



# MASTERS BULLETIN



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## 1 Introduction

Welcome to the 2022 ICF Canoe Freestyle Masters World Championships – in partnership with Direct Business Solutions! We are really proud to be hosting the first Freestyle World Championships.

The Host Organising Committee and the ICF have been working hard to ensure everything is in place and a great event. If we can help with anything please visit Sport Information and let us know.

## 2 Welcome to Nottingham

To help you make the most of your time in Nottingham and Nottinghamshire, along with our partners Visit Nottinghamshire, we're delighted to offer you some exclusive deals.

This [booklet](#), which you will also receive a copy of in your event bag, contains offers on food & drink, and things to do. To redeem simply present the offer along with your accreditation.

An additional activity that has been offered is [Go Quest Adventures](#) which offers a fun, challenging and engaging way to explore the city centre. The code LAUNCH30 will get you a 30% discount during the event.

To find out more about what the local area has to offer, visit the [Visit Nottinghamshire](#) website or check out the [bucket list](#) of the top recommended things to do in the area – you can even do number 1 whilst you're attending the opening ceremony!

## 3 Training

Masters paddlers are able to paddle on the course (not Twin Waves) 10:00-17:00 daily. Please sign up through Sport Information for an hour slot each day.

## 4 Masters Competition Information

Start list and bib numbers are posted on the event website:

<https://britishcanoeingevents.org.uk/freestyle2022/masters-freestyle-world-championship-event/>

Bibs and athlete packs are available for collection from Sport Information Office.

## 5 Competition Schedule

Thursday - Inlet Gate

- Training 08:00 – 09:00
- Heats 09:00 – 12:00

Friday - Troll & Fairy

- Training 08:00 – 09:00



- Heats 09:00 – 11:00 & 15:00 – 16:00

Saturday – Twin

- Training 10:00 – 10:55,
- Super Final 12:00 – 12:50

Heat lists are all available [here](#).

Each age category (Women's 40-49, Women's 50-59, Men's 40-49, Men's 50-59, Men's 60+) will award bronze, silver and gold regardless of craft.

Super final will award Women's bronze, silver and gold & Men's bronze, silver and gold regardless of craft.

Prize giving ceremony will be at 17:15 at the top of the white-water course.

## 6 Results

Results will be posted on the notice board by Sports Information as soon as possible following the heats.

## 7 Festival Events

Throughout the competition week, there are a number of festival events taking place. Some are open and some are solely for ICF Worlds and Masters athletes to compete in outside the main competition.

Events open to World Championship athletes only are free to enter. To enter please register at Sports Information. There is no deadline for entries but to guarantee a competition time that suits you we recommend you entering ahead of time.

- Tuesday 28th – Wednesday 29th June – Flatwater Freestyle
- Thursday 30<sup>th</sup> June - Downriver Freestyle
- Friday 1st July – World's Biggest Loop
- Saturday 2nd July – Syncro Freestyle

## 8 Covid-19 & Health Questionnaires

As a reminder the 2022 ICF Covid Protocols are as follows:

[https://www.canoeicf.com/sites/default/files/covid\\_protocol\\_icf\\_april\\_2022\\_v1.5.pdf](https://www.canoeicf.com/sites/default/files/covid_protocol_icf_april_2022_v1.5.pdf)

### 8.1 ICF Personal Health Check Information Form

All team personnel are required to complete a Personal Health Check Information Form (see page 17 of the above document, form also shared on the event whatsapp group).

### 8.2 Negative Rapid Antigen Tests



All accredited personnel are required to do a negative rapid antigen test immediately prior to arrival. All persons are required to indicate on the ICF Personal Health Check Information Form that they have produced a negative test.

If team personnel do not have tests with them, they are available in large supermarkets and pharmacies in the UK.

### **8.3 Reporting Symptoms or a Positive Test**

Should anyone experience covid-19 symptoms and/or test positive please contact the event Covid Officer immediately – Gemma Wiggs [events@britishcanoeing.org.uk](mailto:events@britishcanoeing.org.uk) or call/whatsapp +44 (0) 7702568673.

### **8.4 Pre-Travel Testing**

If any nations are required to have a pre-travel test prior to returning home, the nearest test centre is: <https://antigentestnottingham.co.uk/>

## **9 Sustainability**

Please complete this simple [google form](#) to log all travel details for yourself / if you are a team leader complete it for all team members. The accreditation team will check to see if the form is completed, if you do not fill this out ahead of time you will be asked to complete it before finishing the accreditation. To save time, please complete this beforehand.

### **Why we are asking for this information**

Events release high levels of carbon dioxide emissions into the atmosphere. This imbalance of greenhouse gases [contributes to the warming](#) of the planet, causes drastic changes to our weather patterns and changes the way many of us live.

As Environmental Action partners, ICF and [Starboard](#) work together to make the travel emissions of every ICF World Championship or World Cup climate neutral by planting 1 mangrove tree for every 1 tonne identified in calculations. This action grows bigger for each SUP World Championship event, where 10 mangroves will be planted for every 1 tonne emitted. Over the next 20-25 years, mangroves will absorb the amount emitted from these events. Look at last year's carbon footprint report [here](#). Thank you for helping us in our mission!

## **10 Safeguarding**

The Safeguarding plan for the event is available [here](#).

If you have any immediate safeguarding issues then please call the duty safeguarding phone - +44 (0) 7840 855 226.

# ICF CANOE FREESTYLE WORLD CHAMPIONSHIPS FESTIVAL 2022

