



Beach Sprint Selection Policy

for Home International beach sprints only

Version	Date	Author	Changes
1.0	20th February 2024	Coastal Rowing	New policy
1.2	15 th May 2025	Coastal Rowing	Update 2. Eligibility dates updated
2.0	5 th June 2025	Coastal Rowing	Governance Reviewed

1. Introduction

Rowing Ireland will be sending a team to represent Ireland at the following events:

- Home International Beach Sprint Regatta

This discipline is ideal for agile and skilled scullers with a performance background.

2. Eligibility

Home International beach Sprint Regatta

Athletes and support staff must fulfill the following criteria:

- Hold a valid Passport or other document permitting travel to Great Britain.
- Be eligible under the Home International Nationality & Gender Regulations.
- Be a registered member of a Rowing Ireland affiliated club.
- Not be subject to any current disciplinary proceedings or ban .
- Not be subject to any period of eligibility or provisional suspension due to an anti-doping violation.
- Be a fit and proper person to represent Rowing Ireland .
- U23 athletes must have been born on or after the 1st of January 2003 .
- Undergo the health screening outlined in Appendix 1 if required .
- Junior athletes must have been born on or after September 1st, 2006 .

3. Racing Categories

The following are the events offered at the relevant international regattas

Event	CM 1x	CW 1x	CJM1x	CJW1x	CJM2x	CJW2x	CMix2x	CJMix2x	CU23mix 2x
Homes	.	.	.	.			.	.	.

4. Qualification Regatta

The selection event details for the Homes will be posted on the Rowing Ireland website and social media. The qualifying event shall be the beach sprint regatta hosted by Loughros Port RC on 5th July on Narin beach, Co Donegal.

• Home International Regatta

Athletes will participate in pool boats. To ensure fairness, private/club boats may not be used, however, athletes must provide their own oars. Athletes are advised that it is their responsibility to arrange boat handlers for the qualifying event. A maximum of three handlers will be permitted per boat at these events.

5. Qualification Process

- a) Entries must be made in the appropriate category on Tracker.
- b) In nominating a crew, the club accepts that it is responsible for any HP Coastal membership payment which their club member(s) are liable for if selected.
- c) Should a crew withdraw from an event having qualified from an earlier round, they may take no further part in any event at the regatta.
- d) The highest placed crew of each boat type will be offered the opportunity to represent Ireland in the home international regatta. If the highest placed crew shall withdraw from international selection, then the opportunity will pass to the 2nd placed crew from the relevant qualifier event provided that their fastest time in the knockout stages is over 97% of the time recorded by the winner of the event. Should the 2nd placed crew be outside this time, then the opportunity shall pass to the semifinalists providing that their times are over 97% of the time recorded by the winner of the event.
- e) Each crew must confirm in writing their acceptance of any offered place at the qualifying regatta by having their club secretary email info@rowingireland.ie and attaching a screenshot of the High Performance Coastal membership payment.
- f) **Such confirmations must be received by no later than 7pm on the Monday following the qualifying regatta. A crew is not considered confirmed until this email has been sent and the HP Coastal membership payment paid.**
- g) **No late submissions will be allowed. Should a crew miss the confirmation time window, their place on the Irish team may be offered to the next placed crew that meets the above selection criteria.**
- h) Once a crew accepts a place on the team, they may withdraw by notifying info@rowingireland.ie at the earliest opportunity. The club remains liable for the HP Coastal membership even if another crew is selected to replace them.

6. Junior Athletes

Club secretaries and junior athletes, please note the age limits for the above competition as they may be different to our age limits allowed for on tracker. i.e. you will be able to enter the qualification event but may not qualify for

the international events. It is the club's responsibility to ensure that junior athletes are eligible to compete.

7. Team Manager

A Team Manager will be appointed to The Home international competition by the executive. They must be Garda Vetted/Access NI approved and must have completed Safeguarding 1.

8. High Performance Coastal Membership

The HP Coastal membership contributes to the provision of team gear, oar rental and Team Manager expenses. Athletes are responsible for their own travel, accommodation, meals and any additional costs. The athlete's membership for 2025 will be 250 euro per athlete.

In addition, all athletes, team managers and boat handlers shall agree to make themselves available for any training days/camps or media duties that may occur during the year if requested to attend.

9. Other International Opportunities

Should other international opportunities for national teams arise during the year, the executive shall decide whether to send a team. Should they do so, places will initially be offered to crews based on the results of the qualifying regattas.

10. Antidoping

All athletes attending the selection event or those selected for international competition are reminded that they are subject to the [Rowing Ireland Anti-Doping Policy](#) and should make themselves aware of the same.

11. Appeal Process

Any individual is entitled to make an appeal in relation to the selection process in accordance with the stated [Appeal Process](#) .

For additional information or any queries please contact info@rowingireland.ie

12. Code of Conduct and Health Screening

In order to ensure that all participants are able to compete at the highest level while protecting our athletes and programme, we require that all athletes concerned submit a letter with your application stating that you have no restrictions on competing and that you are in good health standing (physically) in order to represent Ireland at this highest level.

This letter should be signed by a medical professional who can attest to your physical fitness. (See appendix 1 below)

Furthermore, we may also request that you provide us with any additional documentation that may be relevant to your ability to compete at this level. Please note that failure to provide this documentation may result in your application being denied or your participation in the event being restricted. All athletes must fill out a [code of conduct form](#) and email the signed form to valerie.hely@rowingireland.ie

In addition, all club secretaries shall confirm at least one week before each international competition to info@rowingireland.ie that,

1. Their athletes have complied with the requirements listed out in Appendix 1 below
2. that all athletes have filled out a code of conduct form and
3. That all code of conduct forms have been emailed to valerie.hely@rowingireland.ie

Appendix 1 – World Rowing Pre-Competition Health Screening

Pre-Competition Health Screening

- All rowers competing in the World Rowing Senior, under 23, Under 19 and Beach Sprint Championship regattas must have completed a pre-competition health screening which included a questionnaire, a physical examination and an ECG following the IOC's recommended procedure. It is the responsibility of the member federation to ensure and certify that these Pre-competition Health Screening procedures have been performed and be able to provide evidence thereof if requested by World Rowing.
- All rowers competing in the World Rowing Senior, Under 23, Under 19 and Beach Sprint Championship regattas must complete the medical questionnaire and undergo a medical examination each year, and, in addition must undergo a resting ECG every three years up to the age of 23, and every five years after the age of 23.