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## NATIONAL SELECTION REGATTA AND TRIALS HANDBOOK

**Sydney International Regatta Centre**  
**23 April – 2 May 2010**

Trials for the 2010 Australian National Rowing Teams and Squads:

- Senior A
- Adaptive
- Under 23
  - Junior
- World University Games
- Youth Olympic Games

(Version #1 19 March 2010)

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## 1) EVENT STAFF

Andrew Matheson	National High Performance Director & Chairman of Selectors (Senior A, Adaptive, Under 23, Junior)	0488 048 112
Noel Donaldson	National Head Coach – Men, Senior A, Adaptive & U23 Selector	0418 357 750
Lyall McCarthy	National Head Coach – Women, Senior A, Adaptive & U23 Selector	0418 333 348
Barbara Fenner	Senior A, Adaptive & U23 Selector	
Dr. David Yates	Senior A, Adaptive & U23 Selector	
Peter Shakespear	Elite Development Manager, Junior Selector	0488 747 796
Wayne Diplock	NTID Coordinator, Junior Selector	0414 559 151
Matt Draper	RA National Development & Events Director / Trials Manager	0407 942 181
Cora Zillich	NRCE Operations & Logistics Manager	0448 007 443
Matt Bialkowski	High Performance Program Officer / Adaptive World Cup Tour Team Manager	0412 167 574
Sam Irvine	AIS Rowing Program Manager	0408 623 577
Nick Hunter – ACT	Rowing Australia Boat Race Official - Referee	0409 048 434
Bob Pennington – SA	Rowing Australia Boat Race Official	
Michael Eastaughffe – SA	Rowing Australia Boat Race Official	
Reg McKay – VIC	Rowing Australia Boat Race Official	
Grant Ford – WA	Rowing Australia Boat Race Official	
Greg Smith – NSW	Rowing Australia Boat Race Official	
<b>Event Doctors</b>		
Dr. Ian Beltz	Event Doctor 22 – 25 April 2010	0438 725 144
Dr Krys Szatsznajder	Event Doctor 26 – 28 April 2010	0414 303 436
Dr Jeff Conn	Event Doctor 29 April – 2 May 2010	0418 154 165
Ivan Hooper	National Sports Medicine Co-ordinator / Physiotherapist	0405 706 912
Ambulance Australia	Emergency Ambulance Service	TBC
Ray Ebert	Senior A Team Manager	0412 576 460
Michael Smith	U23 Team Manager	0408 270 896
Andrew Service	Junior Team Manager	0414 545 469
SIRC contact	Linda Toomey	0458 218 945

## 2) EMERGENCY CONTACTS

- a. Ambulance Australia service during the whole event and will be near the Medical building, near the Finish Tower.
- b. Emergency Medical Tel No: Ivan Hooper – 0405 706 912
- c. For other major trials issues call in the first instance Matt Draper, Trials Manager and National Development & Events Director – 0407 942 181 or Cora Zillich, NRCE Operations Manager – 0448 007 443.
- d. NRCE staff, Regatta Doctor and BRO officials are staying at The Chifley, Penrith Panthers. Ph: 02 47217700.

### 3) INDICATIVE REGATTA AND TRIALS PROGRAM

*Note: times are estimates & details subject to change*

#### **Thursday 22 April 2010**

- Before 4:00pm Any athlete arriving at trials with a pre-existing injury or illness must report to Dr Ian Beltz.
- 5:00pm Athlete & Coaches briefing, SIRC Grand Stand (compulsory attendance by all athletes & coaches).

#### **Friday 23 April 2010**

- 8:00 – 10:30am Heats of Senior A and Under 23 small boat racing (singles sculls and coxless pairs) over 2000m.
- 10:30 – 11:30am Time trials for Junior small boat racing (singles sculls and coxless pairs) over 1900m.
- 2:00pm Junior NTID testing.
- 2:00 – 4:30pm Second race (semi finals or first finals) of Senior A and Under 23 small boat racing (singles sculls and coxless pairs) over 2000m.

#### **Saturday 24 April 2010**

- 7:30 – 8:40am Finals of Junior small boat racing (singles sculls and coxless pairs) over 2000m.
- 8:40 – 11:00am Finals of Senior A and Under 23 small boat racing (singles sculls and coxless pairs) over 2000m.
- 12:00pm Announcement of refined Junior trialling list.
- 2:00 – 4:00pm Junior Seat Racing (W4-, W4x, M4+, M4x) up to 4 races over 1000m.
- From 4:00pm Senior A and Under 23 training in allocated crews.

#### **Sunday 25 April 2010**

- 7:00 – 9:00am Junior Seat Racing (W4-, W4x, M4+, M4x) up to 4 races over 1000m.
- 9:00am – 12:30pm Senior A and Under 23 rotations, up to 3 x 1500m.
- 1:00 – 3:00pm Junior Seat Racing (W4-, W4x, M4+, M4x) up to 4 races over 1000m.
- 4:00pm Final assessment of potential Junior crews (process to be confirmed).
- Afternoon Senior A and Under 23 athletes, no official racing or training.

#### **Monday 26 April 2010**

- Morning Senior A and Under 23 athletes, no official racing or training.
- 7:00am Announcement of Junior shadow crews.
- 10:00am Junior Speed Order trials over 2000m.
- 12:00pm Official naming of Junior Crews.
- Afternoon Senior A and Under 23 training in allocated crews.

## **Tuesday 27 April 2010**

Morning Senior A and Under 23 rotations, up to 3 x 1500m

## **Wednesday 28 April 2010 to Saturday 1 May 2010**

Senior A and Under 23 athletes potentially involved in one or more of the following trials activities:

- Additional matrices
- Individual seat racing
- Pairs matrices
- Time trials
- Coxswains trials.

## **Wednesday 28 April 2010**

Morning Adaptive athletes travel

12:00pm Adaptive athletes briefing (SIRC Grandstand)

## **Friday 30 April 2010**

Morning Adaptive race piece 1 x 1000m.

## **Saturday 1 May 2010**

Morning Adaptive race piece 1 x 1000m.

## **Sunday 2 May 2010**

9:00am Senior A, Adaptive, Under 23 – Speed order trial over 2000m.

11:00am Formal announcement of Senior A, Adaptive, Under 23 squads and crews.

11:15am Team meetings for all squads.

12:00pm Official end to Selection Trials.

## 4) SPECIFIC EVENT INFORMATION

### a. Juniors Entries and Information

- i. **Electronic entries need to be received by the NRCE before 16:00 AEDST on Tuesday, 20<sup>th</sup> April 2010 (for entry forms see attachments).**
- ii. Further information can be found in the relevant Event Requirement (see RA Website). All Junior athletes and coaches should be aware by now, that the selection 'aims' are in line with those established last year. There is a clear shift in emphasis to look for junior athletes who are most likely to be successful in later senior rowing. As per the Selection Policy, National crews will be selected using a range of data from ergometer scores, small boat performance to TID tests (e.g. anthropometric, strength and endurance).
- iii. Please note that all Junior athletes must complete power distance ergometer testing as per Event Requirement.

### b. Terms and Conditions Agreement (part of the National Selection Policy)

- i. As identified on the Nomination form, all participants at the event are required to fill out a one page 'Terms & Conditions' form.
- ii. The form outlines various standards of behaviour in dealing with the media, agreement to race honestly and fairly etc.
- iii. **Athletes and Coaches may email the form into the NRCE, but should bring the original copy of the form. This must be submitted at the Athlete Briefing on Thursday, 22<sup>nd</sup> April 2010.**
- iv. A copy of the Terms and Conditions has been attached to this document and emailed to NTC Head Coaches and others.

### c. Passports

- i. ALL athletes/Coxswains/coaches MUST bring with them their passport to the athletes briefing or email a scanned colour copy of the 1<sup>st</sup> page of their passport to [mbialkowski@rowingaustralia.com.au](mailto:mbialkowski@rowingaustralia.com.au) BEFORE Thursday, 22<sup>nd</sup> April 2010..
- ii. Passport pictures are to be used for accreditation and regatta entry with FISA as well as for certain visa requirements.

### d. Information and Briefing Meeting

- i. **Athlete & Coaches briefing: Thursday, 22<sup>nd</sup> April, 5.00pm, SIRC Grand Stand (compulsory attendance by all athletes & coaches).**
- ii. Coaches please pay attention to the notice board inside the NRCE boat bay (no. 4) for further announcements.
- iii. All scratching must be notified to Event staff prior to this meeting.

### e. Regatta Conduct & Event Staff

- i. These races will be under the supervision of the Regatta Referee Mr. Nick Hunter, RA's National Development and Events Director – Matt Draper, RA Boat Race Officials and the NRCE staff.
- ii. Regatta control for officials is in the Finish Tower at SIRC.

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- iii. Draws, LW weigh in, lane numbers, boat weighing, etc. will be done from the NRCE boat bay (no.4). No lane number deposit is payable however please return these immediately after each race.
- f. Coxswains**
- i. The 4 male Senior A / U23 coxswains are to weigh in with the Lightweight Men on Saturday, 24<sup>th</sup> April 2010 then again in the normal time manner prior to any race that they compete in.
  - ii. They are required to bring with them a voice recording implement that can be downloaded to a PC, a resume of their coxing experience (no more than 2 pages) and voice amplification equipment for an 8+.
  - iii. The Adaptive Coxswain will be weighed in the morning of the Speed order trial on Sunday, 2<sup>nd</sup> May 2010.
  - iv. Coxswains also note, that when not racing, you will be required to assist with event timing/boat holding.
- g. Adaptive**
- i. All athletes will need to liaise with their SIS/SAS to coordinate transport/accommodation logistics for the duration of the selection regatta.
  - ii. Athletes will be briefed further at the Adaptive athletes briefing on Wednesday, 28<sup>th</sup> April 2010 on their requirements.
- h. On-Water Traffic Rules**
- i. Follow the standard SIRC traffic rules as indicated on the traffic rules notice board.
  - ii. Crews/Scullers warm up in the warm up lake.
  - iii. Once on to the competition lake, row to the start in the lane closest to the land (island side).
  - iv. See attached maps for specific details
- i. Training**
- i. Coaches note that SIRC has been booked from Wednesday, April 21<sup>st</sup> 2010 for our use.
  - ii. Safety is paramount! Because during the trials, races of differing lengths will be conducted, all coaches are cautioned to take extreme care and ensure that athletes follow the designed traffic rules.
- j. Racing uniform**
- i. Race in your AIS/SIS/SAS or club colours and similarly painted blades and with the correct published bow number.
- k. Bow numbers**
- i. Bow numbers will be provided. Collect them from the NRCE boat bay (no. 4).
  - ii. Please make sure you return them once you have finished.
  - iii. Non-returns will be charged to the relevant SIS/SAS.
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**I. Boat Holders**

- i. School boat holders have been arranged for Fri 23rd – Mon 26th.
- ii. After this date, coaches and coxswains may be required to hold crews at the start.

**m. Bikes and Helmets**

- i. Coaches may ride unless otherwise instructed on the northern bike path during racing.
- ii. No coaching of the athletes in racing is permitted.
- iii. The southern bike path is reserved for the Selectors and Sports Science vehicles. As the SIRC roads and bike paths are public roads, by law, helmets are to be worn at all times while riding within the SIRC grounds.

**n. Car parking**

- i. Do not park in front of the Boatsheds or surrounding roadways unless you have a SIRC Car-pass.
- ii. You should park on the Island (P1 area), or on the southern bank car park then walk to the boathouse area.

**o. ASADA and Anti Illicit Drugs Education Program**

- i. ASADA may carry out testing during this event, please cooperate as normal.
- ii. Reminder for all athletes on ASADA RTP to update whereabouts for selection regatta requirements.
- iii. Ensure all athletes have a current medical file in the event of ASADA doping control testing.

For further information regarding Anti Doping, contact ASADA at:  
[www.asada.gov.au](http://www.asada.gov.au) OR telephone: 13 000 27232

There will be some activities taking place related to Rowing Australia's Anti Illicit Drugs in Sport Education Program during the week. More information will be given at the Athletes Briefing.

## 5) ATHLETE WEIGHING

### a. General athlete weighing

- i. All athletes are to weigh in on the first morning of racing (Friday 23rd April) at the western end of the NRCE boat bay (no.4).
- ii. At times open weight athletes may need to re weigh otherwise lightweight athletes and coxswains weigh in the normal manner (see below)

### b. Lightweights

Lightweights will be managed in line with FISA lightweight rules.

- i. Weigh-in at the NRCE boat bay (no. 4)
- ii. In line with FISA lightweight rules weigh in
  1. max 2hs and min 1hr prior to the first race of the day.
  2. If you have a 2<sup>nd</sup> race on the day (e.g. Friday 23 April & Saturday 24 April) you are not required to be at your nominated weight; however your weight will still be measured 1h prior to racing.
  3. All athletes are to weigh in to record their nominated weights before each session of racing at the western end of the NRCE boat bay (no. 4).
- iii. As per the Event Requirement, Lightweight athletes invited to participate at the Selection Trials are required to inform the selectors of their nominated racing weights, and then race at those nominated weights. This must occur:
  1. Not less than 24 hours before the first weigh-in for the Selection Trials; and
  2. At any other time when requested by the Selectors.
  3. All lightweight crews must race at or below the FISA crew average (Men: 70kg and Women: 57kg)
- iv. To record your nominated weight either:
  1. Telephone the NRCE's Operations Manager, Cora Zillich on: 0448 007 443 or
  2. Email: [czillich@rowingaustralia.com.au](mailto:czillich@rowingaustralia.com.au)

## 6) MEDICAL SUPPORT

### a. Medical – general

- i. Medical and physiotherapy staff covering the regatta and their contact numbers are listed below.
- ii. Physio coverage will be available at the course from Thursday, 22<sup>nd</sup> April 2010 morning onwards.
- iii. Medical coverage will be available from 3pm Thursday onwards.
- iv. Any athlete arriving at trials with a pre-existing injury or illness must report to Dr Ian Beltz before 4pm on Thursday 22<sup>nd</sup> April 2010.
- v. Generally the physio and doctor will be at the course from one hour prior to the first race until one hour after the last race, and will operate out of the medical hut 50m past the finish tower.
- vi. Any injury and illness over the trials week must be reported by the athlete and/or coach to the Sports Medicine Coordinator Ivan Hooper.
- vii. Injury and illness can have a hugely detrimental effect on the ability to complete selection trials.
  1. The general rule of thumb is: if you race, you are deemed fit. Injuries notified after any race, cannot be taken into account by the selectors. Therefore racing and continuing to compete with an injury or illness that has not been notified to the medical staff, can only be detrimental to your selection chances.
  2. It is essential that athletes with any illness or injury report promptly to the medical staff during the regatta.
  3. Previous regattas have been disrupted by outbreaks of gastroenteritis. Personal hygiene and hygiene when preparing food should be paramount. This issue should be checked by coaching and state team staff regularly during the regatta.

### b. Medical & Physiotherapy Coverage

Date	Doctor	Phone	Physio	Phone	Coordination	Phone
Thursday, April 22 <sup>nd</sup> , 2010	Dr Ian Beltz	0438 725 144	Lia Giovanovits	0400 838 753	Ivan Hooper	0405 706 912
Friday, April 23 <sup>rd</sup> , 2010	Dr Ian Beltz		Lia Giovanovits		Ivan Hooper	
Saturday, April 24 <sup>th</sup> , 2010	Dr Ian Beltz		Lia Giovanovits		Ivan Hooper	
Sunday, April 25 <sup>th</sup> , 2010	Dr Ian Beltz		Lia Giovanovits		Ivan Hooper	
Monday, April 26 <sup>th</sup> , 2010	Dr Krys Szatsznajder	0414 303 436	Oliver Weber	0438 573	Ivan Hooper	
Tuesday, April 27 <sup>th</sup> , 2010	Dr Krys Szatsznajder		Oliver Weber	494	Ivan Hooper	
Wednesday, April 28 <sup>th</sup> , 10	Dr Krys Szatsznajder		Kellie Wilkie		Ivan Hooper	
Thursday, April 29 <sup>th</sup> , 2010	Dr Jeff Conn	0418 154 165	Kellie Wilkie	0438 348	Ivan Hooper	
Friday, April 30 <sup>th</sup> , 2010	Dr Jeff Conn		Kellie Wilkie	941	Ivan Hooper	
Saturday, May 1 <sup>st</sup> , 2010	Dr Jeff Conn		Kellie Wilkie		Ivan Hooper	
Sunday, May 2 <sup>nd</sup> , 2010	Dr Jeff Conn		Kellie Wilkie		Ivan Hooper	

## 7) SPORTS SCIENCE SUPPORT

### a. Ice baths

- i. Ice baths will be located in one area near the boatsheds and if it can be arranged, a single SIS/SAS staff member will cover all ice baths. This will be pre-arranged with the attending scientists.
- ii. Each SIS/SAS or elite club will be asked to detail their ice-bath cooling strategy so that when their respective athletes arrive they will be able to follow the cooling protocol they are required to use for that day.
- iii. The supervising staff members' role will be to answer any questions they may have, ensure the baths are at the required temperature and attend to any issues that may arise.

### b. Filming

- i. A single 12 seater van ONLY will be available for filming all races.
- ii. Tony Rice will coordinate bus departure location and times.
- iii. If SIS/SAS Head Coaches require specific athletes to be filmed and do not have a dedicated staff member to film they can liaise with Tony to organize some vision of their athletes from one of the cameras in the bus.

### c. Minimaxx data units

- i. Given that each training group push-off from dedicated pontoons all over the boat park, a single location for all Minimaxx units will be too difficult to coordinate. As such Tony Rice would like to organise an upload location where all Minimaxx data can be centrally located. This will allow open access for all National crew boat coaches to view data on prospective athletes.
- ii. The NRCE boat shed will have a dedicated PC and external HDD for which coaches can come and copy Minimaxx data onto a USB stick for viewing on their personal computer at a later time.
  1. Alternatively, coaches will be able to wirelessly access the computer from ~100m range and copy the files directly to and from their computer.
  2. For this to process to work well it will also require SIS/SAS Head Coaches and scientists to regularly upload their Minimaxx data onto the central computer.
  3. There will be a standard file naming process that will need to be adhered to in order for this to be effective and allow coaches to find the exact file they are looking for. Details of this process will be sent out prior to the regatta beginning.
  4. Contact Tony Rice if you have questions (M: 0421 011 354)

## 8) BOATS

All small boats can be stored anywhere in the venue apart from the designated big boat areas listed below.

### a. All Senior A and Under 23 Men's big boats (2x, 4x, 4-, Adaptive 4+, 8+)

- i. To be located in the same area of the boat park. This will be in the south east corner, i.e. the "UTS" home out the front of the NRCE/NSWIS boat bays.
- ii. All big boats are to be rigged by Thursday p.m. to specifications supplied by the NHCM. These will be supplied prior to arrival. The NHCM will assist with the measurement set ups for consistency.

### b. All Senior A and Under 23 Women's big boats (4-/4x)

- i. Are to be located as close to the RA Boatshed (Bay 4) as possible. The NHCW will assist for consistency.

## 9) INFORMATION FOR SUCCESSFUL ATHLETES

### a. Team Uniform fit-outs

- i. Senior A, Adaptive, U23 - If you are on the list to be nominated to the RA Board for membership in a National Team, you will be required to be fitted out and collect some items of Team Uniform before you leave the regatta.
- ii. Junior Team – You may be required to try on specific items of clothing during the regatta, however, national team clothing will be distributed to you at the first Junior Team Camp following the selection regatta.
- iii. Specific details will be advised at the athletes briefing and during the trials.

### b. Relocation Guide

- i. If you are nominated in a National Team you may need to relocate to train in another city. Early planning and prior consideration of a number of factors involved in the possible relocation will contribute to your ultimate success and wellbeing.
- ii. The Athlete Career and Education (ACE) department of the Australian Sports Commission has published a relocation guide for rowing with useful information. Check <http://www.ausport.gov.au/ace> or the RA website [www.rowingaustralia.com.au](http://www.rowingaustralia.com.au) for further information or contact your Athlete Career and Education adviser in your home state.
- iii. If you are unsure of who to contact, you may reach National Athlete Career and Education (NACE) on (02) 6214-1144 or email [ace@ausport.gov.au](mailto:ace@ausport.gov.au) and you will be directed to the appropriate contact.



# NATIONAL ROWING CENTRE OF EXCELLENCE



– ATTACHEMENTS –



# NATIONAL ROWING CENTRE OF EXCELLENCE



**ROWING AUSTRALIA LIMITED**  
**2010 Australian Rowing Teams**  
**NATIONAL NOMINATION FORM 2010 (TERMS AND CONDITIONS)**

**Participant Name:** \_\_\_\_\_

**1. I acknowledge and agree that:**

- (a) I have read, understood and agree to be bound by the RA Selection Policy, the applicable Event Requirement (s) and the RA Policies;
- (b) I have read and accept the requirements of the RA Medical Management Policy, and additionally I give my consent for disclosure of medical and personal information as specifically outlined in this policy; and
- (c) I have read and will regularly check the policies, notifications and updates on the RA Website, including those policies and Event Requirements referred to in this form.

**2. If invited to attend the Selection Trial I agree:**

- (a) I will willingly comply with all reasonable requests of National Selectors, and management, coaches and officials of the National Rowing Centre of Excellence;
- (b) I will participate to the best of my ability in all selection activity to ensure fair outcomes from the trial process;
- (c) I will not make any comment about rowers other than myself to the media or any comment that reflects on RA/NRCE or its selectors, coaches and officials negatively;
- (d) that at times during the trial there may be unavoidable delays as a result of the decision making process; and
- (e) I will not engage in any behaviour that may bring RA or any State Rowing Association into disrepute or prejudice the name, reputation or image of RA.

**3. If selected into a National Team I agree:**

- (a) to sign an Athletes Agreement if required by RA (and I acknowledge that RA may require me to sign an Athletes Agreement as a prerequisite to nomination and/or selection);
- (b) to relocate to an Australian training location as determined by RA or the National Rowing Centre of Excellence; and
- (c) if selected to travel internationally with an Under 23 or Junior Team my parents/guardians and/or myself may be required to contribute to the cost of the campaign in the form of a Seat Fee.

4. The terms and conditions contained in this national Nomination Form (Terms and Conditions) commence on the date of signing or on the date that I first compete at an RA Event in the 2010 season (whichever is the earlier) and continue until 31 December following the final event listed in the relevant Event Requirement

SIGNED BY THE ATHLETE (Athlete aged 18 years or over)

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

Print Name: \_\_\_\_\_

SIGNED BY PARENT OR GUARDIAN OF THE ATHLETE (Athlete aged under 18 years)

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

Print Name: \_\_\_\_\_

\*\* Please return your signed National Nomination Form (Terms and Conditions) to the NRCE by e-mail mbialkowski@rowingaustralia.com.au , fax (02 6285 2813) or hand it in at the Athletes briefing (22 April 2010)

## **Rowing Australia Medical Management Policy**

Rowing Australia has created a process of managing an athlete's medical information that aims to best serve both the athlete and the sport. At all times the athlete's well being is of utmost importance, and the principle of confidentiality of medical information remains paramount. However, there is a need for the Rowing Australia Principal Medical Officer and Coaching Staff within the Rowing Australia High Performance Program to receive a certain amount of relevant information. This information is important to ensure the best possible medical care when planning for an athlete shifting training locations, joining an overseas touring team or for matters of selection.

The first stage of the policy outlines the process that an athlete and coach need to follow when an injury or illness occur. There are additional comments about the Rowing Australia Anti-Doping Policy, Private Health Insurance and the NTC Medical Network. A copy of the Rowing Australia Injury / Illness Report Form is included. Finally the consent document is included that will enable an athlete's medical and personal information to be transferred within this system where necessary.

### **1 The Athlete's Obligations – Illness and Injury**

Immediately upon becoming ill or injured, the athlete shall:

- 1.1 Take all reasonable steps to minimise any further illness or injury;
- 1.2 Notify their crew coach of the fact of the illness or injury and such details about the nature and prognosis as they request;
- 1.3 Attend a medical practitioner and/or other health professional for an examination.
- 1.4 Attend the examination with a Rowing Australia Injury/Illness Report Form and ensure that it is completed prior to leaving the examination.
- 1.5 Ensure that this form is forwarded to the State Academy/Institute Head Coach or Program Coordinator, Rowing Australia Principal Medical Officer and Rowing Australia Sports Science/Sports Medicine Coordinator.
- 1.6 Follow to the best of his/her ability the recommended advice of the medical professional and/or allied health professional;
- 1.7 Report to the State Academy/Institute Head Coach and Rowing Australia Principal Medical Officer on a regular basis, as determined by either / both of them, of the status of the illness and injury; and
- 1.8 Attend medical practitioners or health professionals that are part of the NTC Medical Network, unless it is an emergency. Refer to Paragraph 5 for further information on the NTC Medical Network.

Failure to follow these steps will jeopardise an athlete's chances of final selection in National Teams.

### **2 The Coach's Obligations – Illness and Injury**

Immediately upon an athlete becoming ill or injured, the coach shall:

- 2.1 Take all reasonable steps to minimise any further illness or injury;
- 2.2 Direct the athlete to attend a medical practitioner and/or other health professional who is part of the NTC network as soon as possible.
- 2.3 Reinforce to the athlete the importance of attending the consultation with a Rowing Australia Injury/Illness Reporting Form and ensuring that this completed and forwarded to the State Academy/Institute Head Coach or Program Coordinator, Rowing Australia

- 2.4 Principal Medical Officer and Rowing Australia Sports Science/Sports Medicine Coordinator.
- 2.5 Work with the athlete to allow them to follow to the best of his/her ability the recommended advice of the medical professional and/or health professional; and
- 2.6 Ensure that the athlete is keeping the State Academy/Institute Head Coach and Rowing Australia Principal Medical Officer informed on a regular basis of the status of the illness and injury.

### **3 Private Health Insurance**

- 3.1 All Athletes and Coaches are strongly advised to take out private health insurance (Including 'Top Hospital' cover, and in the case of athletes, 'Extras' cover).
- 3.2 If you do not carry Private Health Insurance you will be responsible for any medical expenses incurred during the season. NTC's may provide some reimbursement for scholarship athletes under the terms of the scholarships. Please contact your NTC for details.
- 3.3 Rowing Australia will not pay any medical expenses incurred by an athlete or coach outside of a tour.

### **4 Anti-Doping Policy**

- 4.1 All athletes and coaches nominating for National Selection are required to adhere to Rowing Australia's Anti-Doping Policy.
- 4.2 For athletes using asthma medication, or other restricted substances as defined by ASDA and WADA, it is the athlete's responsibility to ensure that Rowing Australia is always in possession of a current TUE or ATUE form.

### **5 NTC Medical Network**

- 5.1 Medical practitioners and other health professionals have been selected to be part of the NTC Medical Network on the basis of their relevant qualifications and experience in working with elite athletes. It is therefore highly recommended that athletes attend these practitioners.
- 5.2 Athletes should contact their State Academy/Institute of Sport Head Coach for details of the NTC Medical Network treating scholarship athletes. All information supplied will remain confidential to the PMO and members of the NTC Medical Networks. Where relevant to National Selection, the High Performance Director Head Coaches, Selection Panel and relevant medical support staff may be informed as necessary.

## **Athlete Consent for Disclosure of Medical and Personal Information**

### **1 Disclosure of Medical Information**

On nominating for National Selection, I agree that, upon request, I will disclose to the RA Principal Medical Officer:

- 1.1 full details of all Conditions which have affected my training or my performance in competition in the past and the names and addresses of all Health Care Providers who I have consulted in respect of such Conditions;
- 1.2 full details of all Conditions which affect my training or performance in competition;
- 1.3 full details of all medications, vitamins and supplements that I take, use or are administered to me; and
- 1.4 the names and addresses of all Health Care Providers that I have consulted in respect of Conditions which affect or may affect my training or performance in competition.

### **2 Authorisation Regarding Medical Information**

On nominating for National Selection, I authorise:

- 2.1 the Rowing Australia Principal Medical Officer and Rowing Australia Sports Science / Sports Medicine Coordinator to obtain any information considered relevant from any Health Care Provider that I have consulted or will consult in respect of a Condition (past or current) which may affect my training or performance in competition;
- 2.2 each Health Care Provider who I have consulted or will consult in respect of a Condition which may adversely affect my health or training or performance in competition to provide and release any information considered relevant by the Health Care Provider to the Rowing Australia Principal Medical Officer and/or Rowing Australia Sports Science / Sports Medicine Coordinator;
- 2.3 any Health Care Provider who I have consulted or will consult to provide and release to the Rowing Australia Principal Medical Officer and/or Rowing Australia Sports Science / Sports Medicine Coordinator any information or evidence obtained during any consultation that indicates that:
  - a) I may have committed an Anti-Doping Policy violation; or
  - b) another person may have committed an Anti-Doping Policy violation.
- 2.4 any Health Care Provider that I have consulted or will consult to provide and release to the Rowing Australia Principal Medical Officer information relevant to any Condition that I may suffer should the Health Care Provider consider that:
  - a) the Condition has the potential to adversely affect my health;
  - b) the Condition has the potential to adversely affect my training or performance in competition; or
  - c) consultation with another Health Care Provider is appropriate for the treatment or management of the Condition.
- 2.5 the Rowing Australia Principal Medical Officer and Rowing Australia Sports Science / Sports Medicine Coordinator to provide and release:
  - (a) details of any condition referred to in paragraphs 2.1, 2.2 and 2.4; and

(b) information or evidence referred to in paragraph 2.3,  
to any Health Care Provider, the Rowing Australia High Performance Director and National Head Coaches, or other relevant Rowing Australia personnel having a need to know this information

2.6 Rowing Australia to retain any medical information obtained in respect of me commencing from my signing of this Agreement, and the results of any tests or examinations carried out on me for use in research and publication in medical or scientific papers provided that such publication is done in such a way that my identity is not disclosed; and

### 3 Personal Information

I acknowledge and agree that:

- 3.1 Rowing Australia collects Personal Information when considering my nomination for selection to the National Team, and while I am a member of that team.
- 3.2 Rowing Australia may store Personal Information that it has collected regarding me in any form and the Principal Medical Officer, Sports Science / Sports Medicine Coordinator or any other Rowing Australia employee authorised by the Principal Medical Officer, may access this data.
- 3.3 Rowing Australia may disclose Personal Information that it has collected regarding me to third parties for the purposes of:
- 3.3.1 Investigating possible Anti-Doping Rule Violations under Rowing Australia's Anti-Doping Policy, or any other associated organisation governing anti-doping regulations.
  - 3.3.2 Administering and enforcing Rowing Australia's Anti-Doping Policy
  - 3.3.3 Assisting the Australian Sports Drug Agency or the World Anti Doping Agency in the administration of their anti-doping policies; and
  - 3.3.4 Reporting on the administration and enforcement of Rowing Australia's Anti-Doping Policy to governmental and non-governmental organisations who have a legitimate interest in anti-doping activities in Australia and elsewhere;
  - 3.3.5 Rowing Australia may disclose Personal Information that it collects regarding me to the:
    - A Australian Olympic Committee;
    - B FISA;
    - C My State or Territory Institute or Academy of Sport, if I also hold a scholarship with such an organisation;
    - D The Australian Sports Drug Agency;
    - E The World Anti-Doping Agency

### 4 Authority to Release

4.1 I must create, sign, execute or otherwise deal with any document which may be necessary to give effect to paragraph 2 and 3.



# NATIONAL ROWING CENTRE OF EXCELLENCE

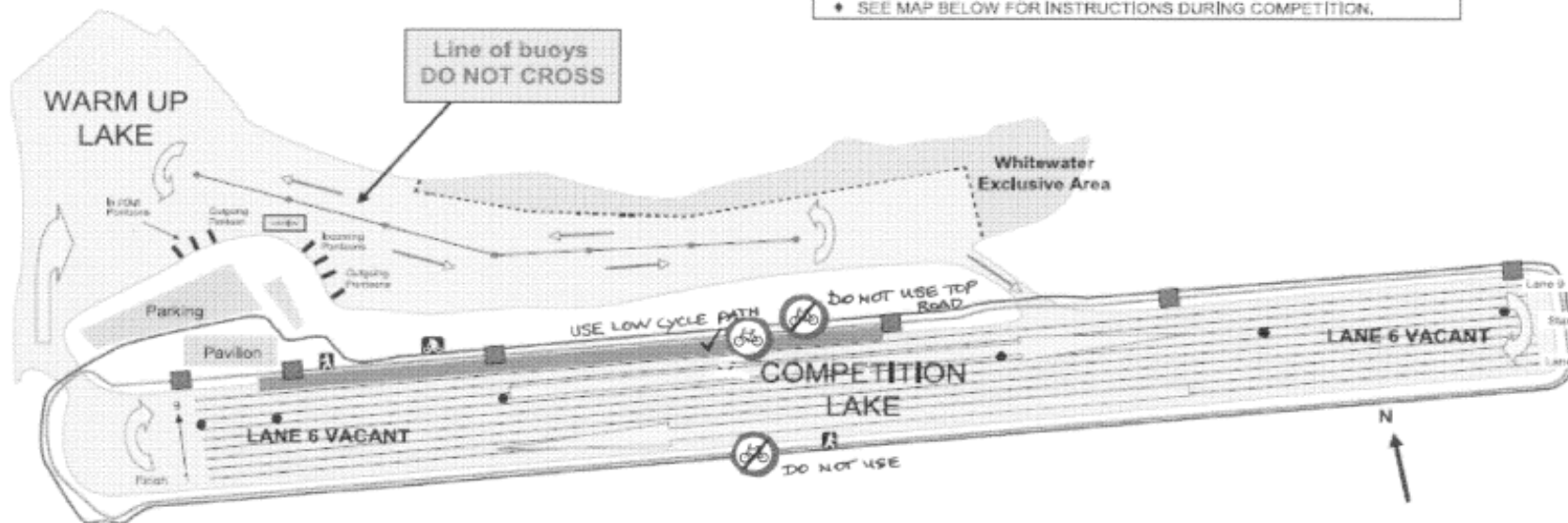


## ON WATER TRAFFIC FLOW PROCEDURES

### DURING TRAINING

#### TRAINING INSTRUCTIONS

- Lanes 1 to 5 Proceed from Start to Finish
- Lanes 1 & 2 - Fast - long racing pieces
- Lane 3 - Pace - pressure pieces
- Lanes 4 & 5 - Low intensity row / paddle through
- Lane 6 Vacant Lane (no rowing / paddling in this lane)
- Lanes 7, 8 & 9 Return to Start
- Use caution moving into the Warm Up Lake and starting back up the course.
- Exclusive Swimming Training Lane between Lane 9 and Northern Bank shoreline, extending from the Presentation Pontoon to the 1000m Hut.
- Various users row, paddle and sail on the Warm Up Lake. Please respect other users and employ caution while training on this Lake.
- No access is permitted to the Whitewater Exclusive Area.
- SEE MAP BELOW FOR INSTRUCTIONS DURING COMPETITION.





# NATIONAL ROWING CENTRE OF EXCELLENCE

## DURING COMPETITION




### COMPETITION INSTRUCTIONS

Event:  
Date:

- 
- 
- 
- 
- 

• Various water craft share the Warm Up Lake. Please respect others and employ caution while on this Lake,

•  No access is permitted to the Whitewater Exclusive Area.

Instructions authorised by:

