



Selection Policy

Scotland Rowing Team

2026 Home International Rowing Beach Sprints

Hosted by Scotland at **TBC**

Competition Information

The Home International Rowing (HIR) Beach Sprints is an annual challenge match between Scotland, England, Ireland and Wales using the World Rowing Beach Sprints race format. The 2026 HIR Beach Sprints will be hosted by Scotland in XXX on Saturday 19th September.

1. Regatta Format

Boat Classes

Senior		Under 23		Junior	
Men's Solo	CM 1x			Men's Solo	CJM 1x
Women's Solo	CW 1x			Women's Solo	CJW 1x
Mixed Double	CMix 2x	Mixed Double	CU23Mix2x	Mixed Double	CJMix 2x
Para					
PR3 Mixed Double*			PR3 CMix 2x		
*New for 2026.					
Only one member of the crew must meet the PR3 eligibility criteria, the able-bodied partner must be of the opposite sex.					

It is the intention of the Selectors to select a full team (12 athletes) providing that there is suitable strength in the selection pool to negate the need for 'doubling up' within the team. Coaches and boat handlers will be appointed to support the team. The Selectors may choose to select 1 male and 1 female reserve.

Each event will comprise a time trial, repechage (where there are 5 entries), semi-final and final.

1.1 Costs

Athletes will be expected to contribute towards costs of attending the 2026 HIR Beach Sprints as a member of the Scotland Rowing Team. At the 2025 event, in Co. Donegal, Ireland, the athlete contribution was £380, however, this is expected to be lower for a regatta hosted in Scotland.

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.

1.2 Accommodation, Transport and Equipment

Accommodation and transport for the team will be arranged by Scottish Rowing. The team will meet on Thursday 17th in [Host Venue TBC] for training; team members are expected to make their own travel arrangements for Thursday 17th and return travel after the competition on Saturday 19th September. Travel during the event period will be arranged by the Scotland Rowing Team. All equipment, including boats, will be provided for team training sessions as well as the HIR Beach Sprints competition.

1.3 Code of Conduct & Child Protection

Athletes, coaches and boat handlers selected will be held to a high standard of behaviour while representing Scotland and will be expected to sign up 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. There will be mandatory ‘Clean Sport’ education sessions organised that will be shared with those seeking selection.

Scottish Rowing is committed to ensuring young people are safe and have fun while taking part rowing. Please review the Wellbeing and Protection policies for details of safeguarding procedures.

2. Selection Principles

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 Beach Sprints.
3. Crews should be selected to obtain the greatest number of points at the competition.
4. Rowing for Scotland should be a positive experience.

**Athletes selected for the 2026 GB Beach Sprint Team prior to Scotland Team selection will not be selected for the Scotland Rowing Team.*

The trials process is designed to be accessible to those with and without prior Beach Sprint experience. We encourage all interested athletes to attend a taster or training session prior to the trial where possible, but this is not required.

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

3. Selection Process

1st April 2026	Registration & Ergo Submission window opens
11th & 12th April 2026	Saints Coastal Regatta (optional competition opportunity)
Monday 3rd August 2026	Registration & Ergo Submission window closes
Friday 7th August 2026	Longlist of athletes under consideration for the Scotland Rowing Team will be shared with registered athletes and coaches, along with invitations to the Training & Testing Weekend. All athletes will be required to join Spond and pay their £100 deposit by Friday 14 th August to remain under consideration.
Saturday 15th – Sunday 16th August	Training and Testing Weekend Invitation only based on registration information
Saturday 22nd & Sunday 23rd August 2026	Scottish Rowing Beach Sprint & Coastal Championships
Thursday 27th August 2026	Provisional selections will be shared with the Performance Advisory Group, ratified, and published internally with shortlisted athletes and registered coaches.
Training between selection and competition	The team will be available for training between selection and the event. Please ensure you are available to train regularly through this time.

Thursday 17th September	Meet at [Host Venue TBC] for beginning of the residential training and competition.
Saturday 19th September	HIR Beach Sprints, Location TBC

4. Eligibility

All athletes seeking selection must fulfil at least ONE of the following:

- Be born in Scotland.
- Be resident in Scotland for 6 of the 12 months prior to the 2026 HIR Beach Sprints.
- Have a Scottish parent or grandparent.
- Have completed at least 5 years primary or secondary education in Scotland.
- Have previously competed for Scotland at the HIR Regatta / Beach Sprints.

And meet the following requirements as appropriate:

- Athletes who competed at the 2025 HIRR / HIRBS for a country other than Scotland
- Hold a valid Scottish Rowing or British Rowing Race Membership
- **Junior athletes** are required to have been born on or after 1st September 2007.
- **Under 23 athletes** are required to have been born on or after 1st January 2004.
- **PR3 Athlete eligibility requirements will be published once confirmed by the HIR Management Committee.**

5. Registration

All athletes, coaches and boat handlers seeking selection must complete the following online form by Monday 3rd August 2026. Details provided on this form will be used for all correspondence prior to the selection event, after which, athletes provisionally selected will be required to join Spond for further updates. Junior athletes will require a parent/carer to join Spond.

Register here → tinyurl.com/ScotlandHIRBS2026

A list of registered athletes seeking selection for the 2026 HIR Beach Sprints will be circulated by Friday 7th August 2026.

6. Monitored Ergometer Submission

Athletes are required complete an ergo assessment during the following dates. This must be submitted as part of the registration process. All ergometer assessments should be completed under the supervision of a [Scottish Rowing registered coach](#) (Coach membership) or Scottish Rowing Performance Pathway Coach who can verify the score.

The following tests to be completed as part of one session, no longer than an hour, in order as listed below, between Wednesday 1st April – Monday 3rd August 2026.

Assessment	Drag Factor	Recorded Data	Deadline
7-Stroke Max Watts	For the 1000m Senior Men - 138 Senior Women - 130 Junior Men - 130 Junior Women – 125 Para Rowers – 130 <i>Self-select drag for other tests</i>	Highest watts of the final 5 strokes	Monday 3 rd August Do not register prior to completing the assessment
250m @ free rate		Total time & average rate	
1000m @ free rate		Total time & average rate	
Static C2 RowErg			

Athletes are reminded that they should take photo evidence of the 250m & 1000m scores.

Athletes are encouraged to submit multiple sets of results throughout the testing window. Athletes unable to complete the assessment must request a medical or performance exemption to remain in consideration for the selection.

Submit here → tinyurl.com/ScotlandHIRBSerg

6.1 Selection Events

Athletes seeking selection are required to attend at least one of the following events:

- Saints Regatta, St Andrews – 11/12th April 2026
- Scottish Rowing Beach Sprint and Coastal Championships, Location TBC – 22/23rd August 2026

All registered athletes must ensure that they are available for the final selection event, subject to invitation:

- Scotland Rowing Team (HIRBS) Training & Testing Weekend, Location TBC – 15/16th August 2026

Registered athletes will be required to take part in this event* to determine the strongest combinations and crew formations for the Scotland Rowing Team. Invitations and event information will be sent out following the publication of the longlist of athletes under consideration.

**Exemptions may be made for athletes who are taking part in GB Rowing Team trials events between 7th-11th August.*

It is understood that many athletes seeking selection may have limited experience of the Beach Sprints format and of the equipment used. You can contact [Iain Docwra](#) for additional support in finding training opportunities.

Pool boats for all events will be provided although athletes will need to provide their own sculling oars.

6.2 Final Selection

Within one week of the Scottish Rowing Beach Sprint & Coastal Championships, and after consideration of all of 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.

6.3 Selection of Coaches and Boat Handlers

Coaches and boat handlers will be appointed by the Scottish Rowing Performance Advisory Group. A job description detailing the roles and responsibilities is available on request.

Coaches and boat handlers will be selected through attendance at the training and testing event and a prior conversation with the Scottish Rowing Beach Sprint Pathway Coach. Previous involvement with Beach Sprints and attendance at the selection weekend, and other training and taster days is desirable for Scotland Team coaches and boat handlers. Athletes unsuccessful in selection for one of the boats are able to be considered as team boat handlers and should discuss this with the Team Manager or Beach Sprint Pathway Coach.

All Scotland Rowing Team Coaches in 2026 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 of the minimum requirements as outlined on the [Scottish Rowing website](#). Coaches working with the junior team will need to be members of the PVG scheme.

7. Additional Selection Considerations

7.1 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.

7.2 Exemptions

Why apply for an exemption?

Performance Exemptions apply to athletes who:

- Cannot attend both the Scottish Rowing Beach Sprint Championships and Saints Regatta
- Cannot attend the Scotland Rowing Team Training & Testing Weekend.
- Have not submitted the registration form before the deadline

Medical Exemptions apply to athletes who:

- Cannot compete at the Scottish Rowing Beach Sprint Championships due to illness or injury
- Cannot complete the ergometer assessments prior to the registration deadline

Exemptions are considered at the discretion of the selection panel and PAG. The selectors are under no obligation to adjust or change the selection process due to injury/illness or athlete availability.

How to submit a Performance Exemption

Complete the Performance Exemption form (available from the Team Manager), clearly demonstrating one's ability to positively contributing to the strength of the Scotland Rowing Team. This must be submitted by the athlete (or parent/carer of junior athletes) by Monday 3rd August.

How to apply for a medical exemption

Provide a medical certificate/confirmation of your illness or injury from a medical professional. This should confirm that return to fitness to train and compete at a performance level within the assessment period.

Athletes unable to complete the ergometer assessment within the allocated time window for medical reasons should complete the assessment at the earliest opportunity and submit their result to the Team Manager.

7.3 Athlete Availability

Athletes may be removed from consideration for selection if they:

- Are unable to make themselves available for selection trials or team training days
- Are unavailable for sufficient training time to effectively prepare and perform at the HIR Regatta.

Junior athletes are expected to train in their selected crews from Tuesday 22nd July at the latest, and if required, the Team Manager/Junior Co-Ordinator may arrange a residential training camp to support prior to the team departing for the HIR Regatta (from Tuesday 22nd July).

8. Selectors

Both Senior and Junior Teams for the Home International Rowing Regatta 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. All members of the PAG will ratify the panel's proposed selections. The Selectors for HIRBS, and the PAG, are listed below. Following the announcement of the final team any decision on changes to crews due to injury or unforeseen circumstances will be made by the Team Manager alongside the Head of Performance and Team Coaches.

Scottish Rowing Performance Advisory Group:

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

* *nominated Selector for HIRBS*

† *not a member of the PAG*

9. Appeals

The Scotland Rowing Team Appeals Policy can be found on the Scotland Rowing Team section of the [Scottish Rowing Website](#).

10. 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