

2023

PARA NORDIC SKIING
WORLD
CHAMPIONSHIPS

ÖSTERSUND



TEAM INFORMATION

Para Nordic Skiing World Championships

Östersund, Sweden | 21-29 January 2023



2023

Welcome to Östersund, Sweden

The Organizing Committee of the Östersund 2023 Para Nordic Skiing World Championships extends our warmest invitation to participate in this event in Östersund, 21th to 29th January 2023

With a population of about 65.000 people, Östersund is the only city in the county of Jämtland. The city is situated by the lake Storsjön, in line with the coastal cities of Sundsvall and Trondheim (Norway). The mountain resort Åre is about an hour away by car, while you get to Stockholm in 50 minutes by air and in less than five hours by express train.

The long and cold winters are the greatest assets of the city, along with the freshest air and the cleanest water of Europe.

Östersund is since many years the host of several international and national winter sport events, like the Biathlon World Championships 2008 and 2019 along with the annual Biathlon World Cup premieres and the World Para Ice Hockey Championships and Para Nordic Skiing World Cups.

Updated competition information

Information will be published on an ongoing basis at the official website www.winterparasport.com.

Official functions & contact details

All functions are located at Östersund Ski Stadium

Event Director	Niclas Grön	Phone E-mail	+4670 321 19 27 niclas.grön@parasport.se
Assistant Event Director	Linnéa Björndahl	Phone E-mail	+4672 504 32 02 linnea.bjorndahl@parasport.se
Chief of competition	Tommie Jirhed	Phone E-mail	+4670 372 52 68 tommie.jirhed@parasport.se
FIS TD	Marita Kaipainen, FIN	E-mail	
FIS TD Assistant Biathlon	Ingela Kälvedal, SWE	E-mail	ingelakalvedal@hotmail.com
FIS Assistant TD Cross-Country	Alexandr Velechshuk, GER	E-mail	
Jury Member	TBC	E-mail	
FIS RD	Georg Zipfel, GER	E-mail	zipfel@fisski.com
FIS BT IR	Rob Schnider		
Rescue / Medical Service	TBD	Phone E-mail	
Team Captain's Meetings	Östersund Ski Stadium		
Official Notice Board Location	Östersund Ski Stadium Race Office		www.winterparasport.com
Official Webpage	www.winterparasport.com		Please refer to the webpage frequently for updated news.
Competition / Race Office	Linnea Björndahl Charlotta von Malmborg		linnea.bjorndahl@parasport.se winterparasport@gmail.com
Accreditation Office	Evelina Holmberg		evelina.holmberg@parasport.se
Transportation Office	Maria Lönnborg		maria.lonnborg@parasport.se
Accommodation Office	Jessica Thylin		winterparasport@gmail.com
Finance Office	Susanne Möllberg		susanne.mollberg@parasport.se

Race Registration

Deadlines

	System opening	System closing
Accommodation reservation – via form found at official website	01.10.2022	15.12.2022
Wax cabin reservation – via form found at official website	01.10.2022	15.12.2022
Airport shuttle reservation – via form found at official website	01.10.2022	15.12.2022
Entry by number – via FPDMS Online Entry System	03.10.2022	15.11.2022
Entry by names – via FPDMS Online Entry System	12.12.2022	13.01.2023

Rules: International Para Nordic Competition Rules (ICR) 2022/2023

Age Limit: According to the ICR

FIS Point Limit: According to the Qualification Guide Östersund 2023 FIS Para Nordic World Ski Championships

All documents are available under: <https://www.fis-ski.com/en/para-snowsports/para-nordic/documents>

Accident and health Insurance

Each National Ski Association and/or National Federation must ensure that all members of their delegation are appropriately insured, including coverage for travel, liability and accidents during the competition period.

All delegation members must have appropriate accident and health insurance in order to race in international ski competitions. The organizers do not accept liability for any injury/damage to persons/belongings.

Participant Insurance

With the issuance of a licence to participate in FIS competitions and entry, the National Ski Association confirms that valid and sufficient accident insurance for training and competition is in place for the competitor and assumes full responsibility. For more information, please see art. 204.2 and 212 of the ICR.

Finance

First Payment Accommodation Package Fee	15.11.2022	First payment deadline. 50 % of accommodation package fees must be paid to LOC to secure requested accommodation. The fees are NOT REFUNDABLE.	
Final Payment Accommodation Package Fee	15.12.2022	Final payment deadline. Remaining 50 % of accommodation package fees must be paid to LOC to be able to enter the competition. The fees are NOT REFUNDABLE.	
Bank Account data	Payments should cover bank transfer charges	Bank and Bank address	Swedbank AB SE-105 34 Stockholm, SWEDEN
		Account Number	9142441923
		IBAN	SE6180000890119142441923
		BIC (SWIFT)	SWEDSESS
Liability	The organizers do not accept liability for any injury/damage to persons/belongings.		

Payment

Payments for booked accommodation packages, rent of wax cabins and airport shuttles are to be made by invoice sent by e-mail to each NSA prior to the competition.

Last day of full payment to be able to enter the competition is 15 December 2022.

Payments will be confirmed upon arrival – at the airport or at the hotel – to receive your accreditations and access to check-in at the hotel.

Payments are non-refundable.

Only credit cards are accepted, no invoicing or cash will be handled on site.

Late bookings of accommodation packages, airport shuttles, wax cabin rentals etc. can be made upon request at LOC race office, due to availability.

Credit cards and cash

Any payments made on site at the race office and hotels should be made by credit card.
No cash is accepted.

Credit and debit cards are widely accepted in Sweden; most hotels, restaurants, stores and other commercial trades usually accepts different types of cards. Most common in Sweden is VISA, MasterCard and American Express among others. Please note that the primary way to pay in Sweden is by credit card.
Most stores and restaurants do not accept cash.

Accreditations

The accreditation badges for the teams are handed out upon arrival to Östersund – either at the airport or at the race office at the ski stadium.

The accreditations will not be handed out if there are any outstanding payments left to be made.
Any payments last minute will be handled at the race office at Östersund Ski Stadium. Credit cards only.

All hotels will ask for passport and accreditation at check in.

The hotel check in will be closed until the teams has fulfilled their obligations to LOC.

Everyone is required to wear their accreditation card when staying on the biathlon arena, or you will be denied entry.

Medical and Anti-Doping Information

Medical services

The LOC will do its best to guarantee the safety of all participants and first aid services for the teams during the entire duration of the Championships. Medical personnel will be present at all events at the Championships venue.

According to ICR art. 221.

Anti-Doping

According to the [FIS Anti-Doping Rules](#)

Travel and transportation

Flights to/from Östersund, Sweden

The official airport is *Åre Östersund Airport*, located just 15 minutes from the city center of Östersund. Teams can also fly to/from *Trondheim Vaernes Airport* in Norway, about 4 hours by bus transportation to Östersund.

LOC recommends to book flight tickets no later than mid-November with *Scandinavian Airlines (SAS)* to secure their travel arrangements, as SAS then will adjust the vessel size to respond to the amount of booked seats.

Visas

Teams are responsible to arrange for visas in time, if required.

LOC can assist you by providing an official invitation letter for your team's visa applications.

Send a complete list with full name of each delegate, date of birth and passport number to winterparasport@gmail.com as soon as possible.

Import and export of rifles and ammunition

Please note that importing a rifle to Sweden without a permit requires that the person importing the rifle must be at least 18 years of age and that the rifle has a limited effect. This means that the projectile that is fired has an impact energy that is less than 10 joules at a distance of four meters from the rifle's muzzle. In all other cases an import declaration for the rifles must be carried out and presented to the Swedish customs at the border. [Here you can find more information about importing a rifle to Sweden.](#)
(See application for a temporary import of weapons)

Venue shuttle between Östersund Ski Stadium and official hotels

LOC will organize scheduled venue shuttles for accredited delegates on official days.

The venue shuttle is included in the accommodation package.

If you have any other transportation needs outside the venue shuttle schedule, please contact the LOC maria.lonnborg@parasport.se at least 24 hours before, to see if we can fulfil your requests at own cost.

Airport shuttle from Åre Östersund Airport to Östersund hotel and return

LOC provides wheelchair accessible transportation service upon request from/to *Åre Östersund Airport* to/from official hotels, for a cost of 25 EUR/person (single way, shared vehicle, including personal equipment). Please send your transport requests no later than **15 December 2022** via www.winterparasport.com.

Airport shuttle from Trondheim Vaernes Airport, Norway to Östersund and return

LOC provides wheelchair accessible transportation service upon request from/to *Trondheim Vaernes Airport, Norway* to/from Östersund (official hotels) for a cost of 150 EUR per person (single way, shared vehicle, including personal equipment).

Please send your transport requests no later than **15 December 2022** via www.winterparasport.com.

Car rental in Östersund – discount with Europcar

LOC recommends the teams to book rental vehicles with Europcar Östersund.

Send your request to ostersund@europcar.se or via the website www.europcar.se.

Use the booking code #85033451 to receive a discount of 10-20% depending on type of vehicle.

Parking

Ski stadium

Parking at the Ski stadium is free of charge

Scandic Östersund Syd

Free parking for hotel guests due to availability

If the parking lot is full, there is a big parking lot just nearby, for a minor fee.

BW Hotel Ett

Free parking for hotel guests due to availability

Hotell Östersund

The hotel has no parking space.

You need to park on the street, see the section "Street parking" below.

Clarion Hotel Grand Östersund

The hotel has parking spaces both indoor and outdoor.

Parking is due to availability for hotel guests and you can book in advance via the link [Link to booking](#) – before you arrive to the hotel.

You can also book by phone at the reception +46 (0)63 55 60 00.

Parking fee at the hotel parking outdoor is 95 SEK/night and indoor 195 SEK/night.

Entrance to the parking (both indoor and outdoor) is on the corner of Storgatan/Residensgränd.

You can also choose street parking at the streets around the hotel, see the section "Street parking" below.

Parking garage "Residensgränd 13" – 2 min walking distance from Clarion Hotel Grand Östersund

Open: Monday–Friday 07.00–22.00, Saturday 09.00–22.00, Sunday 10.00–18.00

Free height 2,05 meters.

10 SEK/hour, long term 500 SEK/month.

Street parking in Östersund – goes for both Clarion Hotel Grand Östersund and Hotell Östersund

Parking fee (5-15 SEK/hour depending on which area you park in)

- Monday-Friday 09.00-18.00 (daytime)
- Saturday 09.00-15:00 (daytime)

Parking is free of charge outside those hours (follow the street signs)

Accommodation & meals

We offer two levels of official accommodation at a first come first served basis.

All types of accommodation are offered as full board including breakfast at the accommodation and lunch and dinner primarily served at the ski stadium, depending on the competition schedule.

Meals are included in the accommodation package on official days, starting with dinner 16th January and ending with breakfast 30th January.

Please inform the LOC of any food allergies by sending an e-mail to winterparasport@gmail.com before **15 December 2022**.

Please note that each accommodation alternative has a limited number of rooms. The organizer cannot guarantee available rooms. To secure your choice of accommodation, make your reservation as soon as possible and follow the booking policy by finalize the payments before set deadlines.

Reservations paid later than 15 December cannot be guaranteed.

Requests of accommodation are made directly to the organizer by sending in the form for accommodation reservation, to be found at www.winterparasport.com.

Please note that accommodation reservations **are binding and not refundable**.

Alternatives for accommodation, prices are shown per person per night, incl. full board and venue shuttle:

OPTION 1 - Best Western Hotell Ett	Single room: €140 Shared twin room: €110	3-star hotel; 3 km from city center and ski stadium. www.hotellett.com
OPTION 2 - Hotell Östersund	Single room: €170 Shared twin room: €130	4-star city hotel; 3 km from the ski stadium. www.hotellostersund.se
OPTION 3 - Clarion Hotel Grand Östersund	Single room: € 170 Shared twin room: €130	4-star city hotel; 2 km from the ski stadium. www.nordicchoicehotels.se/clarion/clarion-hotel-grand-ostersund/
OPTION 4 - Scandic Östersund Syd	Single room: €170 Shared twin room: €130	4-star hotel; 2 km from city center and 3 km from the ski stadium. www.scandichotels.com/ostersundsyd

Please note that all hotels have a limited number of accessible rooms, why LOC has the right to allocate teams to a different hotel within the same hotel category, if necessary to meet the accessibility needs of all teams.

Only the official hotels can provide meals and shuttle service to accredited delegates.

To keep all the teams safe and healthy in these times we need to make sure all teams are staying at by us approved hotels that follows LOC's standards due to covid regulations and restrictions.

Competition venue

The city of Östersund continues to make many upgrades at the ski stadium, where more than 89 kilometers of world class biathlon and cross-country racing tracks runs at an average elevation. One of the latest upgrades consists of a new solution concerning the competition tracks for sit skiers. Östersund Biathlon Arena is the national arena of Sweden specifically for Biathlon.

Facilities and wax cabins

The Competition Main Office and the race office are located at the biathlon arena.

The wax cabins in a size of 15 m² are located downside the shooting range, approximately 50 meters from the ski tracks.

The teams have the possibility to rent wax cabins for a cost of 500€ /cabin during the period of 16-29 January. Keys to the wax cabins will be handed out at the race office.

Wax cabin reservations are made on the website www.winterparasport.com on a first come first served basis. Teams can also rent wax cabins on site at the race office, due to availability.

Preliminary program

Monday 16 January 2023	Arrival Team
Tuesday 17 January 2023	Arrival Team
Wednesday 18 January 2023	Cross-Country Skiing /Biathlon, Open Course
Thursday 19 January 2023	Cross-Country Skiing Open Course, Unofficial BT training
Friday 20 January 2023	Official Biathlon training, Unofficial Cross-Country Skiing training
Saturday 21 January 2023	Biathlon 7.5 km Sprint
Sunday 22 January 2023	Cross-Country Skiing 18 km Individual Start Classic
Monday 23 January 2023	Official Cross-Country Skiing training
Tuesday 24 January 2023	Cross-Country Skiing Sprint (Official Biathlon training)
Wednesday 25 January 2023	Biathlon 10 km Individual Start (penalty loop)
Thursday 26 January 2023	Official Biathlon training
Friday 27 January 2023	Biathlon 12.5 km Individual Start (penalty time)
Saturday 28 January 2023	Cross-Country Skiing 10 km Individual Start Free
Sunday 29 January 2023	Cross- Country Skiing Mixed & Open Relay 4 x 2.5km
Monday 30 January 2023	Departure

Changes to the program can be made by the organization

In January 21 to 29 2023 the region of Jämtland – Härjedalen, with Östersund in front will host the Para Nordic Skiing World Championships 2023. Containing the World Champs in Para Biathlon, Para Cross Country at the same period.

The local organizing committee gladly invites all of you to make this journey with us. Hope to see all of you here at the events.

Welcome to the county of Jämtland!

Para Nordic Skiing World Championships

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