



Selection Policy for the Scotland Rowing Team for the 2025 Commonwealth Rowing Association Beach Sprint Championships

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Introduction

The Commonwealth Rowing Association Beach Sprint Championships (CRABSC) occurs every four years, with countries in the association invited to take part. The competition will follow the World Rowing Beach Sprints race format. In 2022, the Scotland Rowing Team topped the medal table at the CRABSC in Walvis Bay, Namibia, winning gold medals in three of the four events.

The 2025 CRABSC will be held on Browne's Beach in Bridgetown, Barbados from the Friday 21st to Sunday 23rd November. The Team will travel from Scotland to London on Sunday 16th November, then travel from London to Barbados on the Monday 17th November. Return travel will be on the evening of Sunday 23rd November, arriving in the UK on Monday 24th November.

The Beach Sprints format is ideal for agile and skilled scullers with a performance background, from either coastal or 'classic' rowing. Beach Sprints is now part of the Olympic programme for LA28, and Scotland has developed a strong group of athletes in recent GB Beach Sprint Teams, including World Champions. The CRA Beach Sprint Championships provides one of few opportunities for rowers to represent Scotland on the international stage and provides a performance opportunity for athletes and coaches looking to progress towards further international competition.

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. Rowing for Scotland should be a positive experience.
3. Athletes are believed to have future Olympic potential in the Beach Sprint discipline.
4. Athletes are capable of making the top 8 in their respective category.

**Due to requirements of the Olympic Beach Sprints Programme, this is unlikely to include athletes selected in Olympic boat classes for the GB Rowing Team at the 2025 World Rowing Beach Sprint Finals.*

The trials process is designed to be accessible to those with and without prior Beach Sprint experience. We strongly encourage all interested athletes to attend a taster and/or training sessions prior to the selection events, but this is not required.

With many of the leading Scottish athletes in this discipline regularly competing internationally for Great Britain, CRA Beach Sprints provides an opportunity for Scottish Rowing to demonstrate the strength, depth and quality of the coastal sculling pathway.

1. Eligibility

To be considered for selection to the Scotland Rowing Team (CRABSC), all team members must fulfil the following minimum eligibility criteria.

They must:

- hold a valid British Passport at all times and be able to travel to events and training camps.
- have a current Scottish Rowing membership.
- not be subject to any current disciplinary proceedings or ban.
- not be subject to any period of ineligibility or provisional suspension due to an anti-doping rule violation.
- be eligible under the [World Rowing Rules of Racing](#) Appendix R1 byelaw to rule 13 men's and women's events.

In addition, rowers must be citizens of, or subjects of Scotland and must be qualified by **at least one** of the following conditions:

- have been born in Scotland (proof of birth certificate required).
- have a parent born in Scotland (proof of birth certificate for parent(s) and rower).
- have a grandparent born in Scotland (proof of birth certificate for grandparent(s) and rower).
- continuously resided in Scotland for a minimum of 3 years prior to the competition (proof of address through utility bills, mortgage statement, bank statements, etc).

Under 21 athletes are required to have been born on or after 1st January 2005 and before 17th November 2007.

2. Registration

All athletes, coaches and boat handlers seeking selection must complete the following online form by Friday 1st August 2025. The registration form will open from Monday 2nd June 2025.

Register here → tinyurl.com/ScotlandCRABSC25

A list of registered athletes seeking selection for the 2025 Scotland Rowing Team (HIRBS & CRABSC) will be circulated by Monday 11th August 2025.

3. Regatta Format

The Beach Sprint format starts with a sprint on the beach of between 10m and 50m by the athlete (or **one** of the crew in the case of the double). After entering the boat, the crew slaloms around two buoys then turns around a third buoy at 250m and rows straight back to the beach before exiting the boat and finishing with a sprint to the finish line (in the case of the double **the other** member of the crew exits the boat and runs to the finish line).

3.1 Boat Classes

Senior		Development Team			
		U21		U19	
Men's Solo	CM 1x	Men's Solo	CM 1x	Men's Solo	CJM 1x
Women's Solo	CW 1x	Women's Solo	CW 1x	Women's Solo	CJW 1x
Mixed Double	CMix 2x	Mixed Double	CMix 2x	Mixed Double	CJMix 2x
Mixed Relay (can be comprised of Seniors, U21, or U19s)					

3.2 Team Structure

The Scotland Rowing Team will comprise a maximum of 6 athletes, up to 4 Senior Athletes (2 male, 2 female) and up to 4 Development Team Athletes (U19 or U21, male & female).

The selection panel will only select athletes that meet the performance standard of the competition, this may mean that fewer than 6 athletes are selected across the Senior and Development Teams.

There will be 3 accredited members of staff/coaches travelling with the team:

- Lead Coach – Iain Docwra
- Assistant Coach – To be selected
- Team Manager – Ailsa Martin

4. Selection Procedure

4.1 Monitored Ergometer Submission

Athletes are required - as part of the registration process - to submit details of an ergometer performance for the following assessment, to be completed during the dates specified. All ergometer assessments should be completed under the supervision of a [Scottish Rowing registered coach](#) (Coach membership) / Scottish Rowing Performance Pathway Coach who will be required to verify the score, and photos should be taken of the memory screen where appropriate.

The following tests to be completed as part of one session, no longer than an hour, in order as listed below, between Monday 7th April – Friday 8th August 2025.

- 7-Stroke Max Watts – take 2 strokes to build and record the highest watts pulled on any of the following 5 strokes.
- 250m @ free rate. Record the total time and average rate
- 1000m @ free rate. Record the total time and average rate

All ergometer tests should be completed on a static Concept2 ergometer. The Drag Factor (DF) is self-selected for the 7 Stroke Max Watts & 250m tests, the DF should be noted and submitted with the score. The 1000m should be completed at the DF's listed below:

- Senior/U21 Men (138)
- Senior/U21 Women & U19 Men (130)
- U19 Women (125)

Athletes are welcome (and encouraged) to submit multiple sets of results throughout the testing window. Athletes failing to submit details will be removed from consideration for selection unless an exemption request is approved by the Team Manager and/or Beach Sprint Pathway Coach.

Ergometer results can be submitted using the link below, athletes are reminded that they should take photo evidence of the 250m & 1000m scores.

Submit here → tinyurl.com/ScotlandCRABSCerg

Please note that this is the same submission form as for the HIRBS – results do not need to be submitted twice.

4.2 Selection Events

Athletes seeking selection to the Scotland Rowing Team should note the following key events, and be aware that results from secondary events will be considered on a supplementary basis as part of each athlete's 'performance profile':

- **Scottish Rowing Beach Sprint Championships** (16th-17th August) – Ayr Beach, Ayr.
 - This event is compulsory for all athletes looking for selection for the Scotland Rowing Team (HIRBS & CRABSC)
- **British Rowing Beach Sprint Championships** (30-31st August) – Bournemouth
 - Following the SRBSC, Scottish Rowing will select a group of athletes under further consideration for the Scotland Rowing Team (CRABSC) to race at the British Championships as part of the final stage of selection.
- **Secondary Events:**
 - Saints Coastal Regatta, St Andrews, 12th April.
 - Welsh Beach Sprint Championships (Senior), Fishguard, 3rd May
 - English Beach Sprint Championships, Studland, 17-18th May.
 - Welsh Beach Sprint Championships (Junior), Fishguard, 28th June.

Athletes should prioritise the entry of the Solo (1x) at the main selection event and where possible,

coordinate a Mixed Double (2x) entry through their club or as a composite with another club. For assistance in finding a suitable partner please contact [Iain Docwra](#), Scottish Rowing's Beach Sprints Pathway Coach.

It is understood that there may be athletes seeking selection with limited experience of the Beach Sprints format and of the equipment used. Athletes selected for the team will be expected to commit time to training and familiarising themselves further with the format and equipment for Beach Sprints ahead of the Championships.

4.3 Final Selection

Within a week of the British Rowing Beach Sprint Championships, and after consideration of all the performance data, the Scottish Rowing Performance Advisory Group (PAG) will announce the provisional team. The PAG reserves the option to add or remove athletes from the team, or to extend the selection process should additional information be required.

All athletes selected at this stage will be required to pay a deposit of £100. 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.

4.4 Athlete Availability

Athletes should ensure that they have good availability from the period following the Final Selection Event through to the CRA Beach Sprint Championships to attend any team training opportunities as organised by the Team Manager or Team Coaches. They should notify [Iain Docwra](#) at the earliest opportunity of any known periods of leave during this time.

It is expected that following provisional selection, athletes may be representing either the GB Rowing Team or Scotland Rowing Team (HIRBS) prior to the CRABSC and as such athletes will follow the training plans of these teams. Following the culmination of these events athletes will be expected to follow the Scotland Rowing Team (CRABSC) training programme, specifically noting the training camps taking place listed in Appendix 1 - Key Dates.

Selectors have the authority to select athletes of a higher performance standard with limited training availability where this is deemed best for the performance of the team. However, athletes failing to provide a sufficient level of availability through this period may have their selection from the team withdrawn.

5. Additional Selection Considerations

5.1 Exceptional Changes to Policy and Procedure

In response to any unforeseen circumstances the PAG may need to take action to modify the selection policy or procedure.

5.2 Performance Exemption

Exceptional athletes may be selected for the team without attendance at the Selection Events and/or without prior registration or ergometer submission. Such athletes should be actively seeking selection for GB teams; able to provide evidence of a high standard of performance; and/or have experience of an international standard Beach Sprints competition. The decision to grant a performance exemption will rest with the Scottish Rowing Head of Performance.

Performance Exemption Requests can be made by completing the following form [HERE](#).

5.3 Medical Exemption

Athletes unable to complete any elements of the selection process 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.

6. Selection of Coaches

Coaches will be appointed by the Scottish Rowing Performance Advisory Group. A job description detailing the roles and responsibilities is available on request. Coaches are reminded to complete the online registration process to express their interest in representing the Scotland Rowing Team.

Coaches will be selected through attendance at the training and testing events, and discussion with the Scottish Rowing Beach Sprint Pathway Coach. Previous involvement with Beach Sprints and attendance at the Scottish Rowing Beach Sprint Championships, along with other training and taster days is desirable for Scotland Rowing Team coaches.

All Scotland Rowing Team Coaches in 2025 will be required to hold a recognised rowing coaching qualification (L2 or equivalent), be a registered Scottish Rowing coach (Coach Membership) and be able to demonstrate that they meet all minimum requirements as outlined on the [Scottish Rowing website](#). Coaches working with Scotland Rowing Team (CRABSC & HIRBS) will need to be members of the PVG scheme where there are U19 athletes selected as part of the team.

7. Selectors

The Team will be selected and ratified by the Scottish Rowing Performance Advisory Group (PAG). A selection panel will be formed from at least three representatives of the PAG and all team selections proposed by this panel will be ratified by the remaining PAG members. The Selectors for HIRBS, and the PAG, are listed below. 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 and the Team Coaches.

Scottish Rowing Performance Advisory Group and Selectors:

Ian Munro	Board Director (Performance) – Scottish Rowing
Tom Young*	Head of Performance – Scottish Rowing
Mike Martin	Junior Co-Ordinator – Scottish Rowing
Ailsa Martin*	Team Manager (HIRR/HIRBS) – Scotland Rowing Team
Lee Boucher	CEO – Scottish Rowing
Kevin McHugh	High Performance Manager – sportscotland institute of sport
Kim Murray	Independent Performance Advisor
Paul Greaves	Independent Performance Advisor
Iain Docwra*†	Beach Sprints Pathway Coach – Scottish Rowing
Tom Pattichis*†	Olympic Head Coach, Beach Sprints – GB Rowing Team

**nominated Selector for CRA Beach Sprints*

† not a member of the PAG

8. Additional Team Information

8.1 Costs

Athletes will be expected to pay a contribution towards costs for attending the 2025 CRABSC as a

member of the Scotland Rowing Team. Scottish Rowing will cover the cost of coaches and the Team Manager appointed to the Scotland Rowing Team. Current estimated costs could be up to £3000 per team member, however, Scottish Rowing is looking at options to subsidise this cost to make the athlete contribution significantly lower than this.

Athletes in significant financial hardship can contact the Team Manager who may be able to provide additional support. All disclosures will be treated in confidence and will not affect selection decisions.

8.2 Accommodation and Equipment

Equipment, including boats, will be provided for team training sessions and competition. Athletes are required to provide their own/club sculling oars for training; however, oar hire will be arranged with the organisers for competition.

Accommodation at the 2025 CRABSC for all athletes, coaches and support staff will be arranged in partnership with British Rowing for all home nation teams. Team travel to London will be organised from Sunday 17th November. On Monday 18th November, all home nations teams will travel from London to Barbados. Return travel will be arranged following competition, arriving in the UK on Monday 24th November. All athletes and coaches should ensure that they are available on these dates.

8.3 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 adhere to the [Scottish Rowing Codes of Conduct](#) for athletes and coaches.

All athletes and coaches 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. All team members of the Scotland Rowing Team will be required to have completed the UKAD Clean Sport workshop in the season they are competing in.

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 young people in their care. Scottish Rowing has made a commitment to promote safe practice and to protect young people from harm, abuse and exploitation. This duty extends to the prevention of physical, sexual or emotional abuse of any young person and shall be applied regardless of their gender, race, religion, sexuality or disability. All coaches and support staff must hold a PVG with Scottish Rowing for any teams that include U19 rowers, this will be organised following selection as required.

8.4 Contact Information

For question relating to the selection policy and procedures contact:

Team Manager

Ailsa Martin

ailsa.martin@scottish-rowing.org.uk

For information about the Scottish Rowing Performance Pathway contact:

Head of Performance

Tom Young

Tom.Young@scottish-rowing.org.uk

Beach Sprints Pathway Coach

Iain Docwra

iain.docwra@scottish-rowing.org.uk

For any safeguarding matters contact:

Child Wellbeing & Protection Officer

Mark Senter

childprotection@scottish-rowing.org.uk / 07852 947907

9. Appeals

Registered senior/under 21 athletes, or the parent/guardian of registered U19 athletes, are entitled to appeal against the decision of the Selectors. The nature of the selection process means that selections to the Scotland Rowing Team can often be made close to the event. 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 Scotland Rowing 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.

9.1 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 48 hours of a "Selection Decision". A Selection Decision is defined to be:

- 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 £50 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.

9.2 Appeals Panel

The Scottish Rowing Chair 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.

9.3 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.

Appendix 1 - Key Dates – Scotland Rowing Team (CRABSC) 2025

DATE	EVENT	DETAIL
Monday 7 th April 2025	HIRBS / CRABSC	Scotland Rowing Team ergometer submission window opens
Saturday 12th – Sunday 13th April 2025	HIRBS / CRABSC / GBRT	Saints Regatta, St Andrews Secondary selection event
Saturday 3rd May 2025	CRABSC / GBRT	Welsh Beach Sprint Championships (Senior), Fishguard Secondary selection event
Saturday 17th – Sunday 18th May 2025	CRABSC / GBRT	English Beach Sprint Championships, Studland Secondary selection event
Monday 2 nd June 2025	CRABSC	CRABSC Scotland Rowing Team Registration Open (Athletes & Coaches)
Saturday 28th June 2025	CRABSC / GBRT	Welsh Beach Sprint Championships (Junior), Fishguard Secondary selection event
Saturday 19 th – Tuesday 22 nd July 2025	GBRT	GB Final Selection Trials (invitational), Location TBC
Friday 1 st August 2025	HIRBS / CRABSC	Scotland Rowing Team Registration Closes (Athletes & Coaches)
Friday 8 th August 2025	HIRBS / CRABSC	Scotland Rowing Team ergometer submission window closes
Monday 11 th August 2025	HIRBS / CRABSC	List of athletes seeking selection for Scotland Rowing Team in 2025 shared with registered athletes & coaches (email).
Saturday 16th – Sunday 17th August 2025	HIRBS / CRABSC	Scottish Rowing Beach Sprint Championships, Ayr Beach Primary selection event
Sunday 24 th August 2025	HIRBS / CRABSC	List of athletes provisionally selected for HIRBS, and athletes under further consideration for CRASBC will be shared with registered athletes & coaches (email). This will include an invitation to join Spond and a payment request for selected athletes.
Saturday 30th – Sunday 31st August 2025	HIRBS / CRABSC	British Rowing Beach Sprint Championships, Bournemouth <i>As part of the final stage of selection, a team will be selected to race at the British Championships (this will be a combination of CRABSC & HIRBS crews)</i>
Saturday 20th September 2025	HIRBS	Home International Rowing (HIR) Beach Sprints 2025, hosted by Ireland at Loughros Point, Co. Donegal.
Friday 31st Oct – Sunday 2nd November 2025	CRABSC	Scotland Rowing Team Training Camp (Residential) – Location TBC
Friday 7th – Sunday 9th November 2025	CRABSC	Scotland Rowing Team Training Camp (Residential) – Location TBC
Sunday 16th November – Monday 24th November	CRABSC	Commonwealth Rowing Association Beach Sprint Championships - Bridgetown, Barbados.