

The logo for the ICF Canoe Freestyle World Championships Festival 2022 is centered on a yellow background. It features the text 'ICF' in small blue letters above 'CANOE' in large, bold, blue letters with a black outline. A blue wave graphic extends from the end of 'CANOE'. Below this, 'FREESTYLE' is written in blue, 'WORLD CHAMPIONSHIPS' in green, and 'FESTIVAL 2022' in blue. The background includes abstract blue and yellow geometric shapes in the top corners.

**ICF
CANOE
FREESTYLE
WORLD CHAMPIONSHIPS
FESTIVAL 2022**

Safety Measures and Circulation Patterns

For the attention of all athletes and team staff.

ICF CANOE FREESTYLE WORLD CHAMPIONSHIPS FESTIVAL 2022

This document contains the safety measures and circulation patterns that athletes must follow to when using the National Water Sports Centre's White Water course during all training on twin waves from Friday 17th to Sunday 26th June (one hour slots, official training and open training) and open training during the competition week.

Open Training During Training Week (Saturday 18th - Friday 24th 20:00-00:00)

Open Training During Competition Week (08:00-08:50 & 2 Hours Following Competition)

To ensure the Open Training operates within the safety framework in place; the following principles must be upheld:

- Paddlers must get-on the course in the Pool above Twin-Waves (used for Squirt competition)
- Queuing only in the pool above Twin Waves. No Queueing below the feature.
- After a ride, paddlers should wait until the next 2 paddlers have completed their ride before exiting the water.
- Paddlers must exit white water course immediately below the twin waves feature, before going down through the Jaws wave (unless aiding a swimmer/casualty).
- If paddlers wish not to drop in from above, paddlers may drop into the eddy then enter the feature.
- No paddling on other sections of the course.

Bankside water safety cover is provided by HOC. If athletes are found not to respect these safety measures, the athlete will be requested to leave the site and the opportunity for further Open Training removed.





Athlete's Training Code of Conduct:

- Limit ride lengths to 1 minute.
- Be ready to enter the feature as soon as the previous paddler has flushed.
- Keep in a consistent order, do not jump the queue.
- Respect each other's space in the eddies. Find a different eddy if it is too crowded.
- Respect athletes' different approaches to training.

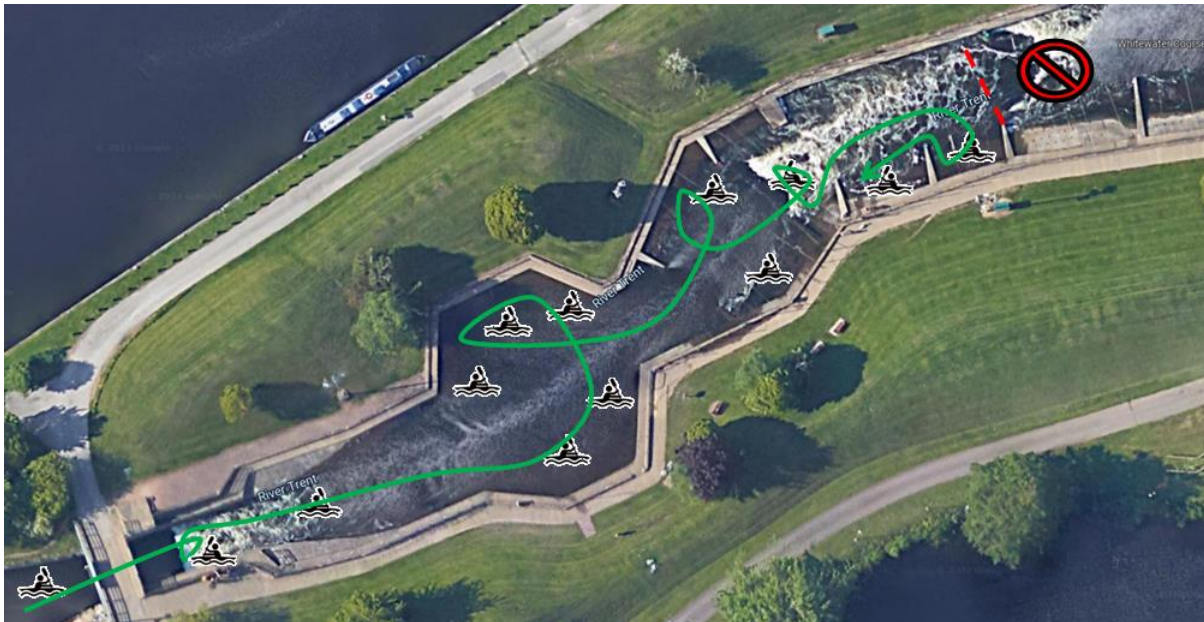
ICF CANOE FREESTYLE WORLD CHAMPIONSHIPS FESTIVAL 2022

Official Training (Wednesday 22nd – Sunday 26th 08:00-10:00)

To ensure the Official Training during 08:00-10:00 operates within the safety framework in place; the following principles must be upheld:

- Paddlers may get on the flatwater, use the Inlet Gate (immediately prior to Official Training) and use Twin Waves.
- Paddlers must exit white water course immediately below the twin waves feature, before going down through the Jaws wave (unless aiding a swimmer/casualty).
- The queuing system is determined by the nations doing training at that time.
- No paddling on other sections of the course as it is being used by the GB Slalom Team.
- The Inlet Gate is only to be entered from upstream. No waiting below the Inlet Gate. Maximum 2 paddlers on the Inlet Gate at once.

Bankside water safety cover is provided by HOC. If athletes are found not to respect these safety measures, the athlete will be requested to leave the site and the opportunity for further training restricted.



Athlete's Training Code of Conduct:

- Agree between the different nations on your training slot a maximum ride length.
- Leave the feature as soon as your training slot has finished to allow the next group of paddlers to train.
- Respect each other's space in the eddies. Find a different eddy if it is too crowded.
- Check upstream for paddlers waiting for their turn or entering the feature from above.
- Respect athletes' different approaches to training.

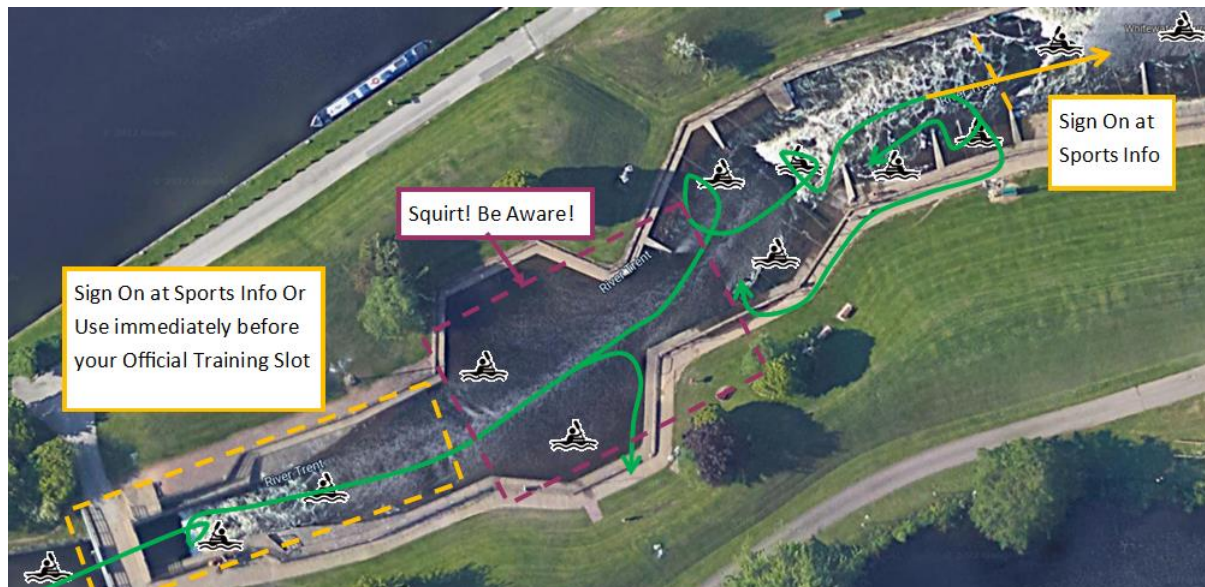
ICF CANOE FREESTYLE WORLD CHAMPIONSHIPS FESTIVAL 2022

Official Training (Wednesday 22nd – Sunday 26th 10:00-17:00)

To ensure the Official Training, and further paddling on the course during 10:00-17:00 operates within the safety framework in place; the following principles must be upheld:

- Paddlers may get on the flatwater, use the Inlet Gate (immediately prior to Official Training) and use Twin Waves.
- Paddlers must exit white water course immediately below the twin waves feature, unless they are signed up at Sports Info to paddle on the rest of the course.
- The queuing system for the Twin Waves is determined by the nations doing training at that time.
- Paddlers may use the remainder of the course or the Inlet Gate if there are signed on for a whole-course session through Sports Information.
- The Inlet Gate is only to be entered from upstream. No waiting below inlet gate. Maximum 2 paddlers on the Inlet Gate at once.
- Give space to Squirt kayakers who are training – they could pop up anywhere! Squirt paddlers, please be aware at change time between nation training slots there will be more paddlers around and in the eddies.
- Rafts may be using the course on Sunday 26th June. Give the rafts plenty of space.

Bankside water safety cover is provided by HOC. If athletes are found not to respect these safety measures, athletes will be requested to leave the site and the opportunity for further training restricted.



Athlete's Training Code of Conduct:

- Agree between the different nations on your training slot a maximum ride length.
- Leave the feature as soon as your training slot has finished to allow the next group of paddlers to train.
- Respect each other's space in the eddies. Find a different eddy if it is too crowded.
- Check upstream for paddlers waiting for their turn or entering the feature from above.
- Respect athletes' different approaches to training.
- Give priority to the ICF Development Camp and Younguns using the remainder of the course.

ICF CANOE FREESTYLE WORLD CHAMPIONSHIPS FESTIVAL 2022

1 Hour Slots (Friday 17th – Saturday 25th June)

The one-hour slots are broken down into:

- “World Champs” – For paddling on the Twin Waves Feature. Open to World Championship Float (K1, C1 & OC1) Athletes under National Water Sports Centre Standard Operating Procedures.
- “Non-World Champs” – For paddling the rest of the course (including squirt paddlers). Open to all paddlers under National Water Sports Centre Standard Operating Procedures.

“World Champs” Slots

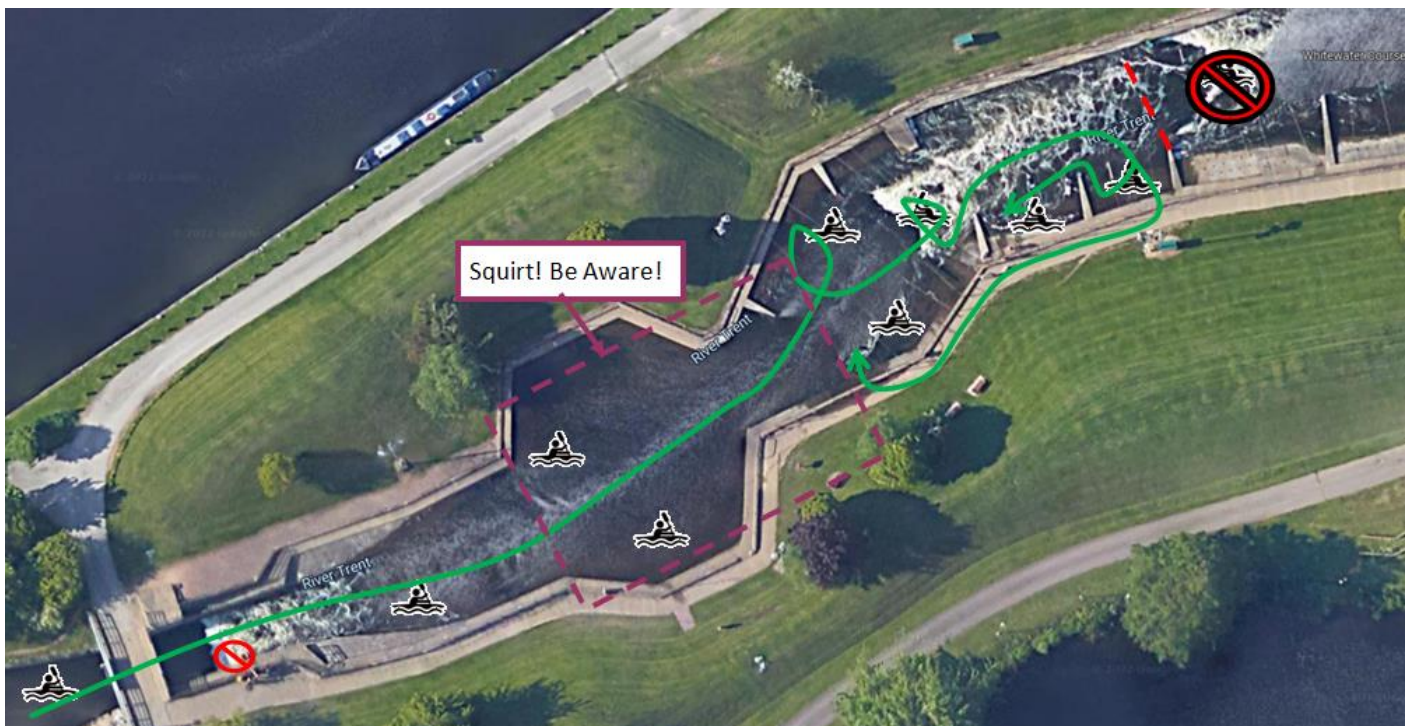
Paddlers can only book **one slot per day per float class entry from Friday 17th to Tuesday 21st June**. Paddlers competing in multiple classes must paddle the different boats in the different slot bookings.
Sign-Up via National Water Sports Centre Online Booking system using “world champs” slots.
<https://www.nwscnotts.com/nwsc/account/login>

Paddlers can only book **only one of the slots over the 4 days per float class entry between the Wednesday 22nd June and Saturday 25th June**. Paddlers competing in multiple classes must paddle the different boats in the different slot bookings . Sign-Up via National Water Sports Centre Online Booking system using “world champs” slots.
<https://www.nwscnotts.com/nwsc/account/login>

See the document “Training Opportunities prior the 2022 ICF Canoe Freestyle World Championships” for further details.

Use of the course:

- Paddlers may get on the flatwater, paddle through (but not use) the Inlet Gate and use Twin Waves.
- Paddlers must exit white water course immediately below the twin waves feature.





Athlete's Training Code of Conduct:

- Limit ride lengths to 1 minute.
- Be ready to enter the feature as soon as the previous paddler has flushed.
- Keep in a consistent order, do not jump the queue.
- Respect athletes' different approaches to training.

"Non-World Champs" Slots

- These are open to all paddlers under National Water Sports Centre Standard Operating Procedures, including locals, parents, World Championship athletes, support staff etc.
- Squirt paddlers are to use these slots for training outside of Official Training.
- These slots may be available when training is closed to World Championship athletes, such as during the Opening Ceremony and Team Leaders meeting. Do not book these slots during the following times:
 - The course is closed for training from 20:00 on Saturday 25th until Official Training on Sunday 26th for the Team Leaders' meeting.
 - The course is closed for training from 17:00 on Sunday 26th until 08:00 on Monday 27th for the Opening Ceremony.
- Paddlers should avoid the Twin Waves feature.