



# ICF Canoe Freestyle World Championships 2019

*SORT THE CANOE FREESTYLE CAPITAL*



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#ICFfreestyleSORT19

# WELCOMING WORDS FROM...



## ROSA M<sup>a</sup> PERELLÓ Provincial Council President

The use of all the elements of the Interior hydrographic systems (rivers, ravines, lakes and reservoirs) for the purpose of leisure and sports is not only a reality, but it is probably one of the sectors with the greatest tourist attractions potentiality of these lands.

Each year, the Noguera Pallaresa and Segre Rivers attract numerous aquatic activities that have made the capitals located in these areas of the Pyrenees in reference to the world of sport and canoeing. The 2019 World Freestyle Kayaking Championship in Sort, the competition for excellence in this sport discipline and that envisages the participation of 300 athletes from 30 countries, is the result of the effort, perseverance and professionalism of the town of Sort at organization of international competitions since the white water canoeing was introduced to the Noguera Pallaresa.

Canoeing and all the sports and activities related to the river are one of the most unique attractions in our territory. But not only for the sporting value and the sense of competition, but because it acts for the benefit of other activities and contributes to the development and relaunch of the mountain areas.

Congratulations and great competition!



# COMPETITION INFO:

## ACCREDITATION PROCESS

The accreditation office will be in the Town Sports Hall where also the Teams Space will be. The opening will be from Tuesday 25th of June until the 6th of July.

Timings:

- 25th-26th-27-28th of June – Accreditation Office – 10:00H to 14:00H and 16:00H to 19:00H
- 1st to 6th July – Accreditation Office – 10:00H to 14:00H

To Pick Up the accreditation you will need to show an ID or Passport in order to identify yourself and the proof that you already have payed the registration to the competition. The teams or paddlers that for different reasons have been not able to complete the payment, you will be able to pay in cash (Euros) or credit card.

During this days we are preparing pre-invoices for the teams in order to get the payment in advance and avoid problems at the arrival.

**We reinforce the importance for the organization to pay in advance. Even if payed by The National Federations or the Athlete's itself.**

Here there are the details for registration payments.

Please help us to have a quicker registration process and to be able to deliver you a great experience upon arrival.

Here there is a reminder of the costs of each accreditation.

**Just remember that each athlete must pay 50€ extra as a JUDGES FEE.**

*6.5.3 - For ICF Competitions, along with the participation fee a judge's supplemental fee will be charged. This fee will be announced as soon as the numerical entries have been registered.*

TYPES OF ACCREDITATIONS	REMARKS	COSTS
Athletes	Limited to registered athletes on ICF online entries	160€ per person for the whole access period
Team Leaders	2 maximum per National Federation	
Team Staffs	Unlimited	
ITO	According to the list edited by ICF	Free
National Federation President	To be validated by ICF	
National Federatoin Secretary General		

For Bank Transfers please refer to this banks:

**CAIXABANK** IBAN ES5221000043990200017019  
SWIFT/BIC CAIXESBBXXX

**BBVA** IBAN ES8201825938930201816247  
SWIFT/BIC BBVAESMMXXX

Details For the transfer

Recipient's Name AJUNTAMENT DE SORT  
Sender's Name (to put the National Federation Name or the Paddler name)  
Concept Canoe World Championships + Pre-invoice n°

**Once the payment is done, please, send the proof of the transfer to [worlds2019@sort.cat](mailto:worlds2019@sort.cat)**



# ACCREDITATION INCLUSIONS

Once you arrive in Sort and you got your accreditation, if you carry it always with you, you will get exclusive passes and activities related to the competition:

- **ICF 2019 CANOE FREESTYLE WORLD CHAMPIONSHIPS products**

Together with your accreditation card you will get a bag of goodies of the event. All of them are useful for these days!



- **INTERNET ACCES at the competition area**

There will be the net name and the password for you and your team be online for the whole competition



- **ACCESS TO THE PUBLIC SWIMMING POOL**

Next to the sports hall, there is the Sort Public Swimming pool, showing your accreditation card you will get free access to enjoy it during public opening times.

- **PHYSIOTHERAPY SERVICE**

In case you get injured during the competition there will be a space in the teams zone in the Sports Hall where you will be able to explain to the physiotherapy experts your problem and they will try to help you recover for your next attempt on the feature!

Please refer to the timings they will be having during the whole week and in case you need it ask them to book an appointment! Alba & Carla from Sort, they will be more than happy to help you!



- **CHAMPIONSHIPS DINNER**

The night of the 5th of July we invite you to enjoy a dinner all together. Everyone who has an accreditation will be able to attend this dinner that will be held under the tent at the Riuet Park in Sort. You will be able to taste a vegetarian paella made for our local volunteers team with huge experience in massive lunches and dinners in town!

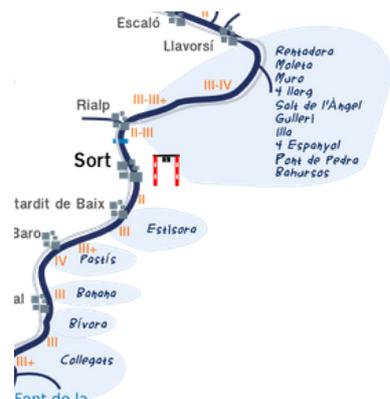


5TH OF JULY AT 20:30H

- **DAILY SHUTTLE SERVICE TO LLAVORSÍ TO ENJOY A 18KM DESCENT**

If there's a day that you do not compete and want to enjoy our river, we organized for you a daily shuttle bus departing at 09:30am from in front of the sports hall and will leave you in Llavorsí to freely descent to Sort and get back just in time for lunch!

To use this service, you will have to book your seat at the bus at the accreditation office the day before!



DAILY FROM THE 30TH OF JUNE UNTIL THE 6TH OF JULY AT 09:30AM

- **TEAMS ZONE**

At the team zone you will be able to leave all your gear daily from

**08:00am to 21:30pm.**

The Sports Hall in Sort will be the exclusive team zone of the competition where each team will have their own box to leave their gear, and it can act as a meeting space for all of you.

Each box will have a table and benches to enjoy a moment or to have a team chat, as well as electrical points and the internet connection.

At the team zone you will find the accreditation / registration office as well as an information desk in there.

Even if the accreditation office is closed, there will be always someone there from 08:00AM to 21:30PM in order for you to get and leave your material.

On Sunday July 7th, the Team Zone will be open from 9h to 14:30h in order to pick up your material. That will be the very last day.

- **MEDICAL ASSISTANCE**

In the competition area and during the competition we will be having medical assistance in case of any incident, that's why we ask you to always follow the orders of the medical personnel in place, if there are any protocols to follow they are the ones trained and ready to do so.

As well if during the competition days you need to visit the doctor in town for any case of incident or problem, with the accreditation, they will know who you are, and they will be ready if any kind of paperwork needs to be done.

Spanish Medical system is public but in case foreigners need to use it they will visit you but also, they are going to need personal paperwork and insurance papers. That's why we ask to all of you to get covered from a travel insurance that for sure you might know already. The medical insurance for the competition will only cover for competition incidents not in case of any other problem out of that timings.

The Medical Centre in Sort is close by the Sports Hall and in front of the Tourist Office.

## **ASSISTANTS FOR THE COMPETITION**

**A €25 Euro penalty will be charged per team, for those teams not supplying assistants. Names & contact details will be required at the Team Captains meeting.**

12.6.1 - Each National Federation entering must provide assistants relevant to their team size. Number of athletes  
Number of assistants 3 to 9 Athletes 1 assistant 10 to 19 Athletes 2 assistants 20+ Athletes 4 assistants

12.6.2 - A National Federation not providing assistants will have to pay a fine to the ICF. The amount is fixed by the ICF three (3) weeks before the competition.

12.6.3 - A National Federation competing for the first time at the ICF World Championships does not have to provide assistants.

12.6.4 - The name of the assistants of each National Federation must be provided one (1) week before the beginning of the competition.



## DATES TO HAVE IN MIND

- June 25th - Opening of the Team Zone 08:00am
- June 25th - Opening of the Accreditation / Registration Office 10:00am
- June 25th - June 28th - Official Nations Training Period
- June 25th - Athletes Meeting 19:00pm
- June 27th - Team Leaders Meeting 19:00pm
- June 29th - Squirt Competition 10:00am
- June 29th - Opening Ceremony & Squirt Medals presentation 20:30pm
- July 1st - July 6th - Competition in Sort at the new feature
- July 4th - OC1 & C1 Medals presentation at the feature 18:50pm
- July 5th - Women K1 Junior & Men K1 Junior Medals presentation at the feature 19:45pm
- July 6th - Women K1 & Men K1 Medals presentation and Closing Ceremony 23:15pm

## REGISTERED TEAMS

We are happy to announce that once the numerical entries have closed, we've got a total of 25 countries and 234 athletes!

We want to welcome the new teams to the competition and welcome back the ones that already have participated in world championships.

What we desire is a great experience for everyone, an enjoyment of the competition and of Sort and its opportunities. The ones that have already been in Sort in other occasions may help the new ones to enjoy the town and the new ones might discover new opportunities to the old ones!

## JUNE 29TH - SQUIRT COMPETITION SHUTTLE SERVICE

Squirt Competition on June 29th is not in Sort, is in Rialp in a river point called "El Pont de Pedra" (Stone bridge), just 5km away. We have chosen this point as it's the one that offers the best conditions for the practice of this modality.

In order to make the way up there easy and not having to take many private vehicles over there, as the parking space is limited, we had rented a shuttle service specially for the occasion.

Departure times from Sort will be at: 08:00H / 08:30H / 09:00H / 09:30H

Departure point will be from in front the Sports Hall.

Competitors and Organization will have priority in the firsts buses.

Back to Sort afternoon departures: 18:00H / 18:30H / 19:00H / 19:30H

## OTHER & IMPORTANT REMINDERS

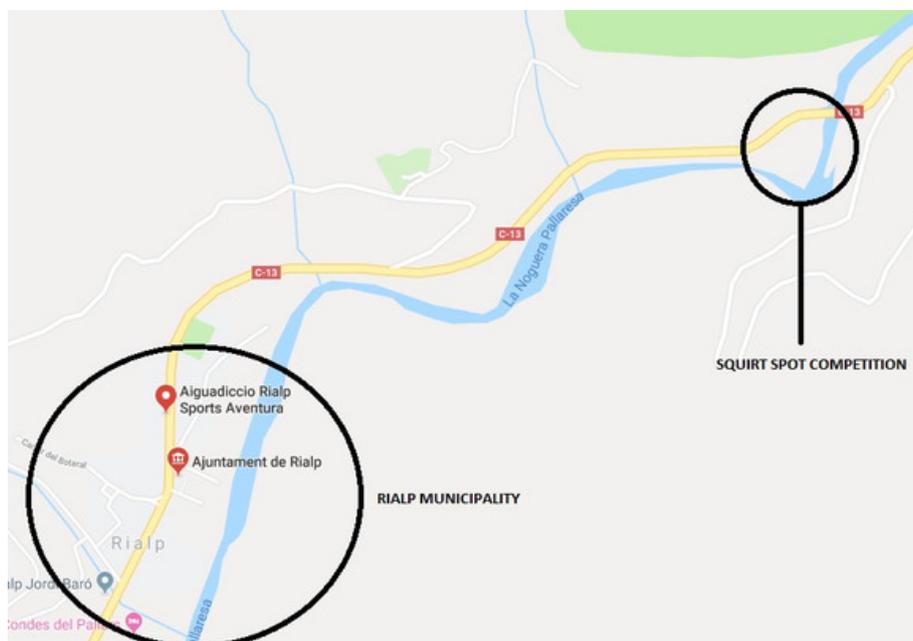
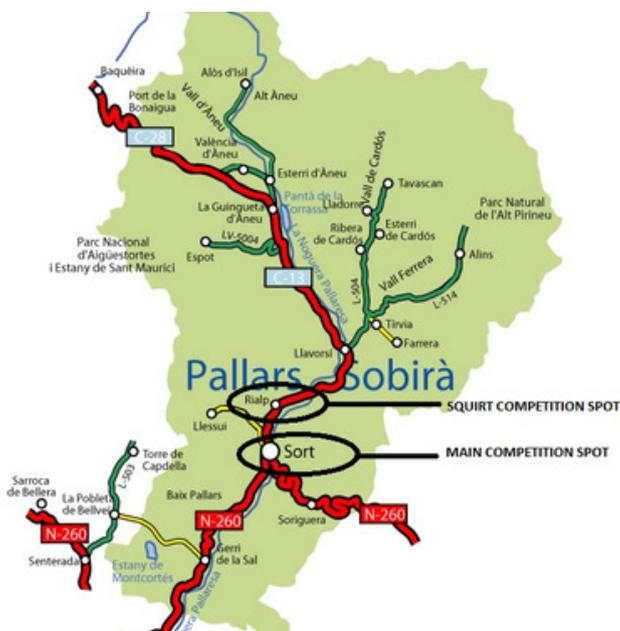
- The main feature will be closed for training during the SQUIRT competition and the Opening Ceremony. Athletes may be disqualified if they do not comply with this request.  
- CLOSED JUNE 29TH WHOLE DAY -
- The completion of WADA on-line training is mandatory. Contact the National Federations if you are having problems completing the on-line training.

## TAXI SERVICE BCN-SORT-BCN

Those people who used the taxi service from Barcelona and back, they must pay the 60€

## LOCATION OF THE COMPETITION AREAS IN SORT & RIALP

Here there are the maps locating the different areas related to the competition:





## DETAILED COMPETITION SCHEDULE

DAY 1 - SATURDAY 29 JUNE							
Start	Finish	Event	Phase	Heat	Duration	TV	
10:00:00	10:25:00	Women's Kayak Squirt	Preliminaries	H1	00:25:00		
10:25:00	10:50:00			H2	00:25:00		
10:50:00	11:15:00			H3	00:25:00		
Break					00:15:00		
11:30:00	11:55:00	Men's Kayak Squirt	Preliminaries	H1	00:25:00		
11:55:00	12:20:00			H2	00:25:00		
12:20:00	12:45:00			H3	00:25:00		
12:45:00	13:10:00			H4	00:25:00		
Break					00:50:00		
14:00:00	14:25:00	Women's Kayak Squirt	Semi-finals	SF1	00:25:00	INTER LIVE TV	
14:25:00	14:50:00			SF2	00:25:00		
14:50:00	15:15:00	Men's Kayak Squirt	Semi-finals	SF1	00:25:00		
15:15:00	15:40:00			SF2	00:25:00		
Break					01:20:00		
17:00:00	17:45:00	Women's Kayak Squirt	FINAL		00:45:00	INTER LIVE TV	
17:45:00	18:30:00	Men's Kayak Squirt	FINAL		00:45:00		
Interval					02:00:00		
20:30:00	22:00:00	Opening Ceremony & Squirt medals presentation			01:30:00		
DAY 2 - SUNDAY 30 JUNE							
Start	Finish	Event	Phase	Heat	Duration	TV	
13:00:00	14:00:00	Competition Rehearsal				01:00:00	

DAY 3 - MONDAY 1 JULY						
Start	Finish	Event	Phase	Heat	Duration	TV
11:00:00	11:25:00	Open Canoe Surface	Preliminaries	H1	00:25:00	
11:25:00	11:50:00			H2	00:25:00	
11:50:00	12:15:00			H2	00:25:00	
Break					00:25:00	
12:40:00	13:05:00	Men's Kayak Surface Junior	Preliminaries	H1	00:25:00	
13:05:00	13:30:00			H2	00:25:00	
13:30:00	13:55:00			H3	00:25:00	
13:55:00	14:20:00			H4	00:25:00	
Break				Break	00:25:00	
14:45:00	15:10:00			H5	00:25:00	
15:10:00	15:35:00			H6	00:25:00	
15:35:00	16:00:00			H7	00:25:00	
16:00:00	16:25:00			H8	00:25:00	

DAY 4 - TUESDAY 2 JULY						
Start	Finish	Event	Phase	Heat	Duration	TV
10:45:00	11:10:00	Canoe Decked Surface	Preliminaries	H1	00:25:00	
11:10:00	11:35:00			H2	00:25:00	
11:35:00	12:00:00			H3	00:25:00	
12:00:00	12:25:00			H4	00:25:00	
12:25:00	12:50:00			H5	00:25:00	
Break					00:30:00	
13:20:00	13:45:00	Women's Kayak Surface Junior	Preliminaries	H1	00:25:00	
13:45:00	14:10:00			H2	00:25:00	
14:10:00	14:35:00			H3	00:25:00	
14:35:00	15:00:00			H4	00:25:00	
Break					00:20:00	
15:20:00	15:45:00	Open Canoe Surface	Semi-finals	SF1	00:25:00	
15:45:00	16:10:00			SF2	00:25:00	

**DAY 5 - WEDNESDAY 3 JULY**

Start	Finish	Event	Phase	Heat	Duration	TV		
11:30:00	11:55:00	Men's Kayak Surface	Preliminaries	H1	00:25:00			
11:55:00	12:20:00			H2	00:25:00			
12:20:00	12:45:00			H3	00:25:00			
12:45:00	13:10:00			H4	00:25:00			
13:10:00	13:35:00			H5	00:25:00			
Break				Break	<b>00:25:00</b>			
14:00:00	14:25:00			H6	00:25:00			
14:25:00	14:50:00			H7	00:25:00			
14:50:00	15:15:00			H8	00:25:00			
15:15:00	15:40:00			H9	00:25:00			
15:40:00	16:05:00			H10	00:25:00			
Break				Break	<b>00:25:00</b>			
16:30:00	16:55:00			H11	00:25:00			
16:55:00	17:20:00			H12	00:25:00			
17:20:00	17:45:00			H13	00:25:00			
17:45:00	18:10:00			H14	00:25:00			
18:10:00	18:35:00			H15	00:25:00			
Break					00:25:00			
19:00:00	19:45:00			Open Canoe Surface	FINAL			00:45:00

**DAY 6 - THURSDAY 4 JULY**

Start	Finish	Event	Phase	Heat	Duration	TV
11:30:00	11:55:00	Canoe Decked Surface	Semi-finals	SF1	00:25:00	
11:55:00	12:20:00			SF2	00:25:00	
Break					00:25:00	
12:45:00	13:10:00	Women's Kayak Surface	Preliminaries	H1	00:25:00	
13:10:00	13:35:00			H2	00:25:00	
13:35:00	14:00:00			H3	00:25:00	
14:00:00	14:25:00			H4	00:25:00	
14:25:00	14:50:00			H5	00:25:00	
Break				Break	<b>00:25:00</b>	
15:15:00	15:40:00			H6	00:25:00	
15:40:00	16:05:00			H7	00:25:00	
16:05:00	16:30:00			H8	00:25:00	
16:30:00	16:55:00			H9	00:25:00	
16:55:00	17:20:00	H10	00:25:00			
Break					00:40:00	
18:00:00	18:45:00	<b>Canoe Decked Surface</b>	<b>FINAL</b>		00:45:00	INTER LIVE TV
Break					<b>00:05:00</b>	
18:50:00	18:57:00	Open Canoe Surface - Medals Ceremony			00:07:00	
18:57:00	19:04:00	Canoe Decked Surface - Medals Ceremony			00:07:00	

**DAY 7 - FRIDAY 5 JULY**

Start	Finish	Event	Phase	Heat	Duration	TV	
10:00:00	10:25:00	Women's Kayak Surface Junior	Semi-finals	SF1	00:25:00		
10:25:00	10:50:00			SF2	00:25:00		
10:50:00	11:15:00	Men's Kayak Surface Junior	Semi-finals	SF1	00:25:00		
11:15:00	11:40:00			SF2	00:25:00		
Break					00:20:00		
12:00:00	12:35:00	Women's Kayak Surface	Quarterfinals	QF1	00:35:00		
12:35:00	13:10:00			QF2	00:35:00		
13:10:00	13:45:00			QF3	00:35:00		
13:45:00	14:20:00			QF4	00:35:00		
Break					00:40:00		
15:00:00	15:35:00	Men's Kayak Surface	Quarterfinals	QF1	00:35:00	INTER LIVE TV	
15:35:00	16:10:00			QF2	00:35:00		
16:10:00	16:45:00			QF3	00:35:00		
16:45:00	17:20:00			QF4	00:35:00		
Break					00:40:00		
18:00:00	18:45:00	Women's Kayak Surface Junior	FINAL		00:45:00	INTER LIVE TV	
Break					00:10:00		
18:55:00	19:40:00	Men's Kayak Surface Junior	FINAL		00:45:00		
Break					00:05:00		
19:45:00	19:52:00	Women's Kayak Surface Junior - Medals Ceremony			00:07:00		
19:52:00	19:58:00	Men's Kayak Surface Junior - Medals Ceremony			00:06:00		

**DAY 8 - SATURDAY 6 JULY**

Start	Finish	Event	Phase	Heat	Duration	TV
10:00:00	10:25:00	Women's Kayak Surface	Semi-finals	SF1	00:25:00	INTER LIVE TV
10:25:00	10:50:00			SF2	00:25:00	
10:50:00	11:15:00	Men's Kayak Surface	Semi-finals	SF1	00:25:00	
11:15:00	11:40:00			SF2	00:25:00	
Break					09:50:00	
21:30:00	22:15:00	Women's Kayak Surface	FINAL		00:45:00	INTER LIVE TV
Break					00:10:00	
22:25:00	23:10:00	Men's Kayak Surface	FINAL		00:45:00	
Break					00:05:00	
23:15:00	23:22:00	Women's Kayak Surface - Medals Ceremony			00:07:00	
23:22:00	23:29:00	Men's Kayak Surface - Medals Ceremony			00:07:00	

# OFFICIAL TRAINING SCHEDULE

TRAINING DAY 1 - MONDAY 24 JUNE						
Start	Finish	Event	Phase	Heat	Duration	TV
10:40:00	18:00:00	Official training (8 groups - 55 minutes per group)			07:20:00	
09:30:00	18:30:00	Accreditation center - sport pavillon			07:00:00	
TRAINING DAY 2 - TUESDAY 25 JUNE						
Start	Finish	Event	Phase	Heat	Duration	TV
10:40:00	18:00:00	Official training (8 groups - 55 minutes per group)			07:20:00	
09:30:00	17:00:00	Accreditation center - sport pavillon			07:00:00	
19:00:00	20:00:00	Athletes Meeting - Sport Hall			01:00:00	
TRAINING DAY 3 - WEDNESDAY 26 JUNE						
Start	Finish	Event	Phase	Heat	Duration	TV
10:40:00	18:00:00	Official training (8 groups - 55 minutes per group)			07:20:00	
09:30:00	16:30:00	Accreditation center - sport pavillon			07:00:00	
TRAINING DAY 4 - THURSDAY 27 JUNE						
Start	Finish	Event	Phase	Heat	Duration	TV
10:40:00	18:00:00	Official training (8 groups - 55 minutes per group)			07:20:00	
09:30:00	16:30:00	Accreditation center - Sport Hall			07:00:00	
19:00:00	20:00:00	Team Leaders Meeting - Sport Hall			01:00:00	
TRAINING DAY 5 - FRIDAY 28 JUNE						
Start	Finish	Event	Phase	Heat	Duration	TV
10:40:00	18:00:00	Official training (8 groups - 55 minutes per group)			07:20:00	
14:00:00	16:00:00	Squirt - Competition Reahearsal			02:00:00	
09:30:00	16:30:00	Accreditation center - sport pavillon			07:00:00	

	Monday 24	Tuesday 25	Wednesday 26	Thursday 27	Friday 28	Sunday 30
10:40	A	H	G	F	E	D
11:35	B	A	H	G	F	E
12:30	C	B	A	H	G	F
13:25	D	C	B	A	H	G
14:20	E	D	C	B	A	H
15:15	F	E	D	C	B	A
16:10	G	F	E	D	C	B
17:05	H	G	F	E	D	C

ENTRIES	TOTAL	GROUP	ENTRIES	TOTAL	GROUP	ENTRIES	TOTAL	GROUP
GBR	22	A	CAN	17	E	IRL	13	G
SWE	4		POL	6		KOR	1	
FRA	21	B	AUT	3	MEX	1		
SVK	4		ESP	17	JPN	11		
USA	21	C	ARG	6	F	AUS	9	H
BEL	4		CZE	2		UKR	4	
GER	19	D	CRC	1	NZL	1		
RUS	6		TUR	1	TUR	1		

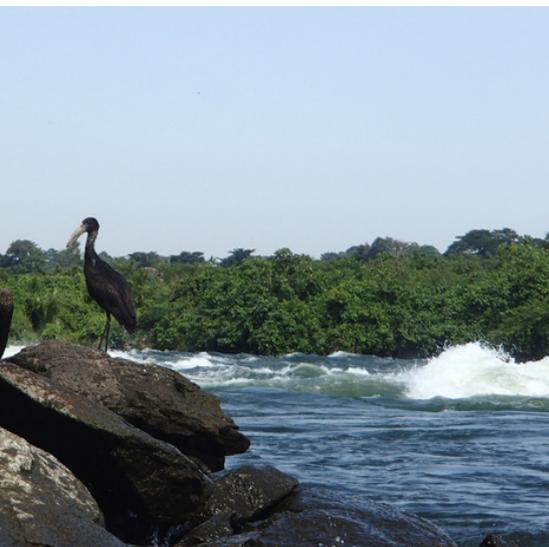
# ACTIVITIES & SORT INFO

When visitors come to Sort in summer they are amazed for the people and the activity that you can see everywhere. It is not a secret that Sort has winter life because of the vicinity of the Ski Resorts, but when is more alive and vibrant is in summer when people is all over, specially the river with its activities and the fresh running water.

There is plenty to do here that's why we suggest you visit the Tourist Office to get an idea. If you have some extra time out of the competition you will be able to do some trekking, climbing, adventure activities as quads, canyoning, BTT, horse riding, cultural & traditional visits... In the previous newsletters we announced some of it, but now, when in few days you will be arriving in Sort, visit the **Tourist Office in the Regional council Building**. They will help you plan your free time!

During the competition days we also need to have some time to enjoy together to get to know each other and have fun.

We want you to enjoy some of the activities we planned during these days.



- July 1st: " Uganda's White Nile River Community Presentation"

Come and see what the Nile and its environment looks like today in a slide show and talk by Dr. Jessie Stone, founder of Soft Power Health and 5 time member of the US Women's Freestyle Kayak Team.

📍 Sports Hall Theater

🕒 19:00pm



- From July 2nd onwards: "50 Years of Canoeing in Noguera Pallaresa River"

An exhibition where you can learn about the beginnings of canoeing in Sort and Noguera Pallaresa River. All the competitions, the activities, paddlers, stories, Come and visit to feel proud of practicing and competing in Sort!

📍 Regional Council Building.

🕒 Official Opening visit at 18:00H, after this will be open during Tourist Office opening hours.



- July 3rd: "MUSIC NIGHT"

It's summer, it's Sort, it's an international competition... Let's enjoy all together athletes, locals, tourists... some 80's-90's Rock music with a live band in town next to bars and restaurants make us enjoy together what summer nights are in Sort. People enjoy the good weather and atmosphere staying out till late but wait! Next day people work and Athletes compete, let's make a short and enjoyable night.

📍 Riuet Park  
🕒 From 23:00pm



- From July 1st - to July 4th. "HANDCRAFTS MARKET"

During day time those days you will be able to enjoy a selection of products from local producers. Food products, decoration, handbags,... They will be more than happy to show what they do and if you are interested, get some souvenirs to take back home!

📍 Comptes de Pallars Avenue.  
🕒 Shopping time



- July 4th. "SHOPPING NIGHT"

The Shop Owners in the Main Street in Sort they want to welcome all of you and thank your stay in Sort with a opening night where all the shops will be open in the Main Street, with a bit of music, raffles, and some food. Have a stroll around before heading to bed and have the opportunity to check and get some local products.

📍 Main Street  
🕒 From 20:30H



- July 5th. "CHAMPIONSHIPS DINNER"

Before the big night finals, before everyone starts heading back home, let's enjoy all together a fantastic dinner prepared by "Comando Calderada", who are a group of volunteers from Sort that are specialists in prepare great meals for popular lunches and dinners in town.

They usually surprise the people with dishes made of local products.

Everyone with an accreditation can attend the dinner.

📍 Riuet Park  
🕒 from 21:00pm

# OTHER ACTIVITIES IN SORT DURING JUNE-JULY

fins a la Pl. Major.

De 10 a 14 h.  
12a Trobada de COL·LECCIONISME de plaques

De 12 a 14 h.  
30a XOLLADA D'OVELLES amb tisora i 5a a màquina  
Amenitzada per la Banda del Peïrot i les seves cançons de Xolla.



+ info: Tel. 973620010 www.sortturisme.com

- June 23th-24th. "ST. JOHN'S NIGHT + TRADITIONAL SHEARING SHEEP FESTIVAL"

The shortest night of the year. To celebrate the summer solstice, Catalan society gathers together in streets, squares, beaches... to spend the night together lighting fireworks and bonfires everything around tables with food and the typical product, the St. John's Cake and some cava. Next morning, will take place the Traditional Shearing Sheep Festival + Craft Products Fair.



- Every tuesday. "LOCAL FARMER'S WEEKLY MARKET"

Every Tuesday in Sort, traders from all over the region comes to sell their products. Food, clothes, shoes, typical products, tools,... Have a look at it, it will be a good and cheap experience!!



- July 15th to 21st. "THE 56th INTERNAIONAL NOGUERA PALLARESA RALLY"

A paddling event where during a whole week, the paddling anthusiasts may not escape from. Open and federated competitions, good athmosfere, food,...

# THE COMPETITION HAS GONE GREENER



As we already announced in the previous Newsletter, the competition is going greener!

With this idea the Organization Committee wants to copy different campaigns that are going on worldwide that are attempting to the reduction of single use plastics. Sports competition has had until now a big impact on the use of plastics just for a very short moment or use, and this must change as our planet is telling us that it cannot hold this situation anymore.

Our planet has offered us the rivers where we practice kayak!! Let's give thanks for this! Some of the products that we created for the competition are already to promote this mind changing aspect. The bag and the bottle. Both items will help to reduce the number of kilos of plastic that will remain in Sort after the competition.

Carry your bag in case you need to go for groceries, do not take any plastic bags from the shops!

Carry your bottle for your drinks! This BPA Free bottle with the championships design, will help you stay hydrated during the hot summer days in Sort.

Moreover, from the Organization we will like your help in keeping Sort clean and to collaborate with the Sort citizens with the waste management.

ENDESA & ENEL which are power companies in Spain that they have a sustainability program, helped us to reach this goals adding us on their collaboration list to produce the bottles and the bags. They are the ones also, providing the correct water levels at the feature for the competition.

The Regional Council, years ago, had implemented the "door by door" system which promotes a better waste management. It consists in having a daily calendar that shows you the part of waste they come to pick up that night.

Thanks to this, SORT regional council, the Pallars Sobirà is the second region in Catalonia that recycles the most!

- If you are staying in a touristic apartment please, follow the rules of it as it is very important for us, the citizens of Sort, the promotion of this system amongst everyone.
- If you are staying in a hotel, help them separate the waste in your room.
- If you are staying in a camping, use the different coloured waste bins.

We want to have a cleaner environment and we want to recycle as much as possible our waste.



For the competition days, the Regional Council, the Town Council and the Organization Committee had implemented some strategies in order to be able to keep up this good work and show the visitors how much we care about our environment.

- All the waste bins in the competition areas will be divided according to the type of waste that has to go in. Pay attention to them!
- All the catering material during the competition days used in the competition areas and activities will be organic and compostable, we will be able to dispose it in the compost bin to be taken by the responsible ones to the waste plant in Sort.
- Respect the river and it's surroundings, keep it clean!
- Use the recycling areas and green points.
- Separate correctly the waste: paper, plastic, glass, organic waste, and other waste
- The organic and compostable catering material throw it on the brown trash bin.

# MERCHANDISING OF THE COMPETITION



From July 25th, when you will come to get your accreditation, you will be given a bag of goodies where a part of some Competition Information, and a Sort Map, there will be merchandising products of the competition that you will be able to show it around during all the days.

If you have any friends, familiars, colleagues who would like to have one and they are not eligible to an accreditation, they will be able to buy it in the Sports Hall, at the accreditation / information office.



# #ICFfreestyleSORT2019

# #PLASTICFREELIFESTYLE



@International Canoe Federation

@ICF Freestyle Comitee

@ICFfreestyle

@Ajuntament de Sort

@CanoeKayakTv

# **CONTACT INFO**

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