

World Rowing Coastal Championships
Praia da Torre – Oeiras – Portugal
October 2021



Crew Captain Manual



MUNICIPIO DE OEIRAS



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1. ORGANISING COMMITTEE

CONTACTS

Secretary Contact Person: Joana Freire

Athletes Services: Sérgio Manso

Address: Doca de Santo Amaro, Portuguese Rowing Federation Building, 1350-353, Lisbon

Email: joanafreire@fpremo.pt

Email: sergiomanso@fpremo.pt

Mobile phone: +351 910 048 307

Telephone +351 213 929 840

Website: <https://oeirascoastalrowing.com/>

VENUE LOCATION

Address: Praia da Torre, Passeio Marítimo de Oeiras, 278-267 Oeiras, Portugal

<https://goo.gl/maps/e9EARmKyTqyPnJcF7>

Oeiras Marina: +351214401510

2. EMERGENCY, CONTACTS & PROTOCOL

EMERGENCY NUMBERS AND LOCATIONS

- Oeiras Police: +351214540230 <https://goo.gl/maps/5wqSxhgisy7RAzJ5A>
- Ambulance: 112
- Any Emergency: 112



NEAREST HOSPITAL

- São Francisco Xavier Hospital: Forte do Alto Duque Road, 1449-005 Lisboa
- Telephone: +351210431000
- <https://goo.gl/maps/x4sbjDFJ9EKNhVh29>

NEAREST PHARMACY

- Av. das Descobertas 59, 2780-053 Oeiras
- Telephone: 21 469 4150
- <https://goo.gl/maps/ktnxAH5prHFG5B7G8>

TRANSPORTATION

Airport

- Lisbon International Airport (LIS) is a 25 minutes car journey from Praia da Torre (venue's location). From the airport, you can also choose to travel by Bus, Metro, Taxi or Uber. Also available are a variety of rental car companies at the airport.

Public Transports

- In the event that you plan to travel locally via public transport, we advise to purchase the rechargeable ticket card "Viva Viagem". This card costs 0,50 EUR and it's required for the purchase of metro and train tickets. You can buy the "Viva Viagem" card in the automatic machines available in every station and it can be topped up with tickets. You can also use the "Zapping" mode, meaning you can pay a prepaid travel credit amount, and the travel fare is deducted from your card subject to the value of the journeys you make (and dependable on your prepaid credit amount).
- The closest train station from Praia da Torre is Oeiras, a 1,8 km away.



- You can calculate your journey in Lisbon's public transportation system through Google Maps or by the municipality website <https://www.lisboa.pt/cidade/mobilidade/meios/transportes-publicos>.

Taxis and Uber

- Lisbon has a strong presence and a great network of taxis and Uber. These services are accessible from the airport and as they follow strict safety standards and inspection procedures, they have become reliable and comfortable travel options.

Bike Rental

- The organization offers a bike rental service for 5€ per day. This service is located in the Expo Area and bikes must be rented on site.

FOOD SERVICES

- The venue is served with many restaurants and bars.
- We strongly recommend all teams to have meals at the official restaurant: B Beach, just by the beach, and you can buy meal vouchers at the registration office.



- The B Beach restaurant offers the following menu during the competition:

BBEACH

COMPETITION SPECIAL MENU

FOR ACCREDITED PARTICIPANTS FROM THE 20TH OF SEPTEMBER TO THE 2ND OF OCTOBER 2021

LUNCH BUFFET

The Lunch Buffet offers a meat/fish and vegetarian meal everyday.

All the different options are served with Salad (lettuce, tomato, carrot and onion) and include Desert (fruit of the season), Drink (white wine or beer or soft drink or water) and Coffee (expresso).



Days 22, 26, 30

Portuguese Style Spiritual Cod
Vegetable Farfalle

Days 23, 27, 01

Portuguese Style Duck Rice
Mushroom Tagliatelle

Days 24, 28, 02

Hake over Vegetable Spinach Bed
Peas & Pesto Pasta with Tomato

Days 25, 29

Roasted Chicken with Lemon & Butter Gravy
Vegetable Curry



- Further details regarding costs will be available at www.oeirascoastalrowing.com

ACCOMMODATION

- To secure your accommodation* and event travel services, please click here: <https://www.nirvanaeurope.com/en/booking?eventSeries=52&event=309>



- Alternatively, please call the Nirvana customer support team on +44 191 257 1750 or email: contactus@nirvanaeurope.com or Brendan Duggan Brendan@nirvanaeurope.com

*ACCOMODATION PRICES

NIRVANA TABLE

PAYMENT TERMS

The booking and payment policies can be found on www.oeriscoastalrowing.com

3. GENERAL INFORMATION

COMPETITORS INFORMATION AND SERVICES

Registration & Accreditation (Race Office)

- Crew members and team officials will receive an accreditation card at accreditation. Team Managers or Crew Captains will be required to bring photo identification (passport or international identification card) of all crew members to collect the accreditation cards for their crews. All competitors are required to carry their accreditation cards with them throughout the Championships.
- All crews are required to confirm their entry at the crew Registration table at the venue.
- Crews that fail to confirm their entry will not be entered into the Draw.

Please note that Registration closes at 17:00 hrs on Wednesday

29th September.



- Race Office – Registrations & Accreditation

Piscina Oceanica, Estrada Marginal - Praia da Torre 2780-267 Oeiras

(<https://goo.gl/maps/CLeNRyJzQT7V33vi9>)

- Wednesday (22/09): 12:00 – 17:30
- Thursday (23/09): 09:00 – 14:00

Responsibility of the Team Managers and Crew Captains

- Teams are reminded that coastal rowing is an assumed risk sport, and the crew captain shall be responsible to assess the risks and the ability of the crew to cope with the prevailing and forecast conditions. (see Appendix 22 19.3.2.a).
- Crews that feel that they are not competent or confident to train or race in the conditions, are expected to not go on the water and to inform the organising committee at the earliest opportunity of their decision.

The Crew Captains Meeting will be held virtually by 8AM on

September 30th

- a) All teams should send a Team Captains or Team Representative to the meeting
- b) If needed, details of further Team Managers Meetings or important information will be communicated to the teams by the WhatsApp Group below: <https://chat.whatsapp.com/G06jC5UZfmqGBUMOnTbyog>





Venue and Course Opening Times

- Tuesday, 28 September: Venue opens at 09:00. Course opens at 09:00 – 17:00
- Wednesday, 29 September: Venue opens at 09:00. Course opens at 09:00 – 17:30
- Thursday, 30 September: Venue opens at 07:00. Course opens at 08:30 – 18:00
- Friday, 01 October: Venue opens at 07:00. Course opens at 08:30 – 17:00
- Saturday, 02 October: Venue opens at 07:00. Course opens at 08:30-17:00
- Sunday, 03 October: (Reserve day, if needed)
- The course will be officially open for training from 09:00 hrs on Tuesday 28 September.
- Teams will need to organize training slots with the boat manufacturers on training days.

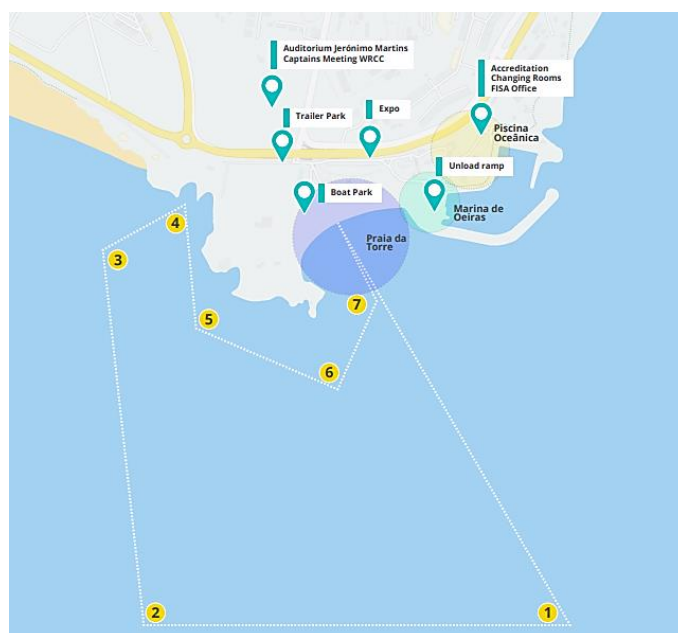
Competition race format

- The competition will run in accordance with the FISA Rules of Racing, and specific departures related to the Beach Sprint format (*Appendix 22 – Coastal Rowing Competition Regulations and Appendix 23 -- Beach Rowing Sprints Regulations*).



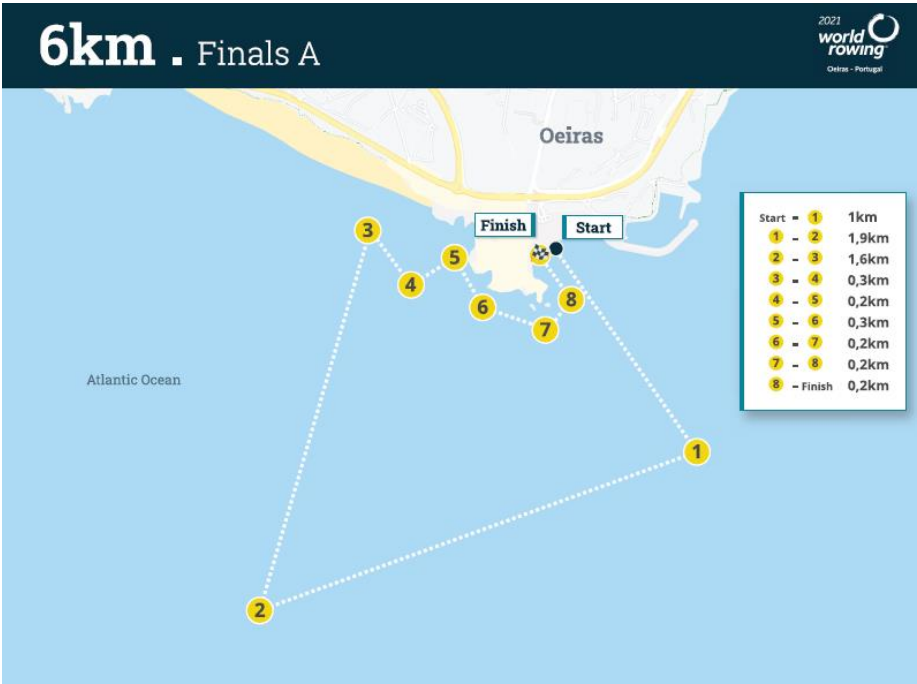
4. COMPETITION VENUE INFORMATION

COMPETITION VENUE MAP



RACE COURSE

- The rowing course will be in Lisbon harbour waters around turning points, with a mass beach start and finish. The start and finish beach is a fine sand beach with a sheltered rolling wave. Crews are encouraged to bring two experienced boat handlers for the start and finish, who shall wear matching kit that is predominantly different to the colour of the crew kit.
- The course length will be 4 km for Heats and B Finals and 6 km for A Finals. Please note that the Finals courses are subject to the approval from related government departments.
- Racing will be run in accordance with the FISA Rules of Racing and Appendix 22 – Coastal Rowing Competition Regulations. See www.worldrowing.com





Programme WRCC

Day	Activity	Location
Tuesday, 28 September	Accreditation 09:00-17:00	Piscina
	Crew Registration 09:00-17:00	Oceânica
	Training 09:00-17:00	Praia da Torre
Wednesday, 29 September	Accreditation 09:00-17:00	Piscina Oceânica
	Registration closed at 17:00	
	Crew Registration 09:00-17:00	
	Training sessions	Praia da Torre
Thursday, 30 September	Captains Meeting 08:00	Virtual
	Heats Round 1 and Round 2 09:00 – 17:00	Praia da Torre
Friday, 01 October	Heats Round 2 and Finals B 08:15 – 17:00	Praia da Torre
Saturday, 02 October	Finals A and Finals B 08:30 – 17:55	Praia da Torre
	Medallist Reception 18:45	Praia da Torre
	Medal Ceremony 19:00	Praia da Torre
Sunday, 03 October	Reserve day	

Schedule:

- Racing schedule can be found here:
- Teams are reminded that athletes doubling up between events do so at their own risk.
- The latest version of the provisional race schedules will be available on <http://www.worldrowing.com/events/2021-world-rowing-coastal-championships/event-information>



Security

- During competition times, athletes can leave their bags in lockers located in the changing rooms of the “Piscina Oceânica”, next to the accreditation area.

Weather

- During the week of the event, the following weather conditions are expected:

17°- 20°C Average air temperature

18°C Water temperature

80% - 90% Average humidity

2.5m/s - 4.5m/s Average wind speed SE and NE Typical wind direction for October

07:30 hrs Sunrise 19:30 hrs Sunset

For tidal Information, choose Lisbon Port www.hidrografico.pt/m.mare

Environment

- The importance of the sea for Portugal is different than any other country. Our sea has history, connects us to the rest of the world and it is the basis of our country's livelihood. Oeiras is proudly hosting the World Rowing Beach Sprint Finals and World Rowing Coastal Championships in 2021, an honour we regard with great enthusiasm and respect.
- The Rowing Portuguese Federation challenges itself every year to reduce their carbon footprint by respecting its natural environment and marine life in all its events. For the WRBSF and WRCC, our goal is even greater: we aim to organise the greenest event in the Federation's history.
- For that to become a reality, we need the support of all participants to follow our GREEN RULES:



- *Don't use disposable bottles.* Get a reusable bottle at the ANF/WWF tent and fill it in on our free water dispenser available onsite.
- *No waste behind.* Please take your rubbish with you when you leave the venue and recycle it whenever possible.
- Zero emissions (whenever possible). If your local accommodation is not far, choose a bicycle or an electric scooter to reach Praia da Torre. There are many rental and sharing apps available, so you can choose the most suitable for your needs.

Go digital and paper free. The information about the event hosted by the Organizing Committee (OC) will not be printed on paper. All the brochures, event information and championship results will be available online and you can consult these at the Info Point tent or at the Accreditation Office.

5. TEAM FACILITIES AND SERVICES

BOATS AND EQUIPMENT

Pool Boat Rental Procedure

- Please note that for the 2021 WRCC, there will be multiple Official Boat and Oar Suppliers. Competitors can choose from the list below to rent equipment from the official boat pool
- Official suppliers will provide pool crew support on the beach. If you make a private hire arrangement with a non-official supplier your boat will be treated as a private boat and the supplier will not be able to have a support presence in boat park or on the beach.
- Pool boats & oars will be available for shared use on a rental basis. All boats and other equipment shall comply with FISA Rules of Racing, including specified safety equipment. All pool boats & oars will be shared between



teams, and the Official Suppliers cannot guarantee that crews will have the same equipment each day within their rental fleet.

- As per FISA Rules, it is compulsory to carry in the boat a life jacket for all crew members. Teams may bring their own life jacket and if they are bringing their own boats should also supply their own life jackets.
- All boats will be disinfected in the boat park prior to any use and disinfected immediately after each race. This procedure will be ensured by our volunteers, but all athletes are recommended to pay special attention to their oars between uses.

Boat Weighing

- All boats will be weighed and registered by qualified NTOs. During the competition days, verification procedures will take place (to verify the weight information and boat overall conditions) and there might be random boat weight screenings.

Oars

- The OC encourages crews to bring their own blades with their respective club or country colours on. Official oars suppliers and rental fees:
 - Braca Oars:
 - 60€ per regatta (includes training days)
 - 100€ Damage Deposit
 - For more info contact martinas@braca-sport.com +37 065025341

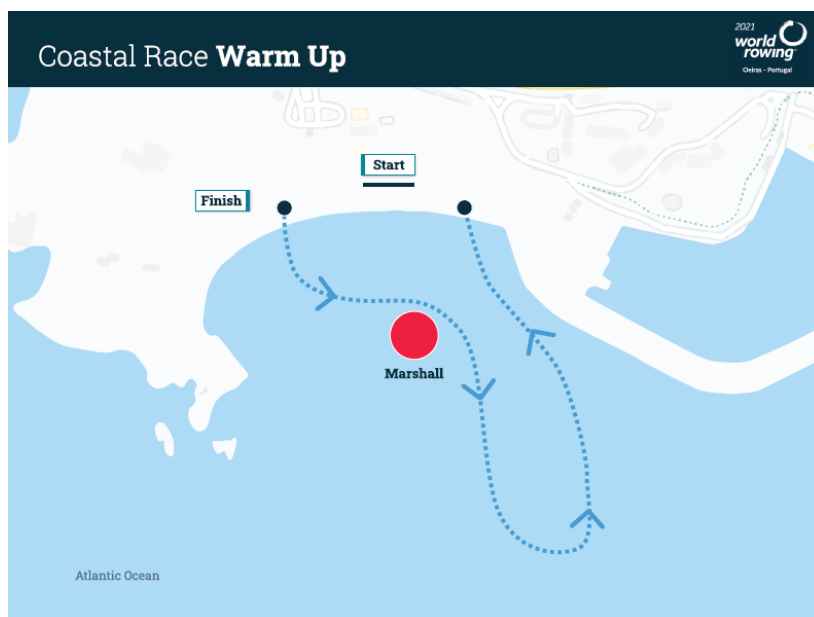


Athletes Weighing

- Coxswains shall be weighed, wearing only their racing uniform on official scales not less than one hour and not more than two hours before the first race in each event in which they are competing on each day of the competition.

Warm up area

- Ergometers for warming up will be provided – see the map of the venue. These will be positioned 3 m apart to ensure safe distance between athletes. Please do not move the ergometers. Each athlete must disinfect the equipment before and after use.
- On the water there will be a specific warm up area (image below).



Changing rooms and Showers

- Athletes are required to use the Piscina Oceanica changing rooms
- Showers will be closed and not available for use except in exceptional cases authorised by the OC Covid Officer, for example for teams going to the airport straight after racing.



World Rowing and OC Offices

- World Rowing and the OC are located in Piscina Oceânica <https://goo.gl/maps/CLeNRyJzQT7V33vi9>

Doping Control

- The Doping Control Centre is located in Oeiras Marina <https://goo.gl/maps/L1KdQSdi5OrPTzq98>

Internet and Wifi

- The OC provides open Wifi at the venue (this includes beach, piscina Oceânica and Oeiras Marina). The access is free with no need for password. The wifi network is “Oeiras Coastal”

6. UNIFORM

- According to the FISA regulations, each team member/crew must display on their racing suit the 3-letter country code and their family name, following the format below:

Racing Shirt	Font	Height	Width	Case	Example
Front: family name (short)	Arial	50mm	120-150mm	Uppercase	BATTEN
Front: family name (long)	Arial	50mm	150mm	Lowercase	Batten-Ball
Front: country code	Arial	50mm	60-100mm	Uppercase	GBR
Back: country code	Arial	100mm	150mm	Uppercase	GBR



- The boat handlers shall wear matched uniforms in a colour that is different from the crew. World Rowing may also issue the boat handlers with bibs to wear (See Appendix 23 12.1.1)

7. OFFICIAL CEREMONIES

VICTORY CEREMONY

- Victory ceremonies will take place at the end of racing on Saturday 02 October, on the beach. Athletes must wear racing uniforms for the Victory Ceremony
- Victory ceremonies will be performed with no contact.
- Athletes shall take medals from the trays themselves.
- No contact is allowed with other crews, i.e. No hugs, handshakes or high fives with other rowers.
- Social distancing must be maintained.

8. SPONSORS AND PARTNERS

- The Organising Committee would like to extend our sincere appreciation to the many local sponsors and partners who are supporting this event, especially during these difficult times due to COVID-19.



9. COVID-19

- World Rowing and the 2021 WRBSF OC are monitoring the Covid-19 pandemic and the current situation carefully. We advise you to regularly check <http://www.worldrowing.com/events/2021-world-rowing-beach-sprints-finals/event-information> and oeirascoastalrowing.com for any updates. For specific questions, please don't hesitate to contact the OC.
- To check the daily situation in Portugal you can also visit the website <https://covid19.min-saude.pt/ponto-de-situacao-atual-em-portugal/>
- Everyone involved in this event should be aware of the COVID-19 Response Plan in order to minimize risk to the event from Covid. This plan can be found at https://worldrowing.com/wp-content/uploads/2020/07/2021-WRBSF-Oeiras-OC-Covid-Plan_V2_09082021.pdf
- Given the overall situation and the regulatory conditions which may occur during in the coming month, the Protocol may be revised and adapted at any changes.

COVID-19 Basic Rules

- **IMPORTANT:** The Regatta Venue will be closed to the public. Access will be permitted only to accredited participants and those working with the Organising Committee.
- Any person showing a temperature of 37.5°C or higher or any suspected symptoms or concerns within their teams must immediately avoid any close contact with others and report the situation by WhatsApp message to the OC Covid Officer (+351916162746).
- The *PRE-EVENT HEALTH QUESTIONNAIRE* must be submitted (one for every participant) to sergiomanso@fpremo.pt by 20 September 2021.
- The *Member Federation CONSENT FORM* must be submitted on arrival at the accreditation centre before entering Venue.



All individuals participating in both the WRBSF and the WRCC must present two PCR negative test results in Oeiras:

1. First negative PCR test: For accessing the Oeiras venue for accreditation (taken within 72 before accessing the Regatta Venue).
2. Second negative PCR test: Taken between the WRBSF and the WRCC. The OC will offer on-site testing facilities on Monday, 27 September 2021. The costs of the tests (100 EUR per PCR test) are to be covered by the teams or the individuals and booking can be made by filling out the [Covid Booking document](#) and sending it to sergiomanso@fpremo.pt. In case you do not take this test with the on-site testing facilities provided by the OC, please email a one-page summary of the negative PCR tests of your entire team to sergiomanso@sapo.pt until Tuesday, 28 September, 09:00hrs. The summary shall include the following information:
 - Full name and birth of tested person
 - Date and time the sample was taken

Return to Home COVID Testing

- If you need a negative Covid-19 test result to travel back to your country near the end of the regatta, you will be able to take this test directly at the venue. The costs of the tests are to be covered by the teams or the individuals. This testing can be booked directly with the OC made by filling out the Covid Booking document and sending it to sergiomasergiomanso@fpremo.pt. Please check your testing requirement for travelling from Portugal to your home country.



Local measures

- Please check the current Portuguese measures.
- Restaurants: The presentation of a COVID Digital Certificate, or a negative Covid test, is now obligatory for the purpose of serving meals inside restaurant establishments on Fridays from 19:00hrs, Saturdays, Sundays and holidays. This does not apply for eating outside.
- Face masks: The use of face masks is mandatory in public transport, stores and supermarkets, and in all other indoor public spaces. It is also mandatory in outdoor spaces and workplaces where it is not possible to keep 2 meters distance and when people are not from the same household.
- Hotels: Check-in or access to hotel and local accommodation facilities requires the EU Digital COVID certificate or a negative test.

OC Covid Officer:

- Email: sergiomanso@fpremo.pt
- Phone number: 00351916162746
- The OC will organise frequent sanitation of the areas.
- The main actions that must be taken to ensure that sport events are carried out safely in accordance with the local authorities, World Rowing and the OC are the following:
 - All participants at an event, including athletes, team officials, World Rowing officials, OC workforce, service providers, etc. must wear a medical face mask (e.g. FFP2 / N95) at all times over their mouth and nose when they are not in their hotel room. This includes while at the hotel, on transport to and from the venue and airport, and at the venue.
 - The use of face shields is allowed *in addition* to appropriate masks, but *not in substitution* of such masks.



- A face mask can be removed:
 - o When eating or drinking
 - o When an athlete is sitting on a warm up or cool down machine, such as an ergometer or static bike
 - o When an athlete is sitting in a rowing boat
- The use of a mask alone is not sufficient to provide an adequate level of protection against COVID-19; the wearing of a mask does not replace the need for distancing
- Even when wearing a mask, a minimum of 1.5 m distance from all other people should be maintained whenever possible.
- Wash your hands frequently, if not possible use hand sanitizer
- Avoid touching eyes, nose and mouth
- Avoid hugs and handshakes
- Avoid gatherings as much as possible
- Disinfect all personal equipment and equipment provided by the OC
- Do not share personal items

The Oeiras OC Covid-19 Response Plan is available on the event website https://oeirascoastalrowing.com/wp-content/uploads/2021/08/2021-WRBSF-Oeiras-OC-Covid-Plan_V2_09082021.pdf

For any questions, please contact sergiomanso@fpremo.pt For specific guidance on travel restrictions or VISA issues, teams are advised to contact felisbelafonseca@fpremo.pt