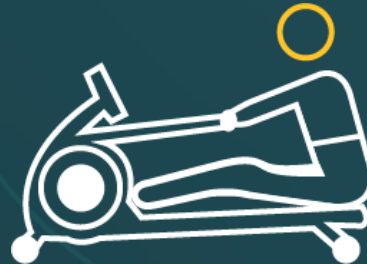




الاتحاد السعودي للتجديف
SAUDI ROWING FEDERATION



Indoor Rowing Technical Regulations for Private Clubs

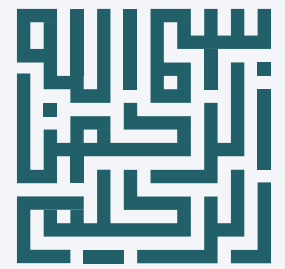




Table of Content

A	Technical Requirement
1	Coaches
2	Facilities
3	Equipment
4	Safety
5	Competitions

B	Administrative Requirement
6	Membership
7	Fees
8	Violations & Penalties

A/ Technical Requirements





1. Coaches

- 1.1** The coaches must obtain a (level 2) certificate accredited by the Saudi Rowing Federation.
- 1.2** If they have an international certificate, or any certificates from other countries, their qualifications must be sent the Saudi Rowing Federation to be reviewed.
- 1.3** The minimum number of coaches is 2 (Male and Female coach).





2. Facilities

2.1 In the event of the facility not having a headquarters, the following controls must be followed and completed with the headquarters /host facility:

- 2.1.1** The consent of the host location owner
- 2.1.2** Paying rent to use the location
- 2.1.3** Determining the dates and times for using the host facility/ headquarters
- 2.1.4** Following host headquarters rules and regulations
- 2.1.5** Communicate and notify the host facility of the procedures
- 2.1.6** Agreeing to an insurance policy with the host headquarters/facility
- 2.1.7** Provide valid insurance for the used facilities



2. Facilities

2.2 The Gym

- 2.2.1** Approximate area equivalent to 12mx17m, this area should include:
- 2.2.2** Space to use indoor rowing machines and other warm-up and fitness equipment.
- 2.2.3** Space for weightlifting platforms, weight stands and accessories.
- 2.2.4** Interlocking rubber floors or something similar under the weightlifting area.
- 2.2.5** Wooden floor for multi-use spaces, for example, under rowing devices, bicycles and inside the halls.



3. Equipment

- 3.1 Leg press machine (Quantity:2)
- 3.2 Multiple weights of 500 kg
- 3.3 Weightlifting platforms (Quantity:4)
- 3.4 Olympic bar (Metal / Weight:20kg / Quantity:8)
- 3.5 Olympic hexagonal bar (Metal / Weight: 20kg / Quantity:4)
- 3.6 Olympic bar (Metal / Weight:10kg / Quantity:4)
- 3.7 Multiple weights for weightlifting platforms (1000 kg)
- 3.8 Weightlifting chairs (Quantity:10)
- 3.9 Jump. Boxes (Quantity:4)
- 3.10 Multiple hand weights and a dumbbell rack
- 3.11 A kettlebell rack
- 3.12 Resistance bands (Quantity:4)
- 3.13 Weighted vests (Quantity:2)
- 3.14 High weight bench (Quantity:2)
- 3.15 Other separate platforms for weightlifting (Quantity:2)
- 3.16 Wattbike or Concept2 bicycles (Quantity:8)
- 3.17 SkiErg machine (type:Concept2 / Quantity:2)
- 3.18 Indoor rowing devices (type:Concept2 / Quantity:8)
- 3.19 Large exercise rubber balls (Quantity:4)



4. Safety

4.1 Risk assessment

- 4.1.1** It must be reviewed annually by the specialized trainers working at the Club and re-submitted to the federation.
- 4.1.2** The evaluation should include (but not limited to) the following:
- 4.1.3** The location of the Club (longitude and latitude), with a description of the area surrounding the facility.
- 4.1.4** Number of members, age, and rowing experience. Be aware of potential risks.
- 4.1.5** Risks in other parts of the facilities such as the gymnasium, kitchen and workshop.
- 4.1.6** Distance and time to the nearest hospital with the accident department or the minor injuries unit and the type of coverage provided.
- 4.1.7** Details of the service provided by the local ambulance service.
- 4.1.8** It provides other rescue services like air ambulance and lifeboat.



4. Safety

4.2 Safety plan

4.2.1 All users must be aware of the plan.

4.2.2 The plan must be reviewed annually by the Club's designated coaches and re-submitted to the federation.

4.2.3 It must include (but is not limited to) the following:

4.2.3.1 Instructions for reporting incidents verbally and in writing at the Club and sending them to the Federation.

4.2.3.2 Safety-related phone numbers such as Club officials, first aiders, trained CPR personnel, key holders.

4.2.3.3 Rules for Club Affiliates covering their responsibilities regarding safe practice.

4.2.3.4 Sites to Warm up and cool down.

4.3 Reporting accidents

4.3.1 All Clubs are required to develop incident reporting procedures, including keeping a record of accidents / imminent occurrences and recording all accident reports regardless of the severity of the accident.

4.3.2 Reporting should include recording lessons learned along with actions taken to avoid repetition.

4.3.3 All accidents must be submitted to the Federation within one month of the accident.

4.3.4 Failure to do so may result in revocation of the license.



4. Safety

- 4.4** Upon acceptance of the player, the player is required to submit a medical examination stating that the participant is medically fit and the club is held the full responsibility for that.
- To obtain it, please fill out the following form (player form): <http://sfsm.org.sa/mos20>
 - Then fill in the following form (hospital / clinic form): <http://sfsm.org.sa/mos10>
- 4.5** Having a certified physiotherapist for the team or a valid contract with a clinic from the Saudi Federation for Health Specialties. In the event that a specialist is available but not accredited, one can apply for accreditation by filling out the following form by the Saudi Federation for Sports Medicine (SFSM) <http://sfsm.org.sa/mos30>
- **** If needed, SFSM provides a list of physiotherapists. To request, please click on: <http://sfsm.org.sa/mos40>
- 4.6 First Aid** - Provide first aid kit with adequate equipment as it's stipulated here <http://sfsm.org.sa/mos70> as per SFSM's minimum standards, and to have an ambulance car during games & tournaments (if available).
- **** For your convenience, we have prepared a ready-made first aid kit, to obtain it please click on the below: <http://sfsm.org.sa/nafes/>
- ✓ **Small Bag:** SAR 12,650 (up to 50 persons)
 - ✓ **Large bag:** SAR 14,375 (up to 100 persons)
- 4.7 Fire alarm system according to the requirements of the Civil Defense**



5. Competition

- 5.1 Clubs are not entitled to set competitions without referring to the Saudi Rowing Federation
- 5.2 In any internal competitions, the international standards of the International Rowing Federation shall be taken into consideration
- 5.3 The Saudi Arabian Olympic Committee and Federations issues the conditions and instructions regulating the internal and external participations, whether in training camps, tournaments or competitions, and circulates them to the sports federations to work in accordance with them

B/ Administrative Requirements





6. Membership

6.1 Upon fulfilling all the license requirements and paying the fees, the Club is affiliated with the Saudi Rowing Federation and is eligible for all sporting activities of the federation.



7. Fees

7.1 The fee required is 2,000 Saudi riyals, to be paid annually

7.2 Any additional charges for checking and inspecting the site by the Federation



8. Violations & Penalties

- 8.1** Any Club that does not meet the technical requirements or does not comply with the guidelines set forth in this document will be subject to several warnings and may be subject to revocation or suspension of its rowing Club license through the following (as indicated in the technical inspection form for sports Clubs):
- First Warning – 30 Days
 - Second Warning – 15 Days
 - Final Warning – Suspension or Revocation of the License
- 8.2** Working illegally, working unsafe, claiming to provide training or activities in disciplines that are not recognized or licensed by the Club, or providing training through unqualified trainers in related disciplines, all procedures will be subject to accountability and lead to the cancellation or suspension of the license in the Rowing Club

THANK YOU