

TEAM LEADER MANUAL – LILLEHAMMER 2021

Updated version for 2022 (as of June 22nd, 2021)



World Para Snow
Sports Championships
Lillehammer **2021**

WELCOME

Lillehammer 2021 Team Leader's Guide Welcome Message

Dear Team Leader,

Welcome to the Lillehammer 2021 World Para Snow Sports Championships.

This is the first time that the Para alpine skiing, Para biathlon, Para cross-country and Para snowboard World Championships are held jointly in one host country.

Lillehammer 2021 is the biggest Para sport event to take place in the city and in Norway since the 1994 Paralympic Winter Games.

During this period, Lillehammer has also hosted the 2016 Youth Olympic Winter Games and several World Para Snow Sports, FIS and IBU World Cups.

At the World Para Snow Sports Championships, the Para cross-country and biathlon races will be held in Lillehammer, while the Para alpine and Para snowboard events will take place at the neighboring mountain resort Hafjell.

With two venues and a total of 750 participants expected, Lillehammer 2021 poses an operation challenge that only an experienced Local Organizing Committee (LOC) in a city so used to major events can deal with.

As all of us, Lillehammer has also been impacted by the COVID-19 pandemic which forced the postponement of the event to 2022.

But I am looking forward to seeing you and your athletes back in action in such an important year in snow sports with the World Championships and the Beijing 2022 Paralympic Winter Games.

In this guide you will find all the information about the competition, the venues, classification, transport, accommodation and protocols to be followed before and during the event.

Please do not hesitate to contact the LOC and World Para Snow Sports in case you have any question.

I wish the best of luck to you and all competing athletes.

Thank you,
Andrew Parsons
President
International Paralympic Committee



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WELCOME TO LILLEHAMMER!

Dear Team Leader,
let me first take this opportunity to say how much we are - finally! - looking forward to welcome you all to Lillehammer and Hafjell, and to the biggest event in Norway for para-athletes since the 1994 Paralympics!

It has been a long year for all of us, and we hope that you and your loved ones has managed to stay safe and healthy. We think of everyone that has been affected by COVID-19 – as we, at the same time, look forward to better days ahead.



With the Championship being postponed for one year, we decided to keep the original title of Lillehammer 2021, as well as our goals and vision for the event. With Lillehammer 2021 we still aim to:

- Leave a legacy for para snow sports
- Facilitate for outstanding, world-class achievements
- Create new heroes and role models

The fierce, yet friendly, races will of course be at the core of the Championship, but we will also include cultural events to make it a celebration of sports and athletes. In addition, we are finalizing a learn and share program with workshops and seminars.

As you all know by now, history will be made in 2021 when we host the first joint World Para Snow Sports Championships. At the LOC, we would like to thank the team at IPC and World Para Snow Sports for their vision for our sports.

We hope that that this Team Leader Manual will be a helpful tool when planning for the Championship. Please let us know if there is anything we can do to assist you.

Thank you and see you soon,
Ola Keul
Event Director
Lillehammer 2021

1 HOSPITALITY; PLEASE REGISTER NOW

This is the preliminary version of the Team Leader Manual for the World Para Snow Sports Championships, Lillehammer 2021. The information will be updated on the official page:

<https://www.paralympic.org/lillehammer-2021>

In this manual, you will find information about everything you need to know before the Championship in Lillehammer. The most important thing you need to do is to keep updated on the times for registration of the team officials and athletes, both for the competitions and the details for your stay so we can make your stay in Lillehammer as good as possible. You will find a detailed information about this in chapter 3. Logistics.

We kindly ask all Teams to register for accommodation, transport, meals and more at *The Lillehammer 2021 Hospitality Platform* that is available at hospitality.lillehammer2021.com.

Please be advised that all of the bookings of accommodation, transport and catering have to go through Lillehammer 2021. This is to keep track of where the most important persons of the event are staying, and to keep you safe and healthy.

The important dates you need to remember to book hotel and transportation for the Championship:

1	Opening of online registration form by number of hotel rooms and transport	01 June 2021
2	Closing of online registration form by number of hotel rooms and transport	05 November 2021
3	Opening of online registration form for stay details	01 December 2021
4	Closing of online registration form for stay details	15 December 2021

The hotel rooms are reserved from January 8th to the January 24th, which is the day after the final day of competitions. Please let us know if you need to check in before or after these specific dates.

The cost for the hospitality service is EUR 130 for one person in a double room pr. day. The price includes all meals (breakfast, lunch and dinner), accommodation and shuttle service to the competition venues and back to the hotel every day. The price includes lift tickets for the teams in alpine skiing and snowboard. If you want to train before February 8th you have to buy lift tickets in the ticket office in Hafjell Alpine Centre. There will be an extra fee for transportation from the airport to Lillehammer and back. We will come back to you with prices for the transfer service.

If you have any questions, please contact us at teams@lillehammer2021.com.



Contents

WELCOME LILLEHAMMER 2021 TEAM LEADER'S GUIDE WELCOME MESSAGE	1
WELCOME TO LILLEHAMMER!	2
1 HOSPITALITY; PLEASE REGISTER NOW	3
2 ORGANIZATION AND CONTACT	6
2.1 ORGANIZING COMMITTEE	6
2.2 IPC	6
2.3 DISCIPLINES	6
3 LOGISTICS	6
3.1 TRAVEL TO AND FROM LILLEHAMMER.....	8
3.1.1 <i>Passport and Visas</i>	8
3.1.2 <i>Recommended Vaccines</i>	8
3.2 ACCOMMODATION	8
3.3 LOCAL TRANSPORT	9
3.4 ACCREDITATION	9
3.5 TEAM CAPTAIN MEETINGS (TCM)	10
4 COVID 19	10
5 COMPETITION INFORMATION	10
5.2 PROGRAM	11
5.2.1 <i>Snowboard</i>	11
5.2.2 <i>Biathlon</i>	11
5.2.3 <i>Cross country skiing</i>	11
5.2.4 <i>Alpine Skiing</i>	12
5.2.1 <i>Important Dates</i>	12
5.3 TRAINING	13
5.4 COMPETITION PROCEDURES	13
5.4.1 <i>Official Training</i>	13
5.4.2 <i>Wax facilities</i>	13
5.4.3 <i>Awards</i>	13
5.4.4 <i>Media</i>	14
5.5 OPENING AND CLOSING CEREMONIES	14
5.5.5 <i>Dates</i>	14
5.6 SPORT ENTRIES.....	15
5.6.1 <i>Entry Timelines</i>	15
5.6.2 <i>Online entry process</i> :.....	15
5.6.3 <i>Athlete Eligibility</i>	16
5.6.4 <i>Competition Format and Classification</i>	16
5.6.6 <i>Rules and Regulations</i>	18
6 MEDICAL & ANTI-DOPING INFORMATION	19
6.1 ANTI-DOPING	19
6.2 MEDICAL SERVICE AT THE VENUE	19
6.3 INSURANCE	19
7 SUSTAINABILITY	20
8 ABOUT NORWAY, LILLEHAMMER AND THE VENUES	21
8.1 FACTS AND FIGURES.....	21
8.2 LILLEHAMMER	21

8.2.1 Electricity.....	21
8.2.2 Emergency call.....	21
8.2.3 Venue Medical Services.....	21
8.2.4 Hospital.....	22
8.2.5 Currency.....	22
8.2.6 Bank Machines.....	22
8.2.7 Credit Cards.....	22
8.2.8 Weather.....	22
8.2.9 Smoking.....	22
8.2.10 Phone Calls.....	23
8.2.11 Tap water.....	23
8.2.12 Shopping.....	23
8.2.13 Restaurants and bars.....	23



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2 ORGANIZATION AND CONTACT

2.1 ORGANIZING COMMITTEE

The Local Organizing Committee (LOC) of the World Para Snow Sport Championships is a committee of the Norwegian Ski Federation, who works together with the local organizers Lillehammer Olympic Park, Hafjell-Kvitfjell Alpint AS and the Norwegian Boards Federation. The Norwegian Ski Federation also works closely with the Norwegian Biathlon Federation.

Email: teams@lillehammer2021.com (special e-mail service for the teams)

Website: <https://lillehammer2021.com/> (Mainly in Norwegian, for the English version, please visit <https://www.paralympic.org/lillehammer-2021>)

Main Contact Person for Teams

Bente Laugen, Head of Event Office

Email: teams@lillehammer2021.com

2.2 IPC

The IPC is situated in Bonn, Germany

Address: Adenauerallee 212-214

53113 Bonn Germany

Phone: +49.228.2097.200

Fax: +49.228.2097.209

President: Andrew Parsons (BRA)

CEO: Michael Peters (USA)

2.3 DISCIPLINES

Nordic Skiing

Chief of Competition

Name: Torbjørn B. Pettersen

Email: Broksern@gmail.com

Snowboard

Chief of Competition

Name: Hans Qvortrup

Email: Hansqvortrup@me.com

Race Director

Name: Georgy Kadykov-Orbeliani

Race Director

Name: Stephan de Wit

Technical Delegate

Name: Guy Magand

Technical Delegate

Name: Alex Andreis

Alpine Skiing

Chief of Competition

Name: Jan-Erik Fossheim

Email: Janerik@worldcupkvitfjell.no

Race Director

Name: Anja Skutelj

Technical Delegate

Name: Anne Chantal-Grevy

3 LOGISTICS

To register the teams for accommodation and transport, please use The Lillehammer 2021 Hospitality Platform: hospitality.lillehammer2021.com.

It will be possible to change your registration until the date of when the system closes. These are the deadlines on the dates for the accommodation, transport and stay details:

1	Opening of online registration form by number of hotel rooms and transport	01 June 2021
2	Closing of online registration form by number of hotel rooms and transport	05 November 2021
3	Opening of online registration form for stay details	01 December 2021
4	Closing of online registration form for stay details	15 December 2021

It will not be possible to change the registration after the closing of the system. We retain the rights to charge the team for the number of hotel rooms, meals and transport booked.

Online registration form by **number** of hotel rooms:

Here you must register the number of athletes and team officials. You have to fill in the number of single, double and triple rooms you need for your stay in Lillehammer. If you need to change this after the system closes, please contact Event Office directly on teams@lillehammer2021.com.

Online registration form for **transport**:

This is the same form as for the accommodation. If you want to use the scheduled transport (coach) you have to fill the number of persons that will need this.

In addition to transport and accommodation, this form includes a question about **radio signals**. In Norway you have to apply to use your own radio equipment, and we need you to fill the form attached to get permission for temporary use of radio equipment.

Online registration form for **stay details**:

This is the final registration you need to do to get access to all the services provided by the LOC. Here we need information about the contact person for financial matters (name, email, phone number). In the next page we need information about the athletes (name, stay date, name of the persons sharing room, flight number). In the last page we need the same information for the team officials.



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3.1 TRAVEL TO AND FROM LILLEHAMMER

Travelling to Lillehammer is accessible via Oslo Airport, Gardermoen. There are many direct flights from international destinations to Oslo. To get to Lillehammer, we recommend taking the train; the trip is approximately 1h and 45 min. When you get to Lillehammer, there will be busses provided from the station to the hotels for athletes, coaches and support staff.

There will be a responsible person from LOC to welcome your team at the airport and escort you to the train. We will also offer alternative transportation for your equipment and luggage so you can access the train easily. When you arrive in Lillehammer station, there will be busses transporting you to your hotel. The equipment will be transported directly to the hotel.

We will follow the situation of Covid-19, and if transportation by train should feel unsafe, we will provide busses all the way from the airport to Lillehammer.

3.1.1 Passport and Visas

All visitors of Norway need a valid passport. A Visa is necessary for some countries. If a Visa is required, teams are responsible to arrange Visas in a timely manner for all accredited team members.

Everyone who requires a Visa must have this before boarding the plane or crossing the border into Norway. LOC will provide Visa invitation letters for the nations if needed. Please contact teams@lillehammer2021.com if you need this to travel to Norway.

3.1.2 Recommended Vaccines

There are no special vaccines recommended for Norway (except for COVID-19).

3.2 ACCOMMODATION

All athletes and team officials will stay at the Championship hotels located in Lillehammer and Øyer, Hafjell. The official Championship hotel is Scandic Lillehammer Hotel, who locates the Event Office and Accreditation Office. The accommodation package includes accommodation and meal plan.

The WCH offers following accommodation (full board included):

- Four-star hotel Scandic Lillehammer Hotel – official WC hotel
- Four-star hotel Scandic Victoria – located in the city center
- Four-star hotel Scandic Hafjell – for the athletes competing in snowboard and alpine skiing.

Accommodation costs: The teams will receive a link with payment information.

Although not likely, we retain the right for changes to the information provided here on accommodation due to for instance high demand.

Please note that it will not be an opportunity to book accommodation other places than the official hotels. To keep all the teams safe and healthy we need to know where everyone is staying. We need to control that the people outside the athletes and team officials' groups keep enough distance, should this be necessary.

3.3 LOCAL TRANSPORT

The transportation provided by LOC will keep all the guidelines for Covid-19, should this be necessary. The busses will be disinfected cautiously and cleaned every day. Make sure to register the correct number of athletes and team officials for transport if you need this service.

Because of the environmental imprint we wish that as many as possible will use the scheduled bus transport, but we are aware that some might want to rent private cars.

If some teams wish to rent cars, we will facilitate a booking system with a local car rental company. We are in dialogue with some companies, and we will provide a discount for the people connected to the Championship. We are encouraging you to choose electric or hybrid cars to use in the Championship. More information about rental cars will be available at our webpage www.lillehammer2021.com and at <https://www.paralympic.org/lillehammer-2021>.

3.4 ACCREDITATION

The location of the main Accreditation Office will be at Lillehammer Hotel. There will also be an accreditation office at Scandic Hafjell for the teams.

The accreditation documentation will be provided to the Team Leader upon arrival. Everyone is required to wear their accreditation card at all times. The Accreditation card is a personal belonging and transferring it to another person is prohibited. All athletes, coaches and team officials will have to present their accreditation card when required at hotels and venues.

Lost Accreditation cards must be reported immediately to the Event Office. For a replacement card, the athlete and the Team Leader must provide a valid identity card or passport to replace the Accreditation card.

Prior to the first Team Captains Meeting, the following key information must be confirmed with each Team Leader individually:

- Accreditation information
- Transportation arrangements for departure
- Training Arrangements
- Sign off of the national anthem and national flag



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Information and link to the accreditation system will be published on our official web-page www.lillehammer2021.com.

3.5 TEAM CAPTAIN MEETINGS (TCM)

A Team Captain Meeting will be scheduled prior to each day of competition. The TCM Meetings for Nordic Skiing will take place at Scandic Lillehammer Hotel.

For Snowboard TCM will take place at Scandic Hafjell Hotel. Location for the alpine TCM will be provided to the relevant teams in due time. A detailed schedule for the following day will be presented by the Chief of Competition and LOC.

During the TCM, the following key information will be communicated to the Team Leaders:

- Confirm that all competitor entries have been finalized prior to start of meeting
- Welcome and introductions
- Roll call/Attendance list
- Grooming/salting
- Forerunners
- Medical Plan
- Report from Chief of Competition
- Report from Jury Members
- Weather Forecast

There will be information about the medic plan at the first TCM. There will also be a separate meeting with the race doctor and the doctors for each nation.

4 COVID 19

We monitor the situation closely. When we reach January 2022 the world will have opened up compared to what we have experienced for the last year, yet there still might be restrictions that we would need to follow.

Together with World Para Snow Sports, the LOC look forward to providing more information to all the teams moving forward.

5 COMPETITION INFORMATION

The World Para Snow Sport Championships will take place at two different venues. Nordic Skiing will be organized at Birkebeineren Ski- and Biathlon Stadium, that was the Olympic venue for cross country skiing and biathlon in '94 and the Youth Olympics in 2016. The alpine and snowboard events will take place in the National Arena Hafjell in Øyer, that hosted the alpine events in the Olympics in 1994 and the alpine and snowboard events at the Youth Olympics in 2016. They also hosted the WC finals in 2003 and 2006 and World Junior Alpine Championship in 2015.

5.2 Program

This is the official program as of June 22nd, 2021. There might be changes in this program. Please note that a full and complete program for each day will be distributed to the teams well in advance of the Championship.

5.2.1 Snowboard

Dual banked slalom, inspection and training	12 January
Dual banked slalom, inspection and training, qualification	13 January
Dual banked slalom, inspection and training, finals	14 January
Snowboard cross, inspection only	17 January
Snowboard cross, inspection and training	18, 19 January
Snowboard cross, inspection and training, qualification	20 January
Snowboard cross, inspection and training, finals	21 January
Snowboard cross, team event	22 January

5.2.2 Biathlon

Open course	10 January
Unofficial training	11, 12 January
Official training	14 January
Sprint distance	15 January
Middle distance	16 January
Official training	21 January
Individual distance	20 January

5.2.3 Cross country skiing

Open course	10, 11 January
Official training	12 January
Middle distance	13 January



Official training	17 January
Long distance	18 January
Official training	19 January
Official CC Sprint & Relay training	21 January
Sprint	22 January
Mixed Relay, Open Relay	23 January

5.2.4 Alpine Skiing

Free Skiing	10 January
Downhill training	11, 12 January
Downhill	13 January
Super-G	15 January
Super Combined	16 January
Giant slalom, men	19 January
Giant slalom, women	20 January
Slalom, men	21 January
Slalom, women	22 January
Parallel Event	23 January

5.2.1 Important Dates

Arrival of teams	From 08 January
First day of training, Alpine Skiing	10 January
First day of training, Nordic disciplines	10 January
Opening ceremony	12 January

First day of training, Snowboard	12 January
Closing ceremony	23 January
Departure of teams	24 January

As mentioned above, the schedule is subject to change.

5.3 Training

The training will be controlled and organized by the LOC. Details will be provided at the first Team Captains meeting. All other training requests must be made through the LOC.

5.4 Competition procedures

5.4.1 Official Training

Competitors are required to participate in scheduled training. Only qualified competitors for the competition may participate in the scheduled training.

Arenas for training:

- Biathlon: competition courses
- Cross-Country: competition courses
- Snowboard: competition courses
- Alpine: not decided by June 22nd.

5.4.2 Wax facilities

Suitable waxing facilities will be provided for all Nations. There will be a large waxing room at Scandic Hafjell Hotel available for the snowboard teams. Waxing facilities for the alpine teams are not decided by June 22nd and information will be provided to the relevant teams. For the Nordic skiing teams, waxing cabins will be at Birkebeineren Ski stadium. For Nordic skiing, the waxing facilities will be offered at a fee of EUR 500, and the booking of these facilities will be available at the Lillehammer 2021 Hospitality Platform.

5.4.3 Awards

Medals will be awarded at the Victory Ceremonies to the first three (3) placed male and female competitors in each event category for the competition day. Podium diplomas will be distributed for places 1 – 8 at the end of the Championship, as well as participation certificates for all athletes.



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5.4.4 Media

The scope of the broadcast and media will include:

- **Live HD Production** – Ready for broadcast live streaming with English commentary in selected events.
- **Highlights** – Daily highlights showcasing the best and most exciting moments.
- **News clips** – available for downloads worldwide.
- **Social media** – Interviews, features, profile and WOW moments for all events.

The Mixed Zones will be positioned at the point where the athletes exit the FOP. The exact location of the Mixed Zones will be finalized with the construction of the competition venue. All athletes are required to pass through the mixed zone to ensure that adequate access is given to the media.

5.5 Opening and closing ceremonies

The ceremonies will be located in the city center of Lillehammer. Updated information about the ceremonies will be published online.

5.5.5 Dates

- Opening ceremony: 12 January
- Closing ceremony: 23 January

Further information on the ceremonies will be provided at the TC Meetings and at the official web page <https://www.paralympic.org/lillehammer-2021>.

5.6 SPORT ENTRIES

5.6.1 Entry Timelines

1	Each NPC must submit to respective World Para Snow Sports email confirmation of participation. The relevant document will be sent to NPCs by email on this date for NPCs complete and return:	16 August 2021
2	Each NPC must return the completed above-mentioned document “NPC Confirmation of participation“ by email to info@WorldParaSports.org	13 September 2021
3	Opening of online registration system for Entry (by Number)	20 September 2021
4	Closing of online registration system for Entry (by Number) NOTE: - World Championships fee (770 EUR/person) will be charged based on Entry by Number	05 November 2021
5	Opening of IPC Accreditation System	01 October 2021
6	Closing of IPC Accreditation System	03 January 2022
7	Opening of online registration system for Entry (by Name)	20 December 2021
8	Closing of online registration system for Entry (by Name)	03 January 2022
9	Opening of online system for Bipartite requests	13 December 2021
10	Closing of online system for Bipartite requests	03 January 2022
11	Respective World Para Snow Sports will publish Ranking and Point list.	03 January 2022

5.6.2 Online entry process:

The online entry system can be accessed via the following link:

<http://www.paralympic.org/entries>.

The log-in details are the same username and password used for **SDMS account**.

If you do not have access to the SDMS/Entries system, please **contact your NPC**. The NPC will be able to make the online entry on your behalf.



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5.6.3 Athlete Eligibility

To be qualified to the Championship you need to fulfill the qualification criteria for your discipline. If you have any questions about the qualification criteria, please contact IPC directly.

5.6.4 Competition Format and Classification

Alpine Skiing

Speed events (18)

Men	Women
Downhill	Downhill
<ul style="list-style-type: none"> • Vision impaired • Standing • Sitting 	<ul style="list-style-type: none"> • Vision impaired • Standing • Sitting
Super-G	Super-G
<ul style="list-style-type: none"> • Vision impaired • Standing • Sitting 	<ul style="list-style-type: none"> • Vision impaired • Standing • Sitting
Super-Combined	Super-Combined
<ul style="list-style-type: none"> • Vision impaired • Standing • Sitting 	<ul style="list-style-type: none"> • Vision impaired • Standing • Sitting

Technical events (14)

Men	Women
Slalom	Slalom
<ul style="list-style-type: none"> • Vision impaired • Standing • Sitting 	<ul style="list-style-type: none"> • Vision impaired • Standing • Sitting
Giant Slalom	Giant Slalom
<ul style="list-style-type: none"> • Vision impaired • Standing • Sitting 	<ul style="list-style-type: none"> • Vision impaired • Standing • Sitting
Parallel event	Parallel event
<ul style="list-style-type: none"> • Mixed 	Mixed

Nordic Skiing

Biathlon (18)

Cross country skiing (20)

BIATHLON Sprint	CROSS COUNTRY Sprint (C)
6 km (Women) <ul style="list-style-type: none"> • Standing • Vision impaired • Sitting 	1 km (Women, Men) <ul style="list-style-type: none"> • Standing • Vision impaired • Sitting
6 km (Men) <ul style="list-style-type: none"> • Standing • Vision impaired • Sitting 	
BIATHLON Middle Distance	CROSS COUNTRY Middle Distance (C)
10 km (Women) <ul style="list-style-type: none"> • Standing • Vision impaired • Sitting 	10 km (Women) <ul style="list-style-type: none"> • Standing • Vision Impaired 7,5 km (Women) <ul style="list-style-type: none"> • Sitting
10 km (Men) <ul style="list-style-type: none"> • Standing • Vision impaired • Sitting 	
	12,5 km (Men) <ul style="list-style-type: none"> • Standing • Vision Impaired 10 km (Men) <ul style="list-style-type: none"> • Sitting
BIATHLON Individual	CROSS COUNTRY Long Distance (F)
12,5 km (Women) <ul style="list-style-type: none"> • Standing • Vision impaired • Sitting 	15 km (Women) <ul style="list-style-type: none"> • Standing • Vision impaired • Sitting
12,5 km (Men) <ul style="list-style-type: none"> • Standing • Vision Impaired • Sitting 	
	18 km (Men) <ul style="list-style-type: none"> • Sitting 20 km (Men) <ul style="list-style-type: none"> • Standing • Vision Impaired
	CROSS COUNTRY Relay (C/F)
	2 x 2,5 km C/2,5 km F) Mixed Relay mixed classes and gender
	2 x 2,5 km C/2,5 km F) Open Relay mixed classes and gender

Snowboard

Snowboard cross (6)

Men	Women
SB-UL	SB-UL
SBLL-1	SBLL-1
SBLL-2	SBLL-2

Banked Slalom or Dual Banked Slalom (6)

Men	Women
SB-UL	SB-UL
SBLL-1	SBLL-1
SBLL-2	SBLL-2

Team event (1)

Snowboard Cross
All classes

5.6.6 Rules and Regulations

The World Para Nordic Skiing, Snowboard and Alpine Skiing Rules and Regulations will apply to the World Para Snow Sport Championships 2021.

6 MEDICAL & ANTI-DOPING INFORMATION

6.1 Anti-doping

Doping control will be conducted in accordance to the IPC Anti-Doping Code (2020 IPC Anti-Doping-Code).

All competitors and guides must comply with and are subject to the rules and regulations outlined in the IPC Anti-Doping Code.

All athletes may be subject to Doping Control sample collection and testing throughout the Championships in accordance with IPC Anti-Doping Rules. Both in and out of competition, a chaperone will be in a possession of the athlete's accreditation card and escort the athlete until the testing has been completed.

6.2 Medical service at the venue

Medical services will be provided at all Competition Venues through a local medic service. The medic service holds dedicated snow mobiles at the competition venue, and there will be a dedicated ambulance as an advanced life support team onsite during competitions and training days.

Lillehammer hospital is located in the city of Lillehammer and includes comprehensive service. The hospital is located a 10-minute drive from Birkebeineren Ski Stadium, and 20 minutes from Hafjell.

It is important to have a Team representative accompany all injured athletes (to identify medical history, allergies, etc.).

NPC's that have medical personnel travelling with them are reminded to ensure that all of the NPC's medical staff has appropriate medical insurance and are able to conduct medical treatment within Norway.

6.3 Insurance

The NPC delegation member are obliged to have their own travel and medical insurance for the duration of their stay in Norway.



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7 SUSTAINABILITY

For the World Para Snow Sport Championship, we have an environmental plan based on the [SDGs](#) (Sustainable Development Goals). Our main goal is to be a greener event and the world's first plastic smart event, in collaboration with [WWF](#) Norway (World Wide Fund for Nature). Among our volunteers there will be environmental ambassadors who will be experts in our environmental plan.

How can **you** as an athlete or a team member contribute to creating a sustainable event and at the same time reduce your environmental impact?

1. Carry your own reusable water bottle and coffee/teacup. It is possible to refill your water bottles several places at the venues.
2. Minimize your waste, but if you produce it – reuse and recycle it.
3. Save water during your stay. Reuse your towel – the housekeepers will leave your towel if you hang it up after use. Turn off the water while brushing your teeth/shaving and take shorter showers.
4. Follow further instructions from the LOC on transportation and more before and during the event.
5. Choose between three of the Sustainable Development Goals you will focus on during your participation in the event. The three goals we have chosen are:
 - 3: Good health and well-being
 - 12: Responsible consumption and production
 - 15: Life on land
6. Calculate and offset your flight's footprint.

By using a Flight Footprint Calculator each team can offset the carbon emissions of all the team member's journey to and from Norway. By following these three steps:

 1. Calculate your travel and pay for your offset: <https://heathrow.choose.today/>
 2. Your payment will then support projects that avoid or reduce carbon emissions and help to combat climate change.
 3. Become a climate conscious traveler. You'll receive a certificate recognizing that the carbon footprint of your journey has been accounted for.

We hope that you will follow our six steps to reduce your environmental impact during the championship, and hopefully in a longer perspective as well.

All athletes and teams will have the opportunity to conduct an e-learning program where you can learn about sustainable development. This will be launched already in the summer 2021. More info to come on our website www.lillehammer2021.com.

8 ABOUT NORWAY, LILLEHAMMER AND THE VENUES

8.1 Facts and figures

Norway has a total of 11 counties and 365 municipalities. Lillehammer is a city in Innlandet county, with a population of approximately 28 500. The city is situated north of Norway's biggest lake: Mjøsa. Lillehammer is known as a great winter destination with the National Alpine Arenas Hafjell and Kvitfjell only a short drive away. The region also operates more than 600km groomed ski trails, and the season can last as long as from October to late May. Just a short drive from Hafjell, Hunderfossen Winter Park is located. The park contains magical ice figures and loads of attractions. There is also a massive cathedral made of snow and ice built in the park. Hunderfossen is also open in the summer with many exiting attractions. In summertime Hafjell is transformed to one of the greatest mountain bike arenas in Norway. The mountain is used by locals and tourist for hiking, fishing, canoeing and biking. Despite the size of the city, Lillehammer City host many well-known sports- and cultural events such as the "Birken" competitions (run, bike and skiing) and Lillehammer live (music festival). In addition to the events you can find Norway's largest outdoor museum and the Norwegian Olympic Museum here.

You can read more about the Lillehammer region on the official page of [Visit Norway](#) and [Visit Lillehammer](#).

8.2 Lillehammer

The following information will be helpful for your stay in Lillehammer.

8.2.1 Electricity

The voltage use in Norway is 230 volts.

8.2.2 Emergency call

The emergency numbers for Norway are:

110 – Fire department

112 – Police

113 – Ambulance

8.2.3 Venue Medical Services

Venue medical services will include a local medic service with educated ambulance personnel with dedicated snow mobiles and a dedicated ambulance.



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8.2.4 Hospital

The nearest hospital **Lillehammer Hospital** located in the city center of Lillehammer. The hospital is a part of Innlandet Hospital Trust and is a part of the Southern and Eastern Norwegian Regional Health Authority. The hospital is located 20 minutes from Hafjell and 10 minutes from the Nordic Ski Stadium. Lillehammer hospital offers high-level specialty medical care including 24-hour emergency.

8.2.5 Currency

Norwegian Kroner is the official currency used in Norway. This is the only accepted currency. Exchange rates can be found at: <https://www.xe.com/>. We recommend using credit/debit card as all Norwegian shops and stores support most card types.

8.2.6 Bank Machines

ATMs are available at the airport, and we recommend using the airport ATMs to withdraw money. There is not many ATMs in Lillehammer, but you can make withdrawals at most grocery stores. There is no ATM in Hafjell, but all the facilities in the area accept credit and debit card.

8.2.7 Credit Cards

Credit cards and debit cards are widely accepted in hotels, car rental, shops, restaurants, gas stations etc. It is extremely rare for an extra fee to be charged using a credit card.

8.2.8 Weather

The average temperature during January in Lillehammer is between -4°C (25°F) and -10°C (14°F). It is quite common for the Nordic Skiing venue to be several degrees colder than downtown Lillehammer. Due to the location close to the Polar Circle the daylight is limited to last only between 09:15 am and 15:45 pm local time. Weather forecast will be provided at each TC Meeting.

- Current conditions for Birkebeineren Ski Stadium are available [here](#).
- Current temperature for Hafjell is available [here](#).
- You can see the weather conditions in Hafjell on this [live stream](#).

8.2.9 Smoking

Smoking is not allowed in public buildings anywhere in Norway. This includes airports, hotel lobbies and shops. Smoking is also prohibited in restaurants and bars. In some cases, public area dedicated outside smoking zones may be available at certain locations (e.g., airports, hotels etc.).

8.2.10 Phone Calls

To make a phone call to a location in Norway, it is necessary to dial the country code before the eight-digit number. The country code for Norway is +47. Norway is not divided in different zones for phone calls.

To make an international phone call from Norway, you must dial the country code followed by the direct number.

There are no public pay phones in Lillehammer.

8.2.11 Tap water

The tap water in Lillehammer has high quality and is perfectly drinkable. You can drink the tap water all over Lillehammer. There will be possible to fill your bottle at the venues. There are also taps available at the airport so you can fill your water bottle before you are leaving Norway.

8.2.12 Shopping

The city center of Lillehammer has a unique shopping street with charming historic buildings, who contains a modern shopping district with several specialty shops. There is also a shopping center next to Mjøsa – the biggest lake in Norway. The Shopping center contains 65 modern shops of all kinds.

8.2.13 Restaurants and bars

There is a selection local restaurants and bars both in the city of Lillehammer and in Hafjell. You can find everything from breakfast to lunch and dinner just a short stroll from the central station in Lillehammer. There will be an official café for the Championship where you can get together with everyone that has an interest to the event in Lillehammer City in the evening.



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