

## Training Opportunities prior the 2022 ICF Canoe Freestyle World Championships

Following feedback received from paddlers, the HOC have worked with the venue to review and amend the training provision and principles. The following training schedule is provided for the Twin-Waves Feature in Nottingham. **See Appendix A for further clarification.**

Date	Start Time	08:00	09:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00	21:00	22:00	23:00	Total Slots Available	
	Finish Time	09:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00	21:00	22:00	23:00	00:00		
Thursday	16/06/2022	<i>Slalom Only</i>		Standard White-Water Course Operation. 1.5hr slots with 30 paddlers for whole course.															
Friday	17/06/2022	<i>Slalom Only</i>		15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	210
Saturday	18/06/2022	18	18	18	18	18	18	18	18	18	18	18	18	Open Training				216	
Sunday	19/06/2022	18	18	18	18	18	18	18	18	18	18	18	216						
Monday	20/06/2022	18	18	18	18	18	18	18	18	18	18	18	216						
Tuesday	21/06/2022	18	18	18	18	18	18	18	18	18	18	18	216						
Wednesday	22/06/2022	Official Training									18	18	18					216	
Thursday	23/06/2022										18	18	18						
Friday	24/06/2022										18	18	18						
Saturday	25/06/2022										18	18	18	<i>Hole Closed for Team Captain's Meeting</i>					
Sunday	26/06/2022										Hole Closed for Opening Ceremony								
Competition Week	2 Hours 50 Minutes of Open Training is Provided Per Competition Day Plus Finalis Specific Training on Saturday 50 Minutes Before Competition Starts (08:00-08:50) and 2 Hours After Competition Finishes (Times Variable on Schedule)																		

Paddlers can book one slot per day per float class entry (K1, C1, OC1) on Sessions Highlighted Blue. These need to be booked on the booking website.
Paddlers can book only one of the slots across the four days per float class entry (K1, C1 and OC1) on Sessions Highlighted Light Green. These need to be booked on the booking website.
An Official Nations Training Schedule will be issued once entry numbers have been confirmed. Paddlers can train on the whole course during this period (10:00-17:00 Wed-Friday). No Cost
An unlimited number of athletes (with Accreditation) can book onto the Open Training Slots, in addition to the one slot per day per entry. These need to be booked on the booking website.

**The expected number of entries for float categories (K1, C1 and OC1) is 207. Our priority is to give all athletes equal training opportunities, therefore the following procedures have been put in place:**

Paddlers can only book <b>one slot per day per float class entry from Friday 17<sup>th</sup> to Tuesday 21<sup>st</sup> June</b> . 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. <a href="https://www.nwscnotts.com/nwsc/account/login">https://www.nwscnotts.com/nwsc/account/login</a>	Paddlers can only book <b>only one of the slots over the 4 days per float class entry between the Wednesday 22<sup>nd</sup> June and Saturday 25<sup>th</sup> June</b> . 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. <a href="https://www.nwscnotts.com/nwsc/account/login">https://www.nwscnotts.com/nwsc/account/login</a>
<b>All paddlers can book onto the Open Training, in addition to any slot bookings that day.</b> Sign-Up via National Water Sports Centre Online Booking system. K1, C1 & OC1 only. <a href="https://www.nwscnotts.com/nwsc/account/login">https://www.nwscnotts.com/nwsc/account/login</a> .	
<b>Official Training</b> is provided (no charge). A Training Schedule will be provided once final numbers are confirmed.	

**In order to provide opporunities for paddlers competing in multiple classes; if you are competing in one class (K1 or C1 or OC1) you may book 1 slot.If you are competing in two classes (K1, C1 or OC1) you may book 2 slots. If you are competing in three classes (K1, C1 and OC1) you may book 3 slots.**

**Squirt:**The Squirt Event is taking place in the pool above the Twin Waves Feature. Paddlers can book using the “non-world champs slots” – of which there are plenty as well as paddle at any time during Official Training.

**Training on other features on the course** -The white-water course at Nottingham has some of the world's best features to train on. We invite paddlers to use the whole course for their training and practice on features such as the Inlet Gate.

- **During Official Training** athletes will be able to paddle on the course **from 10am to 5pm** other than on features being used by the ICF Development Camp (21<sup>st</sup> to 26<sup>th</sup> June) and Younguns Freestyle Series (25<sup>th</sup> and 26<sup>th</sup> June). This is **free of charge to athletes** and safety cover is provided. Between 8am and 10am we share the site with slalom athletes and as such paddlers are requested to exit the course in the pool immediately below the Twin Waves Feature as not to interfere with the slalom training. To manage numbers on the course 25 paddlers are permitted to paddle on the rest of the course at any one time. You must register with Sport Information to book an hour slot (subject to availability).
- **Throughout competition week from 10am to 5pm** paddlers will be able to paddle the rest of the course (with safety cover provided) on all features not being used for ICF or other festival events. This is **free of charge** and safety cover is provided. Festival events during competition week are taking place on Thursday (Masters and Downriver Freestyle), Friday (Masters and Worlds Biggest Loop) and Saturday (Syncro and Downriver Freestyle plus Rough Waters SUP). To manage numbers on the course 25 paddlers are permitted to paddle on the rest of the course at any one time. You must register with Sport Information to book an hour slot (subject to availability).
- Training on the rest of the course **outside of Official or Open Training from the 17<sup>th</sup> to 25<sup>th</sup> June** can be booked using the "Non World Champs" slots. Squirt paddlers are also to book these slots.

**Training during competition week** – Outside of competition 2 hours 50 minutes of training time is being provisioned for on the World Championships feature each day; 50 minutes prior to the competition starting and 2 hours afterward. There is no cost to the paddlers for attending these training slots and safety cover is provided. Dedicated training time for finalists on Saturday is also provisioned within the schedule.

#### **Next Steps for you:**

**If you have booked more than one slot per day per float entry, please go onto the system and cancel additional slots to free them up for other paddlers. Please do this as by Tuesday 14<sup>th</sup> June 12:00 GMT+1, or earlier if possible. This is very important so that other paddlers have the opportunity to book.**

An announcement will be made on the ICF WhatsApp group when the new slots have been released by the venue (National Water Sports Centre). The booking system is found here: <https://www.nwscnotts.com/nwsc/account/login>.

**A step-by-step guide to book and cancel slots is available here:**

<https://britishcanoeingeing.org.uk/freestyle2022/teams-area/>

If paddlers have followed the guide and are still struggling **please contact the HOC** for help via the HOC email address at [events@britishcanoeing.org.uk](mailto:events@britishcanoeing.org.uk) or event Facebook page. Slots can also be booked on-site when you arrive.

**To help the HOC ensure fair and equitable access to training slots, all slots must be booked in the athlete's name who is using the slot.** After Wednesday 15th June 06:00 GMT+1, the HOC and National Water Sports Centre will begin to analyse slot bookings to ensure fair and equitable access. If your nation has not yet entered, please inform the HOC via the email address above that you intend to compete in multiple classes.

**Bibs – . At all times when you are paddling the course you should be wearing a bib.** When booking onto a paid slot allocated through the booking website, you will need to go to the white-water course reception prior to your session starting in order to collect a white-water course bib to wear.

- Official Training – World Championships Bib
  - Training on the rest of the course around Official Training – World Championships Bib – but sign on and off the water at Sports Info. .
- Open Training (8pm to Midnight)– White GB Freestyle Bib. **Bibs can be collected from 12pm for that day's open training. Do not wait until the last minute to collect your bib** as it will take a few minutes per paddler to ensure you are signed up and allocate a new bib.
- 1 Hour Training Slots – NWSC Bibs
- During Competition – World Championships Bib.
  - Training on the rest of the course around Official Training – World Championships Bib – but sign on and off the water at Sports Info. .

White GB Freestyle and NWSC Bibs must be returned immediately after use and are not transferable between sessions.

**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.
- 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.
- Respect the procedures put in place to allow equal training opportunity for all athletes.

**Hygiene**

As a reminder, good hygiene is important when paddling on the River Trent at Nottingham. The vast majority of water users at the site have no problem at all – particularly in the summer months such as June/July when typically, water quality improves. It is important that all paddlers take hygiene seriously in order to minimise risks. By remaining mindful and following the following tips the risks are further decreased; clean your hands thoroughly with soap and water immediately after paddling, wash or shower as soon as possible after water sports and before eating and drinking, avoid swallowing the water, wearing a nose clip, rinse equipment with clean water after use, use footwear to protect your feet and cover minor scratches or cuts with a water proof plaster. The water quality can be reviewed here: <https://www.nwscnotts.com/hpcp/policies-documents/water-quality/>.

We look forward to seeing you all train on the feature over the few weeks in the lead up to the championships. We have an exciting event planned, and we can't wait to have everyone here in Nottingham.

**Your 2022 ICF Canoe Freestyle World Championships Organising Team:**

HOC Technical Manager – Joshua Vural Wedgwood

Event Director – Andrew Jackson

Head of Events and International Affairs, British Canoeing – Gemma Wiggs

Please see Appendix A below for a further explanation of slot booking.

Please see Appendix B below for a further explanation of training provision.

Appendix A – Further Slot Explanation

Book one per day of these per float class entry (K1, C1, OC1).

<https://www.nwscnotts.com/nwsc/account/login>

Book open training slots each day you require.

<https://www.nwscnotts.com/nwsc/account/login>

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Monday	20/06/2022	18	18	18	18	18	18	18	18	18	18	18	216					
Tuesday	21/06/2022	18	18	18	18	18	18	18	18	18	18	18	216					
Wednesday	22/06/2022	Official Training										18	18					18
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Friday	24/06/2022											18	18	18				
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Sunday	26/06/2022											Hole Closed for Opening Ceremony						
Competition Week		3 Hours of Open Training Is Provided Per Competition Day Plus Finalist Specific Training on Saturday. 1 Hour Before Competition Starts (08:00-09:00) and 2 Hours After Competition Finishes (Times Variable depending on schedule).																

Book only one of these per float class entry (K1, C1, OC1).

<https://www.nwscnotts.com/nwsc/account/login>

No booking needed for Twin.

Training on rest of course, sign up (plus on/off the water) at Sports Information.

Please remove additional booked slots as soon as possible.

## **Appendix B – Why have we reached this conclusion?**

We want to ensure fair and equitable access to the course whilst maximising the water time available to athletes. Operating in this framework means that all athletes must have equal opportunity to book the same number of slots as each other. There is insufficient time in the day for all paddlers to book two or more slots per day per entry – so the only option is to limit this to one slot per day and use the rest of the time as open training.

The one-hour training slots have a limited number of paddlers per session, we have limited the paddlers per session as much as possible while still allowing sufficient access for all. We do not have the data on when every single athlete is arriving and their individual training schedules, as such we have planned based upon the total number that could be expected.

We understand that training outside of Official training is a different set up to how things have worked in the past on natural free flowing rivers where athletes would train freely on the course at any time that suits them. Due to the championships being held on an artificial white-water course under UK's safety and liability laws the risk assessment dictates that we put water safety and safeguarding controls in place whenever the course is being run by the HOC. These needs to be in place at all times which Official Training, Open Training or the competition is taking place. The HOC is relying on volunteer effort to fill these roles. Across the training and competition week this is a huge undertaking and ensuring that we have enough people to provide this level of support is why it has taken us a few extra days than planned to release this updated training position.

We have had to balance access to the course with other water users during training periods, such as Slalom and local paddlers. Recognising the importance of our World Championships the other disciplines have been flexible with their approach and reduced their usage of the facility. There will still be times when these paddlers will be accessing the course. We ask that you respect their understanding and promote a positive atmosphere to all site users.

The water needs to be turned off at night through to early morning because it is used to power a hydro-electric facility so training throughout the whole night is not possible.

During the Team Leaders' meeting, the feature is closed to ensure fair and equitable access to training as not all nations have a non-paddling Team Leader and thus will need to attend themselves. This is taking place Saturday evening. We expect and encourage all athletes to attend the Opening Ceremony. This is taking place on Sunday evening and as such the feature is closed for training during this time.

This is a complex issue without a simple single solution. The HOC recognises the complexity and are here to answer any questions that arise. In the lead up to the competition daily information sheets will be issued communicating the schedule and information that you need to know that day.

If at any point you have feedback on how we can make the world championships better – please do reach out (ideally through your Team Leader).