



**ROWING  
CANADA  
AVIRON**

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**2024 BEACH SPRINT SELECTION**

**World Rowing Beach Sprint Finals**

# SELECTION OVERVIEW

## PURPOSE

This document establishes the process and criteria to be used to select and nominate the 2024 Rowing Canada Aviron (RCA) Team for the World Rowing Beach Sprint Finals, Genoa, Italy, September 13 – 15<sup>th</sup>, 2024

## OVERVIEW

This Selection Guidelines document was drafted and prepared by RCA and will come into effect immediately upon publication on the RCA website. RCA may also communicate and distribute these Selection Guidelines to relevant athletes through other channels. RCA reserves the right to amend this document to account for changes imposed by parties external to RCA, for changes that become necessary due to typographical error or a lack of clarity in a definition or wording. Any changes are deemed to come into effect immediately upon publication on the RCA website.

## SCOPE

This Selection Guidelines document will be used to select Junior (U19) Athletes to compete at events as outlined in the Purpose section above.

## SELECTION ELIGIBILITY REQUIREMENTS

All athletes wishing to be considered for selection must satisfy all of the following requirements:

### 1. GENERAL ELIGIBILITY REQUIREMENTS

All athletes, coaches and support staff selected to RCA National Teams must be registered and be in good standing with the Canadian Amateur Rowing Association (CARA), which operates under the name Rowing Canada Aviron (RCA). Athletes must hold a valid Canadian passport or be eligible to row for Canada. Athletes must follow all relevant World Rowing, International Paralympic Committee (IPC) and International Olympic Committee (IOC) (&/or the Pan American Sport Organization) rules regarding eligibility.

For clarity, to be in good standing with the CARA, an athlete must be a registered participant with a member of the CARA and:

- a. their membership dues and any debts to RCA are not overdue;
- b. they are not subject to a disciplinary sanction of either suspension from specified or from all RCA teams, activities, events, or competitions or expulsion from CARA membership, following a process under the RCA Discipline Policy (or equivalent); and
- c. in any case where disciplinary sanction by CARA under the RCA Discipline Policy (or equivalent), they have fulfilled all terms and conditions of the disciplinary sanction to the satisfaction of the Board of Directors or its designate;
- d. Read, sign and comply with the terms of the [Informed Consent Form](#) to become subject to the UCCMS and its administration and enforcement processes through the Abuse-Free Sport program.

It is recommended that athletes competing in any of the Trials and at the World Rowing Beach Sprint Finals and all other events outlined above be fully vaccinated against Covid19.

#### 1.1 Age Requirement

**U19 (Junior) Athletes** must be born in 2006 or later. A rower or coxswain is classified as Junior until December 31st of the year in which they reach the age of 18.

#### 1.2 Monitoring requirements

All athletes wishing to be considered for selection to the teams for the above-mentioned events must complete a Concept 2 ergometer test without the use of sliders. The test will consist of 2x500m with a 2 minute rest period between the 500s. Tests must be submitted one week prior to the event for which you are registering and must be monitored by your Club Coach or Official.

Submissions can be made through the following site: <https://forms.office.com/r/urh2rTr5Xc>

500m Ergometer Test Details:

Selection Event - Monitoring	Ergometer Test Due Date
2 x 500m	July 3, 2024

Drag factor	
Women	110
Men	130

## 2. LETTER OF INTENT

The Letter of Intent must be submitted by all athletes who wish to be considered for selection to the events listed in the Purpose section.

For OPEN category athletes the document can be found at:

[https://signnow.com/s/C4S20k04?name\\_formula=2024%20Beach%20Sprints%20LOI%7CFull%20Name%201](https://signnow.com/s/C4S20k04?name_formula=2024%20Beach%20Sprints%20LOI%7CFull%20Name%201)

For Under 19 (Junior) athletes the document can be found at:

<https://signnow.com/s/rU9Zcypq?form=true> NOTE for U19, athletes will need to enter their email and their parent/guardian's email on first page to complete properly.

Submission for World Rowing Beach Sprint Finals is due by 12 noon Eastern on July 3, 2024.

## 3. ATHLETE AGREEMENT

All athletes selected to the World Rowing Beach Sprint Finals must fill in and sign the RCA Athlete Agreement prior to accepting entry into the respective team. The Athlete Agreement form is available to be completed from the following site:

[https://signnow.com/s/wuvCEM41?name\\_formula=2024\\_25%20Athlete%20Agreement\\_Ev2%7CNAME](https://signnow.com/s/wuvCEM41?name_formula=2024_25%20Athlete%20Agreement_Ev2%7CNAME)

The RCA 'Code of Conduct' shall apply at all times to selected crews.

## 4. ATHLETE FEES

In 2024, the team will be partially funded by RCA with remaining fees coming from athletes. All athletes wishing to be considered for selection to the team should be aware of and prepared for fees and expenses contingent on being named to the team.

The projected assessment fee for 2024 will be \$2000/athlete and is based on a team size of 8 athletes for 10 days with the following support:

2 Coaches, 1 manager, 2 boatholders.

The assessment fee will be finalized after the team is selected and the logistics plans are confirmed.

## 5. SELECTION CRITERIA

The objective of the 2024 Selection Guidelines is to select crews who are eligible and committed to compete at the World Rowing Beach Sprint Finals (WRBSF), Genoa, Italy, 13-15 September, 2024

### World Rowing Beach Sprint Finals

The following boat classes will be considered for selection:

**Open:**

- CW1x, CM1x (athletes selected to these events may also be entered in CMix2x)
- CMix2x

**Under 19 (Junior):**

- CJW1x, CJM1x (athletes selected to these events are likely to be selected in CJMix2x)
- CJW2x, CJM2x, CJMix2x,

**Adaptive/PARA**

- PR3 CMix2x (Inclusion Coastal Mixed Double. Entries in this event may be same gender, but only mixed gender crews will be considered for selection)

RCA will select crews from the results obtained by athletes or crews at the Beach Sprint Selection Trials, hosted by Row NS, which will take place July 20-21, 2024. This regatta is open to all eligible athletes across Canada. Please note that a regatta may limit the number of entries accepted based on venue and equipment capacity.

The following regatta is designated as the RCA Selection Event for the WRBSF Team:

Name of Event	Date	Location
Beach Sprint Selection Trials	July 20-21	Rissers Beach, Lunenburg County, NS

Athletes who have met all the eligibility criteria will be nominated based on their finish in the finals of their event. If the top finisher is not eligible to be nominated, RCA has the option to nominate the next place finishers in order of their placing. RCA reserves the right to not nominate for an event upon assessment of performance through the trials. RCA may choose to combine top solo athletes into a double (or split a top double into two solos) if there is a limited depth of field in the events and considering erg submissions.

RCA reserves the right to use the results of the 2024 Beach Sprint Selection Trials results for the selection and identification of athletes/crews for events not yet identified on the international calendar or, in its discretion when there is no practical opportunity to run a selection event for the remainder of 2024 and until the next selection trials in 2025.

**SPECIAL CIRCUMSTANCES**

If because of injury, illness, or extenuating circumstance an athlete is unable to meet any of the criteria set out in this document, an athlete may still be considered for selection to a National Team, at the sole discretion of RCA. Athletes must advise the RCA Head Coach in writing of any injury, illness, or personal extenuating circumstance as soon as possible. In the case of illness or injury, a medical certificate signed by the athlete’s doctor must be submitted to RCA’s Chief Medical Officer. RCA reserves the right to request further medical evidence and/or to require the athlete to be assessed by RCA’s Chief Medical Officer or another specified practitioner, where appropriate.

**6. TEAM SUPPORT**

Coaching and/or other support for the World Rowing Beach Sprint Finals Team will at the sole discretion of the High Performance Director.

Selection considerations include commitment to coastal rowing, and long-term development strategy.

Interested applicants should submit an Expression of Interest application to [hp@rowingcanada.org](mailto:hp@rowingcanada.org) on or before July 3, 2024 for World Rowing Beach Sprint Finals.

Coaching applicants should include coaching record and qualifications with the following minimum requirements:

- RCA Performance Coach Trained, and/or World Rowing certified Coastal Rowing Coach
- Registered as a Coach in good standing with RCA.
- Making Ethical Decisions,

- CAC Safesport Module
- CCES True Sport 101, and
- Criminal Record Check and (if applicable) Vulnerable Sector Search

An announcement of the selected coaches will take place at the same time as the Team Announcement.

RCA reserves the right to name the coach notwithstanding any applications received by the aforementioned deadline.

## 7. IMPORTANT DATES

Letter of Intent due for Athletes and Coaches/Support - World Rowing Beach Sprint Finals	July 3, 2024
Ergometer Test Due	July 3, 2024
Beach Sprint Trials	July 20-21, 2024
World Rowing Beach Sprint Finals Team Announced	July 29, 2024
World Rowing Beach Sprint Finals - Genoa, Italy	September 13-15, 2024

## 8. CONTACT INFORMATION

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