



Selection Policy for the Scotland Rowing Team for the 2025 Home International Rowing Beach Sprints

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Updates highlighted



Introduction

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. Since 2023, Jersey have taken part as a guest nation.

The 2025 HIR Beach Sprints will be hosted by Ireland in County Donegal on Saturday 20th September.

The Beach Sprints format is ideal for agile and skilled scullers with a performance background, from either coastal or river 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. Many of these athletes started their Beach Sprints journey as part of the Scotland HIR Beach Sprints Team. This event is an important pathway development opportunity for athletes, coaches and boat handlers looking to progress towards further international competition.

For information regarding selection for the 2025 Commonwealth Rowing Association Beach Sprint Championships in November 2025, to held in Barbados. The Selection Policy will be posted on the [Scottish Rowing Website](#) once the event schedule and dates have been confirmed.

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.

**Athletes selected for the 2025 GB Beach Sprint Team 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.

1. 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 2025 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.

Athletes who competed at the 2024 HIR Regatta / Beach Sprints for a country other than Scotland are not eligible for selection.

Junior athletes are required to have been born on or after 1st September 2006.
Under 23 athletes are required to have been born on or after 1st January 2003.

As well as satisfying the eligibility criteria, all athletes on the Scotland Rowing Team must be a member of Scottish Rowing or hold a British Rowing Race membership.

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 on Tuesday 1st April 2025.

Register here → tinyurl.com/ScotlandHIRBS25

A list of registered athletes seeking selection for the 2025 HIR Beach Sprints will be circulated by Monday 11th August 2025.

Please note that all trial information will be communicated through the email address you provide through this form. Following the trial process, information on training and the competition will be communicated via Spond. Invitations to join Spond will be sent via email to the relevant athletes and coaches. Junior athletes are required to have their parent/guardian also join.

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 athlete 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).

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

Teams will comprise a maximum of 2 Senior Women, 2 Senior Men, 1 Under 23 Woman, 1 Under 23 Man, 2 Junior Women and 2 Junior Men. 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.

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 photo's 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 (max rate 48) – take 2 strokes to build and record the highest watts

pulled on any of the following 5 strokes.

- 250m @40-44. Record the total time and average rate
- 1000m @ free rate. Record the time and average rate

All ergometer tests should be completed on a Concept2 static ergometer at the following Drag Factor:

- Senior/U23 Men (138)
- Senior/U23 Women & Junior Men (130)
- Junior 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/ScotlandHIRBSerg

4.2 Selection Events

Athletes seeking selection to the Scotland Rowing Team should note the following key events:

- First Selection Event – Saints Regatta (12th-13th April) – St Andrews
 - This event is an early identification event for the GB Beach Sprint trials. We would strongly encourage entries for aspiring U19 and Senior Beach Sprint rowers.
- Final Selection Event – Scottish Rowing Beach Sprint Championships (17th-18th August) – St Andrews
 - This event is compulsory for all athletes looking for selection for the Scotland Rowing Team at HIRBS.

Athletes should prioritise the entry of the Solo (1x) at both selection events 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 many athletes seeking selection will have limited experience of the Beach Sprints format and of the equipment used. Various 'come-and-try' sessions will be organized through the season – keep an eye on the Scottish Rowing website for more details or you can contact [Iain Docwra](#) for additional support.

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

4.3 Final Selection

Within one week of the Final Selection Event, 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.

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. The deposit will be used towards costs of participation at the British Rowing Beach Sprint Championships, which will be attended by the selected team and reserves.

4.4 Athlete Availability

Athletes should ensure that they have good availability from the period following the Final Selection Event through to the HIR Beach Sprints 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.

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 and / or 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 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 are reminded to complete the online registration process to express their interest in representing the Scotland Rowing Team.

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 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 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. Selectors

Both Senior and Junior Teams for the Home International Rowing Beach Sprints 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 (HIRBS) in consultation with the Head of Performance and the Team Coaches.

Scottish Rowing Performance Advisory Group:

TBC	Board Director (Performance) – Scottish Rowing
Tom Young*	Interim Head of Performance – Scottish Rowing
Mike Martin	Junior Co-Ordinator – Scottish Rowing
TBC	Team Manager (HIRR) – Scotland Rowing Team
Ailsa Martin*	Team Manager (HIRBS) – Scotland Rowing Team
Lee Boucher	CEO – Scottish Rowing
Kevin McHugh	High Performance Manager – sportscotland institute of sport
TBC	Independent Performance Advisor(s)
Iain Docwra*†	Beach Sprints Pathway Coach – Scottish Rowing

** denotes a nominated Selector for HIRR*

† 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 HIR Beach Sprints as a member of the Scotland Rowing Team. Scottish Rowing will cover the cost of coaches and boat handlers appointed to the Scotland Rowing Team. In 2024, the Scotland Rowing Team athlete contribution for the HIR Beach Sprints in Wales was £300.

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 as well as the HIR Beach Sprints competition. **Athletes are required to provide their own/club sculling oars.**

Accommodation at the 2025 HIR Beach Sprints for all athletes, coaches and support staff will be arranged by the Team Manager.

Team travel to Ireland will be organised from Thursday 18th – Sunday 21st September (inclusive) and all athletes, coaches and boat handlers should ensure that they are available on these dates.

8.3 Code of Conduct & Child Protection

Athletes, coaches and boat handlers selected will be expected to follow 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 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 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. All coaches and support staff must hold a PVG with Scottish Rowing which 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:

Interim 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 23 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 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 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.

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.

Key Dates – Scotland Rowing Team 2025

DATE	EVENT	DETAIL
Tuesday 1 st April 2025	HIRBS	Scotland Rowing Team Registration Open (Athletes, Coaches and Boat Handlers)
Monday 7 th April 2025	HIRBS	HIRBS ergometer submission window opens
Saturday 12th – Sunday 13th April 2025	HIRBS GB Selection	Saints Regatta, St Andrews (recommended) One of the first stage selection events for the GB Trials Process
Thursday 17 th – Sunday 20 th July 2025	GB Selection	GB Final Selection Trials (invitational)
Friday 1 st August 2025	HIRBS	Scotland Rowing Team Registration Closes (Athletes, Coaches and Boat Handlers)
Friday 8 th August 2025	HIRBS	HIRBS ergometer submission window closes
Monday 11 th August 2025	HIRBS	List of athletes seeking for Scotland Rowing Team in 2025 shared with registered athletes, coaches and boat handlers (email).
Saturday 16th – Sunday 17th August 2025	HIRBS	Scottish Rowing Beach Sprint Championships (compulsory)
Sunday 24 th August 2025	HIRBS	List of athletes provisionally selected for HIRBS shared with registered athletes, coaches and boat handlers (email). This will include an invitation to join Spond and a payment request for selected athletes.
Saturday 30 th – Sunday 31 st August 2025	Selected Team	British Rowing Beach Sprint Championships, Bournemouth <i>Following the selection events, the selected team (and reserves) will compete at the British Championships.</i>
Thursday 18 th September 2025	HIRBS	Travel to Ireland and start of residential pre-HIRBS training and preparation.
Saturday 20th September 2025	HIRBS	Home International Rowing (HIR) Beach Sprints 2025, hosted by Ireland at Loughros Point, Co. Donegal.