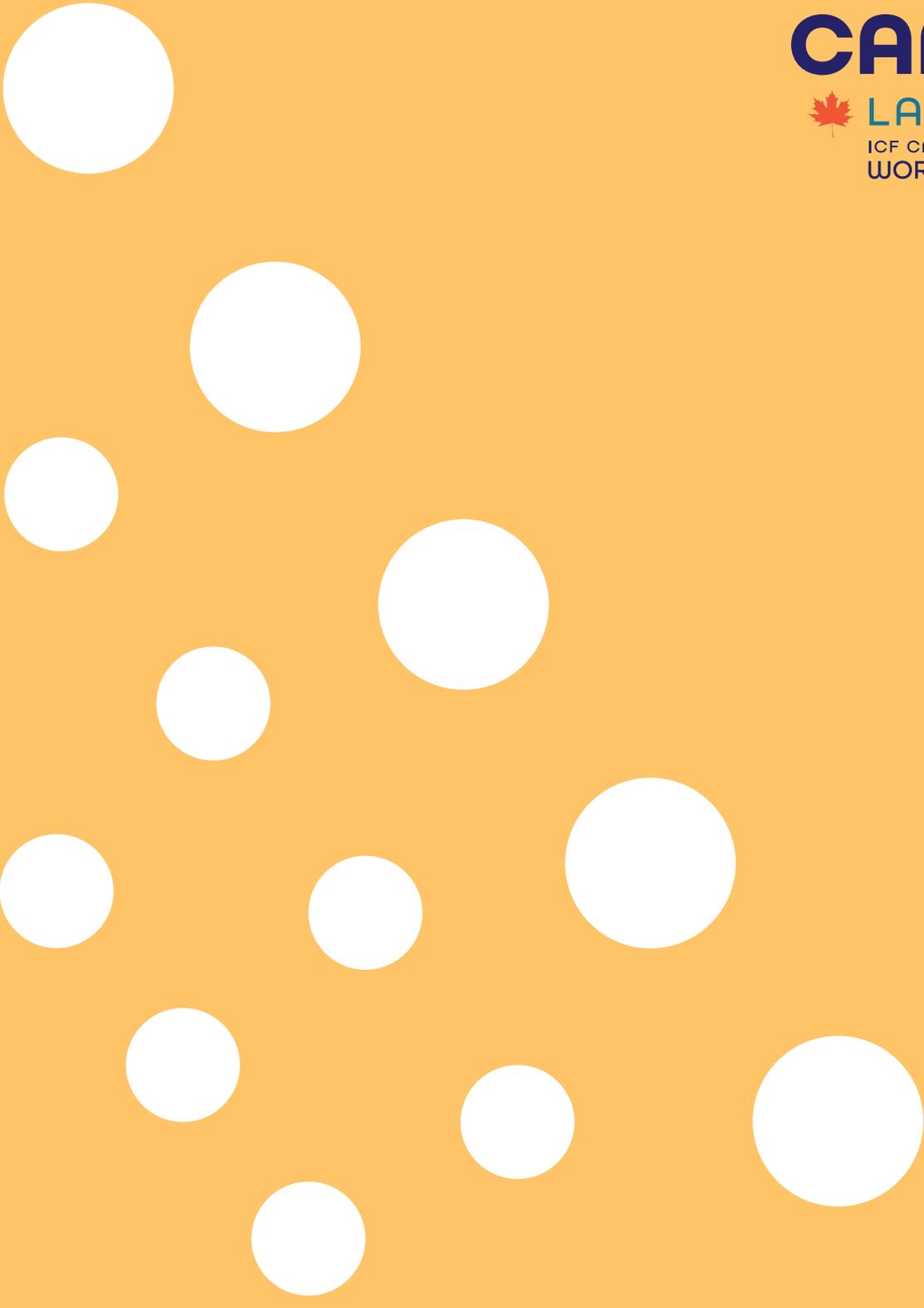


CANOE '22



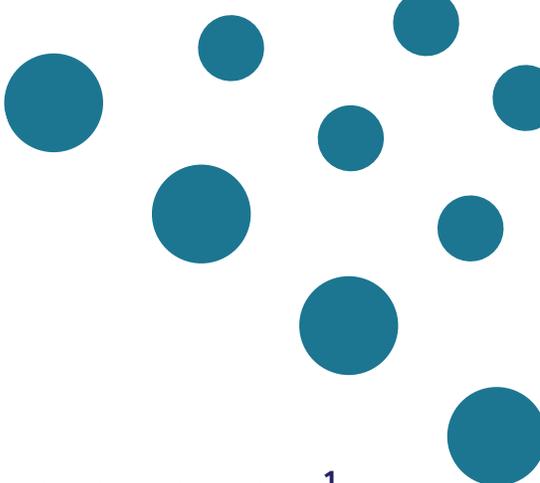
LAKE BANOOK

ICF CANOE SPRINT & PARACANOE
WORLD CHAMPIONSHIPS



AUG 3-7, 2022

FINAL INFORMATION



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DEAR FRIENDS,

The Canoe '22 Society is thrilled to officially invite the world to Lake Banook for the 2022 ICF Canoe Sprint and Paracanoe World Championships, taking place from August 3–7, 2022.

Located in the heart of Dartmouth, Lake Banook is a naturally occurring lake which hosts three distinct sprint canoe clubs. The lake is steeped in history and has provided opportunities for sprint paddlers since 1904, with the creation of the lake's oldest club, Banook Canoe Club. Lined with a boardwalk adjacent to the racing course, Lake Banook provides the ultimate spectator experience—perfect for the local community whose passion for canoeing spans over a century.

Equipped with a beautiful race course and modern sports facilities, Lake Banook regularly serves as a hub for elite training programs, local events and

national competitions. We look forward to hosting the world on Lake Banook for a third time, after holding successful World Championships in both 1997 and 2009.

The Canoe '22 team recognizes that Panuk (Lake Banook) is located in Mi'kma'ki, the ancestral and traditional territory of the Mi'kmaq people. We acknowledge them as the past, present and future caretakers of this land, and we are grateful for the opportunity to further educate the world on Indigenous culture and the history of both Punamu'kwati'jk (Dartmouth), and the gwitn (canoe). Throughout this document, we will continue to recognize the traditional Mi'kmaw place names.

On behalf of Canoe '22,



P'JILASI, BIENVENUE, AND WELCOME



Greetings from the Mayor



As Mayor of Halifax and on behalf of Regional Council, I am thrilled to welcome athletes, coaches, officials and sport enthusiasts from around the world to the 2022 International Canoe Federation Sprint and Paracanoe World Championships taking place here on beautiful Lake Banook located in the heart of Dartmouth.

Halifax Regional Municipality is located on the ancestral and unceded grounds of the Mi'kmaq people in the district of Mi'kma'ki. We acknowledge the Peace and Friendship Treaties signed in this Territory and recognize we are all Treaty People.

Our city is known for our vibrant sports community and enthusiastic fan base, and it is sure to be an unforgettable experience. We are excited to once again host this prestigious international sporting event showcasing premier athletes who will compete on one of the world's best natural race courses.

I wish to recognize the International Canoe Federation (ICF), Canoe Kayak Canada (CKC), and ADCKC, the planning committees, national and local, the many volunteers, sport partners, funding partners and supporting partners for coming together to welcome the world to our doorstep and ensuring this amazing paddling event is a great success.

I wish the best of luck to all the athletes and trust your experience will be truly memorable.

Kindest regards,

Mike Savage,
Mayor

PRELIMINARY SCHEDULE

[VISIT THIS LINK](#) for the most up-to-date Preliminary Schedule.

SCHEDULE OF EVENTS

AUGUST 2

Team Leaders Meeting

5:00pm – 7:00pm Opening Ceremony Reception, VIP Lounge *(by invitation only)*

7:00pm – 9:30pm Opening Ceremony, Main Stage

AUGUST 3-7

Competition

Street Festival

AUGUST 6

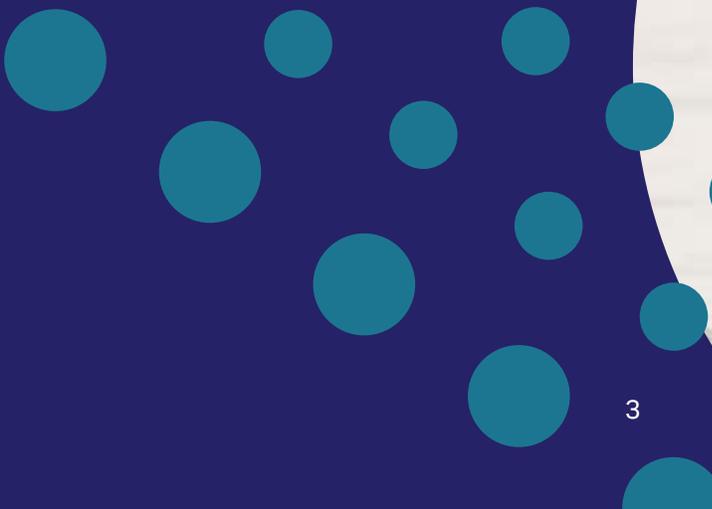
5:30pm – 7:00pm Closing Dinner Reception, Pier 21, Halifax *(by invitation only)*

7:00pm – 9:00pm Closing Dinner, Pier 21, Halifax *(by invitation only)*

AUGUST 7

5:00pm Closing Ceremonies

8:00pm Athlete Celebration, Pacifico, Halifax



OPENING CEREMONIES

To welcome the athletes and community, we will present a cultural showcase of music, dance, and inspiration to officially commence the week of competition! The Opening Ceremonies, brought to you by East Coast Credit Union, will highlight our local roots, heritage of the sport, and our international presence as a true celebration of the event!

Opening Ceremonies are Tuesday, August 2nd at 7pm on our main stage on Prince Albert Road.

Following the ceremonies, we will have an exciting fireworks display presented by Natal Day and the Halifax Regional Municipality! Kick off will be at 9:30pm over Lake Banook.

Two representatives from each federation are invited to our Opening Ceremony Reception on Tuesday, August 2nd from 5:00pm to 7:00pm in the VIP Lounge. This includes Presidents and Secretary Generals. Each representative is required to RSVP if they will be attending.

[Click here to RSVP to the Opening Ceremony Reception](#)

VIP LOUNGE

Any federation wishing to add additional guests can do so for a fee. The cost is \$100 CAD a day for the VIP Lounge with complimentary food and drink. Fee must be paid to the VIP Lounge before access is granted.

TEAM LEADERS MEETING

The Team Leaders Meeting will take place VIRTUALLY on August 2nd at 3:00pm.

[All participants can join via this link.](#)

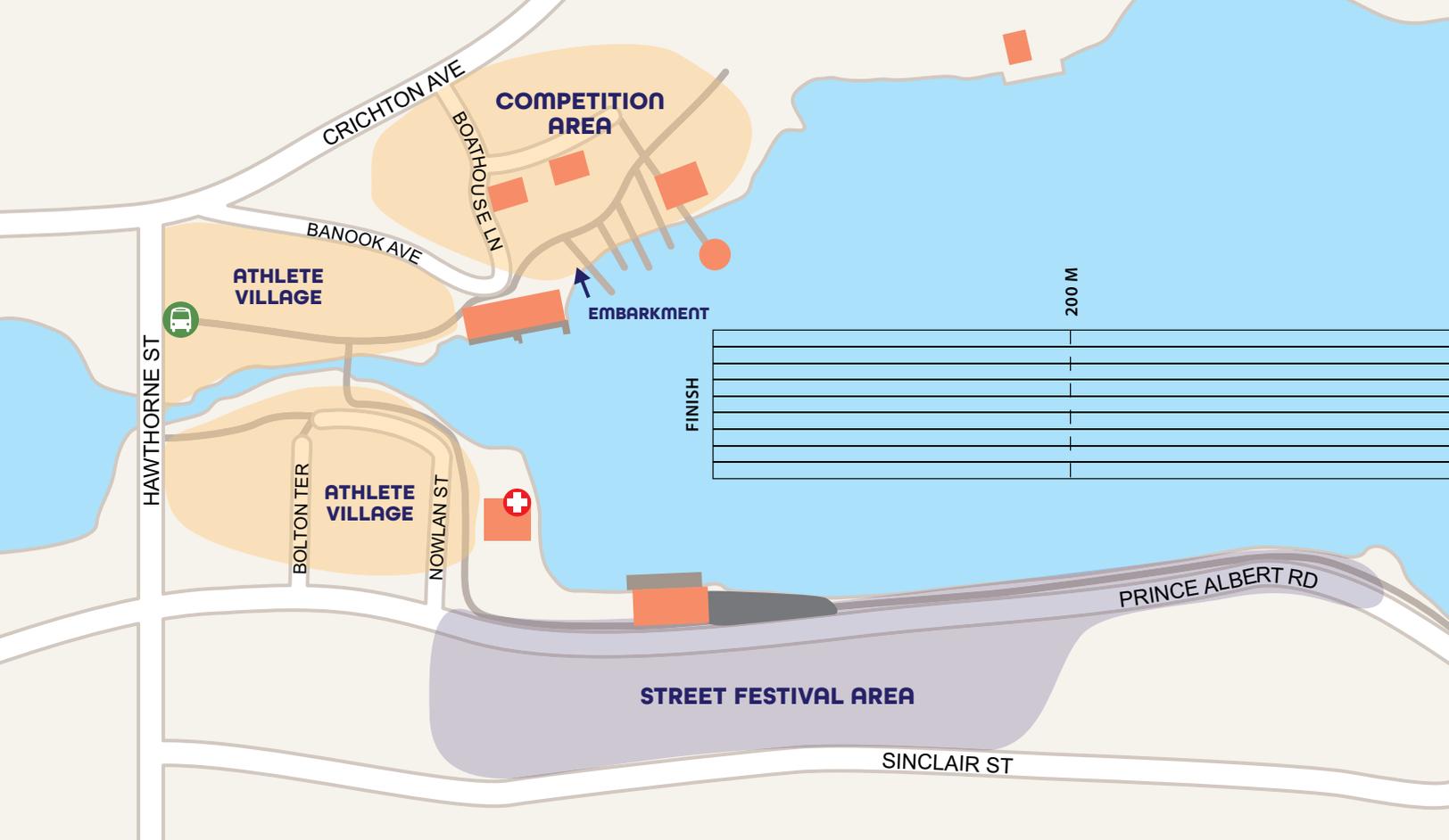
CELEBRATION DINNER

The Canoe '22 Celebration Dinner is August 6th at Pier 21 in Halifax from 5:30pm to 9:00pm.

Two representatives from each federation are invited including Presidents and Secretary Generals. Each representative is required to RSVP if they will be attending.

[Click here to RSVP for the Celebration Dinner](#)





BOAT INFORMATION

BOAT AND PERSONAL NUMBERS

Personal numbers will be provided to team leaders at the time of accreditation. They must be worn during all races. **Boat numbers** will be given to team leaders at the time of accreditation. **Additional numbers** will be available at ID control. After the race, these numbers must be left in the box at the end of the exit pontoon.

SELF BOAT CONTROL

Between July 30th and August 2nd, two scales will be made available for self boat control. Once competition begins, one of these scales will remain.

POST-RACE BOAT CONTROL

Upon completion of each race, some boats will be called to post-race boat control, located on the pontoon to the left of the finish line. Athletes will be notified with both an announcement and by the relevant lanes being displayed at the boat control pontoon.

Please do not forget to control the weight of your boat before the race.



TRAINING TIMES

The venue will be open for training from July 30th to August 2nd from 8:00am to 5:00pm. Official start system tests will occur throughout the training period, at times to be announced.

BOAT STICKERS

The athlete's name sticker must be applied on all boats for ICF Canoe Sprint and Paracanoe competitions. In order for the canoes and kayaks to be presented in a standard manner, the name stickers must be positioned at the same point on every boat. The country code sticker will be applied on all boats and at the same place for each ICF Canoe Sprint competition. The stickers will be checked at the Boat Control. It is the participating national federations' responsibility to provide the stickers to their athletes.

Please use this template provided by the ICF with the correct sizes and font.

NEW for 2022

Athlete names stickers have been modified to match the re-formatted TV graphics. The last name is now placed after the initial first name.

ATHLETES WILL NOT BE PERMITTED TO RACE A-FINALS WITHOUT THE APPROPRIATE BOAT STICKERS.





ACCREDITATION AND HOURS

Accreditation contact throughout operational hours: tel: **1.782.774.8714**

Hours of operation: **July 28 10am - 5pm, July 29 - August 7 7am - 5pm ADT**

Address: **20 Boathouse Lane, Dartmouth, NS**

The Accreditation Centre is located next to the Competition Area.
Accreditation pick up will take place at Oakwood House, 20 Boathouse Lane.

Phase one of the accreditation process will be checking accommodation needs, confirmation of payment of all invoices, and approval of the final rooming list.

Phase two will be anti-doping education confirmation. You **MUST** complete your education and show proof of completion to receive accreditation. There will be a member from the ICF available to ensure that this is completed before going on to phase three.

Phase three will be to collect all accreditation for the team members. All participants of the championships must be accredited, since no access is granted to the course without an accreditation pass. Team leaders will also be gathering boat numbers and bib numbers for their team at the centre.

Please note that you will not be accredited until you have a zero balance with the Organizing Committee. Before leaving the Accreditation Centre, Team Leaders will be asked to leave their email address and mobile number as well as the mobile number of the team's head coaches so they can be reached anytime during the competition in case of an urgent matter.



AIRPORT TRAVEL INFORMATION

Airport shuttle transportation will be provided based on the arrival and departure time provided by your federation to Tournkey. This service is a paid service at \$45 per person, one way. You will be required to have paid your bill in full prior to arrival. Our staff on the ground will be checking to ensure that the people getting on the transportation system match those that are registered with the event.

Any accommodations required for those travelling in wheelchairs or with other accessibility needs must be clearly communicated at the time of booking. Access to on-demand wheelchair accessible vehicles is extremely limited in Halifax, and as such, should be coordinated through the resources available to Canoe '22.

For departures, please note that you will be dropped off at the airport three hours prior to your departure time for both domestic and international flights. We are following the recommendations of Halifax Stanfield International Airport and these timelines are subject to change based on local regulations and service capabilities.

Transportation outside of this service window can be coordinated and booked on your behalf. However, it is important to note that we will not have staff or volunteers on the ground to support your arrival or departure. You will be provided with the service provider's email and/or phone number(s) in the event of any delays or issues. This information will be provided directly to you based on the bookings you have made with Tournkey.

TRAINING / COMPETITION SHUTTLES

A shuttle service will run between accommodation venues and the competition venue July 30 - August 7. A detailed schedule will be available at each accommodation location and on-site at the transportation drop off and pick up location at Hawthorne Street. It also be provided at the Accreditation Centre to team leaders when they retrieve their federational resources.

Shuttle schedules will be posted at each accommodation and the competition venue. A digital version can also be shared with team leaders. While Canoe '22 is making every effort to offer an inclusive delivery model for para-athletes, it is possible that paratransit will be a booked service at the event. Should this be the case, Canoe '22 organizers will provide a process to all federations ahead of arrival that will detail how these bookings will occur.

At this time, Canoe '22 is still securing additional inventory based on supply and labour shortages being experienced in Canada. As we are able to finalize our process and ability to support those with accessibility needs, we will communicate this further.

SPECTATOR SHUTTLES

We will be offering a spectator shuttle service at our designated parking location in Dartmouth Crossing. Please check our shuttle times and hours of service on our website (available soon).



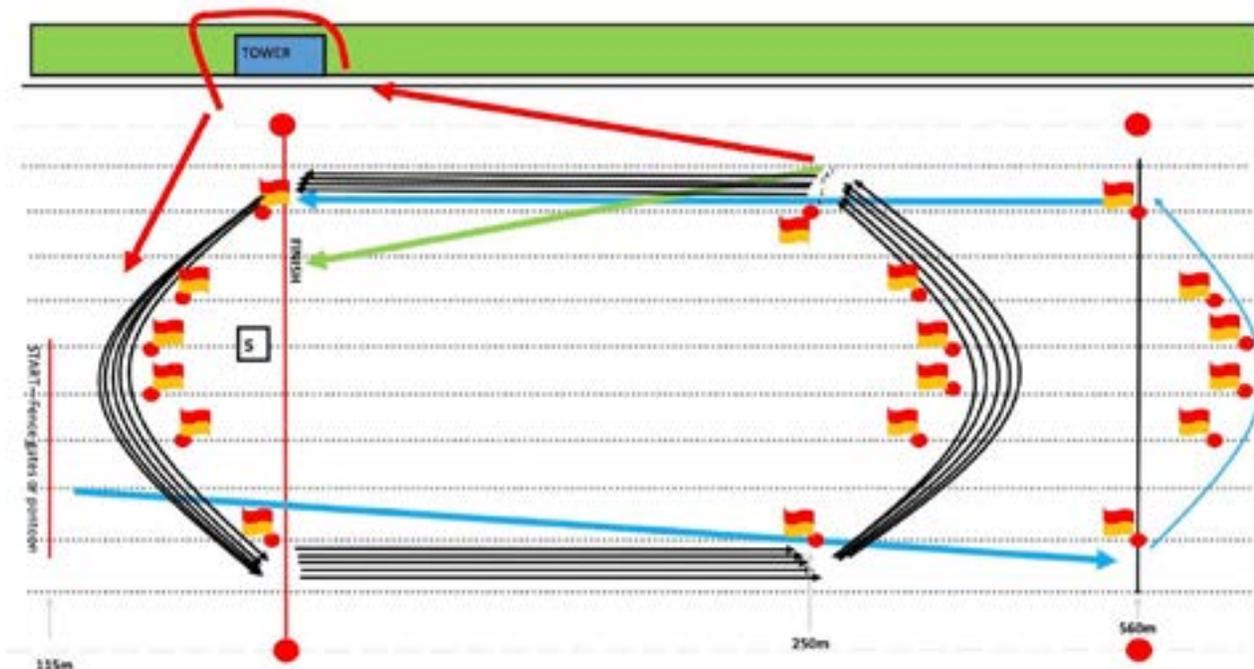
5000m COURSE

Please see below for the 5000m map. The race will include two portages throughout the small loops—more information to come at the team leaders meeting.

ICF 5000m Course Map—(1+5 laps)

Course
1 x Long lap (560m)
5 x Short lap (250m)
2 x Portage (126.5m)

DISTANCE	1 x 560m (long)	1235m
	5 x 250m	1250m
	2 x 250m	500m
TOTAL		5000m



TEAM UNIFORMS

Every competitor must compete in their team uniform. A photo of your team uniform must be provided to the ICF in advance of the competition. If you have not already done so, please send a photo of your team's uniform to Martin Marinov before the beginning of competition.

[Click here to send photo](#)

FOOD SERVICES

By booking your accommodations through Tournkey, all federations are guaranteed a breakfast and dinner at their accommodation venue. Federations at hotels can dine within the operating hours within their respective servicing window.

For those staying at Dalhousie, they have the opportunity to access the university meal hall, Howe Hall. The hours of operation for the Howe Dining Hall will be:

Breakfast: 6:30am – 10:00am

Dinner: 5:00pm – 7:30pm

On August 4th, 5th and 7th, Dalhousie will offer bagged breakfasts to the athletes racing in the early morning. These will be available 6:00am - 6:30am so athletes can get to the venue on time.

Dalhousie will offer its first dinner on July 29th, with the final dinner being served on Sunday, August 7th. The first breakfast meal will be served on July 30th, with the final breakfast being served Monday, August 8th.

Federations will be provided a curated box lunch. These will be distributed between 11:00am and 2:00pm to the federation's tent. Grazing will be available for all athletes within the Athlete Lounge. It is accessible between 8:00am and 5:00pm daily.

SUSTAINABILITY

We are happy to announce that Starboard, partnered with the International Canoe Federation, will be completely neutralizing its carbon emissions throughout the event. Our goal is to be net positive by going beyond achieving net-zero carbon emissions to create an environmental benefit by removing additional carbon dioxide from the atmosphere.

For every ton of carbon produced throughout the event, a mangrove tree will be planted which will then absorb an equal amount of carbon dioxide from the atmosphere. These trees store large amounts of carbon in their soil, which helps slow climate change.



MEDICAL INFORMATION



ATHLETE MEDICAL SERVICES CLINIC

Emergency medical headquarters • Therapy services • Physician clinic

Senobe Aquatic Club

6 Nowlan Street Dartmouth

(Blue building located at the end of the race course- clinic is in boat bays)

Emergency medical headquarters-

Safety at Canoe '22 is a priority. In addition to on-water safety boats, a medical clinic consisting of Emergency First Responder personnel will be on-site during all training and competition

Therapy services

Therapy services available to athletes include Physiotherapy, Massage Therapy, Athletic Therapy, and Chiropractic services. Clinicians will be available for assessment for basic treatment and advice regarding injuries impacting athletes ability to perform at their best at the Canoe '22 World Championships.

Training Days

July 31 – August 2 10:00 am – 3:00pm

Competition Days

August 3 9:00am – 6:00pm

August 4 8:00am – 6:00pm

August 5 8:00am – 6:00pm

August 6 9:00am – 5:00pm

August 7 8:00am – 6:00pm

Physician clinic

Physicians will be available for non-emergency medical consults regarding conditions that affect participation in the 2022 ICF Canoe Sprint and Paracanoe World Championships. A medical doctor will be available for consultation 30 minutes prior to start to 6:00pm on competition days. Contact a therapist in the Therapy Clinic to set up a physician consultation on training days.

Please note: We ask that no person comes to the medical clinic with/ or for care of COVID-19 symptoms. If you are experiencing COVID-19 symptoms and need medical care or advice, please call our COVID-19 Coordinator at 902-989-7668.

Common COVID-19 symptoms include one or more of the following:

- Cough (new or worsening/exacerbation of chronic cough)
- Fever (chills, sweats)
- Shortness of breath or difficulty breathing
- Loss or change in sense of smell or taste
- Sore throat
- Runny nose/nasal congestion/excessive sneezing
- Headache
- Extreme fatigue/tiredness
- Nausea, diarrhea or vomiting

The host committee will not be supplying COVID-19 testing, so it is recommended that teams bring their own supply of rapid tests with them and test regularly through the competition.

After hours care

EMERGENCY In Nova Scotia call 911 if your health, safety or property is threatened and you need help right away. The 911 call taker (operator) will notify emergency responders, like fire, police or ambulance.

After hours you can contact the on call physician at - NUMBER TBC.

Pharmacies close to Canoe '22 venue

Lawtons Drugs Westphal
90 Main Street, Dartmouth
902.462.7400

Shoppers Drug Mart Tacoma Plaza
80 Tacoma Drive, Dartmouth
902.434.0366





CANOE '22 PARTICIPANT COVID-19 PROTOCOLS

Currently COVID-19 cases are rising in many locations around the world including Nova Scotia. The COVID-19 situation is fluid and often rapidly changing. We are preparing to meet these changes with updates to recommendations and protocols. There are currently no mandatory restrictions in Nova Scotia but the government still recommends precautions.

Nova Scotia Corona Virus precautions

Canoe '22 highly recommends masks for all indoor venues, as well as outdoor areas where social distancing is difficult. Maintaining good hygiene helps prevent the spread of COVID-19. This includes washing your hands often, coughing and sneezing into your elbow, and cleaning surfaces. To protect yourself and others, it is recommended that you self isolate if you have COVID-19 symptoms or have tested positive for COVID-19. If you have any symptoms of COVID-19 you should wear a mask even if you have tested negative.

Canoe '22 attendees should monitor for symptoms of COVID-19.

See previous page for symptoms list.

COVID-19 PLAN

This following has been created to provide guidance to Federations and participants in Canoe '22. We have consulted ICF COVID-19 Protocol Guide as well as our local Public Health Authority.

Entrance into Canada – overview of COVID-19 protocols for entering Canada

Everyone entering Canada must use the [ArriveCAN App](#)

You may be randomly selected to test for COVID-19.

Should you test positive, you will be required to isolate for 10 days.

Key principals

- A **negative COVID-19 test** (rapid antigen/PCR performed in the last 48 hours) is required prior to access to a competition venue from all participants (all National team members, officials, ICF staff). If you have a **positive COVID-19 test**, you are not allowed to enter a competition venue.
- Team Leaders must submit a COVID-19 Response Plan Consent Form at the Accreditation Centre. The form is included in this document.
- Rapid antigen testing during the venue access period will not be provided by ICF or HOC. Each federation is responsible for implementing the tests and for all costs associated with COVID-19 testing.
- The HOC is not obliged to check COVID-19 test results.
- The HOC and host federation do not accept any responsibility for COVID-19 infection that occurs before, during, or after the competition.

Canoe '22 precautionary measures inside the venue during the access period

- **Face masks** – The HOC recommends that all accredited participants wear a mask indoors and outdoors when physical distancing cannot be maintained. This includes accessing the Accreditation Centre and while using Canoe '22 transportation.
- **Face masks during ceremonies** – The HOC recommends that all participants wear a mask during ceremonies, but can remove for photographs
- **Team Leaders meeting** – This will take place virtually using the link below.
[All participants can join via this link](#)
- **Hand sanitizers** – The HOC will supply hand sanitizer throughout the site for indoor and outdoor spaces.
- **Cleaning protocols** – Enhanced cleaning will take place for high touch surfaces

Management of a sick individual when COVID-19 is suspected

As per the ICF COVID-19 Protocol

Testing prior to departure

No testing will be performed on-site of the venue

Additional testing can be arranged through these companies

Contact information

Canoe 22 COVID Coordinator - Ernest Ng

Email: ernesttjng@gmail.com • Tel: 902-989-7668

SPOUSAL PROGRAM

Canoe '22 is offering a special program for spouses of ICF officials and delegates. This program will highlight our region and will be available if there is enough interest. If interested in participating, please contact the Canoe '22 office at info@canoe22.com.

VIP EXPERIENCE

To showcase some of the best establishments Halifax has to offer, we have organized VIP events which will be taking place throughout the week. These events are by invitation only.

MERCHANDISE

Shop Canoe '22 branded clothing, merchandise, and accessories are available at our new online store! We ship worldwide, so everyone can wear their Canoe '22 gear with pride!

We will also have a pop-up retail tent on-site during the event. Until then, locals can purchase limited items at retailers such as Lake City Cider, Nine Locks Brewing Co., and Practice Yoga Studio.



MORE INFORMATION

Stay up-to-date with the latest event news through our [@Canoe_2022](#) social media channels and [Canoe22.com](#).

