**Official Training**

**Development of Training Schedule**

All official training is to be provided to each competing NF free of charge.

The development of an appropriate Training Schedule must incorporate and consider the following matters.

The Training Schedule for the Competition should at least:

* For World Championship Competitions allocate two (2) blocks of five (5) training days in the year preceding the Championships.
* Provide training days over a seven (7) day period immediately preceding the World Championships first day of competition and, over a three (3) day period immediately preceding the World Cups first day of competition.
* Be based on the official Entry List as generated through the ICF entry system. Reference and allocation should be based on the number of Nations entered and the number of boats per Nation.
* Be designed in consultation with the Venue to ensure Venue availability.
* Allocate time slots allocated in one (1) hour training blocks normally over a time period from 8am to 6pm.
* Time slot for each NF to rotate on each day of training, usually by one or two slots forward.
* Numbers of boats per training block to be based on overall entries and additional factors (eg. Course width or probability of excessive congestion) but ideally should total 25 – 30 boats per training block.
* Provide additional free training blocks outside the 8am – 6pm time period to facilitate additional individual Athlete training (eg for Athletes doubling in events)
* Consider the appropriate training block allocations for Nations with large number entries and distribute as evenly as possible.
* Accommodate as much as possible the reasonable special requests of each NF.
* Water on days of training to be supplied under full race conditions.
* All Athletes to wear bib numbers for identification and control.

**Publishing**

A draft Training Schedule must be approved by the ICF and published by the HOC not less than two (2) weeks prior to the commencement of training.

The schedule should be placed on the Competition website and forwarded by email to each participating NF.

Input and special requests from any NF may be made to the HOC with the final schedule being adopted and published prior to the first official training day. The final Training Schedule should be placed on the Event website, the General Noticeboard, in the Athletes Area and the Scoring Area.

**Flat Water Training Facilities**

The HOC must also provide, available to all Athletes, a gate system located in a suitable area of flat water.

**Sample Official Training schedule**

