

2019 FISA AFRICAN PARALYMPIC QUALIFICATION REGATTA AND TRAINING CAMP TUNIS, TUNISIA 4 – 13 October 2019.

Introduction

FISA and the Tunisian Rowing Federation, supported by the Agitos Foundation, are hosting the African Paralympic Qualification Regatta in Tunis from 10 – 13 October 2019. Prior to the regatta we are organising a para-rowing training camp to prepare athletes for this regatta or to introduce new teams to the sport.

Below events are offered. The winner in each event qualifies for the 2020 Tokyo Paralympic Games.

- PR1 Men's Single Sculls (PR1 M1x) – one place
- PR1 Women's Single Sculls (PR1 W1x) – one place

For more details on the qualification process, please check the document published on the page below:"

<http://www.worldrowing.com/events/2020-paralympic-games-regatta/event-information>

We invite your teams to participate in this training camp and regatta.

Programme

The details for the para rowing training camp are as follows:

- Training camp and regatta for athletes and coaches from **4 – 13 October 2019**
- Accommodation, meals, local transport and equipment are provided during this period
- Flight tickets (Economy fare) are covered. Only if this budget has not been used for your team at previous activities in 2019.
- International classification of the athletes
- FISA Para-rowing education for coaches

African Rowing Championships

Immediately following the Olympic Rowing Qualification Regatta, the African Rowing Championships will take place from 14 to 16 October 2019. All nations wishing to attend the African Championships are responsible for all costs in Tunisia from 14 October 2019 onwards, but may request the return flight to be booked following the African Championships.

Funding

The programme has funding for a maximum of 2 athletes (1 male, 1 female), and 1 coach per nation.

Funded NFs will receive:

- Flight tickets (Economy fare) to Tunis and back to home airport
- Airport pickup/drop off in Tunis
- Accommodations in shared rooms (option to upgrade to a single room at own cost).
- Meals: breakfast, lunch, dinner
- Boats and equipment during the training camp and regatta
- Support from FISA and local coaches
- FISA Para-rowing education for coaches
- A certificate of participation

For additional people above the number of invited individuals, the following accommodation costs can be found here: <http://tunisrowing.ent.tn/accommodation/>.
Flights for extra individuals are also the NF's responsibility.

Criteria

- **Only for PR1 athletes:** athletes that use their arms and shoulders to row. See links below for more information.
- Funded participants must participate in the African Paralympic Qualification regatta
- Commitment to a training program and evidence of athletes and coaches participating in regular training.
- Commitment of the team to keep training until the 2020 Tokyo Paralympic Games.

Links

- General: <http://www.worldrowing.com/para-rowing/>
- Information Sheet Classification: http://www.worldrowing.com/mm/Document/General/General/12/68/56/FISAClassificationInformationSheet_Neutral.pdf

Register for the training camp and regatta

Tunisian Rowing Federation www.trf.org.th

P.O.Box: 284 El Menzah 2004 Tunisia.

Maison des Fédérations Sportives cite Olympique 2003, Tunisia.

Phone +216 71 755 696 Fax +216 71 750 866 Mobile: +216 98 344 054

Event web site <http://tunisrowing.ent.tn>

Contact persons:

Yihuan Chang on yihuan.chang@fisa.org

Cc: Hassen El Haj on admi@trf.org.tn

Cc: Fayçal Soula on Faysal.soula@trf.org.tn

The Application Process

Step 1: Send letter or email of interest to FISA: yihuan.chang@fisa.org

Deadline: 26 July

Step 2: Identify PR1 athletes and interested coach(es). If you already have PR1 athletes, prepare them for the training camp and regatta.

Step 3: Submit the application form (see attachment)

Step 4: Double check to see whether your athletes are classified by checking the Master Classification List on the Para Rowing page of the FISA website.

Step 5: If your athlete is classified with a review status and a review date that has passed OR if your athletes are not classified yet, you must upload the medical documentation (listed below) required for classification by the deadline below.

Deadline to upload medical documentation for this classification panel is 25 Aug 2019

- FISA Medical Diagnostics Form (for physically impaired) which can be found at <http://www.worldrowing.com/para-rowing/>
- Mandatory additional supporting documentation. This varies based on the impairment of the athlete. The details on this can be found on page 2 of the FISA Medical Diagnostics Form within the 'Impairments' chart, under the heading "Additional supporting tests/documentation."

NOTE: The medical forms need to be filled in by a **registered licensed physician**.

FISA Diagnostics Forms and supporting medical documents need to be uploaded to the FISA RowingTwo database. Each National Federation has a login for this. Please check with your National Federation administrator to obtain the login.

For questions about classification, please contact: classification@fisa.org

Step 6: FISA confirms to federations if their application has been successful and helps to prepare the team for the training camp.

Step 7: Training Camp and regatta in Tunis:
The camp and regatta will be from **4 – 13 October 2019**.

Step 8: Follow up
FISA will invite the nations that qualified for the 2020 Tokyo Paralympic Games to prepare for the Games.

FISA will work with the other teams to prepare for the Final Paralympic Qualification Regatta from 8 – 10 May 2020 in Gavirate, Italy.

CALENDAR

Arrival	4 October 2019
Camp	4 – 9 October 2019
Classification	9 October 2019
FISA Olympic Qualification Regatta	10 October – 13 October 2019
African Rowing Championships (NF cost*)	14th – 16th October 2019
Departure (possibility to schedule departure following the 2019 African Rowing Championships)	16/17th October 2019

TRANSPORT

An airport-hotel transfer service will be available for teams who booked their hotels via the Organising Committee. This service must be booked in advance. Click on the link for more information: <http://tunisrowing.ent.tn/transportation/>

LIABILITY

The participants are responsible for insurance costs of equipment and persons. The Organising Committee declines all liabilities for all kinds of damage in the area of the regatta.

SAFETY

The ability to swim and tread water is fundamental for participants in a water sport such as rowing. Capsizing in a rowing boat can be dangerous if athletes are not able to tread water, and coaches need to be prepared.

Prior to attending a FISA rowing camp, all rowers, other than those who are reliably known to be able to swim, need to have demonstrated to officials of their national rowing federation their ability to swim at least 50 meters either unaided or when wearing a buoyancy aid and tread water for at least five minutes. Similarly, all rowers other than those who are reliably known to have done capsized drills need to have completed a boat capsize recovery exercise.

Swimming tests and capsized drill must be conducted in swimming pools with at least two lifeguards in attendance. FISA recommends that you contact your national swimming federation to ask for guidance, if needed. Swim tests should never be conducted in open water. Each National federation is requested to be able to certify the swimming ability for each rower presented for participation at a FISA training camp or activity.

It is recommended that Federation members carefully read the British Rowing guidance on Swimming Competence that can be found in Section 3.6 of RowSafe, available in the following link

<https://www.britishrowing.org/wp-content/uploads/2018/10/Row-Safe-April-2018.pdf>

WEATHER

The past average weather conditions in Tunis in October are as follows:

Average daily maximum air temperature (°C)	27°C	Predominant wind direction	ESE
Average daily minimum air temperature (°C)	18 °C	Average wind speed	05 m/s
Average relative humidity (%)	72 %	Maximum wind speed	12 m/s
Average monthly rainfall (mm)	66 mm		

RULES OF RACING AND HEALTH SCREENING

FISA Rules of Racing: <http://www.worldrowing.com/fisa/publications/rule-book>

Kindly acknowledge that all the participating athletes have their pre-competition Health Screening done as under Part VII, Rule 99 By-Law 1 of the FISA rules.