



EVENTS REGULATIONS

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ROWERS & COACHES

FISA EVENTS COMPETITION REGULATIONS
DEPARTURES FROM THE FISA RULES OF RACING

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Olympic Games & Olympic Qualification Regattas

PART I – SCOPE

Application

These regulations apply to Olympic Games regattas together with and not in exclusion of the FISA Rules of Racing. They also apply equally and by analogy to Olympic qualification regattas organized by FISA.

Governance

The Olympic Games are governed by the Olympic Charter. The Olympic Games and Olympic Qualification regattas shall be rowed according to the FISA Rules of Racing and Racing Bye-Laws in addition to these Regulations.

PART II – ROWERS AND COXSWAINS

Eligibility

Please refer to Article 41 of the Olympic Charter.

PART III – CLASSES OF BOATS

Boat Classes

Please refer to Rule 30 of the FISA Rules of Racing.

PART VI – ORGANISATION OF REGATTAS

Racing Colours

As crews are entered by their National Olympic Committees, their racing colours are regulated by the IOC.

Entries

Please refer to Article 45 of the Olympic Charter.

Restrictions on Entries

Please refer to Article 45 of the Olympic Charter.

Crew Changes

Please refer to Rules 49 to 51

Progression System

The Progression system used at the Olympic regatta to determine the finals will be the FISA Championship progression system prescribed in the FISA Rules of Racing and the relevant Bye-Laws.

Point Score

In the Olympic year, the FISA Team Trophy will be awarded to the member federation obtaining the most points in all senior World Championship events (the 14 Olympic games events and the senior World Championship events at the World Championships) according to the following calculation:

1st: 8 points, 2nd: 6 points, 3rd: 5 points, 4th: 4 points, 5th: 3 points, 6th: 2 points, 7th: 1 points.

Titles, Prizes and Cups

The title of Olympic Champion shall be conferred on winning competitors at an Olympic Games Regatta by the International Olympic Committee. They shall each be awarded a gold plated medal. To those finishing second in each event, silver medals shall be awarded. To those finishing third in each event, bronze medals shall be awarded.

At the victory ceremony, the national anthem of the country which the winning competitors represent shall be played. The national flags of the three countries which the winning competitors, the competi-

tors finishing second and the competitors finishing third represent shall be raised. Above medals shall be supplied by the Olympic Organising Committee.

Exceptional Cases

Should it be necessary to take decisions in exceptional cases (e.g., postponing of a race or suspension of the regatta), the FISA Executive Committee or its designee, in consultation with the President of the Jury and the Competition Manager and the IOC, shall make such decisions.

Interpretation of Regulations

The Executive Committee shall adjudicate on all cases not covered by the Rules of Racing, the Bye-Laws and the present Regulations, as well as on disputes which may arise during Olympic Games Regatta. The decision of the Executive Committee shall be final. Any decision made by the Executive Committee under this article shall immediately be communicated to the member federations of FISA in writing.

World Rowing Championships

PART I – SCOPE

Application

These regulations apply to FISA World Rowing Championship regattas together with and not in exclusion of the Rules of Racing. They also apply equally and by analogy to continental championships and rowing regattas organized in connection with multi-sport competitions.

Governance

World Rowing Championship regattas shall be rowed according to the FISA Rules of Racing and Racing Bye-Laws in addition to these Regulations.

PART II – ROWERS AND COXSWAINS

Eligibility

Please refer to Rule 16, 43 and 44 of the FISA Rules of Racing.

PART III – CLASSES OF BOATS

Boat Classes

Please refer to Rule 29 of the FISA Rules of Racing.

PART VI – ORGANISATION OF REGATTAS

Progression System

The Progression system used at the World Rowing Championship regatta to determine the finals will be the FISA Championship progression system prescribed in the FISA Rules of Racing and the relevant Bye-Laws.

Racing Colours

Please refer to Rule 42 of the FISA Rules of Racing.

Entries

Please refer to Rule 45 of the FISA Rules of Racing.

Restrictions on Entries

Please refer to Rule 44 of the FISA Rules of Racing.

Crew Changes

Please refer to Rules 49 to 51 of the FISA Rules of Racing.

Point Score

The FISA Team Trophy will be awarded to the member federation obtaining the most points in all senior World Championship events according to the following calculation:

1st	8 points	5th	3 points
2nd	6 points	6th	2 points
3rd	5 points	7th	1 point
4th	4 points		

Titles, Prizes and Cups

The title of Champion shall be conferred on winning competitors at a FISA World Championship Regatta. They shall each be awarded a gold plated medal and a diploma.

A large bronze gilt medal shall be awarded to the national federation of the winners.

To those finishing second in each event, there shall be awarded silver medals and to their federation a large silver plated bronze medal.

To those finishing third in each event, there shall be awarded bronze

medals and to their federation a large bronze medal. At the victory ceremony, the national anthem of the country which the winning competitors represent shall be played. The national flags of the three countries which the winning competitors, the competitors finishing second and the competitors finishing third represent shall be raised. Above medals and diplomas shall be supplied by FISA but at the cost of the Organising Committee.

Exceptional Cases

Should it be necessary to take decisions in exceptional cases (e.g., postponing of a race or suspension of the regatta), the FISA Executive Committee or its designee, in consultation with the President of the Jury and the Chairman of the Regatta, shall make such decisions.

Interpretation of Regulations

The Executive Committee shall adjudicate on all cases not covered by the Rules of Racing, the Bye-Laws and the present Regulations, as well as on disputes which may arise during World Rowing Championships. The decision of the Executive Committee shall be final.

Any decision made by the Executive Committee under this article shall immediately be communicated to the member federations of FISA in writing.

World Rowing Junior Championships

PART I – SCOPE

Application

These regulations apply to FISA World Rowing Junior Championship regattas together with and not in exclusion of the FISA Rules of Racing.

Governance

World Rowing Junior Championship regattas shall be rowed according to the FISA Rules of Racing and Racing Bye-Laws in addition to these Regulations.

PART II – ROWERS AND COXSWAINS

Eligibility

Please refer to Rule 16 of the FISA Rules of Racing.

PART III – CLASSES OF BOATS

Boat Classes

Please refer to Rule 29

PART VI – ORGANISATION OF REGATTAS

Progression System

The Progression system used at the World Rowing Junior Championship regatta to determine the finals will be the FISA Championship progression system prescribed in the FISA Rules of Racing and the relevant Bye-Laws.

Racing Colours

Please refer to Rule 42 of the FISA Rules of Racing.

Entries

Please refer to Rule 45 of the FISA Rules of Racing.

Restrictions on Entries

Please refer to Rule 44 of the FISA Rules of Racing.

Crew Changes

Please refer to Rules 49 to 51 of the FISA Rules of Racing.

Point Score

None

Titles, Prizes and Cups

The title of Champion shall be conferred on winning competitors at a World Rowing Junior Championship Regatta. They shall each be awarded a gold plated medal and a diploma. A large bronze gilt medal shall be awarded to the national federation of the winners. To those finishing second in each event, there shall be awarded silver medals and to their federation a large silver plated bronze medal. To those finishing third in each event, there shall be awarded bronze medals and to their federation a large bronze medal. At the victory ceremony, the national anthem of the country which the winning competitors represent shall be played. The national flags of the three countries which the winning competitors, the competitors finishing second and the competitors finishing third represent shall be raised. Above medals and diplomas shall be supplied by FISA but at the cost of the Organising Committee.

Exceptional Cases

Should it be necessary to take decisions in exceptional cases (e.g., postponing of a race or suspension of the regatta), the FISA Executive Committee or its designee, in consultation with the President of the Jury and the Chairman of the Regatta, shall make such decisions.

Interpretation of Regulations

The Executive Committee shall adjudicate on all cases not covered by the Rules of Racing, the Bye-Laws and the present Regulations, as well as on disputes which may arise during a World Rowing Junior Championship regatta. The decision of the Executive Committee shall be final. Any decision made by the Executive Committee under this article shall immediately be communicated to the member federations of FISA in writing.

World Rowing Under 23 Championships

PART I - SCOPE

Application

These regulations apply to FISA World Rowing Under 23 Championship regattas together with and not in exclusion of the FISA Rules of Racing.

Governance

The World Rowing Under 23 Regatta shall be rowed in accordance with the FISA Rules of Racing and Racing Bye-Laws in addition to these Regulations.

PART II – ROWERS AND COXSWAINS

Eligibility

Please refer to Rule 16 of the FISA Rules of Racing.

PART III – CLASSES OF BOATS

Boat Classes

Please refer to Rule 29

PART VI – ORGANISATION OF REGATTAS

Progression System

The Progression system used at the World Rowing Under 23 Regatta to determine the finals will be the FISA Championship progression system prescribed in the FISA Rules of Racing and the relevant Bye-Laws.

Racing Colours

Please refer to Rule 42 of the FISA Rules of Racing.

Entries

Please refer to Rule 45 of the FISA Rules of Racing.

Restrictions on Entries

Please refer to Rule 44 of the FISA Rules of Racing.

Crew Changes

Please refer to Rules 49 to 51 of the FISA Rules of Racing.

Point Score

The Nations Cup “Paolo d’Aloja” will be awarded to the member federation obtaining the most points in all World Under 23 Championship events according to the following calculation:

1st	8 points	5th	3 points
2nd	6 points	6th	2 points
3rd	5 points	7th	1 point
4th	4 points		

Titles, Prizes and Cups

The title of Champion shall be conferred on winning competitors at a World Rowing Under 23 Championship Regatta. They shall each be awarded a gold plated medal and a diploma. A large bronze gilt medal shall be awarded to the national federation of the winners. To those finishing second in each event, there shall be awarded silver medals and to their federation a large silver plated bronze medal. To those finishing third in each event, there shall be awarded bronze medals and to their federation a large bronze medal. At the victory ceremony, the national anthem of the country which the winning competitors represent shall be played. The national flags of the three

countries which the winning competitors, the competitors finishing second and the competitors finishing third represent shall be raised. Above medals and diplomas shall be supplied by FISA but at the cost of the Organising Committee.

Exceptional Cases

Should it be necessary to take decisions in exceptional cases (e.g., postponing of a race or suspension of the regatta), the Chairman of the FISA Events Commission or his designee, in consultation with the President of the Jury and the Chairman of the Regatta, shall make such decisions.

Interpretation of Regulations

The Executive Committee shall adjudicate on all cases not covered by the Rules of Racing, the Bye-Laws and the present Regulations, as well as on disputes which may arise during a World Rowing Under 23 Championships. The decision of the Executive Committee shall be final. Any decision made by the Executive Committee under this article shall immediately be communicated to the member federations of FISA in writing.

Rowing World Cups

PART I – SCOPE

Application

These regulations apply to the Rowing World Cup regattas together with and not in exclusion of the FISA Rules of Racing.

Governance

Rowing World Cup regattas shall be rowed according to the FISA Rules of Racing and Racing Bye-Laws in addition to these Regulations.

PART II – ROWERS AND COXSWAINS

Eligibility

To represent a National Federation in a Rowing World Cup regatta, a competitor must be a citizen of that country or a bona fide member of the rowing club for which he competes in that country. In Rowing World Cup events at Rowing World Cup regattas, rowers shall compete under the name of their National Federation that shall alone be entitled to enter them.

PART III – CLASSES OF BOATS

Boat Classes

Rowing World Cup regattas are held in the boat classes of the Olympic programme in effect at the time of the regattas according to the Regulations for FISA Championships. Each Rowing World Cup regatta shall also offer some races in the non-Olympic boat categories.

PART VI – ORGANISATION OF REGATTAS

Progression System

The progression system used at Rowing World Cup Regattas to determine the A and B finals shall be the FISA Championships Progression System prescribed in the FISA Rules of Racing and the relevant Bye-Laws, with the following amendments. To eliminate the need for semi-finals C/D or D/E, the C, D ... Finals will be determined on placing in the Repechages as follows:

Case of 19 Entries

Final C

3rd and 4th place finishers in Repechage 1

3rd and 4th place finishers in Repechage 2

The two best times among the remaining crews.

Case of 20 Entries

Final C

3rd, 4th and 5th place finishers in Repechage 1

3rd, 4th and 5th place finishers in Repechage 2

Final D

6th place finishers in the Repechages go to Final D

Case 21 to 24 Entries

Final C

3rd place finishers in Repechages 1, 2, 3, and 4

The two best times from the 4th place finishers in the Repechages.

Final D

The remaining crews go to Final D.

Case of 25 Entries

Final D

3rd place finishers in Repechages 1, 2 and 3

The three best times among the 4th and 5th place finishers

in the Repechages

Case of 26 Entries

Final D

3rd place finishers in Repechages 1, 2 and 3

The three best times among the 4th and 5th place finishers in the Repechages

Final E

The remaining crews go to Final E.

Case of 27 to 30 Entries

Final D

3rd and 4th place finishers in the Repechages go to Final D.

Final E

5th and 6th place finishers in the Repechages go to Final E.

Case of 31

Final D

All boats placing 3rd in the Repechages.

Final E

The six best times among the 4th and 5th place finishers in the Repechages

Case of 32 to 35

Final D

All boats placing 3rd in the Repechages.

Final E

The six best times among the 4th and 5th place finishers in the Repechages

Final F

The remaining crews go to Final F.

Case 36 Entries

Final D

All boats placing 3rd in the Repechages.

Final E

All boats placing 4th in the Repechages.

Final F

All boats placing 5th in the Repechages.

Racing Colours

In every Rowing World Cup race, crews shall wear a racing uniform of their National Federation bearing the national colours. For purposes of clarification, this uniform need not be the same as the registered uniform of the Federation. The blades of all oars and sculls shall be painted on both sides in the colours of their Federation.

Entries

Entries must be received by e-mail at FISA no later than midnight on the Monday of the week before the date of the first heat of the regatta. Entry forms must include the names and the birth dates of the competitors, including all potential spare rowers as well. Soon after the closing of entries, a list of the nations entered in each event will be sent to all Federations concerned.

Restrictions on Entries

National Federation may enter up to two crews in each event of a Rowing World Cup final regatta and no more than three crews in each event at the other Rowing World Cup regattas.

Minimum Entries

If, at the entry deadline described above, there are six or fewer entries in a particular event, this event may be cancelled. National Federations will be informed immediately and the rowers in the cancelled events may be entered in other events.

Crew Changes

See Rule 51, Section b) the Bye-Law for World Championships also applies to World Cup regattas.

Point Score

At each regatta, in each event, of the Rowing World Cup, the highest placing boat from a National Federation in each boat class will be awarded the following points:

1st	8 points	5th	3 points
2nd	6 points	6th	2 points
3rd	5 points	7th	1 point
4th	4 points		

Points will not be awarded to the second crew of a Federation placing a crew in one of the first 7 places. These points will not be distributed to other Federations.

Titles, Prizes and Cups

At each regatta, the Federation with the most points at that regatta will be declared winner of the Rowing World Cup Leading Nation Cup. The title of Rowing World Cup Champion in each RWC boat class shall be conferred on the Federation with the most points earned from racing in that boat class in all three regattas. The National Federation with the most points overall from all Olympic boat classes will be declared winner of the Overall Rowing World Cup. This will take place following the relevant race at the final Rowing World Cup regatta in Lucerne.

Exceptional Cases

Should it be necessary to take decisions in exceptional cases (e.g., postponing of a race or suspension of the regatta), the Rowing World Cup Management Board, in consultation with the President of the Jury and the Chairman of the Regatta, shall make such decisions.

Interpretation of Regulations

On behalf of the Executive Committee, the Rowing World Cup Management Board shall adjudicate on all cases not covered by the Rules of Racing, the Bye-Laws and the present Regulations, as well as on disputes which may arise during a Rowing World Cup regatta. The decision of the Rowing World Cup Management Board shall be final.

World Rowing Masters Regatta

PART I – SCOPE

Application

These regulations apply to the World Rowing Masters regatta together with and not in exclusion of the FISA Rules of Racing.

Governance

World Rowing Masters Regattas shall be rowed according to the FISA Rules of Racing and Racing Bye-Laws in addition to these Regulations.

PART II – ROWERS AND COXSWAINS

Eligibility

A rower may compete as a Master from the beginning of the year during which he attains the age of 27.

A competitor or crew shall be placed in the age category corresponding to the age attained during the current year.

Age categories:

- A Minimum age 27 years or more
- B Average age 36 years or more
- C Average age 43 years or more
- D Average age 50 years or more
- E Average age 55 years or more
- F Average age 60 years or more
- G Average age 65 years or more
- H Average age 70 years or more
- I Average age 75 years or more

Age categories do not apply to coxswains.

Female coxswains will be permitted in men's crews and vice versa.

In mixed crew events half the crew, excluding the coxswain, shall be women and half men. The coxswain may be of either gender. The minimum weight of coxswains in mixed crews is 50 kg.

PART III – CLASSES OF BOATS

Boat Classes

The Masters Regatta offers racing in the following boat classes: 1x, 2x, 2-, 4x, 4+, 4-, 8+ for the age categories defined below

PART VI – ORGANISATION OF REGATTAS

Progression System

At World Rowing Masters Regattas, there will be a final for events where the number of entries is the same or fewer than the number of available racing lanes. Where the number of entries in an event exceeds the number of available racing lanes, the entry will be divided into two or more finals.

Racing Colours

At World Rowing Masters Regattas, members of the same crew shall compete wearing uniform clothing (vest, shorts and any additional garments). The regulation regarding uniform clothing will not be enforced in mixed crews.

Titles, Prizes and Cups

Medals will be awarded to the winners of each heat. The design of the prize medals shall be subject to the approval of the FISA Masters Commission.

Exceptional Cases

Should it be necessary to take decisions in exceptional cases (e.g., postponing of a race or suspension of the regatta), the Chairman of the FISA Masters Commission, in consultation with the President of the Jury and the Chairman of the Regatta, shall make such decisions.

Interpretation of Regulations

On behalf of the Executive Committee, the FISA Masters Commission shall adjudicate on all cases not covered by the Rules of Racing, the Bye-Laws and the present Regulations, as well as on disputes which may arise during a World Rowing Masters Regatta. The decision of the Masters Commission shall be final.

World Rowing Tours

1. All affiliated member national federations shall receive invitations.
2. Applications of candidates shall be filed with their National Rowing Federation and subsequently submitted by the National Rowing Federation to the FISA Rowing for All Commission for final selection of participants.
3. The National Rowing Federations shall be responsible to verify that possible candidates for FISA Tours comply with the following requirements:
 - a) Candidates shall comply with any age requirements requested.
 - b) Candidates shall possess good knowledge and ability or rowing techniques, both for sculling and rowing.
 - c) Candidates shall be in good health and have the physical condition necessary for rowing the distances proposed and shall be furthermore in a position to handle risk situations on their own and in general not depend on the help of others.
 - d) Candidates shall be capable of swimming a distance of at least 300 m.
4. Each participant of a FISA tour shall carry with him a life saving jackets as recommended by his national authorities.
5. Each participant of a FISA tour shall be responsible for his own insurance arrangements.



ADAPTIVE ROWING REGULATIONS

Rules applying to international regattas and FISA Championship Regattas shall apply to adaptive rowing events at those regattas except as provided in these Regulations.

PART I - SCOPE

Regulation, Rule 2 - Application

The FISA Rules, Bye-Laws and Regulations shall also apply to Paralympic Regattas within the limits of the authority of FISA and to Paralympic Qualification Regattas

Regulation, Rule 6: Right to Participate

Paralympic Regattas are open only to those rowers whose federations have qualified in the appropriate boat classes in accordance with the Paralympic Qualification System.

PART II – ROWERS AND COXSWAINS

Regulation, Rule 16: Eligibility and Insurance

No rower may enter an adaptive event under these Rules unless they have submitted an Adaptive Rower Classification Application Form to FISA through their national federation and have been classified as set out in the FISA Classification Guidelines for Adaptive Rowers (“Guidelines”). The Guidelines shall be part of these Regulations.

Regulation, Rule 20: Coxswains

For adaptive events there is no restriction on coxswains in respect of adaptive eligibility, sex or age. The minimum weights of coxswains shall apply to adaptive events.

Regulation, Rule 26: Mixed Masters Events

Masters adaptive events may also be held for mixed crews without restriction on the ratio of men and women, as long as at least one rower of each sex is included in the crew.

Regulation, Rule 27: Adaptive Categories

FISA recognises the following adaptive categories:

- LTA (legs, trunk and arms)
- TA (trunk and arms)
- A (arms only)

Rowers' Adaptive Classification

A rower's adaptive classification and sport class status shall be determined by a FISA Classifier upon receipt of the appropriately designated FISA Classification Application and presentation of the rower to the Classifier(s) as set out in the Guidelines. A list of the classifications and sport class status of all classified adaptive rowers shall be maintained by FISA and shall be made available for inspection upon request. A copy of the current list may be posted on the FISA website. The list of classifications shall indicate the name, federation and official classification and status of each rower but shall not identify any individual's disability.

Qualifying Disabilities

For each adaptive classification, adaptive rowers shall have a minimum disability as defined in the Guidelines.

FISA Classifier

The status of FISA Classifier may be granted to any person who meets FISA's requirements for this purpose and who is duly appointed by the Executive Committee.

Classification Protest Panel

The Classification of any rower may be confirmed or modified by FISA upon a ruling by a Classification Protest Panel convened by FISA for this purpose. The Panel shall be appointed by the Executive Committee in accordance with these Regulations. Membership of the Panel shall consist of at least 3 FISA Classifiers, none of whom shall have been involved in the classification of the rower concerned. Exceptionally, in 2006 and 2007 only, the Panel may comprise 2 FISA Classifiers.

Regulation Rule 29: World Championship Adaptive Boat Classes

World Rowing Championships include the following adaptive events:

- Legs, trunk and arms, Mixed (LTAMix) - 4+ (LTAMix4+)
- Trunk and arms, Mixed (TAMix) - 2x (TAMix2x)
- Arms only, Men (AM) - 1x (AM1x)
- Arms only, Women (AW) - 1x (AW1x)

In these Mixed adaptive events half of the rowers in a crew shall be men and half shall be women. In the 4+, the coxswain may be of either sex.

Regulation, Rule 30: Paralympic Games Boat Classes

The programme at the Paralympic Regatta includes the following events:

- Legs, trunk and arms, Mixed (LTAMix) - 4+ (LTAMix4+)
- Trunk and arms, Mixed (TAMix) - 2x (TAMix2x)
- Arms only, Men (AM) - 1x (AM1x)
- Arms only, Women (AW) - 1x (AW1x)

In these Mixed adaptive events half of the rowers in a crew shall be men and half shall be women. In the 4+, the coxswain may be of either sex.

PART IV – BOATS AND CONSTRUCTION

Regulation, Rule 31 – Boats and Equipment

1. General Aspects

- (a) The use of FISA Standard Adaptive boats is mandatory for all adaptive 1x and 2x events.
- (b) All boats used in the 4+ event shall be stern-coxed.
- (c) At the Paralympic Games regatta, the use of FISA Standard Adaptive boats provided by FISA is mandatory for all events.
 - 1.1 The Council shall determine the design and specifications of FISA Standard Adaptive boats and any changes thereto. The design and specifications shall be a part of these Regulations. Those parts of the Standard Adaptive Boats which are not specified in these Regulations may be modified subject to these Regulations and subject to Rule 58.
 - 1.2 No changes in the standard design and specifications of FISA Standard Adaptive Boats shall be made except in the year following the Paralympic Games.
 - 1.3 The minimum weight of FISA Standard Adaptive boats shall be as specified in these Regulations (Regulation, Rule 32: Boat Weights).

2. Standard Adaptive 4+

The FISA Standard Adaptive 4+ used at the Paralympic Games regatta is a stern-coxed boat. The design and specifications shall be stipulated by FISA.

3. Standard Adaptive 2x

The FISA Standard Adaptive 2x has a fixed seat and may have stabilising pontoons. The hull, the pontoons where fitted, and the seat fixing are part of the Standard specifications. The design and specifications shall be stipulated by FISA.

The seat itself and the rigger design of the standard 2x are not restricted.

4. Standard Adaptive 1x

The FISA Standard Adaptive 1x has a fixed seat and must have stabilising pontoons. The pontoons must be fixed in position so that when the rower is seated in the balanced boat both pontoons shall be horizontal and shall, at a minimum, touch the water. The hull, the pontoons and the seat fixing are part of the Standard specifications. The design and specifications shall be stipulated by FISA. The seat itself and the rigger designs are not restricted.

The seat design and its manner of use must meet the following requirements:

The design of the seat of the A1x is unrestricted except that it must be compatible with the Standard seat fixing. In order to ensure that the arms only aspect of the A1x boat class are fully met, the A1x boat shall have a high seat back to which the athlete is strapped so that only the arms and shoulders can move during rowing. The strap should be at the level of the diaphragm, directly below the nipples or breasts, and be tight enough to restrict any trunk movement without causing breathing problems. The method of strapping shall be of a design which allows immediate release with single hand movement in case of emergency.

Further:

1. All Adaptive TA2x and A1x boats must have a quick single-action foot-release system located within easy reach of the fixed seat to assist rowers to release their feet in case of capsiz or accident.
2. For the A1x, any hand strapping must be able to be released immediately by quick mouth action and abdomen strapping by single quick hand action.

Regulation, Rule 32: Boat Weights

In addition to the requirements of Rule 32, the minimum weights for Adaptive boats shall include pontoons where used. The minimum

weights of Adaptive boats are:

4+ 51kg

2x 36kg

1x 22kg

PART V - COURSES

Regulation Rule 34: Length of the Course

For LTA4+, TA 2x and A1x events the length of the standard course shall be 1,000 metres straight. The Executive Committee may decide to waive the use of starting pontoons for adaptive events.

PART VI – ORGANISATION OF REGATTAS

Regulation, Rule 42: Rowers' Clothing and Blade Colours

One or both rowers in the TA2x event may extend their racing uniform to cover their legs. Where both rowers cover their legs in this manner, such covers shall be identical in colour and design.

Where A1x rowers are using abdomen strapping and this strapping obscures the identifications permitted to be worn on the racing shirt or equivalent, those Identifications which are so obscured may be repeated on the strapping material but shall not be visible on both the racing shirt and the strapping at the same time.

Regulation Rule 45: Entries

No entry shall be accepted for an Adaptive event unless the rower concerned has submitted an Adaptive Rower Classification Application Form by the deadline stipulated by FISA and has been given a classification by FISA. A rower without a FISA Classification or whose Classification has been withdrawn may not compete.

Regulation, Rule 50: Crew Changes before the First

Heat

A rower whose Classification has been withdrawn or changed after the close of entries and before the first heat, may be replaced by another eligible rower from the same Federation.

The crew of a rower whose Classification is withdrawn or changed to make them ineligible for that event after the first heat shall not compete again in that event.

Regulation, Rule 53: Safety of Adaptive Rowers

TA2x and A1x rowers require special safety procedures which shall be agreed between FISA and the Organising Committee. In particular, the Organising Committee or the President of the Jury may require additional rescue boats to be present on the course for all adaptive events, but particularly for A1x events.

Particular care must be taken in weather conditions which may generate extreme uncontrolled body temperatures.

All rowers may wear a self-inflating or other flotation device for additional safety but adaptive rowers in particular should consider this precaution.

Regulation Rule 54: Traffic Rules on the Course

In principle the traffic rules shall provide clear separation between adaptive crews and non-adaptive crews during training and racing for the safety of all crews.

Regulation, Rule 60: FISA Progression System

The FISA Progression System shall apply to adaptive events.

Regulation, Rule 66: The Starting Procedure

1. Floating starts in the absence of Start Pontoons (1000 metres)

Adaptive events raced over a 1,000m course may be started without start pontoons.

2. Starting Procedure for LTA4+

The LTA4+ event may include some rowers with sight impairment. Therefore, at the start of each race in the LTA4+ event, the Starter shall give an additional verbal indication to crews as follows:

After completing the roll call and stating the word “Attention!”, the Starter shall say the words “Red Flag!” at the same time as he raises the red flag (or in the case where traffic lights are used “Red Light!” at the same instant that he presses the button to activate the red light). He shall then proceed with the start in the normal way.

Regulation, Rule 67: Yellow Card

When the Starter awards a Yellow Card to a crew in the LTA4+ event, the coxswain of that crew shall raise his arm to acknowledge that he understands that the penalty has been awarded to his crew.

Regulation, Rule 71 - Interference

A1x rowers wishing to lodge an objection with the Umpire during the race may do so verbally if their hands are strapped, by calling clearly to the Umpire “Objection!” so that the Umpire hears. It is the responsibility of the rower to ensure that the Umpire hears the call and is aware of the objection.

Regulation, Rule 73 – Finish of the Race

At the finish of the race in a LTA4+ event, when raising the white flag the Umpire shall clearly state the words “WHITE FLAG!” for all crews to hear. Should he raise the red flag, he shall similarly clearly state the words “RED FLAG!”

Regulation, Rule 74 - Objections

A1x rowers wishing to lodge an objection with the Umpire may do so verbally if their hands are strapped, by calling clearly to the

Umpire “Objection!” so that the Umpire hears. It is the responsibility of the rower to ensure that the Umpire hears the call and is aware of the objection. No objection concerning eligibility or classification of adaptive rowers may be raised on the water.

Regulation, Rule 76: Protests (and Appeals of Classification)

1. Protest against own classification

- 1.1 No protest shall be accepted at any regatta from a rower concerning that rower’s own classification.
- 1.2 Any protest from a rower concerning a rower’s own classification must be submitted in writing to FISA within 14 days of the rower receiving notification of the classification, and in any case, before the closing date for entries for the event the rower wishes to enter.
- 1.3 The protest shall be made on the official FISA Classification Protest Form.
- 1.4 FISA shall refer any protest against the classification of a rower to a Classification Protest Panel appointed for this purpose by the Executive Committee under Regulation, Rule 27 of these Regulations. The Classification Protest Panel shall examine the classification documentation of the rower concerned and, in case of any doubt, shall undertake an examination of the rower.
- 1.5 The final decision shall be made by the Classification Protest Panel and the decision recorded on the Classification Protest Form. The original of the Form shall be held by FISA and a copy shall be provided to the rower who is the subject of the Protest. A decision shall be made and issued prior to the commencement of racing in the event in which the subject rower is to compete.

2. Protest against the classification of another competitor or crew

No protest is permitted against the classification of another competitor.

3. Action by FISA to review the Classification of a Rower

Notwithstanding clause 2 to Regulation, Rule 76, FISA may at any time request a review of the Classification of a rower holding a R or C status classification, as provided in the Guidelines, should it consider that there are justifiable grounds to do so. FISA may request such a review be carried out under the provisions of the Guidelines or under the protest procedure as set out in this Regulation.

Bye-Law, Rule 78: Appeal of a Classification Protest

There shall be no further appeal from the decision of the Classification Protest Panel on a protest concerning classification except for an appeal for an error of procedure. An appeal of a decision for an error of procedure must be made to the Executive Committee of FISA within 48 hours of receipt of the decision of the Protest Panel. The Appeal shall be heard by at least two members of the Executive Committee. The members must not have been previously involved in the classification procedure or Protest of the rower.

Regulation, Rule 90: Duties of the Umpire

Duties on the way to the Start:

For adaptive events, the Umpire shall also monitor the weather conditions including wind, rain and temperature to ensure the safety of competitors.

Position of the Umpire's launch:

The President of the Jury may require that more than one umpire follow the race for adaptive events.

Regulation, Rule 92: Duties of the Control Commission

For adaptive rowers and boats the Control Commission should also check the following:

- 1) accessibility of the pontoon area for rowers, such as those using

- 2) compliance of all boats with FISA Standard Adaptive boats specifications;
- 3) safety measures in TA 2x and A1x boats including foot stretcher and hands and abdomen strapping;
- 4) correct fixing of pontoons on A1x boats in accordance with Regulation 31.4 above;
- 5) correct usage of eyewear by visually impaired rowers in the LTA4+; and,
- 6) correct body strapping in the A1x.

The Control Commission should pay particular attention to the safety of visually impaired rowers or those with an intellectual disability when they are on the pontoon or near the water.



CLASSIFICATION GUIDELINES FOR ADAPTIVE ROWERS

PREAMBLE

FISA's objective for adaptive rowing is inclusion: to provide the opportunity for athletes with a disability, both men and women, to compete at FISA events and Paralympic Games. FISA is responsible for the classification of adaptive athletes who wish to compete in rowing at an international level and has established classification criteria which define the minimum disability of an athlete permitted to compete in each of the designated boat classes. Before a rower can compete in a FISA event, the Paralympic Qualification regatta or Paralympic Games, the classification of the rower must be approved by FISA.

Classification places athletes in groupings with other athletes of similar levels of functional ability to provide competition which is as fair as possible. In spite of this criteria, FISA recognises and accepts that the respective classifications encompass a range of disabilities and that there will be athletes with disabilities which may be greater than the minimum and who may therefore be at a disadvantage competing in their adaptive boat class.

These guidelines will be revised as FISA works to harmonize its classification procedures with the International Standards set out in the International Paralympic Committee (IPC) Classification Code. The Code will be accepted by FISA on or before the opening of the 2008 Paralympic Games and implemented by FISA on or before the opening of the 2012 Paralympic Games.

APPLICATION PROCESS

Before commencing the classification process all rowers are required to complete and sign a FISA Classification Application Form and to also sign the FISA Consent for Adaptive Rowing Classification Form and Declaration of Medical Conditions that may require Emergency Measures. The application form is not complete unless all the requested documentation is attached.

Athletes with a visual impairment or an intellectual disability must include with their application documentation to demonstrate that they have met the appropriate classification requirements as prescribed below.

Athletes with a physical disability must be classified by FISA Classifiers to confirm that they meet the eligibility requirements prescribed below.

FISA CLASSIFIERS

An International Rowing Classifier is one who has been approved as such by FISA. There are two types of FISA Classifier:

- (1) FISA Classifier (Medical): a medical doctor, physiotherapist, occupational therapist or similarly qualified person;
- (2) FISA Classifier (Technical): a rowing coach, sport scientist, former rower, physical educator or similarly qualified person.

FISA Classifiers shall be appointed by the Executive Committee. The Executive Committee may appoint an Advisory Committee to make recommendations regarding the qualification process and the appointment of Classifiers.

CLASSIFICATION STATUS

New (N) Status

A sport class status allocated to an athlete who has not been classified by a FISA International Classification Panel but who has been classified by one of either an international classifier from another Paralympic sport, a FISA trainee classifier or a FISA Classifier who may classify rowers from their own federation or region and such

classifications shall have the status of “N”. A rower with a classification status of “N” may compete at National level or non-FISA event.

Review (R) Status

FISA Classifiers may allocate a classification with an “R” status to a rower where the Classifiers consider the rower’s current disability may change, further observation is required, or for reasons determined by FISA (for example a Protest). Rowers with an “R” classification may be required to undergo a further classification process prior to competing at a FISA event, the Paralympic Qualification regatta or the Paralympic regatta.

Confirmed (C) Status

For a Confirmed international status classification, the rower must be classified by FISA Classification Panel [one Classifier (Medical) and one Classifier (Technical)]. A rower with “C” status classification may compete in all FISA and Paralympic events permitted by their classification.

PROCESS FOR CLASSIFYING ROWERS WITH A PHYSICAL DISABILITY

The standard FISA classification process is conducted by a FISA International Classification Panel comprised of two FISA Classifiers, one of whom must be a FISA Classifier (Medical) and one a FISA Classifier (Technical).

The process involves three parts:

- (1) Bench Test – directed by a FISA Classifier (Medical) with Technical Classifier in attendance.
- (2) Ergometer Test- directed by a FISA Classifier (Technical) with Medical Classifier in attendance.
- (3) On Water Observation- directed by both a FISA Classifier (Medical) and a FISA Classifier (Technical) during training and/or competition.

Classifiers will assess rowers with a physical disability according to the processes described in the FISA Adaptive Rowing Classification Manual.

INTERIM CLASSIFICATION

As an interim measure, and exception to the standard FISA classification process, pending the qualification of a sufficient number of FISA Classifiers, classification may be undertaken by a team comprised of a qualified international classifier in another Paralympic sport and a person with technical knowledge of rowing, such as a rowing coach. If this interim measure is to be used, specific prior approval in each case must be obtained from FISA.

Any classification allocated under this interim measure shall be an 'N' STATUS. A completed and signed classification application form must be submitted to FISA with the required documentation for approval.

2006 Interim Classification Process

FISA has given specific prior approval for the following interim classifications in 2006:

Athletes may be classified:

1. at a FISA Classification workshop: Hong Kong in February, Great Britain in May or Canada in June
2. by FISA trainee Classifiers if the classification is approved by the FISA Chief Classifier before 7 July 2006
3. by an IPC International Classifier from another sport and a person with technical knowledge of rowing if the classification is approved by the FISA Chief Classifier before 7 July 2006
4. those classified at the previous World Rowing Championships with "permanent" status must have their classification re-confirmed by the FISA Chief Classifier before 7 July 2006.

Note:

1. *All rowers with (C) status should submit their 2006 classification application before the entry deadline for the 2006 World Rowing Championships. Those failing to be classified will be ineligible unless they are approved by the FISA Chief Classifier before the submission deadline of 7 July 2006.*
2. *Entry to the 2006 World Rowing Championships for rowers with (N) status will only be granted if the Classification Application Form is completed fully and correctly, and all required supporting documentation has been received within the deadline. If any documentation is incomplete, the entry will not be accepted.*

RECLASSIFICATION

Once a rower has been classified and has received a C sport class status, the rower can only be reclassified if there has been a change in the rower's disability, a change in the classification system, or a Protest lodged in accordance with the Rules that results in a reclassification.

ELIGIBILITY & CLASSIFICATION

A. LTA (Legs, trunk and arms)

The LTA class is for rowers with disability but who have the use of their legs, trunk and arms and who can utilise the sliding seat. LTA rowers must meet minimum disability requirements in at least one of the following three disability groups:

- (1) Intellectual disability

A rower must meet the eligibility criteria established by the International Sports Federation for Persons with an Intellectual Disability (INAS-FID) and have completed the athlete eligibility application using the April 2005 Form on the INAS-FID website (www.inas-fid.org) and have been issued with a INAS-FID Athletes Card. Athletes classified under criteria prior to April 2005 must be re-registered with INAS-FID using the April 2005

Form. The FISA Classification Application Form must be completed and submitted to FISA accompanied by a copy of INAS-FID April 2005 Form with support documents such as copy of IQ test score and INAS-FID athletes card by the closing date for entries for the event at which the athlete wishes to compete. For 2006, the deadline for submission of the Classification Application will be 7 July 2006.

(2) Visual impairment

A rower must have been classified by the International Blind Sports Federation (IBSA) in one of the B3, B2 or B1 classes. Refer <http://www.ibsa.es>. The FISA Classification Application Form must be completed with supporting documentation and submitted to FISA by the closing date for entries for the event at which the athlete wishes to compete. For 2006, the deadline for submission of the Classification Application will be 7 July 2006.

(3) Physical Disability

The minimum physical disability is the loss of ten points on one limb or fifteen points across two limbs when assessed against the Functional Classification Test (as set out in the Classification Application Form for Physical Disabilities), or a full loss of three fingers on one hand.

Eligible LTA rowers will typically have a minimum disability equivalent to one of the following:

- Amputation: At least one single foot amputation at the meta-tarsal tarsal joints or three fingers of one hand.
- Neurological Impairment equivalent to incomplete lesion at S1.
- Cerebral Palsy Class 8 (CP-ISRA).
- Blind: 10% of vision in best eye with best correction (from visual acuity above 2/60 up to visual acuity of 6/60 and/or a visual field of more than 5% and less than 20%)
- Intellectual impairment: INAS-FID April 2005 criteria

Note:

If a crew includes rowers whose disability is visual impairment, a maximum of two such rowers is permitted in the LTA4+, one of whom must be B1 or B2. All visually impaired rowers must wear FISA approved eyewear at all times when on the water during both training and competition from the opening day of the course until the final race of their competition. Such eyewear shall completely block all light. Control Commission officers may check eyewear during competition to ensure that they comply with the above.

B. TA (Trunk and Arms)

The TA class is for rowers who have trunk movement but who are unable to use the sliding seat to propel the boat because of significantly weakened function of the lower limbs.

Eligible TA rowers would typically have a minimum disability equivalent to at least one of the following:

- Bilateral around knee amputation, or impaired quadriceps, or
- Neurological impairment equivalent to a complete lesion at L3 level, or an incomplete lesion at L1, or
- Combination of the above such as one leg with around knee amputation and one leg with quadriceps impairment; or
- Classification by the international sports federation for athletes with cerebral palsy (CP-ISRA) as eligible to be in CP Class 5.

C. A (Arms Only)

The A class is for rowers who have no or minimal trunk function (i.e. shoulder function only). An A class rower is able to apply force predominantly using the arms and/or shoulders only.

Eligible rowers would typically have a minimum disability equivalent to at least one of the following:

- Cerebral Palsy Class 4 (CP-ISRA); or
- Neurological Impairment with a complete lesion at T12 level, or an incomplete lesion at T10, or
- Functional impairment of rectus abdominis (Beevor's sign).



MINIMUM GUIDELINES FOR THE SAFE PRACTICE OF ROWING

This document should be considered as an example for the development of a localised safety programme. Each national, regional or local rowing organization should have its own regulations for the safe practice of the sport of rowing which fully reflects local, regional or national laws, obligations and requirements. In this respect FISA accepts no legal liability.

Introduction

Many accidents take place because uninformed decisions are made before leaving the boathouse. Weather and water conditions, time of day, equipment, and supervision are all critical components that must be considered to have a safe training session. FISA encourages all rowing programs to implement, at a minimum, the following guidelines to help make informed decisions and ensure the safe practice of our sport. The standards below are available to be used as a basis for establishing fundamental guidelines or to supplement existing ones.

I. REQUIRED ELEMENTS

A. General

These guidelines provide the minimum rowing safety standards

generally appropriate for rowing organizations. Each organization is responsible for enforcing safety standards in their respective area and local laws may require more stringent regulations or policies as deemed appropriate. The following minimum guidelines may be freely used to create comprehensive safety regulations appropriate to the area.

B. Safety Adviser

Each rowing organization should appoint a Safety Adviser. The duty of the Safety Adviser is to ensure that the safety program is followed.

C. Code of Safety

Each organization should prominently post a “Code of Safety” or its equivalent, such as “Safety Rules and Regulations”, including rules and information on:

- Safe Rowing Equipment
- Boathouse Rules
- Local Code of Practice and navigation rules
- Rowers’, Scullers’, Coaches’ and Coxswains’ Responsibilities
- Emergency Rules/ Capsize and Accident Drills
- Coaching Boats and Safety Boats
- Safety at Regattas
- Log book for unsupervised rowers
- Visual aids on; water safety, lifesaving, hypothermia, hyperthermia, resuscitation procedures
- Telephone number list, to include
 - o Doctor/Ambulance/Police
 - o Fire Department
 - o Local hospital casualty department

- o Local, river or harbor police
- o If there is no telephone readily available at the boating area, clear directions to the nearest available telephone must also be displayed.

Safety and first aid equipment should be readily available in every boating area to include:

- First aid cabinet (to be fully stocked and regularly checked)
- Thermal blankets/exposure bags
- Life rings/buoys and rope line
- Life jackets

Where possible, clubs should maintain adequate comprehensive insurance to cover personal injury to club members on and off the water and personal injury and damage to property or liability to third parties.

There should be included in these policies adequate cover for the Safety Adviser.

II. DETAILED INFORMATION

A. Safe Rowing Equipment

For the safety of all concerned, rowing equipment should be maintained in good working order. Particular attention must be paid to the following:

- Every boat must have a firmly attached ball of not less than 4 cm (1.5 inches) diameter on its bow. Where the construction or nature of the boat is such that the bow is properly protected or its shape does not represent a hazard then this requirement need not apply.
- Heel restraints and “quick-release” mechanisms must be in proper and effective working order in all boats equipped with fitted shoes. These restraints should not allow the heel to lift more than 5cm (2 inches).

- For rowing in reduced daylight, boats shall be fitted with lights as required by the local and national waterway authorities. At the least, all boats should have a light forward and aft.
- All oars and sculls should be checked to ensure that “buttons” are secure and properly set.
- Bow and stern compartments should function as individual buoyancy compartments and must be checked to ensure that they will function as intended.
- Boats should meet minimum flotation requirements:

When full of water a boat with the crew seated in the rowing position should float in such a way that the top of the seat is a maximum of 5 cm (2 inches) below the static waterline.

Older boats not designed to meet this requirement may use inflatable buoyancy bags, foam blocks or other materials.

B. Local Code of Practice

Since conditions vary from venue to venue, each organisation should prepare and display a local code of practice, which should include a plan of the local water, drawing attention to local navigation rules, hazards and restrictions to water use. Attention should also be drawn to any variation in normal procedures that may be necessary due to the state of the tide or stream, high winds, or other climatic conditions. Local codes of practice should emphasize that safety is paramount.

C. Personnel Responsibilities

1. General

All participants in rowing and sculling, including coxswains, should receive proper instruction in watermanship and technique, including capsizing drills, from a qualified coach. No one should put him- or herself or others at risk when on the water. This applies particularly to beginners and to juniors.

Encouragement should be given to athletes to become fully aware of life-saving and resuscitation procedures by attending training

courses. In particular, it is highly desirable that Safety Advisers and coaches should be so trained.

Rowing activities should be coordinated with those of other local water users to minimize clashes of interest and the possibility of creating additional water hazards.

There should be a required reporting structure for all non-trivial accidents to the Safety Adviser or higher authority where these events are recorded for further review. This information should be passed on to the regional or national authorities for a comprehensive overview of safety in the sport.

2. Rowers and coxswains

Any rower or coxswain going out on the water will be responsible for abiding by all local rules, regulations

and traffic patterns. They should be in good health and properly attired for the present and potential conditions. All rowers and coxswains should demonstrate the ability to swim 50 meters (54 yards) in light clothing and to demonstrate within that test competence under water and in treading water. If a person cannot meet the requirements of the swimming test for physical or other reasons, an approved lifejacket or buoyancy aid should be worn when in a boat. In case of accident, **stay with your boat** rather than attempting to swim to the shore. Your boat, unless seriously damaged, is your life raft.

Coxswains should receive a full explanation on handling the boat, all relevant safety procedures and boat handling. Inexperienced coxswains should be allowed out in boats only if observed by an experienced coach, preferably in a fully equipped coach boat. They must also be familiar with navigation rules.

3. Coaches

Coaches must be responsible for those under their authority and should ensure that they are informed of safety procedures and abide by them. They must evaluate environmental conditions and determine if it is safe for rowers to go out on the water.

D. Coaching Boats

1. General

The presence of a coaching boat gives far better safety protection to a crew than a coach on a bicycle on the land. The coach must drive safely, always consider the safety of those on board, and consider the effect upon other water users.

2. Training Drivers

To take out an engine-powered boat without previous instruction is to put the driver, any passengers and other water users at risk. At the very least the club shall ensure that an experienced driver goes out with a new driver until he has shown that he is fully in control of the launch.

The manner in which coaching boats are driven may create unnecessary problems for other water users.

Excessive washes and waves create difficult rowing conditions and can cause accidents to smaller boats.

Thoughtless driving often causes damage to moored boats and to riverbanks. To use coaching boats for coaching, rescue and other purposes all on the same water, requires drivers to be fully aware of the effect of the wake they cause and the risk that the very sport they are seeking to assist cannot take place because their manner of driving their boat has made the water unusable.

3. Coaching Boat Requirements

All coaching and safety boats should carry the following safety aids:

- A bailer and, for inflatable rubber dinghies, a suitable pump and a spare valve
- A horn or similar warning device, capable of attracting attention over a distance of at least 200 metres (217 yards).
- A grab line at least 15 metres (16 yards) long with a large knot tied in one end to assist throwing. Ideally a purpose made rescue/heaving line throw-bag.
- Thermal/exposure blankets to reduce wind-chill and counteract hypothermia. Make use of proprietary items but not woolen blankets that only absorb moisture and do not then retain heat. In the absence of recognised equipment,

polythene sheet cut to the size of a commercially available exposure bag will provide the necessary level of heat retention until proper treatment can begin.

- Life buoys/Life jackets. These are essential when several people are in the water and the launch can attend to only one at a time.
- A basic first aid kit (list contents and check regularly as before).
- A sharp knife with carrying sheath.
- A paddle.
- Simple handholds fixed to the side of a launch to give help to any person being rescued, and provide self-help should the driver fall overboard.
- Engine, cutout lanyard device.
- An anchor and line.

4. Low Light Conditions

When it is necessary for outings to take place in the dark or in poor visibility the coaching boat must carry a waterproof flashlight and sound signalling system as a means of signalling for assistance. The boat must be fitted with lights as required by local/national authorities.

5. Lifejackets

It is advisable that buoyancy aids or life jackets be worn at all times by all on board a coaching boat and are essential when going out to sea or on very wide stretches of water. Life jackets that depend on oral inflation should be worn partly inflated; those that have auto inflation must be checked at intervals suggested by the manufacturers.

6. Coaching Boat Maintenance

Maintenance of the boat and its engine is vital since the possible consequences of failure are great. A tool/spare parts box should be kept dry and checked regularly (an extra can of pre-mixed fuel is also a vital spare). It is a wise precaution to check that the engine is securely fixed to the hull and that the secondary safety fixing exists and is properly effective every time the boat is used.

7. Coaching Boat Design

Choice of a coaching boat, its hull size and its shape must be matched to an engine suitable for the work it is to undertake and the load to be carried. In particular, boats to be used for coaching on rivers or enclosed waters must be of a design which will enable a launch to accompany a crew rowing at speed without creating a wash that makes the water unusable or unsafe for everyone else, or causes damage to banks or installations.

E. Accident Log

An accident log is to be maintained and be available for inspection at all times, giving time, place and nature of accident, injuries/damages sustained and names and addresses of witnesses. Accident logs should be made available to the proper national authority where required.

III. COLD WATER GUIDELINES - HYPOTHERMIA

A. Background

Most experts in immersion hypothermia and cold water near drowning / drowning define cold water as temperatures below 20° C (68° F) (It is also recognized that colder temperatures increase the rate of body cooling and increase the risk of cold shock and swimming failure. The majority of persons dying from immersion succumb in the early stages of the incident due to a range of physiological responses including gasping, hyperventilation and rapid peripheral cooling, resulting in aspiration, reduced breath-hold and incapacitation.

Preparation and prevention are essential to protect against the effects of the cold-water environment. This should include emergency drills with the equipment that would be used. Acclimatisation to the cold is also shown to lessen the negative physiological responses.

B. Guidelines

1. Conditions

Environmental conditions should be monitored, including water temperature, wind, precipitation and seawater, and appropriate safety directions such as those set out in #3 below should be issued.

2. Clothing

Protective clothing should be worn which is appropriate for the conditions. The activity with the objective is to keep the body dry and to insulate against heat loss.

3. Precautions

When the water temperature is at 10° C (50° F) or below or when the environmental conditions warrant, special safety precautions should be considered. Possibilities should include:

- Warning members against going on the water;
- Advising members to go on the water only if carrying a personal flotation device (PFD) or lifejacket of appropriate size for each member of the crew, a sound-signaling device and, if it is after sunset and before sunrise, navigation lights as set out in the Collision Regulations, and;
- Where appropriate, only if attended by a safety boat carrying a PFD or lifejacket of appropriate size for each member of the crew of the largest vessel being attended.

C. Hypothermia

Hypothermia occurs when the whole of the body has been chilled to a much lower than normal temperature, i.e. below 35° C (95° F) compared with the normal body temperature of 37° C (98.6° F). This should be avoided at all costs.

- **“Dress to beat the cold”** - Layers of clothing are more effective than one warm garment. The outer layer should be wind and waterproof.
- Do not take or give alcohol in cold conditions. Alcohol accelerates heat loss as well as impairing judgment.

- Be alert to the warning signs of cold both in yourself and others.
- Coaches of young children must be particularly aware of the risks to their charges of exposure to cold. Exposed arms, legs and head heighten the risk.

If a person has fallen into cold water, their body will lose heat rapidly. To reduce heat loss, the person should keep his clothes on except for heavy coats or boots which may drag the person down.

Sudden immersion in cold water can have a shock effect that can disrupt normal breathing, reducing even a proficient swimmer to incompetence. Confusion and an inability to respond to simple instructions will become evident.

When hypothermia is suspected; try to prevent further loss of body heat and re-warm the affected victim.

Send for help. Hypothermia is a medical emergency whether the patient is conscious or unconscious.

If conscious the victim should be actively re-warmed under careful observation.

If unconscious the victim must get medical aid as soon as possible. Follow instructions given under Resuscitation.

D. Symptoms and signs of hypothermia

The following are the most usual symptoms and signs, but all may not be present:

- Unexpected and unreasonable behavior possibly accompanied by complaints of coldness and tiredness.
- Physical and mental lethargy with failure to understand a question or orders.
- Slurring of speech.
- Violent outburst of unexpected energy and violent language, becoming uncooperative.
- Failure of, or abnormality in, vision.
- Twitching.

- Lack of control of limbs, unsteadiness and complaining of numbness and cramp.
- General shock with pallor and blueness of lips and nails.
- Slow weak pulse, wheezing and coughing.

A very dangerous situation is still present when a person who has been in the water for some time is taken out of the water. Further heat loss must be prevented. The victim should be protected against wind and rain if possible. Re-warming can be carried out by:

- Wrapping the victim in a thermal/exposure blanket.
- Others placing their warm bodies against the victim.
- Giving hot drinks (if conscious), but not alcohol.

PREVENTION IS ALWAYS THE BEST POLICY

E. Resuscitation

To be effective, resuscitation must be started as soon as possible, even while the patient is in the water.

Otherwise irreversible damage or death will occur within a few minutes. Many thousands of lives have been saved by ordinary citizens who have known what to do and have had the courage to do it at the critical time.

The saving of life during a medical emergency depends on the accurate assessment and proper management of the ABC of resuscitation:

A - AIRWAY

B - BREATHING

C - CIRCULATION

On finding a person requiring resuscitation:

1. Approach

Establish there is no danger to yourself or the victim. If you see someone in difficulties in the water, DO NOT go into the water after him. It is critical that the rescuer handle the emergency in such a way that he himself remains safe. Remember there may be neck or back injuries requiring extra care when moving the victims.

- Find something to help pull him out – a stick, a rope or clothing.
- Lie down to prevent yourself from being pulled in.
- If you cannot reach him, throw any floating object - football, plastic bottle - for him to hold on to, then fetch help.
- If you are in a safety launch carefully approach him if it is safe to do so.

**REACH - THROW - TOW
HAVING RESCUED THE VICTIM - SHOUT IMMEDIATELY FOR HELP**

2. Assess the patient

Responsiveness - Establish responsiveness by shouting “ARE YOU ALL RIGHT” loudly and gently shaking the shoulder. If the patient is unresponsive, i.e., not breathing with no pulse: leave the patient immediately and summon help. Return to the patient and commence resuscitation.

a) Breathing

Inspect the airway - remove blood, vomit, loose teeth or broken dentures but leave well fitting dentures in place.

b) Open the airway

The rescuer should place two fingers beneath the point of the patient’s chin, lift the jaw and at the same time place the palm of the other hand on the patient’s forehead. Tilt the head well back by pressing on the forehead and the airway will open.

c) Check for breathing

The rescuer should place her ear close to the patient’s mouth looking down along the line of the chest.

- Listen for the sound of breathing.
- Feel for air movement indicating breathing.
- Look for rising and falling of the chest.

d) Circulation

Check for the presence of a pulse by feeling for the carotid artery in the neck. The artery lies along each side of the

voice box (larynx).

If the patient is unresponsive - not breathing with no pulse - leave the patient immediately and go and telephone for help. Return to the patient and commence resuscitation.

If the patient is unresponsive, not breathing but with a pulse – perform ten “mouth to mouth” (expired air resuscitation) breaths, then leave the patient and telephone for help (in certain countries there are special short emergency telephone numbers, such as “999” or “911”). Return to the patient, check for breathing and pulse and continue resuscitation.

If the patient is unresponsive but is breathing and has a pulse then turn him on his side into the recovery position.

e) The Recovery Position

Kneel to one side of the patient. Take the nearest arm and place it at 90° to his body, elbow bent and palm uppermost. Take the farthest arm and place it with the palm upwards held against the casualty’s cheek. Bend the far knee upwards to 90°, keeping the foot flat on the ground.

Supporting the hand on the face, pull gently but firmly on the bent up thigh to roll the patient towards you. Rearrange the far side, now upper leg to 90° and ensure the airway is still open by tilting the head and lifting the chin.

3. Resuscitation Procedure

This is the provision of artificial ventilation by mouth to mouth breathing, and an artificial circulation by external chest compressions.

a) Mouth to Mouth Breathing (Expired Air Resuscitation)

Lie the patient on his back. Kneel beside the head of the patient and open the airway by lifting the head and lifting the jaw. Open the patient’s mouth and pinch the nostrils closed. Open your mouth, take a deep breath, seal your mouth firmly over the patient’s mouth and breath out steadily into the patient.

Watch the patient’s chest rise as if he is taking a deep breath 1-2 seconds.

Remove your mouth from the patient’s mouth and allow the

chest to fall (4 seconds). Give two breaths.

If mouth to mouth breathing is difficult, check and reposition the airway. Vomiting may occur if breathing returns, place the patient in the recovery position to prevent him from choking.

b) Mouth to Nose Breathing

If mouth to mouth breathing fails to give air to the patient mouth to nose breathing is an alternative method. With the patient placed in same position as described above the mouth is sealed firmly over the patient's nose and you may breathe out steadily into the patient. Ensure that sealing of your mouth around patient's nose does not prevent airflow to the nose.

Watch the patient's chest rise as if he is taking a deep breath 1-2 seconds.

Remove your mouth from the patient's nose and allow the chest to fall (4 seconds). Give two breaths.

c) External Chest Compression

Place the patient flat on his back and kneel alongside the chest. Place the heel of one hand on the lower third of the breast bone. Place the heel of your other hand on top of the first hand. With your arms held straight and the hands on the chest all the time, press down on the breast-bone to depress it 4-5 cm (1.5 to 2 inches), then release.

Compress the chest smoothly 15 times at a rate of approximately 80 compressions per minute. After performing 15 compressions give 2 ventilations. Continue the compressions and the ventilations until help arrives. Do not stop to reassess the patient's pulse or breathing until help arrives.

4. Training

Remember that effective resuscitation training is essential; the foregoing text is only a guide/aide to understanding the practice of resuscitation that you are strongly recommended to learn. Contact your Red Cross or other medical training group for practical instruction in First Aid and resuscitation.

IV. HOT WEATHER GUIDELINES - HYPERTHERMIA

Where rowing training and racing take place in a warm climate, participants may be subject to health risks. Organizers and other responsible persons should be prepared to evaluate the potential risks and to take precautions. This section represents the conclusions reached by the FISA Sports Medicine Commission in their paper "Hot weather and safety guidelines" which gives more detailed information on heat related problems and safety measures.

The main medical problems in warm and hot environments are related to:

- Air temperatures
- Air humidity
- Heat Radiation from sun and warm environments
- Exercise induced heat production
- Impaired heat reduction (Clothing, ventilation, hydration)

The main strategies to prevent heat-induced illnesses are

- Acclimatization
- Adequate hydration
- Postponement of exercise to cooler time periods of the day.

A. BASIC MEDICAL ISSUES

High intensity exercise in a hot environment with associated fluid loss and elevation of body temperature can lead to:

1. Dehydration - Heat Exhaustion - Heat Stroke

The heat related problems always start with dehydration and accompanied by an elevated body core temperature. Exercise further increases heat load on the body. With increased core temperature, energy demands for temperature regulation increase and this further depletes energy resources, particularly glucose stores. These conditions are prerequisites for the heat induced illnesses. However, it should be mentioned, in the case of excessive thermal load, heat

exhaustion and heat stroke may occur without dehydration.

The main heat related illnesses are represented in Table 1 with the causes and physical problems, the indications and symptoms, and simple rules for treatment. Any athlete with an elevated temperature above > 40 °C (104 °F) which does not resolve after 30 minutes of cooling and rehydration is to be considered a medical emergency.

2. Hot Weather Risk Evaluation

Taking into account the above mentioned factors, three levels of risk can be considered for hot, dry days according to the ambient temperature. When available, “wet bulb globe temperature” (WBGT) should be used to quantify environmental heat stress:

Table: Risk evaluation related to ambient temperature or WBGT

Ambient Dry Temperature	WBGT	Risk of Thermal Injury
25°-31.9°C (77°-89.4°F)	24-29.3°C (75-85°F)	Moderate
32°-38°C (89.6°-100°F)	29.4-32.1°C (85-89.9°F)	High
38°C and above (>100°F)	32.2 °C and above (> 90 °F)	Extreme

3. Regatta Cancellation / Postponement

In general, with proper planning and observation of local weather forecasts it should not be necessary to cancel a regatta. For the safety of participants the amendment of the regatta program to allow for events to be contested in the cooler parts of the day may suffice. When high or extreme thermal risk is indicated, special precautionary measurements are required.

B. SAFETY MEASURES

Hot weather safety measures:

1. Shade and Cooling facilities

- For regattas in warm months, shaded rest areas (Buildings, tents, natural shade) need to be provided.

- Cool or air conditioned rooms are recommended when warm weather with temperatures higher than 32° C (89.6°F) are expected.
- Fans to enhance air movement in rooms and resting areas are recommended when room temperatures exceed 25° C (77° F).

2. Medical centre and first aid provisions

- Rescue and first aid teams** should be trained in diagnosis and treatment of temperature related illnesses and problems.
- Facilities for intravenous infusion and intravenous fluids** (e.g. Ringer Lactate solution) have to be provided at the medical centre.
- For cooling, crushed ice, water and fans** should be provided at the Medical Centre.
- The medical centre should be air conditioned when dry air temperatures higher than 32° C (89.6°F) are expected.

3. Organization, training, racing and related measures

- Training times:**
Teams should be advised to train in the morning and evening hours, when warm weather with temperatures higher than 32° °C (89.6°F) are expected.
- Course closed:**
Racing course should be closed for training (usually during the hottest part of the day; 11:00am - 3:00pm), when dry air temperatures exceed 38°C (>100°F).
- Official and umpire rotation:**
Rotation of volunteers should be considered when dry air temperatures exceed 32° C (89.6°F).
- Clothing:**
Clothing worn by umpires, officials and volunteers should also be adjusted to temperature.
- Extra water:**
Provision of extra water for wetting the face, clothes and hair should be provided at the regatta course when dry air temperatures exceed 32 °C (89.6°F) for athletes, visitors and officials.

4. Drinking water and fluid supply
 - a) Drinking water:
At regattas in warm months, free access to drinking water should be provided to athletes.
 - b) Water hygiene:
If tap water is drinkable, an official certificate of health authorities should be provided specifying the hygienic quality.
 - c) Amount of water supplied:
Drinking water - The total amount of free water provided by organizers should be at least 2 liter (2 quarts) per day, when dry air temperatures exceed 32° C (89.6°F), additional 1 liter per day should be provided. 1 liter (1 quart) can be provided at the meals.
 - d) Water for the crews:
Organizers are advised to find a suitable place for the coaches to give water to the crews after racing.
 - e) Water in rescue launches:
Organizers are advised to have water in the rescue launches but to be given out in case of emergency and to provide water near to the victory ceremony.
 - f) If the OCs would have a sponsor for mineral water then this water is available to the teams for free and distributed through a certain system.
5. Personal recommendations
 - a) Hydration:
The base fluid need of athletes is 2 liters per day and increases with exercise time (1 liter / hour) and air temperatures (1 liter per 5° C (9° F) temperature increase above 25° C (77° F)). For hydration, water, hypotonic and isotonic fluids may be used.
 - b) Radiation:
Indirect radiation from the sun or from hot cars or in hot rooms enhances the negative effects of hot temperatures. Shade provides shelter.
 - c) Hats:
Athletes in direct sunlight should wear hats which should be wetted with water.

- d) Clothing:
Clothing should be made with fabrics that minimize heat storage and enhance sweat evaporation. Light coloured, loose fitting clothes, made of natural fibres or composite-fabrics with high absorption properties that provide for adequate ventilation are recommended.
 - e) Rest:
Sleep and rest enhance temperature tolerance.
 - f) UV Sun block:
decrease radiation damage of the skin and reflect also radiation. This decreases thermal load.
 - g) Lying down after races in warm environments may have negative effects on circulation and may provoke collapses. Rowers are advised to cool themselves with water after the races.
6. Acclimatisation
 - a) Acclimatisation of the participants includes the rowers as well as the umpires, other officials and volunteers and is the most important measure to prevent heat related illnesses.
 - b) Preparation for exercise under hot conditions should include a period of acclimatisation to those conditions, especially if the athlete is travelling from a cool / temperate climate to compete under hot / humid conditions.
 - c) Acclimatisation to hot environments takes usually 7 to 10 days.
 7. Information on health risks
 1. Participants or officials at a high risk of heat illness should inform the medical staff in case of extreme weather conditions.
 2. Risk increases with medical conditions including asthma, diabetes, pregnancy, heart conditions and epilepsy. Some medications and conditions may need special allowances.

For more detailed hot weather risk evaluation during regattas, the "Heat Stress Adviser" (author: J.Coyle, Tulsa, OK; based on a Sports Medicine Australia (SA Branch) checklist for planning sports events) may be downloaded from the site: http://www.zunis.org/sports_p.htm and the FISA Medical Commission hot weather and safety standpoint.