



# 2024 World Rowing Indoor Championships

Presented by 

February 23–24, 2024

# IN PERSON COMPETITOR HANDBOOK





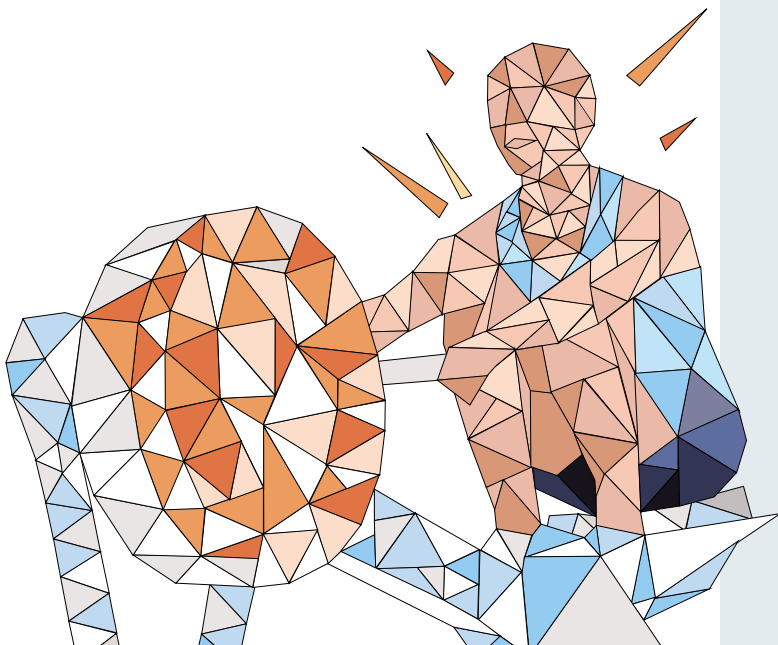
# OVERVIEW

The **2024 World Rowing Indoor Championships presented by Concept2 (WRICH)**, is scheduled for **23 - 24 February 2024** and will be held in **Prague, Czechia**. The 2024 WRICH is a hybrid event with races occurring in-person at the **O2universum Hall**, as well as virtually with competitors from around the globe. Competition dates are 23-24 February 2024. In-person and virtual competitors in the same race category will be ranked together based on their result at the 2024 WRICH.

The **2024 European Rowing Indoor Championships (ERICH)**, which will be combined with the **2024 World Rowing Indoor Championships presented by Concept2**, is scheduled to take place on **23 - 24 February 2024** in **Prague, Czechia, O2universum Hall**. The **2024 ERICH is only open to in person entries**.

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 PRAGUE

Dear Rowing Friends,  
On behalf of the Czech Rowing Association and the Organising Committee I would like to warmly invite you to the O<sub>2</sub> Universum Hall for the 2024 World Rowing Indoor Championships.

Indoor rowing is a dynamically developing sport discipline and I am very glad that we can welcome a great championship in Prague again after a short time. We are building on the successful European Championships that Prague hosted in 2020. We will also build on the complete innovation that was first tried at the World Championships in Toronto in 2023.

Both, the hybrid racing system and the new "Versa Challenge" race format will also be on display in Prague. We will do our best to incorporate all the experience with this new discipline from Toronto. I am confident that we will do a great job with this challenge and prepare a great World Championships.

We are delighted that in February the best athletes of the world are coming to Prague for their world championships. I hope athletes, coaches and spectators will enjoy this World Rowing Indoor Championships, and I am looking forward to seeing them in Prague.

*David Kyncl*  
OC President

# ACCOMMODATION AND TRAINING OPPORTUNITIES

The Organising Committee has partnered with several hotels in the area to provide accommodation for those arriving from out of town. Information can be found here:

<https://www.wrichprague2024.cz/accommodation>

The below partner hotels will have training rooms set up with Concept2 Ergometers.

## STAGES HOTEL PRAGUE

Českomoravská 19a, Prague 9 :

- **5 practice ergs**
- from Wednesday, 21 February to Saturday, 24 February
- from 8:00 am to 10:00 pm
- wheelchair accessible training room

## DUO HOTEL PRAGUE

Teplická 492, Prague 9:

- **5 practice ergs** at the Ricochette room
- from Wednesday, 21 February to Saturday, 24 February
- from 8:00 am to 10:00 pm
- training room is not wheelchair accessible.

**VENUE TRAINING ERGS AT WARM-UP AREAS** will be available from Thursday, 22 February from 5:00 pm to 9:00 pm.

# COMPETITOR INFORMATION

## VENUE

The 2024 World Rowing Indoor Championships presented by Concept2 in-person is being held at the **O<sub>2</sub> universum Hall, Českomoravská 2345/17, Prague 9, Czech Republic**. The complex is reachable within 30 minutes from Václav Havel Airport, 10 minutes from the city center and easy to access by public transport.

**Directions to the venue** can be found here: <https://www.wrichprague2024.cz/transport/>

Information on **travel and Visa** requirements is available here: <https://www.mvcr.cz/mvcren/article/immigration.aspx>

Information on **parking facilities** of the O<sub>2</sub> universum Hall is available here:

<https://www.o2universum.cz/en/for-visitors-2/parking-and-transportation/>

### O<sub>2</sub> universum Hall OPENING HOURS:

Thursday, **22 February**, 2024:  
5:00 pm – 9:30 pm

Friday, **23 February**, 2024:  
7:00 am – 8:00 pm

Saturday, **24 February**, 2024:  
from 7:00 am.

## VENUE PLAN

The venue has three floors, the **Floor 2** with a spacious lobby where the medal ceremonies will take place, the **Floor 1** that includes the exhibitor marketplace, food services and access to all of the audience seating and the **Floor 0** where access to the race zone, warm-up areas, changing rooms, doping control, medical, classification

and the marshalling area are placed. Those who are competing will have access to all three floors, while spectators will only be permitted access to the Spectators floor and part of the Middle floor.

### NUMBERS OF THESE FOLLOWING SECTIONS CORRESPOND TO THOSE ON THE VENUE PLAN.

#### FLOOR 2:

- 1 – Main entrance for spectators,
- 2 – Press,
- 3 – VIP area,
- 4 – Medal ceremonies,
- 5 – Official merchandise,
- 6 – Spectators cloakroom

#### FLOOR 1:

- 7 – Entrance for competitors (gate no. 36),
- 8 – Accreditation desk,
- 9 – Bag drop (larger bags)

#### FLOOR 0:

- 10 – Changing and shower facilities,
- 11 – Doping,
- 12 – Athletes weigh-in,
- 13 – Medical room,
- 14 – Classification,

- 15 – Recovery area,
- 16 – Para warm-up area,
- 17 – Warm-up area,
- 18 – Marshalling area (Check point),
- 19 – Pre-race warm-up,
- 20 – Pre-race bag drop,
- 21 – Entrance to the Field of Play,
- 22 – First Aid Point,
- 23 – Exit from the Field of Play,
- 24 – Media mix zone

## ARRIVAL AND CHECK-IN (see #7 on the Venue plan)

Athletes, coaches who want to be accredited, officials, OC members and volunteers should enter the venue at **Gate No. 36** opposite the STAGES hotel. This entrance is accessible for all competitors, **wheelchair competitors** should follow the signs that will lead them to the Floor 0. 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 **Accreditation Desk**.

Spectators will be directed to the Main Entrance (**Gate No. 3 - 12**) on **Českomoravská street** for ticketed entry. **No spectators are permitted on the Floor 0. The registration process involves verifying identification and the issuing of**

**Accreditation and Race Cards to race and access to the venue competitor areas.**

#### ACCREDITATION DESK OPENING HOURS:

Thursday, 22 February, 2024:  
**5:00 pm – 9:30 pm**

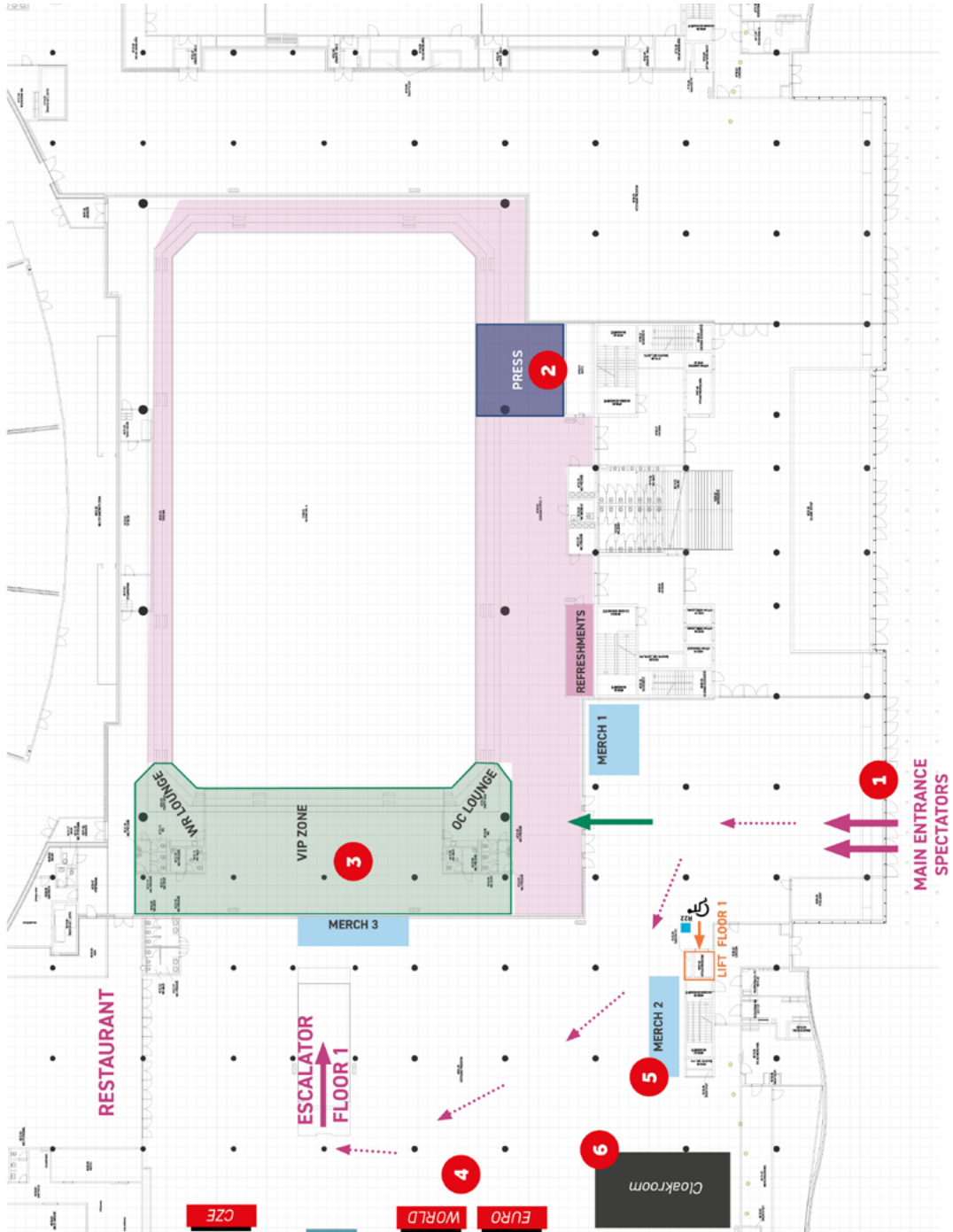
Friday, 23 February, 2024:  
**7:00 am – 8:00 pm**

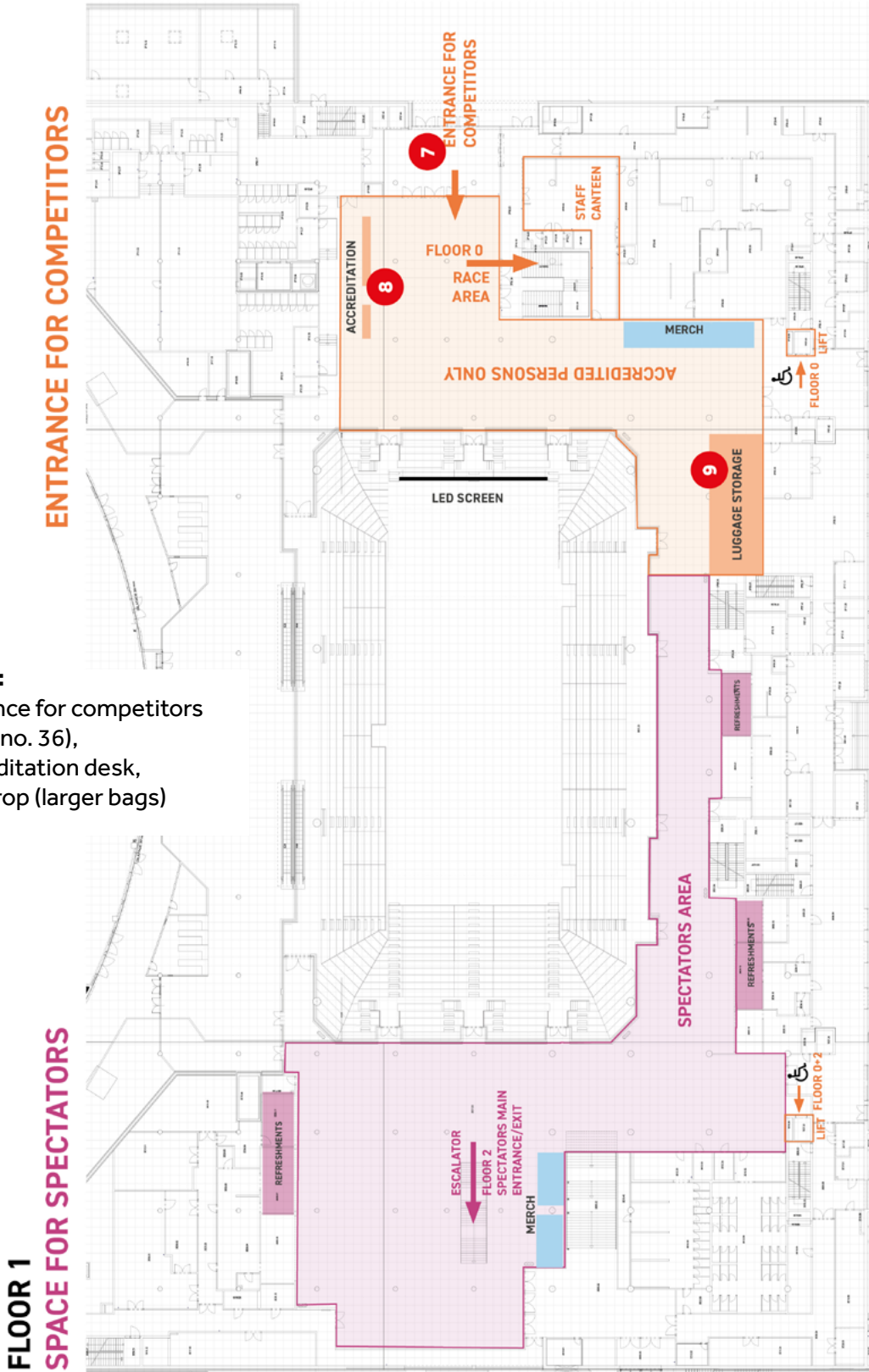
Saturday, 24 February, 2024:  
**from 7:00 am**

**FLOOR 2:**

- 1 – Main entrance for spectators,
- 2 – Press,
- 3 – VIP area,
- 4 – Medal ceremonies,
- 5 – Official merchandise,
- 6 - Spectators cloakroom

**FLOOR 2  
SPACE FOR SPECTATORS**







## COMPETITORS AND LATE ENTRIES (See #8 on the Venue plan)

On entering the venue at **Gate No. 36** competitors must check in at the **Accreditation 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. On-site late in-person entries may

be accepted on a case-by-case basis, pending that the on-site late entries do not impact the race schedule. Interested competitors can inquire about this at the **Accreditation Desk**. On-site late entries will not be accepted less than 90 minutes 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 **Accreditation 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!**

## ACCREDITATION CARDS

Competitors will receive an accreditation cards when they check in that must be worn at all times during the 2024 WRICH. The accreditation card allows the athlete to access:

- the venue,
- the racing floor, the changing rooms and warm up areas on the Floor 0,
- grandstands on the Floor 1 and Floor 2 as well.

Accreditation card also allows you to store your bag at the bag drop facilities. **Please wear your accreditation card at all times for easy identification.**

## COACHES AND PARA COMPANIONS

Coaches who want to have access to a dedicated coaches area on Floor 0 must be in-person registered at the Accreditation Desk (Coaches Accreditation) on the Floor 1 indicating which competitors they will be coaching. They will be issued a Coaches accreditation cards that identifies you as a Coach and allows access to the Floor 0.

**Accredited Coaches are not allowed to access the Field of Play. The support of competitors during the race is therefore only possible from the spectators grandstands.**

**Coaches accreditation fee is EUR 10/person/ both racing days. Payment on spot in cash or by credit card at the Accreditation Desk.**



**Accreditation card must be worn at all times. Due to limited space at the Floor 0 a limited number of Coaches accreditation cards will be distributed per each team. Para Companions (1 per athlete as needed) will be issued a Para Coaches accreditation cards. This will allow access to the Field of Play at race time if needed, to assist with set up on the erg.**

Coaches who do not have Coaches accreditation card will need a **spectator ticket (EUR 5/day)** for access to the Venue (Main Spectators Entrance) and can only use the spectators facilities located on the Floor 2 and part of the Floor 1.

## **FACILITIES AND SHOWERS (See #10 on the Venue plan)**

Separate changing and shower facilities are available for male and female competitors on the Floor 0 of the venue where the wheelchair accessible changing rooms and showers will be also located (please follow the signage). Towels and other supplies are not supplied on site –

athletes should bring what they need. Please note, there are **no storage lockers** at the changing and shower facilities. Longer-term bag storage is available at the Floor 1 near the Accreditation Desk.

## **BAG DROP (See # 9, 20 on the Venue plan)**

A supervised **pre-race bag drop area (#20)** for small backpacks will be available to competitors on the Floor 0 near the Pre-race warm-up zone. Another bag **drop area (#9)** for larger bags (1 bag per person) will be available to competitors on the Floor 1 near the Accreditation Desk and 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 #12 on the Venue plan)**

Competitor weigh-in is located on the **Floor 0** 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. The athletes must present themselves 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. There are no options for a lightweight rower not making weight to change the lightweight registration to an open weight registration. An separate registration would need to be done if space is available.

## LOCAL MEDICAL SERVICES (See # 13, 22 on the Venue plan)

Qualified medical staff will be on site to deal with emergency medical situations. In case of any other emergency follow instructions of the **2024 WRICH Safety Guidelines** (<https://www.wrichprague2024.cz/wp-content/uploads/2024/02/2024-WRICH-Safety-Guideline-final-29.1.2024.pdf>).

Medical Emergencies will be covered at the venue by BLOMAL s.r.o. A back up team of paramedics

will supervise a recovery area behind the exit of the racing floor.

The nearest full teaching hospital **Fakultní nemocnice Bulovka** is located at **Budínova 67/2, Praha 8** and is approximately 10 minutes drive from the venue.

## WARM - UP AREA (See #17, 19 on the Venue plan)

The **Pre-race warm-up area (#19)** is a dedicated area on the Floor 0 of the venue and includes Concept2 ergs. Competitors will be allowed to enter the Pre-race warm-up area near the Field of Play no more than 30 minutes before their race.

**Additional warm-up ergs (#17)** will be available on the same floor (See # 17 on the Venue Map). Please check in with the Pre-race warm-up area volunteer. Remember your Race Card!

## MARSHALLING – COMPETITOR CHECK POINT (see #18 on the Venue plan)

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 the signs. 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!**

## FIELD OF PLAY (see # 21, 23 on the Venue plan)

Competitors must ensure that they are on the correct race machine. Machines will be numbered on the front and 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 at the **Accreditation Desk** in advance to allow them onto the race floor. Support personnel must be wearing their appropriate accreditation card to assist with competitor set up. Competitors are responsible for bringing their own race equipment if any adapted equipment on the erg

is required; 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.

**Para warm-up area (#16)** and changing facilities will be located on the **Floor 0**, please see the Venue Map.



# ENJOYING THE EVENT

Please familiarize yourself with the Venue Map. On the Floor 1 and 2, 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, New Wave to pickup your commemorative the 2024 WRICH clothing.

## SPECTATOR SERVICES

Spectator tickets will be available for the general public in advance and on Friday and Saturday at the Ticketportal and Ticketmaster Box Offices at the main spectators entrance. Both ticket service providers are using paperless tickets. Competitors and Coaches accreditation cards 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 **Floor 2 and a part of the Floor 1 only. Spectators will have no access to the competitor area on the Floor 0.**

Information on ticket sales can be found here: <https://www.wrichprague2024.cz/tickets/>.

## INFORMATION BOOTH

General and event specific information will be available at the **Accreditation Desk** and at the Information Desks on the Floor 2 and 1. Lost and found services are available at the same place, at the Information Desks on the Floor 2 and 1.

## FOOD AND DRINK

Concessions stands located on the **Floor 1** 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 and bottled water will be allowed. Tap water is drinkable throughout the O<sub>2</sub>universum Hall.

## OFFICIAL MERCHANDISE SUPPLIER (See # 5 on the Venue plan)

Our official World Rowing and event merchandise partner is New Wave. New Wave 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: <https://newwave.de/de/>.

## 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.

With participation and/or attendance, athletes, visitors, volunteers, etc. agree to grant WR and/or any accredited media representatives a non-revocable license to use worldwide, in perpetuity and free of any charge any recordings (photo and/or video) conducted by them with the arena and/or in conjunction with the event. Respective rights are transferred accordingly.

## RESULTS AND VICTORY CEREMONIES

### (See # 4 on the Venue plan)

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 at the **lobby of the Floor 2**, behind the main spectators entrance. If you have won a medal, please assemble at the Ceremonies assembly point at the **lobby of the Floor 2** when announced.

All medallists are invited to the “Medallists Group Photo” on the Field of Play at the end of each competition day.

The World Rowing Versa Challenge Medal Ceremonies will be staged **on the Field of Play** directly following the last Versa Challenge on Saturday evening.

## WORLD ROWING VERSA CHALLENGE

The World Rowing Versa Challenge is now in year two of operation and the 2024 edition will have exciting new Challenges. Following a simple qualification process, ten men and ten women will be invited to compete in the Versa Final, in-person in Prague, Czechia on 23 and 24 February 2024.

In an innovation, four additional athletes (two women, and two men) will be invited by World Rowing as “Wild Cards” entrants to race the qualified athletes in Prague. Over the two competition days of the WRICH, competitors will race in five different Challenges varying in time, distance, and type. The Versa is intended to test all the skills and strengths required of indoor

rowers, exposing them to new and unfamiliar race formats. Competitors will earn points throughout the first group of Challenges, establishing a ranked Leaderboard that will provide the starting point for the last and final Challenge. The winner of the last and fifth Challenge will be crowned the 2024 Versa Champion and medals will be awarded in the Versa Medal Ceremony on Saturday evening.

More information about the Versa Challenge is available at <https://worldrowing.com/event/2024-world-rowing-indoor-championships-presented-by-concept-2/>.

## 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 [safeguarding@worldrowing.com](mailto:safeguarding@worldrowing.com) before the event. The event will be live streamed, and can be viewed on World Rowing’s YouTube channel.

## BLUE HOUR

All athletes and visitors are welcome to join us on Saturday around 06:15 p.m. (directly following the last medal ceremony of the day) in the concourse of the middle floor for the “Blue Hour”, a relaxed post event celebration of Indoor Rowing, which will be supported by a DJ set and availability of food & beverages.

# 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 **Jana Hellerova, The World Rowing Safeguarding Officer for the event will be Neville Tanzer. Both are available for inquiries on-site. 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 Red T-shirt with white sleeves, inscription and accreditation card "Volunteer".

## 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 2024 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. No modifications can be made to the equipment other than adjusting the display mode, drag factor and foot stretchers.

## 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 2024 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. 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 also refer to the International Testing Agency's (ITA) information page <https://ita.sport/athlete-hub/>. If you have questions about applying for a TUE please contact [tue@ita.sport](mailto:tue@ita.sport). For additional questions related to Anti-Doping, please contact Natalie Schmutz at [wr@ita.sport](mailto:wr@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 **Accreditation Desk**. **Questions regarding competition regulations can be directed to the President of the Jury.**

