



COURSE INFORMATION

FISA Experts: Antonio Maurogiovanni (AUS/ITA) and Marcello Varriale (BRA)

FISA Rowing Course Level 2

This aims to be a learning by doing course side by side with a training camp and the Pan American Qualifying Regatta that follows, to help NFs prepare and extend the legacy to the 2019 Continental and Regional events, such as the Copa America, Central American and Caribbean Cups and Pan Am Games in Lima.

The coaching course and training camp will take place in the same place as the Pan Am Qualifier, at the former 2016 Olympic Rowing Venue – Lagoa Rodrigo de Freitas. The programme will be open to all countries and specifically include support to the FISA development countries and host country Brazil with accommodation/meals/course support for one coach (two if one is a female coach) and two rowers (one male and one female).

Kindly send your application to the contacts below and please keep in regular contact with the Pan Am Qualifier organising committee:

Marcello VARRIALE marcellov@hotmail.com
 Daniela Gomes, daniela.gomes@fisa.org, +351919401718
 Osvaldo Borchi osvaldoborchi@hotmail.com
 Copy the Pre Pan Organising Committee: info@regatasrio.com
 Copy COPARE: copare.presidencia@gmail.com

NOTE: Supported participants in the 2018 Olympic Solidarity FISA Regional Coaching Course and Training Camp will be hosted in the Golden Park Hotel, one of the three hotels listed in the Pan American Qualification Regatta Bulletin. This activity is a side event to the Pan Am qualifier; accordingly register your entries for the 2018 Pan Am Qualifier by consulting the COPARE Panamerican Qualification Regatta Bulletin

Application documents must be sent to above emails until Friday, 19 October 2018.

VISA INFORMATION

If you require a VISA to enter Brazil, please send a request for an “Invitation” letter to info@regatasrio.com. Please contact the nearest Brazil Embassy for information on what documentation you may require to enter Brazil and send the application forms to the organising committee. **Be aware that the Visa issuing process may take several weeks so please start as early as possible applying for it.**

2018 Olympic Solidarity FISA Regional Coaching Course and Training Camp

Arrival:	25 November 2018 - morning
Start of activity:	25 November 2018 - afternoon
2018 Pan Am Qualifier	28 November -2 December 2018
Departure	2 December 2018 – afternoon

Liability

The participants are responsible for insurance costs of equipment and persons. The organising committee declines all liabilities for all kinds of damage during the period in Brazil. It is recommended you may take maximum safety precautions while securing airport and hotel transfers for your teams during your stay in Rio de Janeiro.

TRANSPORT

The current offer does not include flights, airport transfers or the shuttle bus service between hotel and venue. However, the Rio International airport offers low cost transfers to/from Rio de Janeiro and both the hotel and the venue are walking distance from the metro station.

ACCOMMODATION

FISA and the organising committee have appointed the Golden Park Rio de Janeiro, as the official facilities for the Coaching Course and training camp participants

Olympic Solidarity and FISA will provide accommodation/meals/course and equipment support for a maximum of 3 (three) participants previously approved by their National Federation (one or two athletes, one male and/or one female, and one coach, male or female).

FISA may support an extra coach, if female.

Please note that the accommodation support will only be available in twin, triple or quadruple rooms.

Additional participants must request to the organising committee their wishes for lodging and directly pay to the organising committee for the additional participants prior to check in, with the following prices:

US\$ 75/per day in single room

US\$ 60/per day in double room

US\$ 55/per day in triple room

US\$ 50 /per day in quadruple room

(including breakfast, lunch and dinner at the hotel)

The hotel address is R. do Russel, Glória, and is located

10km - 25´ by car from the venue

350m from the metro station (20´ to venue).

The Pre Pan Regatta organising committee: info@regatasrio.com should be copied in all communications to ensure an efficient accommodation booking process.

All prices are in \$US.

BOATS AND EQUIPMENT

As per prior communication the equipment requests have been organised in September 2018 and will be made available as per your prior communication. You may directly confirm the boat allocations with Marcello Varriale marcellov@hotmail.com and Osvaldo Borchi osvaldoborchi@hotmail.com

Each team is highly recommended to bring their own oars and sculls as all of these need to be painted on both sides in the colors of the respective federations.

All boats and other equipment must comply with FISA Rules of Racing.

WEATHER

The past average weather conditions in Rio de Janeiro in November/December are as follows:

Average daily maximum air temperature (°C)	29°C	Predominant wind direction	NE
Average daily minimum air temperature (°C)	21°C	Average wind speed	11 km/h
Average relative humidity (%)	79%	Maximum wind speed	18 km/h
Average monthly rainfall (mm)	2 mm	Altitude	380 m

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

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

Kindly acknowledge that all the participating athletes have their pre-competition Health Screening done as under Part VII, Rule 99 By-Law 1 of the FISA rules.