

2019 Olympic Solidarity / FISA Training Camp and Olympic Rowing Qualification Regatta for Africa, 4 – 13 October 2019, Tunis, Tunisia.

Introduction

FISA and the Tunisian Rowing Federation, supported by Olympic Solidarity, are hosting the **Olympic Rowing Qualification Regatta for Africa** in Tunis from 10 – 13 October 2019. Prior to the regatta a training camp will be organised to prepare athletes and coaches.

Below qualification events are offered.

- Men's Single Sculls (M1x) Number of boat quota places available: 5
- Lightweight Men's Double Sculls (LM2x) Number of boat quota places available: 1
- Women's Single Sculls (W1x) Number of boat quota places available: 5
- Lightweight Women's Double Sculls (LW2x) Number of boat quota places available: 1

For more details on the qualification process please check:

http://www.worldrowing.com/mm/Document/General/General/13/08/07/Final-2019-02-25-Tokyo2020-QS-Rowing-eng_Neutral.pdf

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

Programme

The details for the Rowing training camp are as follows:

- Training camp before the event: 4 to 9 October 2019
- Olympic Rowing Qualification Regatta for Africa 10 to 13 October 2019
- Accommodation, meals, local transport and equipment are provided during this period for a maximum of 9 nights
- FISA will invite coaching experts to supervise the activities.

Immediately following the Olympic Rowing Continental 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 13 October 2019 onwards, but may request the return flight to be booked following the African Championships.

Funding and extra costs

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
- Airport pickup/drop off
- Accommodation in shared rooms
- Meals: breakfast, lunch, dinner
- Boats and equipment during the training camp and regatta
- Support from FISA and local coaches
- Participation in the African Olympic Qualification Regatta
- A certificate for participation

For the rowers and coaches above the invited individuals (two athletes and one coach per NF), please observe the accommodation costs here: <http://tunisrowing.ent.tn/accommodation/>
Flights for extra individuals are also each NF responsibility.

Criteria

To be eligible to participate in the continental Olympic qualification regattas and the final Olympic qualification regatta, all athletes must comply with the provisions of the Olympic Charter currently in force, including but not limited to Rule 41 (Nationality of Competitors). See QUALIFICATION SYSTEM – GAMES OF THE XXXII OLYMPIAD – TOKYO 2020

http://www.worldrowing.com/mm/Document/General/General/13/08/07/Final-2019-02-25-Tokyo2020-QS-Rowing-eng_Neutral.pdf

Other 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 Olympic Games.

Register for the training camp and regatta

Organising Committee:

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:

Daniela Gomes at daniela.gomes@fisa.org

cc Fayçal Soula at Faysal.soula@trf.org.tn

cc TRF at admi@trf.org.tn

The Application Process

Please verify the participants Identity documents and/or Passport and regularly check your e-mails until everything is booked!

Step 1: Complete the OS FISA Application for 2019 African TC and OQR Tunis and ask your NOC to confirm with a signature/stamp by email, along with passport scans to FISA at daniela.gomes@fisa.org

Deadline: Sunday, 4 August (see attachment 1)

Step 2: Submit the excel application form (including equipment request)

Deadline: Sunday, 4 August (see attachment 2)

Step 3: FISA confirms if your National Federation is eligible for development support

-Please check if your Federation has sent the athlete's test performance information

-Please check if your NF FISA Subscription Fee is paid to date

Step 4: FISA helps to book the flights for successful applicants (**see important notes below**).

Step 5: Training Camp and regatta in Tunis:

The camp and regatta will be from **4 – 13 October 2019**.

African Rowing Championships will be from **14 – 16 October 2019**

Step 6: Follow up

FISA will invite the nations that qualified for the 2020 Tokyo Olympic Games to prepare for the Games.

Step 7: FISA will work with the other teams to prepare for the Final Qualification Regatta in Lucerne, Switzerland, from 17-19 May 2020.

IMPORTANT NOTES:

-If you require a VISA to enter Tunisia, please click on the link for details:

<http://tunisrowing.ent.tn/visa/>

-All costs in Tunisia from 13 October 2019 are at each National Federation's cost and should be paid upon arrival to the local organising committee*
(an option will be provided for teams to schedule a later return flight if their wish is to be able to compete in the African Rowing Championships from 14th – 16th October 2019)

CALENDAR

Arrival:	4 October 2019
Camp:	4 – 9 October 2019
FISA Olympic Qualification Regatta	10 October – 13 October 2019
African Rowing Championships (National Federation 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 capsized 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		

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

If one of your athletes is a lightweight athlete, please read the lightweight protocol as under Section-4, Rule 31 of the FISA rules. 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.