



2020

# TEAM MANUAL

## World Para Biathlon Championships

Östersund, Sweden | 11-15<sup>th</sup> March 2020



2023

## Dear athletes and team officials!

I would like to welcome you all, with pride and warmth, to Östersund and 2020 World Para Biathlon Championships. A particularly warm welcome to all athletes and team officials from the participating countries, but also the International Paralympic Committee, the Swedish Paralympic Committee and the Swedish Parasport Federation.



Östersund Ski Stadium is the Swedish national arena for Biathlon and probably one of the best in the world and we also keep develop this into the world's best Parasport arena. Therefore, it is with great pleasure that we for the second year in a row are hosting an World Para Nordic Skiing World Cup and Biathlon World Championships. Our goal is to arrange more events of this caliber, where the municipality, sports clubs and businesses in collaboration creates high quality events for both athletes and spectators.

I look forward to exciting World Para Biathlon Championships, with great sports performance from great athletes. I wish you all the best of luck in the competitions, and hope you enjoy your stay in Östersund.

**Bosse Svensson**  
*Mayor of Östersund*

## Welcome!

It is with great pleasure that I, on behalf of the Swedish Parasport Federation and the Swedish Paralympic Committee, welcome you to the Östersund 2020 World Para Biathlon Championships. Much is at stake. It will be tough, tight and hard in the tracks. Up to 20 nations and around 100 athletes will be participating during a week of competitions.



There are many who have worked hard to arrange the World Biathlon Championships in Sweden and we all hope that the competition will show how well Sweden, and Östersund, is at arranging competitions at the highest level in parasport. But also, that it is extremely relevant that parasport gets the financial support it does and could benefit from more from several others to make an even bigger difference around the globe. Sport unites. Sport plays an important role in all societies, and for people with any kind of disability sports plays an even more important role. But in the ski tracks it doesn't matter if you are disabled or not, not as long as you share the passion for sport. That's the strength of sport. It breaks down barriers. I wish that the performances of the athletes will make those with disabilities who don't participate in sports today – start to tomorrow. Finally, I wish that everyone attending the Championships – all athletes, officials, team staff as well as you in the stands – make sure that the World Championships is competing at the highest level and in the spirit of Fair Play.

**Johan Strid**  
*Secretary General*  
*Swedish Parasport Federation and Swedish Paralympic Committee*

# Official functions

<b>General Management Chairperson</b>	Gun Fahlander	Phone: +46702142085 E-mail: gun.fahlander@outlook.com
<b>Chief of competition</b>	Stefan Sedin	Phone: +46 730929014 E-mail: stefan.sedin@jamtkraft.se
<b>WPNS TD</b>	Hans Peter Neeser	Phone: +41 7947444016 E-mail: hp.neeser@bluewin.ch
<b>WPNS RD</b>	Georgy Kadykov-Orbeliani	Phone: gkadykov@gmail.com E-mail:
<b>WPNS Biathlon IR</b>	Joe Bajan	Phone: jbajan@ee-sys.com E-mail:
<b>WPNS IR Timing &amp; Results</b>	Tor Undheim NOR	Phone: tor.undheim@getmail.no E-mail:
<b>Rescue/ Medical Service</b>	Event HealthCare	Phone: +46 767972216 E-mail: info@eventsjukvardjamtland.se
<b>Team Captain's Meetings</b>	Östersund Ski Stadium Mediacenter 3rd floor	
<b>Official Notice Board Location</b>	Ski stadium/Race office www.winterparasport.com	

## Information

Information will be published on an ongoing basis at the official website [www.winterparasport.com](http://www.winterparasport.com). Here you will be able to find all information you need for your stay in Östersund during the championships.

## Contact

If you have any questions, do not hesitate to send an e-mail to [winterparasport@gmail.com](mailto:winterparasport@gmail.com).

# Rules and regulations

<b>Rules:</b>	WPNS Rule Book 2019/2020		
<b>Doping:</b>	According to the IPC Doping Control Agreement		
<b>Participant Insurance:</b>	Each NPC/NSF must ensure that all members of their delegation are appropriately insured, including coverage for travel, liability and accidents. All delegation members must have appropriate accident and health insurance in order to race in international ski competitions. For more information please contact IPC directly by e-mailing <a href="mailto:info@WorldParaNordicSkiing.org">info@WorldParaNordicSkiing.org</a>		
<b>Age Limit:</b>	According to WPNS Rules		
<b>WPNS Point limit:</b>	According to WPNS Rules		
<b>Race entry:</b>	<a href="#">IPC Online Entry System</a>		
<b>Accommodation Fee:</b>	See options for accommodation		
<b>Final Payment for Accommodation Fee deadline:</b>	20.02.2020	Please pay the accommodation fees according to received invoice. The accommodation fees are NOT REFUNDABLE.	
<b>Bank Account data:</b>	Payments should cover bank transfer charges	Bank:	Swedbank
		Account:	5728-1248
		IBAN:	SE7980000814710433770237
		BIC (SWIFT)	SWEDSESS
<b>Official Webpage for the event:</b>	<a href="http://www.winterparasport.com">www.winterparasport.com</a>	Please refer to the webpage frequently for information including course maps, changes in the program and other updated news.	
<b>Liability:</b>	The organizers do not accept liability for any injury/damage to persons/belongings.		

# Logistics

## Travel and transportation

The closest airport is located just 15 minutes from the City Centre of Östersund; Åre Östersund Airport. It might also be an option to see if there are available flights to Vaernes Airport in Trondheim, Norway, from where it will be a transportation about 4 ours by road to Östersund.

### *Visas*

If a Visa is required for entering Sweden, please do not forget to apply for Visa in advance, teams are responsible to arrange for Visas if required. LOC will gladly assist you with providing the team with an invitation for Visa application, just send the completed name list (with dates of birth) for Visa to the organizing committee.

### *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.

### *Local transports*

Each team are recommended to rent their own vehicle via the LOC local partner Europcar, by using the link below: <https://www.europcar.se/parasport>

Rental cars can be picked up at the airport at arrival.

For teams who do not have their own transportation LOC can organize transports to and from the arena, to a small cost. However, these transportations must be ordered at least 24 hours in advance at the competition office.

### *Airport shuttle*

For teams not choosing to rent their own vehicle airport shuttle can be organized by LOC for a cost of 10 EUR/per person (single way). Airport shuttle must be ordered at least one week before arrival.

## Payment in Sweden

### *Currency*

The official currency in Sweden is Swedish Krona. Exchange possibilities are located in the city center, either at the local Forex exchange office or at any of the local bank offices.

### *Credit cards*

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.

## Accommodation

You will be able to choose between different alternatives for accommodation. All types of accommodation are offered as full board including breakfast and dinner at the accommodation facilities and lunch served at the ski stadium. These meals are included in the fee for accommodation.

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. Requests of accommodation are made directly to the organizer by sending in the form for accommodation reservation, to be found at Teams on [www.winterparasport.com](http://www.winterparasport.com). More information about the accommodation alternatives including pictures can also be found at the website. Please note that accommodation reservations **are binding and not refundable after 7 February**.

Alternatives for accommodation, prices are shown per person and night:

<b>Hostel Ledkrysset</b>	Single room: €80 Double room: €80 Dormitory rooms: €80	ostersundledkrysset.se
<b>Best Western Hotell Ett</b>	Single room: €120* Double room: €100*	hotellett.com
<b>Hotell Östersund</b>	Single room: €140 Double room: €100 Triple room: €90 Quadruple room: €85	www.hotellostersund.se
<b>Scandic Östersund Syd</b>	Single room: €158 Double room: €108 Triple room: €98 Quadruple room: €98	scandichotels.se/ostersundsyd
<b>Clarion Hotel Grand Östersund</b>	Single room: € 180 Double room: €120	www.nordicchoicehotels.se/clarion/clarion-hotel-grand-ostersund/

### *Supporters/Family members*

For supporters and family members we recommend Clarion Hotel Grand Östersund for accommodation: <https://www.nordicchoicehotels.se/clarion/clarion-hotel-grand-ostersund/>. Another alternative is Best Western Hotell Gamla Teatern: <https://www.gamlateatern.se/>

# Competition Information

## 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.

### Accreditations

Accreditations for the whole team are handed out to the team captains at the competition office upon arrival. Everyone is required to wear their accreditation card when staying on the biathlon arena.

### Facilities and wax cabins

The Competition Office is located at the biathlon arena. Wax cabins in a size of 15 m<sup>2</sup> is 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 300€ /cabin during the period of 10.03. – 15.03. Keys for the wax cabins will be handed out at the competition office upon arrival. Booking of wax cabins are made by sending in the form for reservation to the organizer, found at the website [www.winterparasport.com](http://www.winterparasport.com).

### Training possibilities

Please note that there will be **no access** to the shooting range for training before official training 11.03. due to other competitions and construction work. There will be plenty of ski tracks open for training in the area of Östersund for the whole period.

### Award Ceremonies

The Award Ceremonies will be held directly after each category and competition at the competition venue after official results are published. Top three athletes will be awarded.

## Entries

For the World Para Biathlon Championships the entries by numbers and entries by names shall be registered by the IPC online registration system, [www.paralympic.org/entries](http://www.paralympic.org/entries).

### Deadlines

	System opening	System closing
<b>Accommodation reservation</b> – via form found at official website	17.12.2019	07.02.2020
<b>3.2 Entry by number</b> – via IPC online registration system	02.12.2019	16.01.2020
<b>Entry by names</b> – via IPC online registration system	17.02.2020	02.03.2020
<b>Airport shuttle reservation</b> – via IPC accreditation system	02.12.2019	02.03.2019
<b>Accreditation</b> – via IPC accreditation system	02.12.2019	02.03.2019
<b>Wax cabin reservation</b> – via form found at official website	17.12.2019	03.03.2019

### *NPC Delegation Quota*

Each NPC will be allowed to enter the following number of staff per athlete:

<b>For 2 athletes</b>	1 Staff
<b>From 3 to 5 athletes</b>	4 Staff
<b>From 6 to 10 athletes</b>	8 Staff
<b>Above 10 athletes</b>	1 additional staff to every 2 athletes (rounded up)
<b>Extra Staff:</b>	Chef de Mission and one (1) Team Do

### *Athlete Eligibility*

Athletes must hold a valid WPNS License for the 2019/2020 season and have achieved race points in one race of this season. Athletes must be at least 15 years old by 5 March 2020. In addition, the athletes must be internationally classified with either a **Confirmed** sport class status or a **Review 2020** sport class status or later.

### *Insurance*

All members of each team are obliged to have their own travel and medical insurance valid during the total of the competition period.

### *Payment*

Payments for accommodation, entries, rent of wax cabins and airport shuttles are to be made by invoice sent by LOC to each NPC prior to the championships. The LOC has no possibility to arrange payments on site via credit/debit cards or cash. Please note that the fees for accommodation and race entries **are not refundable**.



# Preliminary program

<b>Tuesday</b> <b>09 March 2020</b>	Arrival
<b>Wednesday</b> <b>11 March 2020</b>	Official training 1 <sup>st</sup> Team captains meeting
<b>Thursday</b> <b>12 March 2020</b>	<b>Competition – Individual</b> 2 <sup>nd</sup> Team captains meeting
<b>Friday</b> <b>13 March 2020</b>	Official Training 3 <sup>rd</sup> Team captains meeting
<b>Saturday</b> <b>14 March 2020</b>	<b>Competition – Sprint</b> 4 <sup>th</sup> Team captains meeting
<b>Sunday</b> <b>15 March 2020</b>	<b>Competition – Middle</b> Closing Ceremony

*Changes to the program can be made by the organization*

In 2023 the region of Jämtland with Östersund and Åre in front will host the IPC World Para Snow Sports Championships, preliminary containing the world champs in Para Biathlon, Para Cross Country, Para Alpine, Para Snowboard and Para Ice Hockey all together.

The local organizing committee are looking forward to the WPSSC 2023 with excitement and hope to see all of you here for the events.

This seasons Para Biathlon World Championships is not only a world champs for us, but also one step closer to make the best Para Snow Sport Championships events in 2023 possible. We are heading towards Next Level of Para Biathlon, and gladly invites all of you to make this journey with us.

*Welcome to the county of Jämtland!*



---

# World Para Biathlon Championships

Östersund, Sweden | 11-15<sup>th</sup> March 2020

2023