



COMMONWEALTH BEACH SPRINTS REGATTA 2022 SELECTION POLICY

The Commonwealth Regatta will take place in Swakopmund, Namibia from the 2nd-4th December 2022. Team Wales will look to travel between 27th November and 5th December. Athletes hoping to gain selection for the team will need to be available for these dates plus the trial date on 25th September 2022.

1. Policy Objectives

- To select individuals who can perform with distinction in Beach Sprint Rowing in individual and team disciplines.
- To place Wales in the top five nations in the medal table

2. Race Categories & Team Size

- Men's Solo CM1x
- Women's Solo CW1x
- Mixed Double CMix2x
- Team Relay (CM1x, CW1x, CMix2x)

The Welsh Team will be comprised of a **maximum** of 4 Rowers (2 Senior Men and 2 Senior Women).

Team Manager: Sam English

Team Coach: Will King

The Team Manager and Coach will act as boat handlers for the team, along with other team members if required.

3. Standard

To be selected an individual must: -

- a) Demonstrate medal winning sculling ability at an international level
- b) Have the ability to/have proven their ability to perform under pressure at an international rowing event
- c) Have proven through previous events their sculling/beach sprints ability
- d) Have the physical attributes and physiology to be competitive at an international regatta

4. Eligibility

The rules on eligibility are found in Article 24 of the Commonwealth Games Federation's Constitution (Appendix 1).

A) General Rule

- a. Competitors must be citizens or subjects of a Commonwealth country and may represent: -
- b. The Commonwealth country in which he/she has resided for the five years immediately prior to the event.

B) British Isles

Special rules apply to the British Isles. Competitors born in the British Isles and who have resided there for a minimum of 5 years prior to the Games may represent: -

- a. The Commonwealth country of birth; OR
- b. The Commonwealth country of birth of the athlete's father or mother (as long as that country is within the British Isles)
- c. The Commonwealth country of residence for a minimum of 5 years.

C) Age

Athletes wishing to compete for Wales at the Commonwealth Regatta will need to be born on or after 1st Sept 2004.

D) Representing Different Countries

A competitor may represent a different country at subsequent Games with the approval of the Commonwealth Games Federation and the permission of the Commonwealth Games Associations of the two countries concerned.

SELECTION STRATEGY

5. Process

The Invitational trial will be held on Sunday 25th September 2022 at Saundersfoot Beach. Those athletes invited to trial will be sent more details ahead of the trial date.

Rowers wishing to be considered for the Welsh Team should register themselves using the form-

available here: <https://form.jotform.com/221313405612340> by midnight Wednesday 21st September 2022. Signing up to this form will also be an entry into the trial should you be invited. Late registrations will only be accepted for exceptional reasons agreed by the Selection Chair.

Based on performances over the 2021-22 season, the selection panel will invite up to a maximum of 8 male and 8 female scullers to attend the final selection process. In exceptional cases, where a rower wishing to be considered for selection has not been able to attend an event between April-September but can demonstrate previous performance (in coastal or river rowing) which indicates they may add value to the team, they will be offered the opportunity to join the selection process. Those who meet the eligibility criteria for the Commonwealth Games and have previously competed for Wales at the HIR Beach Sprints Regatta or been selected to row for Great Britain at either the World or European Beach Sprints Regatta will be invited to the trial.

Rowers seeking selection will be required to race in a 1x in an Invitational trial. From this time trial up to 4 female and 4 male athletes will be selected to complete further testing in the form of seat racing or a 2x's matrix.

Where an athlete cannot attend the Invitational trial, previous results may take precedence over results on the day.

Selections will be announced on Monday 26th September 2022.

6. Funding and Costs

Boats and relevant safety equipment will be provided by Welsh Rowing for the trial day and subsequent training. Rowers should provide their own blades for the trial.

Team members selected for the Welsh team will be required to cover the costs of the travel, food, accommodation, kit and entry fees along with other costs. We expect this to be in the region of £1500. This cost includes a subsidy from Welsh Rowing to reduce the costs as much as possible. Selected athletes should look to secure funding or additional sponsorship to help cover these costs if needed. We are aiming to select the best team available and don't want the cost to be a limiting factor in participation.

All team members will be expected to travel and be available from Sunday 27 November until Monday 5th December. Full travel and accommodation details will be circulated once a full team is selected.

7. Athlete Conduct

It is expected that you accept and abide by all policies and procedures in relation to your involvement with our organisation, this includes, but is not limited to:

Welsh Rowing Safeguarding and Protecting Young People in rowing Policy and Procedures
Welsh Rowing's Equality Policy
Welsh Rowing's Anti-Doping Policy and Regulations
Welsh Rowing's social media policy

Copies of these policies can be found at: <http://www.welshrowing.com/policies.php>

8. Anti-Doping

A. Anti- Doping Information

Welsh Rowing's aim, working in partnership with UK Anti-Doping (UKAD) is to ensure that sport is protected from the threat of doping, and that athletes have the consistent right to compete against other clean athletes.

Anti-doping, like sport is governed by rules. As an athlete, it is vital that you understand the WADA Code and its implications. Strict liability always applies. The Code is targeted at those who choose to deliberately cheat. The Code now has less sympathy for carelessness. Remember the risks associated with supplements and how to minimise them – supplements are still the biggest cause of inadvertent doping in the UK. From 2015 onwards you have had a responsibility to ensure that you undertake thorough research (for example in-depth internet search) of all products you are intending to take, prior to use. Not knowing is not an excuse. Education is now a mandatory component of the Code, therefore we encourage you to take the opportunities available to learn how to

train and compete clean through workshops taking place all over the UK which can be found [here](#) and [here](#).

Please familiarise yourself with British Rowing Clean Sport webpage which includes all of the current rules.

For more information, please read the WADA website.

Follow UKAD on Twitter [@ukantidoping](#) so you can stay updated at all times.