Trunk & Arms 1x	09:11.6
Women Trunk & Arms 1x	10:42.4
Men Arms & Shoulders 1x	10:11.2
Women Arms & Shoulder 1x	11:24.3