



# IN PERSON COMPETITOR HANDBOOK

25-26 February 2023

Updated 16 February 2023

# Contents

OVERVIEW.....	3
WELCOME TO CANADA!.....	4
Welcome from ROWING CANADA AVIRON .....	4
Welcome from Mississauga Tourism .....	5
Welcome from the Organizing Committee.....	5
COMPETITOR INFORMATION.....	6
Venue .....	6
Venue Map .....	6
Arrival and Check-In .....	8
Competitors and Late Entries.....	8
Race Cards.....	8
Wristbands.....	9
Coaches and Para Companions .....	9
Facilities and Showers.....	9
Bag Drop .....	9
Lightweight Weigh-In .....	10
Local Medical Services .....	10
Warm Up Area.....	11
Marshalling .....	11
Competition Zone .....	11
Para Competitors.....	11
ENJOYING THE EVENT .....	12
Spectator Services.....	12
Information Booth .....	12
Food and Drink.....	12
Official Merchandise Supplier .....	12
Results and Victory Ceremonies.....	13
Media and Photography.....	13
World Rowing Versa Challenge .....	13
Sports Presentation .....	13
ADDITIONAL INFORMATION.....	14
Welfare and Safeguarding .....	14
Volunteers .....	14
Liability .....	14
Rules Reminder.....	14

Medical .....	15
Anti-Doping.....	15
Terms & Conditions .....	16
Competitor Integrity .....	16
Contact Information .....	16

## OVERVIEW

The 2023 WRICH is a hybrid event with races occurring in-person at the Paramount Fine Foods Centre in Mississauga, Canada, as well as virtually with competitors from around the globe. Competition dates are 25-26 February 2023. In-person and virtual competitors in the same race category will be ranked together based on their result at the 2023 WRICH.

Information in this handbook is prepared for individuals and teams who are planning to compete on-site in the Venue.

Virtual competitors should refer to the Virtual Competitor Handbook.

# WELCOME TO CANADA!

## Welcome from ROWING CANADA AVIRON

Dear athletes and coaches, dear family and friends.

Welcome to Mississauga and the 2023 World Rowing Indoor Championships! It is my pleasure as President of Rowing Canada Aviron to wish you all the best for the competition - and hope that you take the time to see a little of our wonderful country. Indoor rowing has really broadened our rowing family. It is exciting to watch, exciting to take part - and a great chance for anyone of any level to be involved in our sport. I also encourage you to get to know your competitors. Race hard, but then meet them off the competition floor - get to know their stories - and then, stay in touch! A warm Canadian welcome to you all. Good luck, and have fun!

**Carol Purcer**

President

Rowing Canada Aviron

Chers athlètes et entraîneurs, chère famille et chers amis.

Bienvenue à Mississauga et aux Championnats du monde d'aviron en salle de World Rowing 2023! J'ai le grand plaisir comme présidente de Rowing Canada Aviron de vous souhaiter tout le succès possible pour la compétition, dans l'espoir que vous profiterez un peu de temps pour visiter un peu notre magnifique pays. L'aviron en salle a réellement élargi les cadres de notre famille d'aviron. C'est une discipline électrisante à regarder et à laquelle participer. C'est aussi une superbe possibilité pour tous ceux impliqués dans notre sport à tous les niveaux. Je vous encourage à apprendre à connaître vos concurrents. Participez aux épreuves de toutes vos forces, mais rencontrez-les ensuite à l'extérieur du site de compétition, apprenez à connaître leurs histoires, puis restez en contact! Je vous souhaite le plus chaleureux des accueils canadiens à tous. Bonne chance et amusez-vous bien!

**Carol Purcer**

Présidente

Rowing Canada Aviron

## Welcome from Mississauga Tourism

Hello, and welcome to Mississauga!

We are honoured that you've chosen Mississauga as the first Canadian city ever to host the 2023 World Rowing Indoor Championships! Mississauga has so much to offer, and I know you and your fellow competitors and their friends and families won't be disappointed with the range of activities available to you while you're here. You can find out more about activities here. [visitmississauga.ca](https://www.visitmississauga.ca)

**Victoria Clarke**  
CEO, Tourism Mississauga

## Welcome from the Organizing Committee

We are all IN! Building upon four decades of hosting an annual event on the indoor race circuit in North America and shaping a stronger indoor rowing community is our goal for the 2023 WRICH.

We know first hand what it feels like to train for months, line up against the competition with a goal in mind, then perform with heart to the very last stroke. While hosting WRICH we will put ourselves in the shoes of every athlete.

The hybrid format with in-person and virtual competitors the 2023 edition of the World Rowing Indoor Championships (WRICH) is ground breaking and going to be exciting event for competitors and spectators.

Please read through this Competitor Handbook so you know how the weekend will run. The OC team and our very friendly volunteers around the venue look forward to welcoming you, helping you find your way, and answering any questions.

We look forward to seeing you shine at the World Rowing Indoor Championships.

**Susan Kitchen**  
Chair, Organizing Committee, 2023 WRICH

# COMPETITOR INFORMATION

## Venue

The World Rowing Indoor Championships in-person racing is being held at the **Paramount Fine Foods Center**, 5500 Rose Cherry Place, Mississauga, Ontario.

Directions to the venue can be found here:

<https://paramountfinefoodscentre.com/directions-and-parking/>

Highways 401, 403, 407, 409, 410, 427, and the Queen Elizabeth Way (QEW) all traverse the city. Mississauga is within easy reach of countless communities in Ontario. There is ample free parking at the venue for spectators and competitors arriving by car.

Information on travel and Visa requirements is available here:

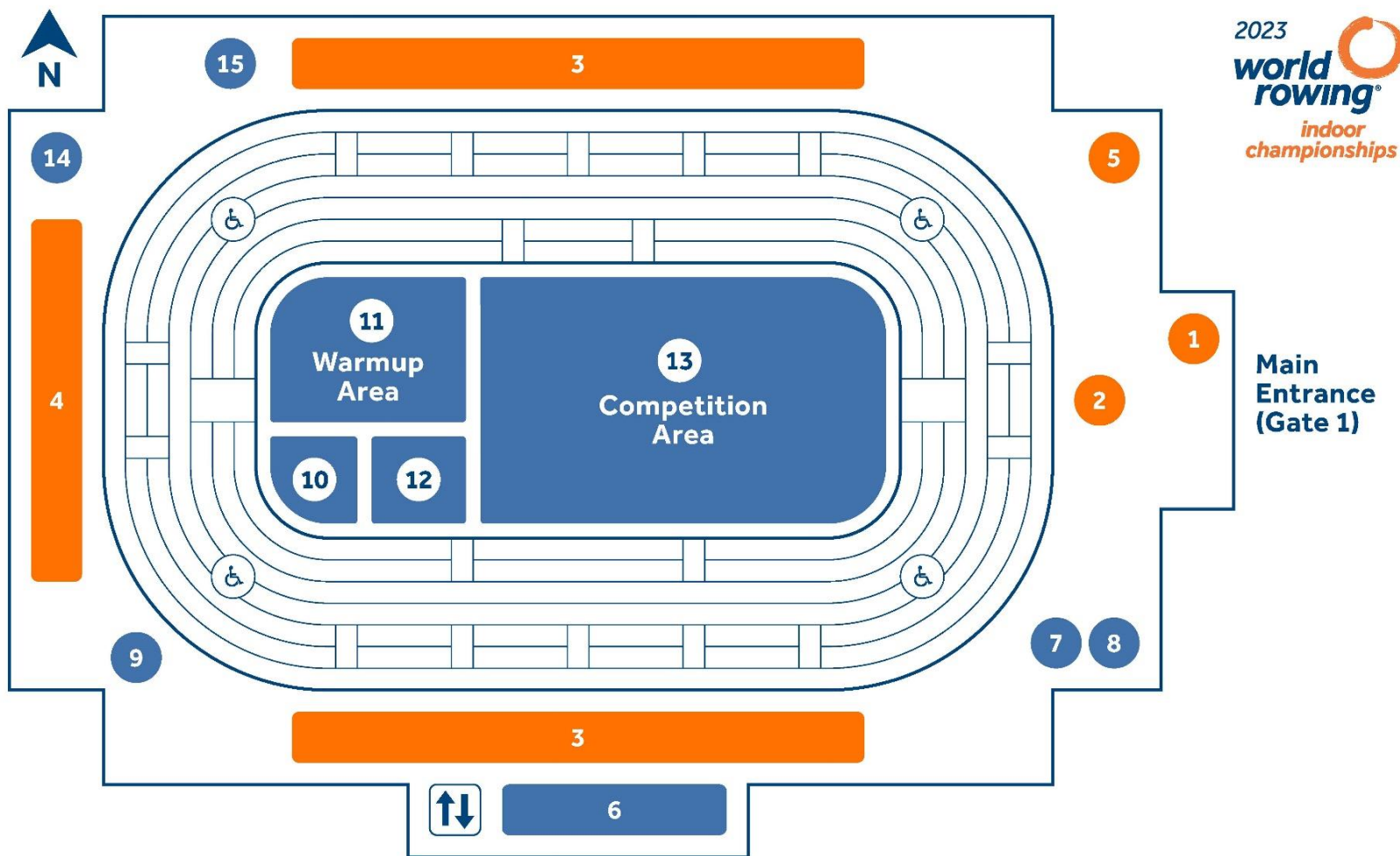
<https://wrichtoronto2023.ca/travel/>

Shuttle buses operated by Mi-Way, Mississauga's transit agency will be operating a complimentary shuttle between the WRICH partner hotels and the venue during the competition weekend. The shuttle schedules will be posted in the hotel lobbies and can be found on race weekend page <<<https://wrichtoronto2023.ca/raceweekend>

## Venue Map

The venue has two floors, the Main Arena level and the Concourse level. The upper Concourse level includes the Exhibitor Marketplace, Food Services, Concept2 Warm Up Area and access to all of the spectator seating.

The lower level (competitors only) includes access to the race zone, pre-race-warmup areas, locker rooms, bag drop, doping control, medical and the marshalling area. Those who are competing will have access to both floors, while spectators and coaches will only be permitted access to the upper Concourse.



## Arrival and Check-In (See #6 on the Venue Map)

Athletes, registered coaches and officials should enter the Paramount Fine Foods Centre venue at Gate 2 on the south side of the Paramount Fine Foods Centre. This entrance is accessible for all competitors. All competitors will need to allow time to pass through a required building security screening and bag search on the way into the venue. Follow the signs to **Competitor Check-in.- #6 on the map**

Spectators and Volunteers will be directed to the Main Entrance (Gate 1) for ticketed entry. No spectators or coaches are permitted on the Competitor/ Race level.

The registration process involves verifying identification and the issuing of **Race Cards** to race and **accreditation (wristbands)** for access to the venue competitor areas.

The Registration Desk at the Venue (Gate 2) will be open the following hours and days:

Friday 24 February	14:00 to 17:00 EST	Pre-registration for Saturday
Saturday 25 February	7:00 to 17:00 EST	Saturday races  Pre-registration for Sunday after 15:00 EST
Sunday 26 February	7:00 to 14:00 EST	Sunday races

## Competitors and Late Entries

On entering the venue at Gate # 2 competitors must check in at the **Registration Desk** and present valid government issued photo I.D. or passport. Competitors may arrive on the same day of their scheduled race to register or pre-register the day before.

Late in-person entries may be accepted on a case-by-case basis, pending that the late entries do not impact the race schedule. Interested competitors can inquire about this at the Registration Desk. Late entries will not be accepted less than 3 hours prior to the start of an event, even if there is space on the competition floor.

## Race Cards

In-Person competitors will be given a Race Card at the Competitor Registration Desk. The competitor must present themselves and may not have another designated person pick up their race card. This will show: name, club, event, weigh-in time (if lightweight), marshalling time, race time, race number, race system, and rowing machine number.

You need to know your rowing machine number before you race, so you are seated on the correct rowing machine for your results to be correctly recorded. You will need to bring your Race Card to the Marshalling area in order to race. Please keep it with you and secure!



## Wristbands

Competitors will receive 2 wristbands when they check in. Competitors will receive a coloured **I.D. wrist-band** that must be worn at all times during the weekend. The wristband will serve as accreditation and allow the athlete to access the racing area of the venue, the changing rooms and warm up areas. Competitors will also be able to use this accreditation for free access on the Mi-Way shuttles and city bus routes during the competition weekend.

Competitors in the World Rowing Versa Challenge receive additional accreditation in the form of ID on a lanyard to access specific areas designated for Versa athletes.

The second wristband should be attached to your bag to allow for storage at the bag drop. **Please wear your wristbands at all times for easy identification.**

## Coaches and Para Companions

**Coaches** must be registered in advance <https://wrichtoronto2023.ca/coach> indicating which competitors they will be coaching along with which day Saturday or Sunday or both, that they will be attending the venue.

Coaches check in will be at the coach's registration desk (at gate #2) with valid passport or government issued photo I.D. Pre-registered coaches will be issued a Coaches wristband that identifies you as a coach and allows access to the concourse level of the venue only. Wristbands must be worn at all times during the weekend. A maximum number of coach wristbands will be distributed per each team.

**Para Companions** (1 per athlete as needed) will be issued a competitor wrist-band plus a companion wristband. This will allow access to the field of play at race time if needed, to assist with set up on the erg.

## Facilities and Showers (See #7 on Venue Map)

Separate changing and shower facilities are available for male and female competitors on the lower level of the venue. Towels and other supplies are **not supplied** on site – athletes should bring what they need. Temporary storage lockers will be available for use only while using the shower facilities.

Longer-term bag storage is available at the bag drop.

## Bag Drop (See #7 on the Venue Map)

A supervised bag drop area will be available to competitors on the lower level near the change rooms.

Bag drop (1 bag per person) will be open throughout the day starting from 7:00 AM. until 45 minutes after the last race of the day. Although this area is supervised, items are left at your own risk.

## Lightweight Weigh-In (See #9 on the Venue Map)

Competitor weigh-in is located on the lower level of the venue.

Lightweight competitors must weigh in **not less than one hour and not more than two hours** before the scheduled start time of the race in the event in which they are entered.

Present at the Weigh-in Area, in the appropriate time window, with your photo I.D. and your Race Card.

- a rower competing in a lightweight men's event may not weigh more than 75.0 kgs.
- a rower competing in a lightweight women's event may not weigh more than 61.5 kgs.

If a competitor does not make weight or they miss their weigh-in window they will not be able to race.

## Local Medical Services (See #10 on Venue Map)

Qualified medical staff will be on site to deal with emergency medical situations. In case of any other emergency follow instructions from venue security and the Paramount Fine Foods Centre staff.

Medical Emergencies will be covered at the venue by Sky Medical EHS.

A back up team of nurses and/or First Aid volunteers will supervise a recovery area on the lower concourse adjacent to the competition area.

Mississauga Hospital is located at 100 Queensway West in Mississauga, at the corner of Queensway West and Hurontario Street (Highway 10), just two minutes north of the Queen Elizabeth Way (QEW).

The Credit Valley Hospital is located at the intersection of Eglinton Avenue West and Erin Mills Parkway in Mississauga. Both hospitals are full service teaching hospitals and are approximately 15 minutes drive from the venue.

## Warm Up Area (See #11 on the Venue Map)

The warm-up area is a dedicated area on the competition floor of the venue and includes Concept2 ergs. Competitors will be allowed to enter the warm-up area on the field of play no more than **30 minutes** before their race.

Additional warm-up ergs will be available at the Concept2 Warm up area (See # 4 on the Venue Map) on the Concourse Level.

Please check in with the warm-up area volunteer. **Remember your Race Card!**

## Marshalling (See #12 on the Venue Map)

Competitors should be at the marshalling point at the entrance to the race floor at their allocated time (5-10 minutes before your race). Please follow signage from the welcome area. Race marshals will then gather competitors into their races in numerical order following the numbers on the floor. **Please ensure that you have your Race Card!**

## Competition Zone (See #13 on the Venue Map)

Competitors must ensure that they are on the correct race machine- machines will be numbered on the back and Officials will be available to help if needed.

Competitors must enter the competition floor ready to race and must follow the World Rowing Rules of Racing. Boxes will be positioned behind each ergometer for water bottles and any extra gear. No Bags are permitted on the race floor.

No headphones/ear buds or electronic devices are permitted on the race floor or when racing in accordance with the [World Rowing Rules](#).

Please stay on your erg until all competitors in your race have finished. After completion of each race a marshal will guide competitors off the floor to prepare for the next race.

## Para Competitors

Para competitors must register their support person in advance to allow onto the race floor. Support personnel must be wearing their appropriate wristband to assist with competitor set up.

You are responsible for bringing your own race equipment if you require adapted equipment on the erg; this includes the slide, seat, straps and clamps.

Volunteers will be available prior to the event to assist with any adaptations that need to be made.

## ENJOYING THE EVENT

Please familiarize yourself with the Venue Map. On the Spectator Concourse Level, you will find multiple concession stands and the Exhibitor Marketplace with booths, information and products from our partners, sponsors, and exhibitors. Make sure you stop by to see all the great things we have on offer, including the official Merchandise booth, RegattaSport to pickup your commemorative 2023 WRICH clothing.

### Spectator Services (See #1 on the Venue Map)

Spectator tickets will be available for the general public in advance and on the weekend at the Box Office at the Main Gate. The Ticket service provider is Ticketmaster using paperless tickets. Competitor and coaches wristbands will allow access to the spectator area and grandstand seating.

Spectators will be allowed to exit the building and return on the same day. Tickets will permit access to the Concourse level only. Spectators will have no access to the competitor area or race floor.

Information on ticket sales can be found here: <https://wrichtoronto2023.ca/tickets/>

### Information Booth (See #2 on the Venue Map)

General and event specific information will be available at the Competitor Registration and at the Welcome information Desk on the concourse level near the main spectator entrance.

Lost and found services are available at the Information Desk on the spectator level of the concourse.

### Food and Drink

Concessions stands will be open for competitors and spectators and have a variety of options available. Outside meals may not be brought into the center. Pre-race nutrition will be allowed. Water bottle refilling stations are available on the concourse.

### Official Merchandise Supplier (See # 3 on the Venue Map)

Our official World Rowing and event merchandise partner is Regatta Sport. Regatta Sport will have a booth at the venue near the front entrance where rowing gear and souvenirs can be purchased. The booth will be open during the Competition. Merchandise can also be purchased before and after the event at: [www.RegattaSport.com](http://www.RegattaSport.com)

## Results and Victory Ceremonies (See #5 on the Venue Map)

Results and Data Management will be provided by Time-Team, and will be published on [www.worldrowing.com](http://www.worldrowing.com). Any queries on results should be directed to the President of the Jury.

Victory ceremonies will take place throughout the day on the Concourse level. If you have won a medal, please assemble at the Ceremonies assembly point on the Concourse level when announced. Versa Medals will take place on the arena floor.

## Media and Photography

World Rowing and local official photographers will be covering the event. These photographs and videos may be used on websites and social media channels of the Championships or by WRICH, including live streaming on the day, or shared with the media and WRICH partners.

## World Rowing Versa Challenge

The World Rowing Versa Challenge will include 10 men and 10 women who have qualified to compete in a series of 5 different challenge events scheduled over the 2 days of competition. This event will have a group of volunteers helping with directions and marshalling.

More information about the Versa Challenge is available at [www.worldrowing.com](http://www.worldrowing.com).

## Sports Presentation

Big screens, added lighting at the race floor entrance, and other special effects will be used during the day. If you have any concerns about the use of any of these effects please contact [safeguard@wrichtoronto2023.ca](mailto:safeguard@wrichtoronto2023.ca) before the event.

The event will be live streamed, and can be viewed on World Rowing's YouTube channel.

## ADDITIONAL INFORMATION

### Welfare and Safeguarding

World Rowing believes that it is a fundamental right of all individuals involved with World Rowing to be able to participate in a non-violent, safe and respectful environment.

World Rowing acknowledges its duty of care in this regard and is committed to creating and supporting an environment and a culture free from harassment and abuse. The welfare of all individuals with World Rowing is paramount. Behaviour and actions that constitute harassment and abuse will not be tolerated

All forms of harassment and abuse constitute a violation of the World Rowing Code of Ethics and the International Olympic Committee (IOC) Code of Ethics.

More information can be found online at [www.worldrowing.com/responsibility/safeguarding/](http://www.worldrowing.com/responsibility/safeguarding/).

The OC Safeguarding / Safe Sport Officer for the event will be Mike Forgeron. The World Rowing Safeguarding Officer for the event will be Rebecca Orr. Both are available for inquiries onsite. Additionally, inquiries or incident reports can be sent to [safeguarding@worldrowing.com](mailto:safeguarding@worldrowing.com).

### Volunteers

A fantastic group of WRICH Crew volunteers will be on site all day in many different roles. WRICH Volunteers will be identified by **Orange** coloured shirts and wrist bands. Race Zone volunteers will be identified in **Navy Blue**.

### Liability

The Organising Committee will take all reasonable steps to ensure the safety of persons at the venue but accepts no responsibility for injury to persons or loss of personal items unless caused by the negligence of its members, employees or volunteers.

### Rules Reminder

Competitors are reminded that they must adhere to all relevant [World Rowing Rules](#) while participating in this event. This includes, but is not limited to Appendix R20: Indoor Rowing Competition Regulations. Competitors are reminded to specifically review these rules as it relates to their racing apparel, age and eligibility, weigh-ins (for lightweights), protests, and false starts.

Competitors are reminded that if they are the cause of two false starts, they will be excluded from the event.

## **Additional Equipment Use**

As per the World Rowing Rules of Racing, it has been determined by the President of the Jury of the 2023 WRICH that equipment which is not permanently affixed or attached to the rowing machine (e.g. lap straps, grip aids, seat pads) may be used in competition.

## **Objections, Protests and Best Effort**

Competitors should familiarise themselves with World Rowing's Rules regarding Objections and Protests in advance of competition. For more information, please review the [World Rowing Rules](#), and specifically Appendix R20: Indoor Rowing Competition Regulations.

As internet connections may impede a competitor's ability to see their rank accurately throughout a race, and some race categories include several heats, competitors are reminded to perform to their maximum ability in each race, regardless of what is visible on their PM. Objections or Protests will not be accepted on the basis of an inability or impediment to view another competitor's data on their PM or in the HomeRace system.

## Medical

1. All competitors accept on entry that they will be competing in a very strenuous activity, and therefore are in good health and have been cleared by a medical doctor to participate in physical activity.
2. It is strongly recommended that competitors participating in the WRICH undergo the [World Rowing Pre-competition Health Screening](#).
3. The participation in the WRICH is entirely at the competitor's own risk.

## Anti-Doping

Doping is fundamentally contrary to the spirit of sport, the principle of fair play, medical ethics and can be harmful for the health of the rowers. Doping is strictly prohibited in the WRICH, and any qualification events or attempts.

The Doping Control area is marked on the competition level of the venue. Please follow the instructions of the chaperone if you are notified for testing after your race. Please note that all competitors of the 2023 WRICH, both virtual and in-person, are subject to Doping Control.

For information about prohibited substances and methods, please consult [WADA's Prohibited List](#).

For additional information, please refer to World Rowing's anti-doping information page on the website [Anti-Doping information page](#) which includes information about Therapeutic Use Exemptions (TUE). Please note that as a condition of participation in the WRICH, competitors may be subject to anti-doping testing. If World Rowing chooses to collect a sample from a Rower who is not an International Level Rower and that Rower

is using a Prohibited Substance or Prohibited Method for therapeutic reasons, World Rowing will permit the competitor to apply for a Retroactive TUE. Please note that participation in this event on its own does not qualify a rower as International Level for TUE purposes.

For additional questions related to Anti-Doping, please email Natalie Schmutz at [natalie.schmutz@ita.sport](mailto:natalie.schmutz@ita.sport)

## Terms & Conditions

Please note that you have already accepted the Competitor Commitment, Liability & Waiver for this event. To see it again, please refer to it [HERE](#).

## Competitor Integrity

All information provided to World Rowing for the purposes of this competition, either in registration submissions, video submissions, scores, timestamps, or any other information provided must be the complete truth. A lack of integrity, or any actions that indicate an intent to cheat or circumvent the rules or intent of the rules of World Rowing may result in disqualification and possible bans on future competition opportunities.

## Contact Information

During the World Rowing Indoor Championships, logistic questions can be asked directly at the Registration Desk. Questions regarding competition regulations can be directed to the President of the Jury.