



IVREA

2022

**2022 ICF JUNIOR & U23 CANOE SLALOM
WORLD CHAMPIONSHIPS**

BULLETIN N. 1



INDEX

1. WELCOME	2
2. GENERAL INFORMATION	3
3. LOCATION	3
3.1 ITALY IN PILLS	3
3.2 THE HOSTING CITY AND THE SURROUNDINGS	4
3.3 IVREA IN NUMBERS	6
3.4 HOW TO REACH IVREA	6
4. SPORT INFORMATION	8
4.1 THE VENUE	8
4.2 THE COURSE	9
5. EVENTS AND COMPETITION PROGRAMME	10
5.1 EVENTS	10
5.2 COMPETITION RULES	10
5.3 LIMIT & PROOF OF AGE	10
5.4 PROVISIONAL SCHEDULE	11
6. ENTRIES & PARTECIPATION FEE	11
6.1 ENTRY PROCESS AND DEADLINE	11
6.2 PARTICIPATION FEE	12
7. TRAINING	12
7.1 OFFICIAL TRAINING	12
7.2 UNOFFICIAL TRAINING	12
8. ATHLETES/TEAMS SERVICES	13
8.1 ATHLETES/TEAMS FACILITIES AND SERVICES AT THE VENUE	13
8.2 ATHLETES/TEAMS FACILITIES AND SERVICES NEAR THE VENUE	13
8.3 OTHER SERVICES	13
8.4 EXTREME SLALOM EQUIPMENT	14
9. ACCOMMODATION	14
10. VISA REQUIREMENTS	14
11. SPECTATORS	14
12. MEDICAL SERVICES	14
13. HEALTH AND SANITARY COVID-19 MEASURES	14
14. ANTI-DOPING PROGRAMME	14
14.1 IN-COMPETITION TESTS	14
14.2 ICF ANTI-DOPING EDUCATION PROGRAMME	14
15. SAFETY RULES	15
15.1 CANOE SLALOM	15
15.2 EXTREME SLALOM	16

1. WELCOME

Dear All,

with great enthusiasm and pleasure, we are about to “embark” on this new organizational challenge.

After the 2018 Worlds, Ivrea is once again the capital of the world's youth canoe, emblem of vitality, resourcefulness, joy, and future. A future that, especially in this dark moment full of atrocities, fears, and worries, we hope will be a harbinger of peace, respect, equality, and loyalty.

Young people are the bridge to tomorrow. They are the way to transform change into improvement, both in life and in our sport. Therefore, we must trust and hope in them, so that they can give life to a renewed civilization, more and better than us. This is the aim of our efforts as parents, educators, coaches, and organizers.

Sport has always been the bearer of good values, and we feel a strong responsibility towards the athletes and delegations that will take part in IVREA 2022. For this reason, this event should represent a tangible example of the fact that we can fight to emerge and win, but without prevaricating and overpowering, respecting diversity, with a spirit of loyalty, solidarity and sharing.

Therefore, we invite everyone, Federations, athletes, coaches, and team staff to join us in with a single goal: to bring out the unifying and saving force of sport.

Together we stand, divided we fall!

See you at Ivrea2022, on the whitewaters of the Dora Baltea.

Kind regards.

The Organizing Committee



2. GENERAL INFORMATION

EVENT TITLE: **2022 ICF JUNIOR & UNDER 23 CANOE SLALOM WORLD CHAMPIONSHIPS**

COUNTRY: **ITALY**

VENUE: **IVREA**, Via Dora Baltea, 1/D – “Stadio della Canoa Città di Ivrea”.

EVENT DATES: **from 5 to 10 July**.

OFFICIAL ORGANIZER: **Federazione Italiana Canoa e Kayak**

HOSTING ORGANIZING COMMITTEE: **Associazione Proteina**, Via Dora Baltea 1/D – 10015 Ivrea (Turin)

CLOSING NUMERICAL ENTRIES: **20 May 2022**

CLOSING NOMINAL ENTRIES: **25 June 2022**

OFFICIAL TRAINING: **from 29 June to 4 July**

OPENING CEREMONY: **3 July** (provisional)

EVENT MANAGER: **Claudio Roviera**, claudio.roviera@gmail.com, Mob. +39 3939965763

GENERAL INFO: associazioneproteina@gmail.com

TECHNICAL INFO: claudio.roviera@gmail.com

TRAINING SESSIONS RESERVATION AND INFO (before 29 June): ivreacanoestadium@ivreacanoaclub.info

ACCOMMODATION INFO: accommodation@ivreaworlds.com

PRESS OFFICE: ivreacanoapress@gmail.com

WEBSITE: www.canoeicf.com/canoe-slalom-world-championships/ivrea-2022; www.ivreaworlds.com;

3. LOCATION

3.1 ITALY IN PILLS

DATE OF FORMATION: Reign of Italy 17 March 1861; Republic of Italy 10 June 1946

LAND AREA: 301.340 km²

POPULATION: 60.337.845

CAPITAL: Rome

NATIONAL LANGUAGE: Italian

CURRENCY: Euro (from 1st January 2002)

ENTRY IN THE EUROPEAN UNION: 25th March 1957 as founder member

ENTRY IN ONU: 14th December 1955

BORDERING COUNTRIES: Republic of San Marino, State of Vatican City, France, Switzerland, Austria, Slovenia.

TIME ZONE: Central European Time (GMT +1 hour), summer time (March-October: GMT + 2 hours)

3.2 THE HOSTING CITY AND THE SURROUNDINGS

Ivrea is set in the north– west of Italy, in Piemonte Region, close to the Alpine massifs of the Aosta Valley, just in the middle of Moraine Amphitheatre, one of the world’s most important geological formations of glacial origin in its extension, distinct morphological features and level of preservation. Ivrea straddles the Dora Baltea river and is regarded as the center of the Canavese area.

3.2.1 IVREA A JOURNEY THROUGH HISTORY DISCOVERING THE ANCIENT AND THE INDUSTRIAL CITY.

Ivrea was founded in BC 100 by the Romans on a settlement of a previous era: the name Eporedia deriving from “epo” (horse) and “reda” (cart) stressed the link of the ancient city with horses, still very much present and celebrated in the Festival of the Patron Saint San Savino (7th of July). There are two main areas of Ivrea: the ancient city and the industrial city. The itinerary for the Ancient City – to cross on foot, walking along the alleys and streets of the center – traces its Roman and medieval history in its monuments: the Castle, built in 1358; the Cathedral of Santa Maria Assunta, built in the 10th century; the remains of the Cloister of the Chapter of Canons with columns in Romanesque style; the Palazzo della Credenza, the ancient seat of the Municipality; the Romanesque Tower of Santo Stefan, what is left of an 11th century Benedictine abbey complex; Ponte Vecchio, for centuries the only bridge over the Dora Baltea River, is of Roman origin and, at one time, was entirely of stone; the Borghetto, a small urban area the other side of Ponte Vecchio; also worth visiting is the precious but little known 18th century Church of San Gaudenzio.

Ivrea also has an Industrial heritage. A highlight in Ivrea’s 20th century history was the industrial development of Olivetti, a story that has led “Ivrea, industrial city of the 20th century” to become part of the **UNESCO World Heritage List** in July 2018. The MAAM (Open-air museum of modern Olivetti architecture) forms part of this story: always available for viewing, it can be toured independently along a 2km route that runs along Via Jervis and in the adjacent areas. Here there are Olivetti’s most representative buildings: buildings for production, research and social services and residential buildings that form the most recognizable core of this architectural heritage. The World Heritage site can be visited starting from the UNESCO Visitor Centre located in via Jervis nr 11 in the core zone of the site.

In the town center there is the La Serra East Residential Unit, constructed at the end of the 1970s in a shape that explicitly resembles a typewriter, Olivetti’s symbol product.

<https://www.ivreacittaindustriale.it/?lang=en>



3.2.2 IVREA: THE ITALIAN CAPITAL OF THE 2022 BOOK.

Ivrea has just been nominated the **Italian Capital of the 2022 Book**. This is another recognition of which the city is proud. Among the other proposals, all of quality and worthy of attention (Aliano, Barletta, Costa di Rovigo, Nola, Pistoia, and Pordenone), Ivrea’s candidacy stood out for its ability to network the multiple

energies of the territory, to open up to the international dimension, to propose itself as a place where the future of the book is imagined and reading. The motivation of the prize awarded by the jury to Ivrea stated that “the extraordinary cultural and technological heritage of the city is claimed without any parochial pride, but as driving force of the capital city projects the inspiration of a vision that can become a model up to our times”. The attention to the new digital dimensions of the cultural experience represents a further element of strength that will be made available not only to the local community. Finally, the attention to communication activities will make the title of capital city of the book increasingly significant contributing to indicate in culture, and in particular in the culture of the book, an element of cohesion and sharing for our communities grappling with the wounds of the pandemic.

3.2.3 FIVE LAKES

Very interesting as regards geology, nature and wildlife, the area of the Five Lakes of Serra d’Ivrea – one of the most beautiful of Canavese – offers the opportunity to be surrounded by greenery while going on foot, by bike or on horseback along the paths that connect these moraine basins: San Michele at Ivrea, Campagna at Cascinette, Sirio between Ivrea and Chiaverano, Pistono at Montalto Dora and Nero between Montalto Dora and Borgofranco d’Ivrea, all surrounded by hills providing unforgettable colors in every season.

3.2.4 THE RIVER AND SPORTS

The River Dora Baltea crosses the city of Ivrea and the whole Moraine Amphitheatre. People strolling along the romantic river embankment walk in town will often see canoeists, training on what is one of the top places for international canoe slalom: the race course in Ivrea hosted the Wildwater World Cup 2007, the Wildwater World Championships of 2008, the Canoe Slalom World Cup 2016 and 2017, the 2018 Junior & Under 23 Canoe Slalom World Championships and the 2021 Canoe Slalom European Championships. The uniqueness of this natural “stadium” is confirmed by the increasing number of athletes who choose to live in Ivrea or to come here for training sessions during the year. But the entire territory offers a lush and largely unspoiled environment, the natural spot for many outdoor sports: rock climbing, paragliding, horse-riding, rafting, mountain biking, Nordic walking, running and trekking.



3.2.5 ON THE ROYAL ROUTE OF TORINO WINES

Canavese is a land full of vineyards, demonstrating a passion for wine that has ancient roots. Since Roman times, the variety of its natural environments and microclimates has made it possible to cultivate vines and to diversify the grape varieties and methods of farming: from the plains to the lower Alpine foothills, the vineyards are an integral part of these landscapes. www.stradarealevinitorinesi.it

3.3 IVREA IN NUMBERS

LATITUDE: 45°27'32"40 N

LONGITUDE : 07°52'22"80 E

DECIMAL DEGREES : 45,459; 7,873

LOCATOR (WWL) : JN35WL

LAND AREA : 30,19 Km²

SEISMIC CLASSIFICATION : Very Low

CLIMATIC ZONE : E

WEATHER IN MAY : Mean Temperature 15.4 C (average ranges 10.3 C to 20.6 °C) Average rainfall 103 mm.

WEBCAM: <http://www.comune.ivrea.to.it/index.php/scopri-ivrea/web-cam.html>



3.4 HOW TO REACH IVREA

3.4.1 BY PLANE

- TORINO CASELLE AIRPORT (TURIN) – distance from Ivrea Km 48
- MALPENSA AIRPORT (MILAN) – distance from Ivrea Km 107
- LINATE AIRPORT (MILAN) – distance from Ivrea Km 149

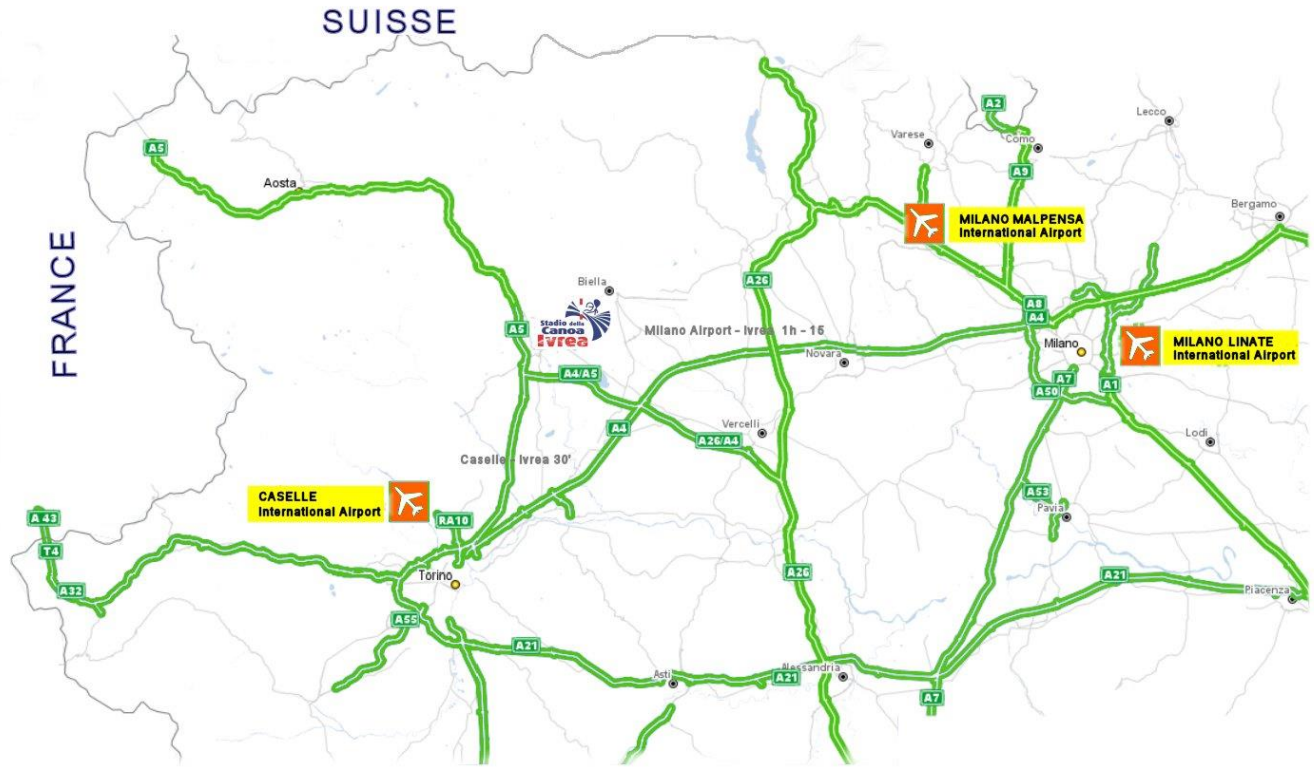
3.4.2 BY TRAIN

Ivrea railway station is 50 minutes from Torino Porta Susa railway station, with several runs a day. For more info www.trenitalia.com



3.4.3 BY CAR

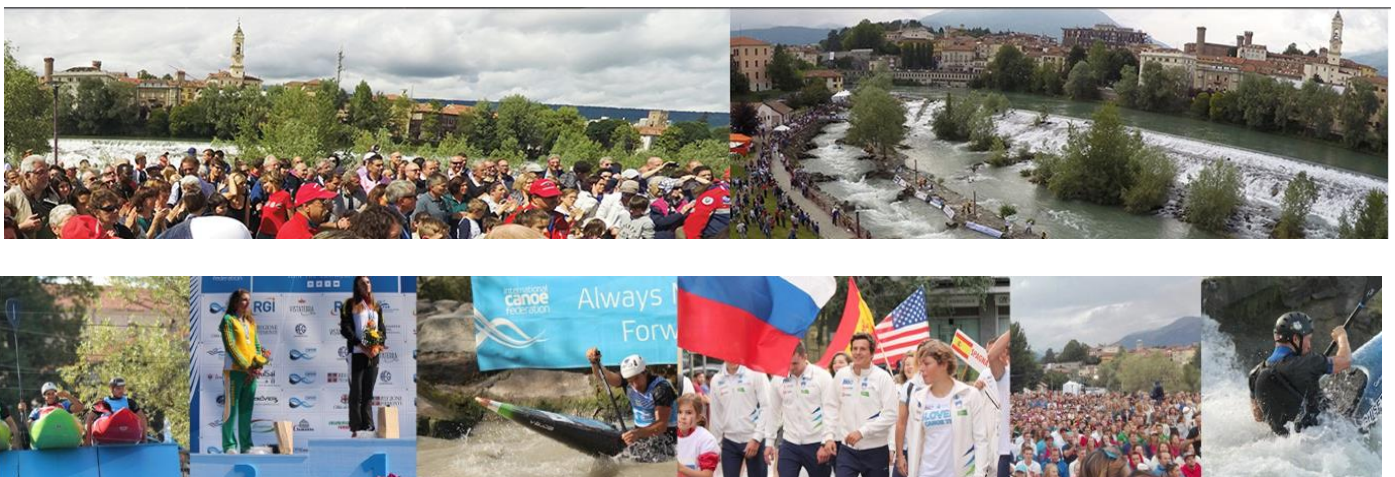
- **From Turin:** Highway A5 Torino-Aosta – exit Ivrea
- **From Milan:** Highway A4 Milano-Torino; junction A4-A5 Santhià-Ivrea; Highway A5 direction Aosta – exit Ivrea.
- **From France:** Tunnel du Mont Blanc, E25 direction Courmayeur; Highway A5 Aosta-Torino – exit Ivrea; Tunnel du Fréjus, E70 / T4 direction Turin, A32 / E70, Highway A5 direction Aosta – exit Ivrea



4. SPORT INFORMATION

4.1 THE VENUE

The event will take place on Dora Baltea River at the **Stadio della Canoa "Città d'Ivrea"**. The competition Venue will be opened to all delegations and secured, from Thursday 30 June at 08.00 to Sunday 10 July after the Closing Ceremony.



4.2 THE COURSE



In early 2015, Ivrea Canoe Club (ICC) commissioned Whitewater Parks International (WPI) the renewal of the Ivrea whitewater course. The project was realized thanks to a robust collaboration between ICC, the designers, the Czech Technical University in Prague, the Engineering Department of Cundall University (UK) an **Warm-up area** is situated upstream before the start line, gates are provided both in flat water and in white water. **Cool-down area** is situated downstream after the finish line. d Neve S.r.l., a local company with necessary expertise.

The course was inaugurated during the ICF World Ranking in April 2016.

During last March, the left bank of the channel was renewed and widened in order to create a restricted area, reserved for national delegations.

4.2.1 COURSE FEATURES

Length: 230 metres

Width: 17 metres

Drop: 7 metres, gradient of 3.5

Difficulty: Class 4

Water flow: 10 m³

4.2.3 TRAINING COURSE

The training course is situated next to the Course, It is equipped with about 30 gates, the difficulty is Class 2.

5. EVENTS & COMPETITION PROGRAMME

5.1 EVENTS

5.1.1 JUNIOR EVENTS

- **Canoe Slalom Individual:** K1M, K1W, C1M, C1W
- **Team Canoe Slalom:** K1Mx3, K1Wx3, C1Mx3 and C1Wx3
- **Extreme Canoe Slalom:** K1M and K1W

5.1.2 UNDER 23 EVENTS

- **Canoe Slalom Individual:** K1M, K1W, C1M, C1W
- **Team Canoe Slalom:** K1Mx3, K1Wx3, C1Mx3 and C1Wx3
- **Extreme Canoe Slalom:** K1M and K1W

5.2 COMPETITION RULES

2022 ICF Junior & U23 Canoe Slalom World Championships will be run in accordance with the ICF Canoe Slalom Competition Rules which is available for download at:

https://www.canoeicf.com/sites/default/files/rules_canoe_slalom_2022.pdf

5.3 LIMIT AND PROOF OF AGE

5.2.1 AGE LIMIT

An athlete can compete in **Junior events** the year in which her/his 15th birthday falls in. The last year they can compete in a Junior category is the year in which their 18th birthday falls in (2022 ICF Canoe Slalom Competition Rules, Article 1.4).

An athlete can compete in **Under 23 events** the year in which her/his 15th birthday falls in. The last year they can compete in a Junior category is the year in which their 23rd birthday falls in (2022 ICF Canoe Slalom Competition Rules, Article 1.4).

5.2.2 INTERACTION BETWEEN THE AGE GROUPS

In the **Individual events** of **K1M** (CSL and CSLX), **K1W** (CSL and CSLX), **C1M**, **C1W**, an athlete may only enter and compete in the same event in either Junior or U23. For these events Athletes may enter different events in different age groups.

In the **Team events**, teams may only be comprised of athletes who are participating in individual events (Article 4.2 2022 ICF Canoe Slalom Competition Rules). Up to two Athletes may compete in both age groups in the same Team event to complete a team as long as they comply with Rules 1.4 and 14.2.3 (2022 ICF Canoe Slalom Competition Rules).

5.2.3 PROOF OF AGE

In order to give evidence of their age, all athletes shall provide a copy of their passport (for European Union Citizens ID card is accepted too). Please send it via e-mail, at least at the time of accreditation, to the following

addresses: suenatoli@gmail.com; associazioneproteina@gmail.com. Without proofing the age, the athlete will not be accredited and will not be entitled to compete.

5.4 PROVISIONAL COMPETITION SCHEDULE

	Tuesday 5 July	Wednesday 6 July	Thursday 7 July	Friday 8 July	Saturday 9 July	Sunday 10 July
Morning	Teams JR & U23 M K1 W K1	HEATS U23 M K1 W K1	HEATS JR M K1 W K1	SF&F U23 M K1 W K1	SF&F U23 M C1 W C1	CLSX – HEATS M K1 - U23&JR W K1 - U23&JR
Afternoon	Teams JR & U23 M C1 W C1	HEATS U23 M C1 W C1	HEATS JR M C1 W C1	SF&F JR M C1 W C1	SF&F JR M K1 W K1	CLSX – QF M K1 - U23&JR W K1 - U23&JR CLSX – SF&F M K1 - U23&JR W K1 - U23&JR

Detailed schedule is available on ICF website:

<http://www.canoeicf.com/canoe-slalom-world-championships/ivrea-2022/schedule>

6. ENTRIES AND PARTECIPATION FEE

According to Rule 13.2.3 (2022 ICF Canoe Slalom Competition Rules), each national federation can enter up to **3** boats in each individual event and a single team in each Team event.

6.1 ENTRIES PROCESS & DEADLINES

Entries and accreditation requests must be made by the National Federation using the ICF's online entries system (SDP): <https://icf.msl.es/icf/icf.jsp>

For detailed instructions on how to submit entries, please read the SDP user guide. Any questions or issues relating to entries or accreditation should be sent to sdp@canoeicf.com prior to the respective deadline.

SDP user guide http://www.canoeicf.com/sites/default/files/nf_userguide_v2.2.pdf

6.1.1 NUMERICAL ENTRIES

Numerical entries closing: **20 May 2022**

You must submit through SDP the number of athletes you will enter into each event.

Please also give indicative numbers for the overall number of athletes and team personnel who will attend the event with your delegation.

6.1.2 NOMINAL ENTRIES

Nominal entries closing: **25 June 2022**

Each athlete competing must be entered by name.

Team personnel must also be submitted for accreditation at this time. These entries will be used to produce the accreditation cards for all teams.

6.1.3 REMINDER

Entries or accreditation requests sent directly to the committee, or the event organizer will NOT be accepted. LATE ENTRIES will have to be accepted by the Technical Chairman of Canoe Slalom committee (Jean-Michel PRONO) according to Article 1.6.1. f., 2022 ICF Canoe Slalom Competition Rules.

6.2 PARTECIPATION FEE

Competitors, Team Leaders, Team Staff Members: **€ 120,00**

NF Guests: **€ 20.00** per person (access to VIP area on weekend allowed)

NF President, General Secretary, Officials (according to list edited by ICF): **free**

Guests entrance to the Venue could be limited or excluded depending on COVID-19 restrictions that will be applied according to Italian law and/or ICF provisions.

The payment of participation fees can be made by cash at the Venue upon your arrival or by bank transfer. All transaction costs are the responsibility of the NF.

If the payment will be done by bank transfer, please, make sure that we receive the payment no later than 28 May 2022.

We remind you that **late entries and late withdrawals will incur a fee of 20 euros per athlete in addition to the participation fee (Article 1.6.1. f. 2022 ICF Canoe Slalom Competition Rules).**

BANK DETAILS: **Associazione Proteina**
Address: Via Dora Baltea 1/d 10015 Ivrea (TO)
Bank: Banca d'Alba Credito Cooperativo SC
IBAN: IT08B0853030540000000095811
BIC: ICRAITREQQ **SWIFT:** ICRAITRR

7. TRAINING

7.1 OFFICIAL TRAINING

From Thursday 29 June to Monday 4 July 2022

- 1 training slot per day and per nation.
- Different course design will be set up every day by the Organising Committee.
- Water safety will be ensured by the Organising Committee (OPSAV Italian Red Cross)

7.2 UNOFFICIAL TRAINING

For training sessions in the previous period, please contact Ivrea Canoa Club at:

ivreacanoestadium@ivreacanoclub.info.

During the unofficial training athletes will paddle on their own responsibility and costs.

8. ATHLETES/TEAMS SERVICES

8.1 ATHLETES/TEAMS FACILITIES AND SERVICES AT THE VENUE

Participation fee includes:

- accreditation;
- access to the course canal from 29 June to 4 July during official training;
- flat water training;
- Wi-Fi access on Venue;
- technical video signal*;
- team parking;
- toilets, shower and changing rooms**;
- boat storage;
- boat repair area;
- Nations tents;
- Extreme slalom equipment as provided under paragraph 8.4;
- emergency first aid as provided under article 12.

Accommodation is not included.

* The technical video signal will be provided during competitions, demonstration runs included. Only a download solution will be available. TVS will be distributed directly in the Team National tent. Each team needs to bring its cables for download distribution.

**the use of changing rooms could be limited or excluded depending on COVID-19 restrictions that will be applied according to Italian law and/or ICF provisions.

8.2 ATHLETES/TEAMS FACILITIES AND SERVICES NEAR THE VENUE

The HOC is finalizing discount agreements with some local facilities and is pleased to share them with teams. More info will be published in Bulletin II.

Physiotherapy: Centro di Medicina dello Sport e Fisioterapia Genesi – Via Circonvallazione 4G Banchette d'Ivrea (TO). www.medicinasportivaivrea.com

Gym & SPA, restaurant, hall conference: Direzione del Benessere – via Jervis, 15, Ivrea (TO). www.ladirezionedelbenessere.com

Laundry service: ACQUA Lavanderia Self Service – Via Cascinette, 2, Ivrea (TO). Collection and delivery in 24 hours at the Venue; supply of laundry bag (14 kg).

8.3 OTHER ATHLETES/TEAMS SERVICES

Restaurant Service is available, at NF charge, close to the Venue for lunch, on reservation at

associazioneproteina@gmail.com. If requested, it is possible to receive lunch boxes directly at the Venue.

Stickers printing Service: On demand, the HOC will provide an optional paid service to all National Federations to produce all kind of stickers according to ICF guidelines.

8.4 EXTREME SLALOM EQUIPMENT

HOC will provide, for free, Extreme Slalom Boats from the ICF list of registered Extreme Canoe Slalom boats and, if needed, spray skirts suitable for these boats.

9. ACCOMMODATION

Accommodation will be in charge of the HOC.

Each National Federation is kindly requested to contact accommodation@ivreaworlds.com, mob. +39 349 4354026 (Mrs. Brunella Bovo) in order to perform its reservation properly and to be guaranteed to have the best accommodation.

10. VISA REQUIREMENTS

The Italian Embassy in your country will provide you with all details information about visas. Please inform, in advance but not later than 30 April 2022, the Organising Committee together with the visa form whether your team needs entry visas to Italy. The HOC and the ICF will support you in processing Immigration VISA application.

For more information and check if you require an Italian visa visit: <https://vistoperitalia.esteri.it/home/en>.

If needed, the Italian Federation will issue an official invitation to athletes, officials, and support personnel from National Federations where the participants are listed as 'Visa Nationals'. Please contact international@federcanoa.it to obtain a visa invitation.

11. SPECTATORS

Entrance to the Venue could be limited or prohibited depending on Covid-19 restrictions that will be applied according to Italian law and/or ICF provisions.

12. MEDICAL SERVICES

HOC will provide and cover medical services only for emergency cases (first aid and ambulance). All participants are responsible to arrange, at their cost, their own medical insurance policy (Operation deliverable n. 10 – ICF Canoe Slalom Technical Deliverables).

13. HEALTH AND SANITARY COVID-19 MEASURES

The HOC is strongly committed to deliver the World Championships with good health and sanitary conditions to all attending National Federations. Health and safety of all teams is our top priority. The Covid-19 outbreak in Italy is stabilising, but at the moment it is not possible to predict how the situation will evolve.

In accordance with the ICF, closer to the competition the HOC will publish a specific Covid-19 security plan where all health measures and requirements will be described. Please also review the actual ICF recommendations for delegation members attending canoeing competitions: https://www.canoeicf.com/sites/default/files/icf_covid19-health_for_teams.pdf.

The ICF will continuously review the situation with the Italian Federation and the HOC. Any decision will rely on current advice specific to the Italian Government and advice on the pandemic globally, according to the World Health Organisation (WHO).

We are hoping that in July the pandemic will be at a reasonable level to allow the regular delivery of the World Championships. However, we have to make clear that the attending National Federations will remain responsible for their accommodation and travel costs in case of force majeure leading to a late cancellation of the competitions.

14. ANTI-DOPING PROGRAMME

14.1 IN-COMPETITION TESTS

The HOC will provide the facilities, equipment and personnel necessary to conduct doping controls in accordance with the ICF Anti-Doping Rules and the ICF Doping Control Station Guide, which are in compliance with the World Anti-Doping Code (“The Code”) and refer to the WADA International Standard for Testing in force at the time of the competition. The minimum number of tests is 15.

14.2 ICF ANTI-DOPING EDUCATION PROGRAMME

ICF Anti-Doping Online Education programme is compulsory for the athletes, coaches and support personnel entered into the Junior & U23 World Championships (Article 1.10.3 2022 ICF Canoe Slalom Competition Rules). Please, all Team Leaders are asked to ensure the following is undertaken.

The World Anti-Doping Agency programme is available in three languages so far, including English, Spanish, French, and should include more additional languages in the future.

Athlete Learning Programme about Health & Anti-Doping (ALPHA) consists of eight sessions and takes around two hours to complete. Athletes are encouraged to take the course in several stages. Progress is then saved from one visit to another. A pre-and post-course anti-doping knowledge test and attitude survey is included to evaluate the effectiveness of the program.

A score of 80% or higher is required for ALPHA certification, though athletes with insufficient scores are able to repeat the program.

Those who have completed the programme in previous years do not need to redo it.

For making the process of checking the participant easier, please enter the real identity information while creating an account. It won't be necessary to send the certificate anymore, as the platform will record it.

Link to the programme: <http://www.canoeicf.com/pure-paddling-performance>

15. SAFETY RULES

15.1 CANOE SLALOM

During competitions each athlete must wear a safety helmet with a strap fastened under the chin and a buoyancy jacket. Both must be in good working conditions. The structure, shape or composition of the buoyancy jacket/helmet must not be modified in any way. The products must be from recognised and

established manufacturers guaranteeing the quality of material and meeting industry standards (article 3.4.3, 2022 ICF Canoe Slalom Competition Rules).

A buoyancy jacket must comply with the current industry standard that meets ISO 12402-5 (level 50) or any national standard that meets the same requirement and be ICF registered, by 1 January 2022 in order to be authorised for use in Olympic Games and/or ICF level 1, 2 & 3 competitions in the same year. At the World Championships the buoyancy jacket's uplift will be tested using a 6.12 Kg calibrated stainless-steel weight or its equivalent in other metals. (Article 3.5, 2022 ICF Canoe Slalom Competition Rules).

The safety helmet must comply with EN 1385 and be ICF registered as provided in Article 3.6, 2022 ICF Canoe Slalom Competition Rules.

As provided under Article 3.7.5, 2022 ICF Canoe Slalom Competition Rules, in any event, competitors start at their own risk. The ICF and HOC bear no responsibility for accidents or damage to equipment that may occur on the competition course.

15.2 EXTREME CANOE SLALOM

Concerning safety helmets and buoyancy jackets, requirements are provided under Article 16.2 and 16.3 of the 2022 ICF Canoe Slalom Rules. Complete extreme slalom safety rules are provided under articles 16 of 2022 ICF Canoe Slalom and Extreme Slalom Competition Rules.