

# Rowing Ireland High Performance Programme

## Fitness to Perform Policy

*This policy is based on the London 2012 document "Fitness to Perform, Position Statement" by Dr. Rod McLoughan dated 01/06/11 and agreed with various NGBs the OCI, IIS and SINI.*

1. Timeline of Process.

There are two ways to qualify crews for the 2016 Olympic Games.

A) From April to 6<sup>th</sup> September 2015.

Olympic Qualification crews will be selected for the Olympic Qualification & World Championship Regatta in Aiguebelette/France based on their performance at Regattas, European Championship and World Cups during 2015. Selections will be for the boat categories defined in the IOC/FISA Qualification system. Athletes are subject to substitution until the start of the Games in 2016 therefore assessments and trials will continue after the Qualification Regatta to identify the strongest crews at training weekends/camps and regattas in 2016.

B) 22<sup>nd</sup> to 25<sup>th</sup> May 2016. The Final Qualification Regatta in Luzern.

The final qualifications will be determined by their results in Luzern. Following qualification, athlete(s) will be locked into their crew(s). If any qualifying athlete(s) or crew(s) are not deemed "Fit to Perform" at this time they will be subject to withdrawal.

2. Roles and Responsibility. Roles and responsibility are clearly defined in the Rowing Ireland "Athletes Agreement" attached. By signing this agreement both Rowing Ireland and the athlete accept the responsibilities of the roles and responsibilities contained therein.

3. Skills and Competitiveness. Athlete skills and competitiveness will be monitored at the National Rowing Centre through gym work, performance on rowing machines, performance on the water etc. following our performance and development strategies and programmes. Off water and on water testing will be done covering technical skills, mental toughness, Individual and team work, speed, boat movement, run in drive and recovery phase etc..

4. Health and Fitness. Athlete's Health and Fitness will be monitored as agreed with our Service Provision Team with IIS and SINI (to include Medical, Physiology, Psychology, Physiotherapy, Injury Prevention, Core test and S & C, Nutrition, Lifestyle, Biomechanics etc.).

5. Performance monitoring, measuring & evaluation. Performance monitoring & evaluation will be conducted by the Lead Coach and the High Performance Director at time trials & assessments, seat racing, crew formation and selection. Performance will be measured & evaluated against Gold Medal Times and World Best Times, and at Domestic and International Regattas, World Cup Regattas & European Championship Regattas, World Championships & Olympic Qualifying Regattas.

6. Final decision maker. The High Performance Director has the final decision for "Fitness to Perform".

**Morten Espersen, High Performance Director**

**National Rowing Centre 06/08/2014**

