



TERCEIRA

ISLAND - AZORES - PORTUGAL

APRIL 08-14 // // // 2024

ATHLETES GUIDE BOOK



Structure and key persons

ECA

Technical Delegate- Roberto Liberato

Events Manager – Jovana Stanojevic

Media officer – Nina Jelenc

Jury

Jean Zoungrana - ECA President

Miroslav Haviar – ECA Vice President

Vitor Félix – POR NF President

Organizing committee

Marcos Oliveira – Project manager & Technical Organiser

Competition committee

Race director – Roberto Liberato

Competition Manager - Fabio Meneses

Safety officer - José Alamo

ITOs & NTOs

Start & finish Line – Marian Sarbu & Eddie Suarez

ID Control – Ana Vieira

Course Umpire – Décio Chaves

NTOs:

Oscar Soares

João Rocha

Patricia Corvelo

Rita Trancoso

Rita Andrade

Francisco Garcia

Announcers

Orlando Silva & Andre Santos

Official communications

All latest information will be published in the OC WhatsApp channel here

<https://whatsapp.com/channel/0029VaCI5ISChq6L6nzVxj2P>

Official start list and results can be found here: <https://memosoft.spotfokus.com/en/events/>

Emergency Contacts

OC – Marcos Oliveira +351932080306

Competition Manager – Fabio Meneses +351913092967

Canoe Ocean Racing rules 2023

https://www.canoeicf.com/sites/default/files/2023_icf_competition_rules_ocean_racing_final.pdf

Accreditation

Located in HQ (Port of pipas)

Opening times: From April 9th 9:00-12:30 14:00-17:30 On Thursday, the Accreditation Office will close at 17:00 to allow for everyone to take part on the opening ceremony.

Please note the accreditation will work on first come first served basis, so be there on time, as you will need your accreditation card to move around different areas.

Each participant must collect his/her Welcome bag, including:

Bib number

Boat sticker(s)

Official Dinner invitation

Island Map

Local souvenirs

Accreditation card

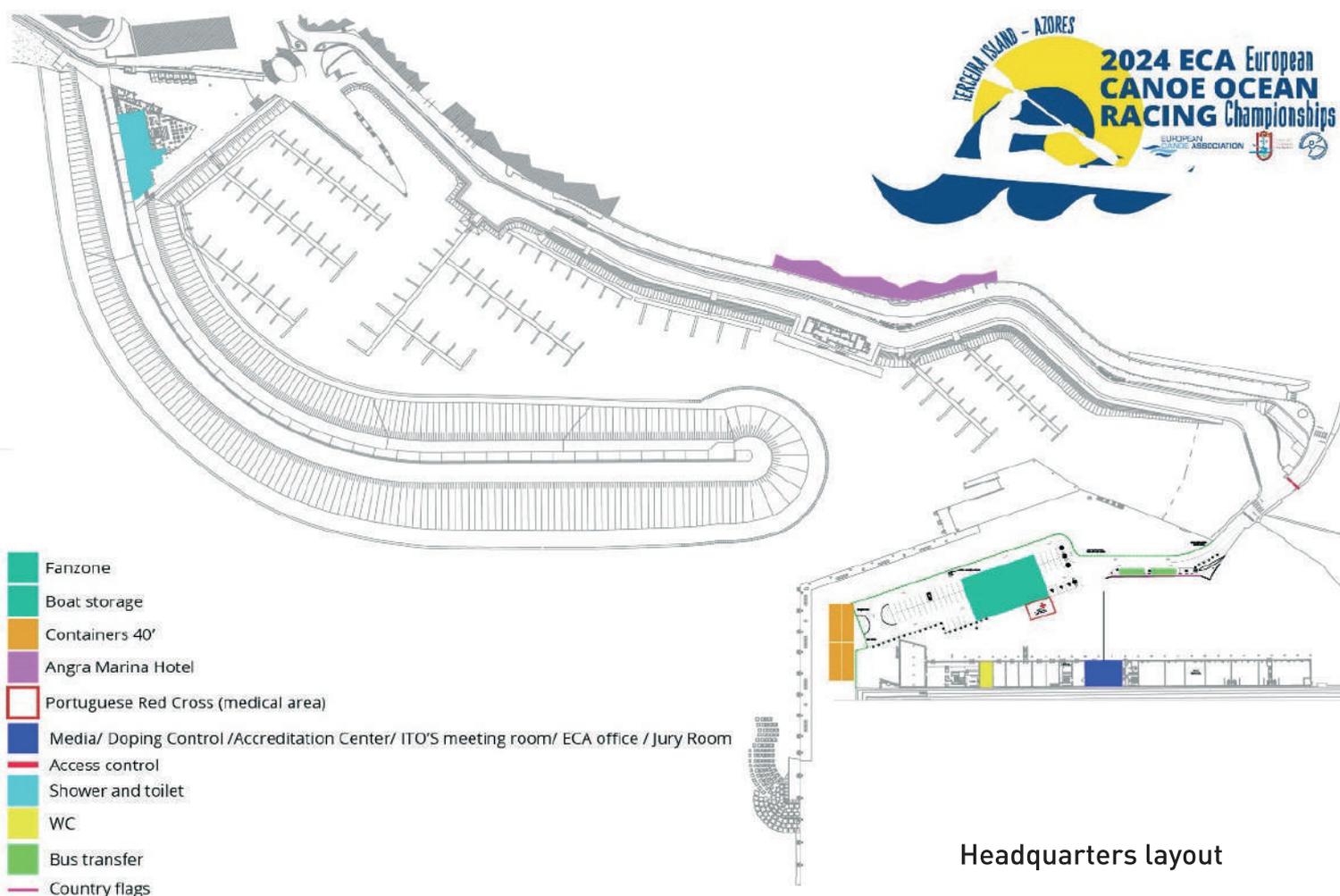
Vinegar packets

Reusable Water bottle

Event Tshirt

During the accreditation process, most of the participants will be asked to take a picture to add it to the card. Also, we will check your balance about the participation fee and boat transportation/rental.

Since we have roughly 250 participants registered, please reserve some time for this process, and try to do it sooner rather than later, preferably as you arrive on the island.



Accommodation

For those who booked accommodation with the OC, you may go directly to the Hotel to check-in, there will be a reservation under your name.

Also those with accommodation through OC will be picked up at the airport and also drop back on the day of departure.

If you paid for your accommodation, your hotel is Angra Marina Hotel, if you are a guest of the OC, your hotel is Azoris Angra Garden - Plaza Hotel, on the main plaza.

For those who booked half board, you will be given meal tickets at the accreditation office. Those are personal and not exchangeable. If you are our guest, same applies.

Boat rentals and Boat transportation

For those who had their boats transported from Lisbon or Oporto, please go to our staff to collect your boat at HQ.

If you rent your boat with one of the boat manufactures, you must go to them directly.

On Sunday evening, April 14th, your boat must be in place and protected, to be loaded in the container to go back to Lisbon or Oporto. OC staff will load all boats by the end of Monday, April 15th, after the race weekend.

All boats will be placed inside the fun zone in one limited area. Please find your boat there and every time you use it put it back there. If possible in the same place.



Opening ceremony

The opening ceremony will take place on April 11th at 6pm in the main square of Angra do Heroísmo.

All participants should be at the Fun zone tent at 17:00 to take part on the parade. We will ask one athlete from each country to carry the national flag and a volunteer from the Organizing Committee to carry a board with the National Federation or Country's name in English. The other members of the delegation will follow the flag bearer. The Countries will parade in English alphabetic order, with the exception of Portugal that will close the parade. Brazil and South Africa, who are guest countries, will not be officially in the parade.

The Ceremony will take around 45min and it will include the moment of the official opening of the championships as well as some cultural musical presentation.

Following the ceremony all participants are invited to go back to the fun zone where you can find some small shops selling snacks and drinks.

Official briefing

On April 11th at 16:00, before the opening ceremony and dinner, OC and ECA will deliver the official briefing of the championships, with all technical information about the event and SS1 plus SS2 races.

Please attend this briefing as it is very important to all.

There will be a secondary smaller briefing at the start area, on the day of each race.

During the briefing we will present:

- Official schedule
- Official course(s)
- Security conditions
- GPS and ID Control
- Start and finish procedure.
- Loading and unloading of boats
- Bus schedule



Transportation

The OC will provide bus transportation for the SS1 and SS2 races. Schedule will be given after final decision of the day and start time of each race. If the start of the races is from Angra do Heroísmo, bus transportation will be provided at Praia da Vitória after finish. If the start is located in Praia da Vitória, the bus will take you there, 2h in advance.

The boats will also be carried to the Start or from the Finish area to the HQ by OC. Please follow the final information about where to load your boat in the day before each race.

Official dinner

Sunday Evening, April 14th OC will offer one dinner to all participants in the European Championships.

If you have one accompanying person that wants to attend this dinner, you will have to buy one ticket at the accreditation office. Price is 25€. Limited capacity available.

OC will provide bus transportation to all invited athletes. Dinner is at 8:00pm. Pick up will be in front of HQ at 19:30. Return is planned to 22:30 and 00:00.

European Championships medals ceremony will take place during dinner. OC asks all medallist to bring official uniform to dinner. There will be changing rooms available. The minimum accepted uniform to go to the podium will be the official NFs jacket and proper shoes.



Fun Zone

The Local OC has setup a big tent at the HQ, that will host workshops, boat and paddle manufactures exhibitions, as well as food and drinks experiences. This will also be the stage for the races briefing and medal ceremonies for the National Championships stage race.



April 11 Thursday

10:00 Free training
12:00 Opening of the Fan Zone
14:00 Surfski repair workshop - ELIO E SIPRE KAYAKS
15:00 Repairing professional paddles workshop - JANTEX
16:00 Briefing for athletes
17:30 Meeting for the parade - Pateo d'Alfândega
18:00 Parade of nations and Opening Ceremony - Pateo d'Alfândega - Praça Velha
21:30 Presentation of the wooden kayak "PIPAS."
23:00 Closing of the Fan Zone

April 12 Friday

09:00 Opening of the Fan Zone
10:00 Canoe demonstration VAA
14:00 SS1 RACE and National Championship prize giving (provisional)
20:30 Regional wine tasting - ART OF WINE
21:30 Folklore group performance
00:00 Closing of the Fan Zone

April 13 Saturday

09:00 Opening of the Fan Zone
10:00 Youth Canoe Ocean Racing National Championships Stage 2 (provisional)
14:30 SS2/OC1/ OC6 RACE and prize giving (provisional)
22:00 Musical entertainment
02:00 Closing of the Fan Zone

April 14 Sunday

09:00 Opening of the Fan Zone
16:00 Closing of the Fan Zone
19:00 Closing dinner of the European Championship Parque Multissetorial da Ilha Terceira

Security and first Aid

One red cross campaign hospital will be available at HQ from Thursday for first aid support. In the days before we will have local OC with first aid kit available. If you have a major incident or any other problem that involves take you to the hospital keep in mind you have to bear the cost of your checking and treatment. All participants must have insurance, either personal or from your NF.

During competition days, ambulances will be available at start area and along the race course main safety exit spots as well as at finish line.

There will be 20 plus boats to provide security during the race days.
More information at the briefing.



Provisional Course

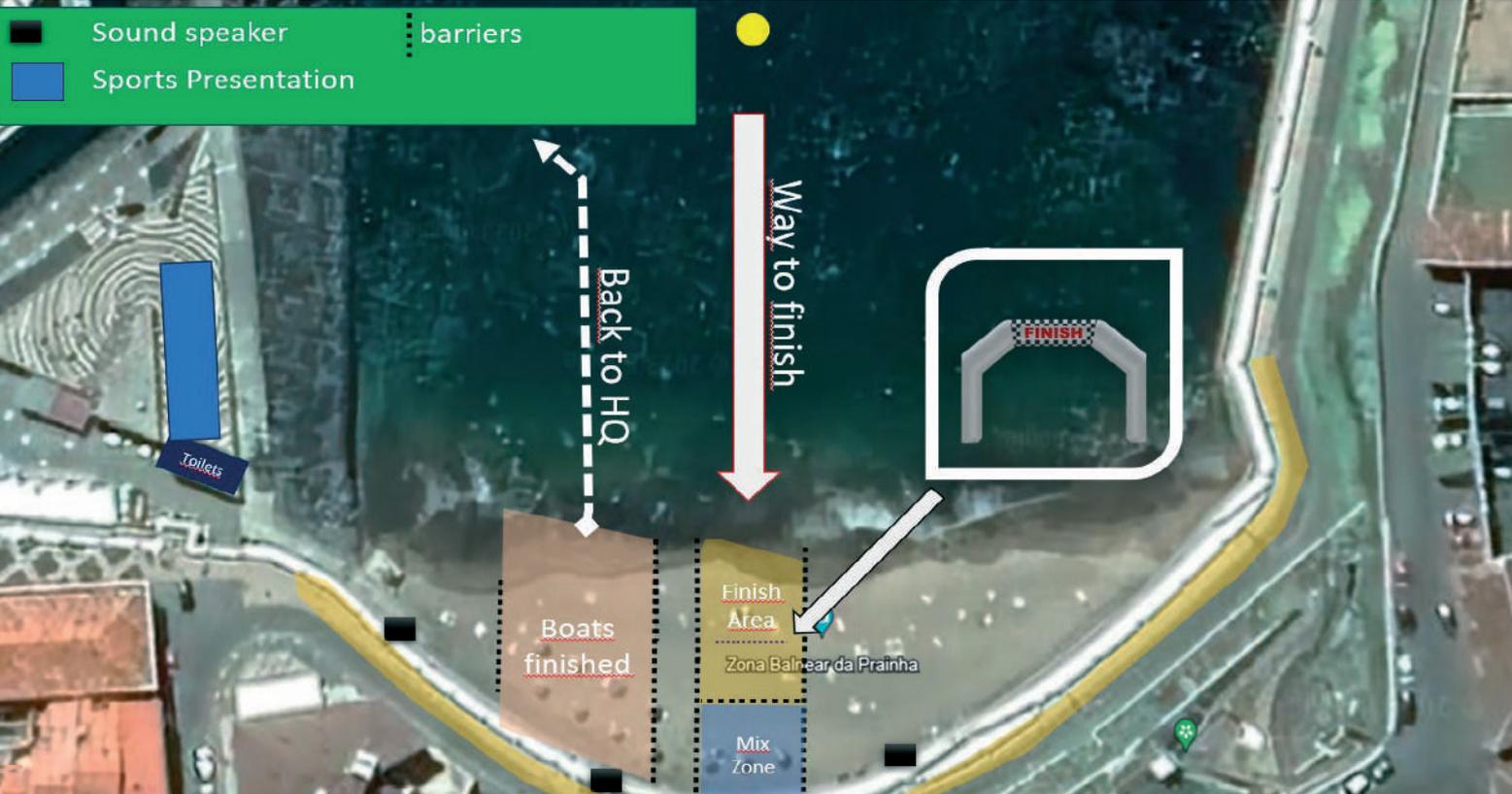


Angra do Heroismo Start and finish overview



■ Sports Presentation

Angra do Heroismo finish layout



Sport Notes

Bib is mandatory to be worn on the top of Vest or any other clothes. The number must be visible at all times. Bib does not need to be returned at the end of the race.

In the SS2 races, only one athlete must cross the finish line. That athlete must be according to the start list boat number. If you need to change please come to accreditation.

Use of GPS is mandatory. The device will be given at ID control before the race. It must be worn on the top of the vest and fixed to the athlete not the boat.

GPS device must be returned after the finish line in the identified container. If the athlete fails to return the device they will incur on a fine of 150€.

In the SS2 only one GPS per boat. Can be worn by any of the athletes.

The use of leash is also mandatory.

The use of bib number sticker on the boat is also mandatory. This should be placed on the front left or front right side of the boat, depending on the direction of the race.

There will be ID control for both SS1 and SS2 races. It will open near the start area at least 1 hour before the race time.

During the SS1 and SS2 European Championships title races, OC will organize at the same time the 2nd stage of the Portuguese National championships in ocean racing as well as the regional championships. These athletes are competing for both titles during the European Championships.

Portuguese Man-o-war

Every year, with the arrival of spring, the Azores see the appearance of many Portuguese Man-o-war Jellyfish (*Physalia physalis*).

What should you do if you are stung by a Portuguese Man-o-war?

In case of being stung by a Portuguese Man-o-war it is recommended to wash the wound with salt water and put vinegar. The purpose of vinegar is to help stop the discharge of poison to the body of the affected person.

Wash off tentacles with sea water or pick off with fingers

Seek medical help

Do not:

Rinse with fresh water

All athletes will have small packets of vinegar provided by the OC



Training during your stay

Every athlete is free to go paddle during the preparation days, as long as wears:

- Leash
- Vest
- Mobile phone

The organization is trying to organize one official training in the days before the race days, for those who want to test part of the competition course, in safety. Plan is to open registrations for this training and secure boat transportation to the departure or finish area as well as some security boats and if the conditions request it, GPS.

This training will be announced at the same time as the decision of the race days.

Youth ocean Racing national Championship Stage 2

During the window period OC will organize the second stage of the youth Canoe Ocean Racing Nacional Championships 2024, with around 80 participants.

It will be done on the day when there is no SS1 and SS2 races.

Please join us and support the young paddlers and future champions of this discipline. Race will be located at Praia da Angra do Heroismo. Date/time to be announced soon.