



Team Leader Manual

**World Para Nordic Skiing
World Cup**

Östersund / Sweden / 24th January - 2nd February, 2022

www.winterparasport.com



Welcome to Östersund!

The Organizing Committee of the Östersund 2022 World Para Nordic Skiing World Cup extends our warmest invitation to participate in this event in Östersund, 24th January – 2nd February 2022.

Event details

Date: January 24 - February 2, 2022

Location: Ski Stadium Östersund,
Sweden

Organizer: Swedish Parasport Federation

Welcome to the teams

Belarus | Brazil | Bulgaria | Croatia | Great Britain,
Georgia | Germany | Iran | Italy | Kazakhstan | Mongolia
Norway | Russia | Switzerland | Sweden | Ukraine
United States of America

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Contact List - Official Functions

2022

| | | | |
|--------------------------------|--|--|--|
| Competition Coordinator | Tommie Jirhed | Phone: +46 (0)70 372 52 68 E-mail: tommie.jirhed@parasport.se | |
| Chief of Competition CC | Anders Sundin | Phone: +46 (0)70 222 66 48 E-mail: anderz.sundin@gmail.com | |
| Chief of Competition BT | Stefan Sedin | Phone: +46 (0)73 092 90 14 E-mail: Stefan.sedin@jamtkraft.se | |
| WPNS TD | Alexandr Velechshuk | E-mail: +49 1526 548 63 22 alexvels@yandex.ru | |
| WPNS National TD | Ingela Kalvedal | E-mail: +46 (0)70 525 81 79 ingelakalvedal@hotmail.se | |
| WPNS RD | Georgy Kadykov-Orbeliani | E-mail: +7 925 999 24 37 gkadykov@gmail.com | |
| WPNS BT IR | Sergey Prosvirnin | E-mail: sergey.prosvirnin@roing.com | |
| WPNS IR Timing & Results | Tor Undheim | E-mail: tor.undheim@wemail.no | |
| Rescue / Medical service | Jörgen Nilsson Eventsjukvård Jämtland AB | Phone: +46 (0)76 797 22 16 E-mail: jorgen@eventsjukvardjamtland.se | |
| Team Captain's Meetings | Digital | | www.winterparasport.com |
| Official notice board location | Ski Stadium / Race Office and at winterparasport.com | | |
| Infopoint | | Phone: +46 (0)72 227 42 95 | |

Contact List LOC

| Name | Role | E-mail | Mobile |
|------------------------|---|--|-------------------|
| Beatrice Olsson | President of the LOC | beatrice.olsson@parasport.se | +46(0)70-602 1244 |
| Fredrik Andersson | Project Manager, Swedish Parasport Federation | fredrik.andersson@parasport.se | +46(0)70-253 0424 |
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| Robin Sundman | Sales & Sponsorships | robin.sundman@parasport.se | +46(0)70-665 6625 |



Accreditation

The Accreditation Office and Infopoint is situated on the ground floor at the Competition Office at Östersund Ski Stadium. The Team Leader from each team will get the team accreditations at the Infopoint by the first day of practice on Tuesday, 25 January. Only Team officials can make changes in the team accreditations. The accreditation must be visibly worn at the Team Hotels and Venue during the whole tournament (excluding during practice/game).

Contact e-mail: evelina.holmberg@parasport.se

It is possible to move equipment to the wax cabins upon arrival on Monday 24th until 20:00.

| <u>Day</u> | <u>Time</u> |
|-------------|---------------|
| 25 January | 09.00 – 15.00 |
| 26 January | 12.00 – 20.30 |
| 27 January | 12.00 – 20.30 |
| 28 January | 12.00 – 20.30 |
| 29 January | 09.00 – 15.00 |
| 30 January | 08.30 – 14.45 |
| 31 January | 12.00 – 20.30 |
| 01 February | 12.00 – 21.00 |



Competition Schedule

| Date | Activity |
|-----------------------|--|
| Monday, 24 January | Arrival |
| Tuesday, 25 January | Unofficial training |
| Wednesday, 26 January | CC Official training |
| Thursday, 27 January | CC Middle C |
| Friday, 28 January | CC Sprint F - Qualifiers & Finals |
| Saturday, 29 January | BT Official training |
| Sunday, 30 January | BT Sprint |
| Monday, 31 January | BT Super Team Sprint - Qualifiers & Finals |
| Tuesday, 1 February | BT Individual |
| Wednesday, 2 February | Departure |

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Competition Schedule – Nordic Skiing

| Date | Activity | Ceremony |
|-------------------------|--|--|
| Monday, 24th January | Arrival | |
| Tuesday, 25th January | Unofficial training | |
| Wednesday, 26th January | Official training | |
| Thursday, 27th January | 16:00 Sitting 10 km - Men ^[SEP] 16:15 Sitting 7,5 km - Women ^[SEP] 18:00 Standing 12,5 km - Men ^[SEP] 18:20 Vision impaired 12,5 km - Men ^[SEP] 19:20 Standing 10 km - Women ^[SEP] 19:35 Vision impaired 10 km - Women | Ceremonies after the race at the venue |
| Friday, 28th January | 16:00 Sprint - Qualification ^[SEP] 18:00 Sprint - Finals | Ceremonies after the race at the venue |

Changes in the program can be made





Competition Schedule – Nordic Skiing

| Date | Activity | Ceremony |
|-------------------------|--|--|
| Saturday, 29th January | Official training | |
| Sunday, 30th January | 09:30 Vision impaired 6 km - Men ^{[L][SEP]} 10:00 Vision impaired 6 km - Women ^{[L][SEP]} 11:30 Standing 6 km - Men ^{[L][SEP]} 11:50 Standing 6 km - Women ^{[L][SEP]} 13:30 Sitting 6 km - Men ^{[L][SEP]} 13:45 Sitting 6 km - Women | Ceremonies after the race at the venue |
| Monday, 31st January | 16:30 Team Sprint Qual. - Sitting - M/W ^{[L][SEP]} 17:00 Team Sprint Qual. - Standing - M/W ^{[L][SEP]} 18:00 Team Sprint Finals - Sitting - M/W ^{[L][SEP]} 18:20 Team Sprint Finals - Standing - M/W | Ceremonies after the race at the venue |
| Tuesday, 1st February | 14:30 Visually impaired 12,5 km - Men ^{[L][SEP]} 14:45 Visually impaired 12,5 km - Women ^{[L][SEP]} 16:45 Standing 12,5 km - Men ^{[L][SEP]} 17:00 Standing 12,5 km - Women ^{[L][SEP]} 19:00 Sitting 12,5 km - Men ^{[L][SEP]} 19:15 Sitting 12,5 km - Women | Ceremonies after the race at the venue |
| Wednesday, 2nd February | Departure | |

Changes in the program can be made

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Team Captain Meeting

Wednesday 26th 20.00 – 20.45

Friday 28th 11.00 – 11.45

Saturday 29th 20.00 – 20.45

Sunday 30th 20.00 – 20.45

All TCM will be held digital. Please find the link to the meeting on the website www.winterparasport.com

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Transport

LOC provides a free shuttle to/from the Ski Stadium and to/from official accommodations on official training and competitions days, based on the training/competition schedule. We recommend the teams to use the official shuttle buses. If the team wish to order extra transportation, please contact the Transportation Manager, Maria Lönnborg +46 (0)72 227 43 01. We would appreciate if we have your request 18:00 the day before.

Delegations can book transportation at own cost to/from the airport – Östersund or Trondheim - to/from official accommodations upon request via the website www.winterparasport.com on official arrival/departure days.

Shuttle Clarion- Ledkrysset- Stadium

First day shuttle, 25 jan

| | | | | | | | | | | | |
|--------|-------------|--|-------|-------|-------|-------|-------|-------|-------|-------|--|
| 25-jan | | | | | | | | | | | |
| | Clarion | | 09:00 | 09:40 | 10:20 | 10:55 | 11:30 | 12:45 | 13:40 | | |
| | Ledkrysset | | 09:10 | 09:50 | 10:30 | 11:05 | 11:40 | 12:55 | 13:50 | | |
| | Stadio n | | 09:20 | 10:00 | 10:40 | 11:15 | 11:50 | 13:05 | 14:00 | | |
| | Stadio n | | | | | | 12:00 | 13:20 | 14:00 | 14:40 | |
| | Ledkrysset | | | | | | 12:10 | 13:30 | 14:10 | 14:50 | |
| | Clarion | | | | | | 12:20 | 13:40 | 14:20 | 15:00 | |

Shuttle Scandic Syd- Hotell ett - Stadion

| | | | | | | | | | | | |
|--------|--|---------------|--|-------|-------|-------|-------|-------|-------|-------|-------|
| 25-jan | | | | | | | | | | | |
| | | Scandic syd | | 09:00 | 09:40 | 10:20 | 10:55 | 11:30 | 12:45 | 13:40 | |
| | | Hotell ett | | 09:10 | 09:50 | 10:30 | 11:05 | 11:40 | 12:55 | 13:50 | |
| | | Stadio n | | 09:20 | 10:00 | 10:40 | 11:15 | 11:50 | 13:05 | 14:00 | |
| | | Stadio n | | | | | | 12:00 | 13:20 | 14:00 | 14:40 |
| | | Hotell ett | | | | | | 12:10 | 13:30 | 14:10 | 14:50 |
| | | scandic syd | | | | | | 12:20 | 13:40 | 14:20 | 15:00 |



Accommodation

All types of official accommodation are offered as full board including breakfast, lunch and dinner. These meals are included in the accommodation fee. On arrival day the first meal is dinner and on departure day the last meal is breakfast.

Check in at the accommodation is at earliest at 15.00 on arrival days and check out is 12.00 on departure days.

Any questions regarding accommodation can be sent to AccommodationLOC2023@parasport.se.



Meals

Use face masks in every common area, to reduce the risk of infections.

Breakfast will be served at your accommodation.

If you need a takeaway breakfast on your departure day, please arrange this with the accommodation directly.

Lunch and dinner will be served at the accommodation or at the Ski Stadium, depending on the competition and training schedule.
See below meal schedule.

If teams want takeaway meals at the ski stadium to eat in their waxing cabins, just ask the kitchen staff and that can be arranged. To avoid crowd
It is recommended to eat in your waxing cabin if that is possible.

Teams staying at *hostel Ledkrysset* will have their accommodation meals delivered and served in meal boxes.
This accommodation also has a self-service kitchen to use, where you can prepare your meals.

The first meal served at the event is dinner on the 24th January (arrival day) and the last will be breakfast on the 2 February (departure day).
If you arrive later than the official dinner time, please contact accommodationLOC2023@parasport.se so that we can arrange a later serving if possible with the hotel.

If you need to change anything regarding the meals, please talk to the accommodation directly and they will do their best to meet your requests.

[Meal schedule](#) →

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| | Ski stadium | Hotels |
|---------------------|--------------|--------------------|
| 24-jan Monday | | |
| | | Dinner 17.30-19.00 |
| | | |
| 25-jan Tuesday | Lunch 11-14 | |
| | | Dinner 17.30-19.00 |
| | | |
| 26-jan Wednesday | Lunch 11-14 | |
| | Dinner 17-20 | |
| | | |
| 27-jan Thursday | Lunch 11-14 | |
| | Dinner 17-20 | |
| | | |
| 28-jan Friday | Lunch 11-14 | |
| | Dinner 17-20 | |
| | | |
| 29-jan Saturday | Lunch 11-14 | |
| | | Dinner 17.30-19.00 |
| | | |
| 30-jan Sunday | Lunch 11-14 | |
| | | Dinner 17.30-19.00 |
| | | |
| 31-jan Monday | | Lunch 11.30-13 |
| | Dinner 17-20 | |
| | | |
| 01-feb Tuesday | | Lunch 11.30-13 |
| | Dinner 17-20 | 0 |



Competition venue

Address: Östersund Ski Stadium, ÖSK-Vägen 7, Östersund

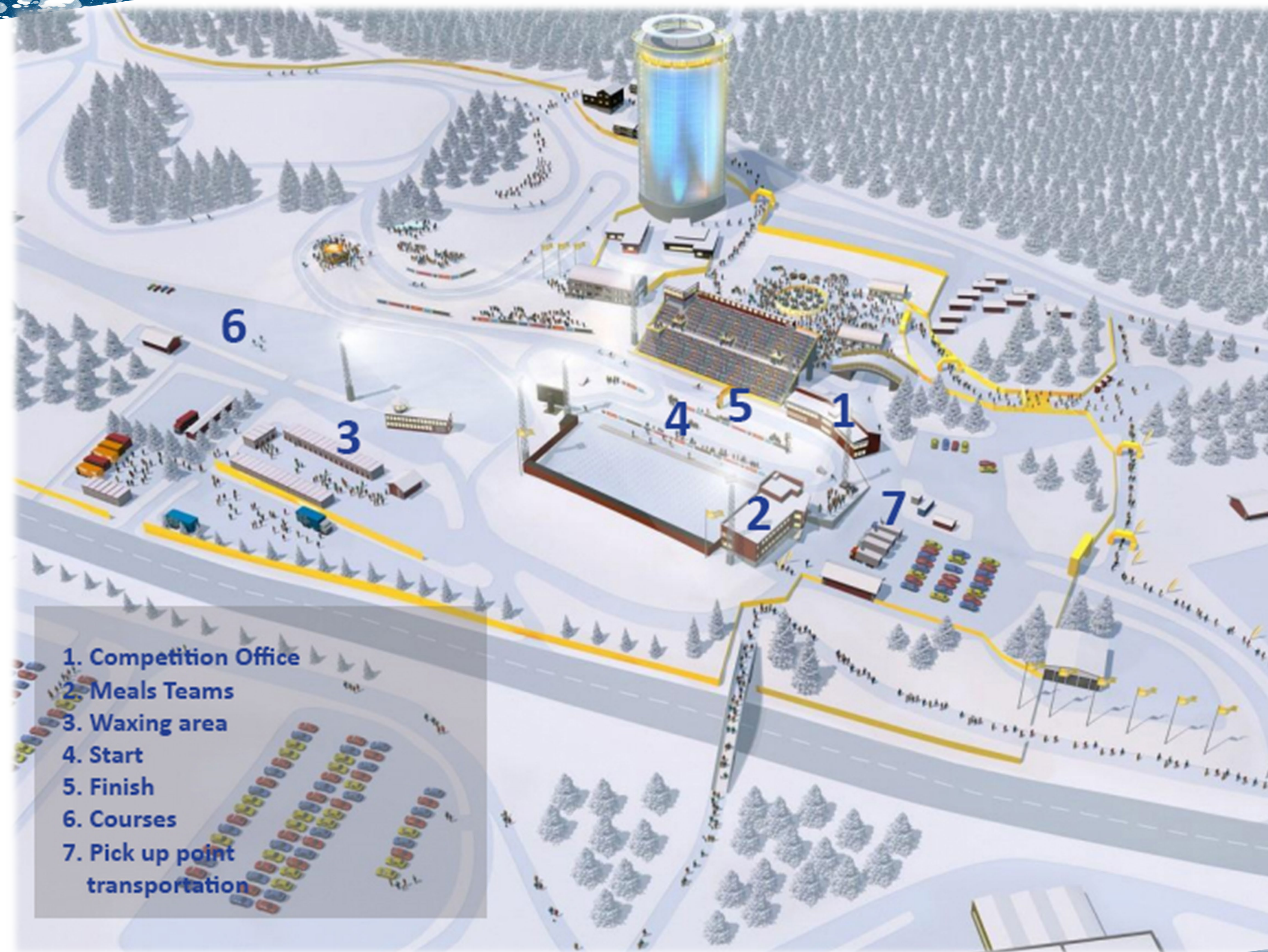
Arena: The city of Östersund continues to make many upgrades at the Ski Stadium, where more than 89 kilometers of world class biathlon and cross-country racing tracks runs at an average elevation. One of the latest upgrades consists of a new solution concerning the competition tracks for sit skiers. Östersund Ski Stadium is the Swedish National Biathlon Arena.

Facilities and wax cabins: The Competition Office is located at the biathlon arena. Wax cabins in a size of 15 m² is located downside the shooting range approximately 50 meters from the ski tracks. The teams have the possibility to rent wax cabins for a cost of 300€ /cabin during the period of 24 January to 2 February. Keys for the wax cabins will be handed out at the competition office upon arrival.

Award Ceremonies: The Award Ceremonies will be held directly after each category and competition at the competition venue after official results are published. Top three athletes will be awarded. Please make sure that the top three athletes are at the arena ready for ceremony.

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Östersund Ski Stadium





Covid-19 Safety Protocol

The Swedish Parasport Federation, Swedish Paralympic Committee and the Local Organizing Committee (LOC) is glad about being able to host WPNS 2022 in Östersund, Sweden. To make this possible, the LOC, in agreement with local government, health authorities, Veronicare and Parasport Sweden, have decided to design and implement a Safety Protocol to minimize all possible risks to an acceptable level. The main goal of this Protocol and its rules/procedures is to create a safe environment for everyone involved in the World Cup, regardless of being the athlete, official, LOC, volunteer, etc. However, this protocol does not provide a guarantee, it is only a monitoring and helps us to react as soon as possible.

The most important and effective measures for personal protection as well as for the protection of others are:

- Social/physical distancing (stay away at least 1,5 meter from each other)
- Proper hand hygiene
- Wearing a face mask covering the mouth and the nose
- Correct cough etiquette
- No sharing (food, towels, water bottle, etc.)

For your own safety, please do not arrive at the arena earlier than tuesday due the volunteers and staff have not got their test result and got accreditation before Monday afternoon, January 24th.

You can find the Safety Protocol on our website: <https://winterparasport.com/2022-world-para-nordic-skiing-world-cup/>

For any questions about Covid-19 management please contact covid@veronicare.se

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Media

The Covid-19 Safety Protocol also has to be followed by media and journalists.

LOC Media & Marketing Manager

Jessica Bollnert

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Phone: +47 926 96 058

Please use:

#östersundworldcup

#klövsjöworldcup

#åreworldcup

www.winterparasport.com

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2023

WORLD PARA SNOW SPORTS CHAMPIONSHIPS

In 2023 the region of Jämtland – Härjedalen, with Östersund, Klövsjö and Åre in front, will host the World Para Snow Sports Championships. Containing the World Champs in Para Biathlon, Para Cross Country, Para Snowboard, Para Alpine, and Para Ice Hockey - all at the same period.

2022 we host test events and World Cups to build up the strength to the World Championships 2023. The local organizing committee gladly invites all of you to make this journey with us. Hope to see all of you here at the events.

Welcome to the county of Jämtland!

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