



ICF
CANOE
FREESTYLE
WORLD CHAMPIONSHIPS
FESTIVAL 2022

Bulletin 2

May 2022



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1 Introduction

We are in the final stages of planning for this summer's 2022 ICF Canoe Freestyle World Championships. It is exciting to see so many athletes are taking the opportunity to train on the feature. You will hopefully have seen that we have started to increase our communication around the event through the Championships [facebook page](#) and have recently set up an [instagram page](#). If you are down at the venue or posting on social media about the event, please tag us in - [@22FSWC](#)

In the meantime best of luck for all those still seeking selection and we look forward to seeing you on the water in Nottingham very soon.

2 ICF WhatsApp Group

Following the success of the use of the one way WhatsApp group to disseminate information at the Sort World Championships, the same group will be used by the ICF and HOC to provide information in advance and during the 2022 World Championships.

To register for the WhatsApp group please use the following link:

<https://chat.whatsapp.com/luWipg1zKnWJsrp3mtBsYN>

During the event information will also be posted on the Sport Information Office notice board, and where required the announcers will share in venue also.

3 Team Leaders Meeting

The Team Leaders meeting will take place on Saturday 25 June at 19:00. The location will be weather dependent – either on the grandstand seats by the Regatta Lake finish tower or in the Parkland Room in the Main Centre building (both are very close to each other).

4 Opening Ceremony

The Opening Ceremony will take place on Sunday 26 June 19:00 at Nottingham Castle. Teams are asked to assemble and be ready for 18:45 to parade. We are very excited to share with teams that it will be a traditional English medieval theme. More information will be shared with teams in the final bulletin issued just before the event.

5 ICF Development Camp

The ICF Freestyle Committee are delighted to invite applications for the 2022 Development camp, which is taking place at the World Championships in Nottingham. The camp is open to Juniors and Women's C1 paddlers. Qualified coaches and international athletes will deliver the camp. The programme will be a mix of on the water sessions and classroom sessions. It will look at all elements of paddling freestyle like the moves, techniques, fitness, safety, scores and judging.

The camp will run over six half-day sessions per class commencing on 21st June with registration and a camp briefing. The camp has a limited number of places, so applying early is advised. There is a

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maximum of two paddlers from one country permitted on the camp. Athletes will be responsible for their own accommodation but the Host Organising Committee will provide lunch on the days of the camp.

To apply for the camp, please complete the form in the following link:

<https://eu.jotform.com/build/220966437461057>

When applications are closed, you will be notified if you have been successful by the ICF.

6 ICF Appointments

The ICF have made the following appointments to the Championships.

4.1 Jury

The following ICF Board members are appointed as the Jury for the event:

- Lluís Rabaneda (Chair)
- Greg Smale
- Ahmed Mahamoud Abdoukader

4.2 Chief Judge, Paul Shepherd



It is an honour to be appointed as the Chief Judge at the 2022 World Championships to be held at Holme Pierrepont (HPP), Nottingham.

The white-water course at Nottingham has played a big role in my life as a paddler. I started paddling there in 1995, have raft guided since 1998 and was responsible for the management of the course from 2008 to 2015. During this time, I was designing new features and paddling at the course most days. I have judged numerous competitions held at the course – from small local fun competitions to GBR Selection and British Championship events. I am proud to be able to return to HPP and lead the judging team at a World Championships – the pinnacle of freestyle excellence.

I will use my experience from competing and judging at the course, plus lessons learnt from my experience as Chief Judge at the 2019 World Championships to ensure the highest standards of judging for the competitors and ICF in what is shaping up to be an exciting and progressive event.

I strongly believe that judges and paddlers need to work together to make sure the paddlers know what is needed to score a move and that the judging meets the expectations and needs of the paddlers. The current rules and judging system give us a great platform to do this.

I am confident with the team we have in place that we can be accurate, consistent and fair to all paddlers from the first heat to the final rides that crown the 2022 World Champions. Good luck to all competitors. See you at the feature!



4.3 International Judges Appointments

The following international judges have been appointed by the ICF (subject to ICF Board approval):

- Berangere Galois (FRA)
- Charlie Brackpool (GBR)
- Yagi Tatsuya (JPN)
- Chelsie Poffenberger (USA)
- Gregory Didier (FRA)
- Peter Harmer (GBR)
- Adam Olensiski (POL)

7 Judges Fee

As the ICF regulations require there will be a fee towards the judges of the competition in order to cover some expenses. The ICF Committee estimates that the price will be ~€30 per paddler.

8 Training

In accordance with our risk management policy the Host Organising Committee and venue are required to regulate the number of paddlers on the course at any one time. The below procedures have been put in place to balance public access to the course in non-exclusive periods and the desire of the Host Organising Committee to provide World Championship athletes with the maximum training opportunity. Should any athlete access the course outside of the below procedures, the Host Organising Committee and ICF have the right to remove accreditation.

4.1 Prior to Official Training – Friday 17 to Tuesday 21 June

We know a number of athletes and teams will arrive to train in advance of the Official Training period. Due to the expected high numbers wishing to access the course to train from Friday 17 June to Tuesday 21 June, the venue have kindly agreed to allocate some dedicated freestyle training slots on the Twin Waves feature. Each slot will last one hour and be open to 10 freestyle paddlers. The course will be open to the public during this time, but they will be advised to not paddle on the Twin Waves feature.

Bookings and payments for sessions (£7 per session) during this time are made as per the standard venue booking system: <https://www.nwscnotts.com/nwsc/ww-course/>

Water safety during this time will be as per the normal venue operating procedures and as such be the responsibility of paddlers.



4.2 Official Training – Wednesday 22 to Sunday 26 June

08:00-17:00 Worlds Feature

Official training will take place from 08:00 to 17:00. Following the close of nominal entries, nations will be allocated approximately a one hour training slot (depending on final numbers) each day for access to the Twin Waves. Bankside water safety will be provided on Twin Waves and the Top Pool (squirt) for official training.

10:00-17:00 Rest of the Course – Wednesday 22, Thursday 23 & Friday 24 June

From 10:00-17:00 should athletes wish to paddle on other sections of the course this is permitted below Jaws. In order to access the course outside of official training slots athletes will be required to book a one hour slot at the Sports Information Office in order for the Host Organising Committee to manage the capacity. 25 World Championship athletes will be permitted access per hour. Competition bibs must be worn. Bank water safety will be provided through the Host Organising Committee from 10:00-17:00.

Rest of the Course – Saturday 25 & Sunday 26 June

Due to public paddling and festival events, World Championship athletes are not permitted to train on the course outside of the official training slots.

After 17:00 Wednesday 22, Thursday 23 & Friday 24 June

From 17:00 should athletes wish to paddle on the course this must be booked through the venue as per section 4.1 with water safety the responsibility of individuals. Please note that on 22 June the Troll feature and on 24 June the Inlet gate feature will be used for the World Freestyle League competition.

4.3 During Competition – Monday 27 June to Saturday 2 July

Monday 27 June to Friday 1 July

During competition World Championships athletes are permitted to access the course from 10:00-17:00 below Jaws when there are no festival events taking place.

In order to access the course during this time athletes will be required to book a one hour slot at the Sports Information Office in order for the Host Organising Committee to manage the capacity. 25 World Championship athletes will be permitted access per hour. Bank water safety will be provided through the HOC from 10:00-17:00.



Saturday 2 July

Due to the finals and festival events taking place no World Championship athletes can access the course for paddling, unless for Finalists training or competition.

9 Boat Storage

From mid-June the venue will kindly facilitate boat storage within their member boat stores. There are limited spaces which will be allocated on a first come first serve basis. To book a space please contact NWSCWhiteWater@serco.com.

From 22 June a secure boat storage will be provided in the athletes area with 24 hour security. Please note the HOC and venue are not responsible for any loss of damage to boats. Access to the boat storage area will only be permitted for accredited athletes.

10 Water Quality

The safety of participants is of utmost importance to all parties involved in the organising of the Championships. As such throughout the planning for the event, the Host Organising Committee are working closely with the venue operators to ensure water quality testing, measures and safety messaging are put in place.

The water quality is monitored carefully for indicators of bacteria activity. These indicators are a forecast of the likelihood of the presence of harmful bacteria, the forecast indicators are reviewed against microbiological sample results to monitor their effectiveness.

Water quality testing is undertaken as part of the daily practices at the National Water Sports Centre, Holme Pierrepont Country Park. There are three main ways in which water quality at the venue is tested by the venue operators:

- Microbiological testing - this is a sample taken at least once a week and sent away for laboratory testing. The results are then reviewed against the [bathing water quality](#) assessment standards, which although they do not relate directly to the venue, do provide a guide
- Turbidity testing - this is regular testing, taken at least once a day, which gives an instant result. This is then rated on a traffic light system of red >20 PPM, amber 16-20 PPM, green 0-16 PPM
- Visual testing and conditions observation - the course and the weather/river levels are monitored at least daily for water quality indicators. During periods of heavy local rain or a rapid river level rise (especially after a dry period) the water quality can deteriorate at speed. River level and projected levels are available on the [Government River Trent Level](#) website

The logo for the ICF Canoe Freestyle World Championships Festival 2022 is centered at the top. It features the text 'ICF' in a small font above 'CANOE FREESTYLE' in large, bold, blue letters with a black outline. Below that, 'WORLD CHAMPIONSHIPS' is written in green letters with a black outline, and 'FESTIVAL 2022' is in smaller blue letters with a black outline. The background of the logo is black with a white, splatter-like texture. On either side of the logo, there are decorative elements: a blue triangle with yellow diagonal lines on the left, and a green triangle with yellow diagonal lines on the right.

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These results feed an overall [traffic light system](#), which sets the status of the course, or if required can result in closure of the course. The status can be elevated based on any testing results, as well as weather forecasting but is only reduced following microbiological testing results.

In order to help inform athletes training on the course and for the competition period, we will be sharing the test results through the event website. This will start from mid-May with weekly updates.

Ahead of and throughout the World Championships testing will be increased. The Trent River has a large catchment area including farm land and a number of cities. The water quality is better in the summer months than winter due to the reduced rainfall. In addition to the above, British Canoeing and the venue operators are liaising with Severn Trent Water to discuss how they can support with water quality for the event and longer term.

The vast majority of water users at the site have no problem at all. It is important that all paddlers take hygiene seriously in order to minimise risks. By remaining mindful and following the tips below the risks are further decreased:

- Limit undue submersion
- Wear a nose clip
- Avoid swallowing the water
- Cover minor scratches or cuts with a water proof plaster
- Wash or shower as soon as possible after water sports and before eating or drinking
- Use footwear to protect your feet
- Rinse equipment with clean water after use
- Clean your hands thoroughly with soap and water

As with all waterways there are unfortunately some people who fall ill. This could be due to the difference in microbiology that you are used to. We often find anyone who does fall ill after paddling on the water, have not followed the above hygiene protocols, as such please ensure you adhere to them. The White Water Centre [water quality webpage](#) has information on some of the illnesses. If you are training on the course and unfortunately experience illness please report it using the [venue contact form](#) as it is important we know.

In the extreme circumstance of repeated above parameter, single/double very high microbiological samples or on signs of other water quality indicators/factors the Host Organising Committee will consult senior venue staff to consider limiting activities or closure of the course. Factors to consider are weather (including predicted weather), turbidity, competency of users, river levels and visible pollution.

If you have any questions about the water quality please contact Info.nwsc@serco.com.



11 Team Area & Facilities

The Sport Information Office and Accreditation Centre will be open from 14:00 on Monday 20 June. Subject to payment of accreditation fees, Team Leaders will be able to collect team accreditations and competition bibs.

The Athlete Lounge, including refreshments, will open from Wednesday 22 June throughout the Official Training and competition periods.

Please note to be more sustainable the HOC will not be providing teams with water bottles. We will have drinking water available from water butts on venue. All accredited persons are required to bring their own water bottles to use.

12 Drones

Please note that no drones are permitted to be used on venue by teams/athletes.

13 Parking

A number of accredited free parking passes will be provided to nations (number dependent on team size) for official training and competition. These will be distributed with accreditation via the Sport Information Office. You will be required to submit vehicle registration numbers when collecting your parking passes.

14 Catering

The Host Organising Committee have arranged pre-ordered catering services through Romano Catering. Romano Catering are able to provide breakfast served in the Main Lakeside Cafe, packed lunches distributed at the White Water Centre and hot evening meals served in the Main Lakeside Cafe.

Any meals must be pre-ordered and paid for using the below form **by Sunday 22 May**.

To order meals please use the following form:

<https://britishcanoeingeevents.org.uk/freestyle2022/meal-booking/>

Please note payment is required at the time of ordering.

9.1 Breakfast

Menu - Full English (prime Pork Sausage, Best back Bacon, Black Pudding, Fried or Scrambled Egg, Hash brown, Baked beans, Grilled Tomato, Toast), cereals, porridge, unlimited tea/coffee/juice.

Vegetarian, vegan and gluten free options are available.

Price - £10

Service Times - 6:30-8:30am in Main Lakeside Café



9.2 Lunch

Teams can pre-order packed lunches to be distributed daily through the White Water Centre.

Options: sandwich lunch, salad box, rice box, pasta box or wrap lunch. All options include kettle chips, fruit and a flap jack.

Price - £11

Alternatively if teams do not wish to pre-order packed lunches, the Country Park Coffee Shop is a 5 minute walk from the course serving freshly ground coffees, shakes, juices, smoothies, toasties, sandwiches, loaded nachos, German sausage, sausage rolls, homemade cakes and local pastries.

The White Water Centre kiosk also has a limited range of hot and cold drinks and snacks.

9.3 Evening Meal

Diners will be served 2 courses - main (including salad bar), dessert and unlimited juice/tea/coffee

Price - £18 for 2 courses and unlimited juice/tea/coffee

Service Times – 20:00-22:00 in Main Lakeside Cafe

Diners will have the option to choose from two main meals per evening. Meals will be high protein, low fat and high carbohydrate. Example of meals which will be served include:

- Grilled corn fed chicken breast, served with new potatoes or chips and fresh seasonal vegetables
- Spaghetti Bolognese - homemade Italian style spaghetti Bolognese, served with garlic bread, a sprinkle of cheese and seasonal vegetables
- Italian homemade Beef Lasagne - served with chips or new potatoes and seasonal vegetables
- Homemade Thatched Cottage Pie - using local beef, served with chips or new potatoes and seasonal vegetables
- Sweet n Sour Chicken - prime chicken breast served in a hot sticky sweet n sour sauce infused with peppers and onion, served with boiled rice and seasonal vegetables
- Chilli con Carne - prime Beef mince cooked in a mild Mexican sauce, served with boiled rice and seasonal vegetables
- Thai Red Chicken Curry - Chicken breast, tenderly marinated and slow cooked in a coconut based Thai sauce, served with boiled rice, fresh potatoes and seasonal vegetables
- Baked Potato - oven baked potato, served with various toppings such as Chilli con carne, Tuna mayo, Heinz baked beans, cheddar cheese mixed salad and cuscus



Dessert of the day will vary daily offering 2 sweet options, a fruit salad and a cheese and biscuit offering.

9.4 Dietary Requirements

All food allergies and dietary requirements can be catered for. Please let us have any specific requirements when booking and the caterers will provide alternative options.

All meats can be substituted for a vegan or vegetarian alternatives. All wheat dishes can be made using gluten free alternatives.

15 Anti-Doping Education

In line with ICF rules for ICF World Championships, ICF World Cups and ICF Ranking Races and Continental Championships, every athlete, coach and support personnel must pass the relevant anti-doping online course on the Anti-Doping Education Learning platform (ADEL) corresponding to their role: [ICF \(Adel\) online anti-doping course](#). If someone has done the course previously they do not have to re-do it. If you are unsure whether you have completed the course please contact your National Federation.

16 Covid-19

In April the ICF issued the 2022 ICF Covid Protocols:

https://www.canoeicf.com/sites/default/files/covid_protocol_icf_april_2022_v1.5.pdf

Teams must familiarise themselves with the protocols and ensure they have procedures in place to implement them.

In summary the principle requirements are:

- A negative rapid antigen test is required immediately prior to arrival. Any positive result must immediately isolate and notify the covid coordinator of the Host Organising Committee (using the following email events@britishcanoeing.org.uk). Teams/National Federations will be responsible for arranging and paying for tests for their accredited personnel.
- A Personal Health Check Information Form is required to be completed by all accredited persons (see Appendix 2 of ICF Covid Protocols document) – the ICF will share an electronic version of the form prior to the event.
- The ICF Medical and Anti-Doping Committee highly recommends vaccination to a level that is considered to provide adequate protection by the WHO at that point in time, e.g. including booster vaccination.
- Each participating National Federation will be expected to have undertaken their own risk assessment, have a Covid-19 safety protocol in place and to have taken appropriate precautionary measures prior to travel.



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- Each participating National Federation is responsible for all costs (including medications) should any member of their team be required to go into quarantine at any time from arrival to departure and/or be hospitalised or to return to the country of departure.
- All buses, minibuses and cars used to transport the Teams, the ICF Board Members, ICF Officials and all other ICF or Host Organising Committee appointed competition personnel should ideally be operated in accordance with the required 'Social Distancing' and hygiene measures.
- All accredited persons must wear a face mask indoors except when eating, drinking or exercising.
- Social distancing should be respected. The recommended minimum distance between people is 1.5m for indoor area and 1m for outdoor area. All persons attending the competition should avoid close contact such as handshakes and embraces.
- A positive lateral flow/rapid antigen test must be immediately reported to the Covid-19 Manager (events@britishcanoeing.org.uk) and the person must immediately isolate.
- Test, Trace and Isolate procedures will be put in place during competition access period if required

For up to date information on entry requirements to England please use the following link: <https://www.gov.uk/guidance/travel-to-england-from-another-country-during-coronavirus-covid-19>

17 ICF Masters World Championships

The 2022 event will host the first event ICF Canoe Freestyle Masters World Championships. For more information and to enter please visit the event webpage:

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

18 Festival Events

Throughout the training and competition period a number of festival events will be available for competitors to take part and enjoy all aspects of Freestyle and the course at Nottingham.

17.1 World Championships Athlete Only Events

The following events are only open to athletes competing in the World Championships competition and are free to enter. Entries will be taken through the Sport Info Office at the event. For more information visit the Festival event page: <https://britishcanoeingevents.org.uk/freestyle2022/festival-of-paddling/>

- World's Biggest Loop.
 - This is a freestyle kayaking high-jump competition. Competitors take turns in aiming to knock off the highbar with their boat.
 - Held in the Inlet Gate



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- Downriver Freestyle
 - Use a variety of waves, holes, eddylines and rapids to show off your skills and rack up the points.
 - Held mid-course under the 2nd bridge from the Pyramid Pool to the Looping Pool
- Flatwater Freestyle
 - We don't need a hole or a wave to do impressive Freestyle tricks. For many paddlers, flatwater is their local training location and are able to do impressive combinations of manoeuvres. This festival competition aims to allow paddlers showcase these skills.
- Syncro Freestyle
 - The Inlet Gate is a unique feature in the freestyle landscape that allows a consistent playground for multiple athletes to compete at once. This allows for the first syncro freestyle competition to be held at a World Championships festival. Paddlers will need to throw down their moves together in order to score big!

17.2 Festival Events open to all (including ICF Competitors)

One of the aims of the Host Organising Committee in bringing the World Championships to Nottingham has always been to involve the local community in the festival. These events are aimed at anyone (regardless of ability) who wants to actively participate in the festival. For more information and to enter visit the Festival event page: <https://britishcanoeingevents.org.uk/freestyle2022/festival-of-paddling/>

- Backyard Freestyle
 - We are extending the invitation of the flatwater freestyle competition to everyone around the world, globally. You can get involved and enter through the [Backyard Freestyle Facebook page](#). So tell your friends to get training!
- Downriver Freestyle
 - A second Downriver freestyle competition will be available for all to enter during Super Saturday (2nd July) in the same format as the first.
- RoughWaters SUP
 - SUP Rough Waters is all about racing Stand Up Paddleboards in diverse environments. At Worlds this environment includes grade 2 and 3 whitewater as well as land crossing. Get involved and show us your SUP skills!
- World Freestyle League
 - The Nottingham Freestyle League goes global in this fun, low key series of events before the World Championship competition. Compete with your friends and locals on a variety of features across the course in this three part (17th June, 22nd June and 24th June) series.
- Younguns Freestyle
 - Younguns freestyle is the UK's youth development and competition programme which has introduced many of the top British names in our sport to freestyle. The Younguns

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event held in conjunction with the World Championships Festival invites all youth paddlers from the UK and abroad to learn new skills, make new friends and compete in fun training and competition on 25th and 26th June.

17.3 Further Information

More information on all of the festival events and how to get enter/get involved is available on the event website: <http://www.britishcanoeingevents.org.uk/freestyle2022>

19 Sustainability

As part of the World Championships, the ICF have partnered with Starboard to make the travel emissions climate neutral by planting 1 mangrove tree for every 1 tonne of carbon identified in calculations.

Please keep an eye out for more information on the event WhatsApp group. Prior to the event we will share a link to an online form for team leaders to submit the travel details (type of travel and distance etc) for the athletes and team staff to and from the event in order to allow Starboard to calculate the carbon footprint of the event.

20 Event Partners



21 Event Sponsors

