

# 2019 ICF CANOE FREESTYLE WORLD CHAMPIONSHIPS

*SORT THE CANOE FREESTYLE CAPITAL*



## ICF Canoe Freestyle World Championships 2019

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# WELCOMING WORDS FROM:

**GERARD M. FIGUERAS I ALBÀ**

**Sports and Physical General Secretary.  
Generalitat de Catalunya**



I welcome you all, paddlers and visitors to the ICF Canoe Freestyle World Championships 2019 in Sort, a first level event that will project Catalonia worldwide as a sportive, modern and advanced country that understands sport as a factor of social and economic progress.

A sport so much related to Noguera Pallaresa river as freestyle kayaking is will have during a whole week an event that is being held for the second time in Sort and will highlight the international vocation perspective and the organizational capacity of our country.

I want to congratulate the effort of the organizing team for this World Championships being held in our home and thank the trust received by the International Canoe Federation. From the Catalan Government, we value the role of this competition in the promotion of sports tourism in our home, in the promotion of the canoeing and the celebration of high-level competitions, that's why we give all our support.

The public will be able to see live the best specialists from the participating countries on the new freestyle facilities, that will be the most important legacy to situate Sort as a white-water world reference. We are convinced that the high-level of the competition will help to relaunch this canoeing style in Catalonia, and to increase the base.

The union of efforts amongst institutions, with Sort Mayor's Office in front, federations and collaborators it's been the key to bring this prestigious championship to Pallars Sobirà, a guarantee of success at all levels because of the organizational expertise and experience from 50 years holding canoeing competitions.

Together with the slalom and descent championships that will be held in La Seu d'Urgell on September, the ICF 2019 Canoe World Championships La Seu - Sort, will put Catalonia as a worldwide focal point of this sport, this summer. I encourage everybody to enjoy it to the fullest what will be, certainly, a great show.



# REMINDERS :

## KEY DATES & PROVISIONAL COMPETITION SCHEDULE

Competition.....29th June to 6th July 2019  
Deadline for numerical entries.....15th May  
Deadline for nominal entries.....19th June

Last version of the provisional competition schedule:

<https://www.canoeicf.com/canoe-freestyle-world-championships/la-seu-2019/schedule>

## ACCREDITATION & REGISTRATION

**AT THE MOMENT: 4 Teams already registered! Welcome Argentina, Sweden, Turkey and France!!!!**  
**Teams, Remember, the sooner the better! Numerical entries until 15th May**

Entries and accreditations requests must be made by each National Federation using the ICF's online entries system.

Numerical and nominal entries can be made only by the online entry system (SDP):

<https://icf.msl.es/icf/main.jsp>

Please ensure you include the number of people expected to attend in each category (people tab) in the numerical entries. For help with SDP please contact the administrator directly at:  
[sdp@canoeicf.com](mailto:sdp@canoeicf.com)

For detailed instructions on how to submit entries, please read the SDP user guide.

[http://www.canoeicf.com/sites/default/files/nf\\_userguide\\_v2.2.pdf](http://www.canoeicf.com/sites/default/files/nf_userguide_v2.2.pdf)

Reminder: Entries or accreditation requests sent directly to the committee or the event organiser **WILL NOT** be accepted.

As a way to keep teams informed of important or time sensitive information regarding the 2019 Worlds in Sort, Spain, we at ICF Freestyle would like to start a team representative Facebook page where your team representatives have direct access to ICF. As you sign your teams up, please notify via private message on Facebook to committee member, Stephanie Viselli, who your representative is so they may be added to the page. Only 1 representative per country please.

# REMINDERS :

TYPES OF ACCREDITATIONS	REMARKS	COSTS
Athletes	Limited to registered athletes on ICF online entries	160€ per person for the whole access period
Team Leaders	2 maximum per National Federation	
Team Staffs	Unlimited	
ITO	According to the list edited by ICF	Free
National Federation President	To be validated by ICF	
National Federation Secretary General	2 maximum per National Federation	

## The Accreditation Includes:

- ICF 2019 Canoe Freestyle World Championship Products. (T-Shirt and more)
- Popular dinner
- Welcome dinner
- Competition Guide
- Everyday, one way shuttle bus up to Llavorsí for descent experience.
- Internet Access in competition area.
- Access to public swimming pool.
- Physiotherapy service during Championships.

## JUDGES FEE

As the ICF regulations require and like the latest ICF events, there will be a fee towards the judges of the competition in order to cover some expenses.

The ICF Committee has established that the price will not be more than **60€ per paddler**. In case that the amount must be more than this, the ICF Committee will assume the difference from their own budget.

## EVENTS

Event	Maximum numbers of athletes per National Federation
Men's Kayak	5
Women's Kayak	5
Men's Kayak Junior	3
Women's Kayak Junior	3
Canoe Decked	3
Open Canoe	2
Men's Kayak Squirt	3
Women's Kayak Squirt	3

# REMINDERS :

## VISA REQUIREMENTS

**REMEMBER, THE SOONER THE BETTER!!**

**Teams, The sooner you solve your VISA paperwork, less problems you are going to have close to the date!**



*The Spanish Embassy in your country will provide you with detail, your requirement for a Visa.*

<http://www.exteriores.gob.es/Portal/en/ServiciosAlCiudadano/InformacionParaExtranjeros/Paginas/RequisitosDeEntrada.aspx>

In case you need a VISA to enter the country, please send an email with the details below to **worlds2019@sort.cat**.

If it's possible one email with all the details for each Team, so the Team Manager will have the responsibility to collect all the paddlers information.

### *Details to complete for the VISA Invitation*

FAMILY NAME	FIRST NAME
MALE/FEMALE	BIRTH DATE
STATUS	PASSPORT Nº
EXPIR. DATE	NATIONALITY

## COMPETITION REGULATIONS

The Competition will be carried out under the specific regulations of the Canoe Freestyle rules approved by the ICF

[https://www.canoeicf.com/sites/default/files/rules\\_canoe\\_freestyle\\_2019.pdf](https://www.canoeicf.com/sites/default/files/rules_canoe_freestyle_2019.pdf)

## INSURANCE & GOOD STATE OF HEALTH/FITNESS

As per ICF 2019 Competition Rules 1.3.3 and 1.3.4, each National Federation must ensure that their athletes are in a good state of health and fitness and they carry an appropriate health, accident and personal belongings insurance.



Ajuntament  
de Sort





# REMINDERS :

## ANTI-DOPING EDUCATION

For the World Cups and World Championships, every athlete must pass the anti-doping online course before the competition. The course can be accessed here:

<https://www.canoeicf.com/anti-doping-education>

The Athlete Learning Program about Health and Anti-Doping (ALPHA) gives athletes information about the dangers of doping, the importance of anti-doping controls and promotes positive attitudes to avoiding doping.

It consists of eight sessions and takes two hours to complete. Athletes are encouraged to take the course in several stages. Progress is then saved from one visit to another. A pre- and post-course anti-doping knowledge test and attitude survey is included to evaluate the effectiveness of the program.

A score of 80% or higher is required for ALPHA certification, though athletes with insufficient scores are able to repeat the program. Those who have completed the programme in previous years do not need to redo it.

Please enter the correct identity information while creating an account, as the completion of the course will be recorded.

For any question or doubt about anti-doping test, substances,... please, refer to [michel.alarcon@canoeicf.com](mailto:michel.alarcon@canoeicf.com)

# WORKS ON THE NOGUERA PALLARESA RIVER

This year, Sort is preparing a huge surprise for you. We are renewing and remodeling the Freestyle Stadium, to offer you a first level wave to practice and compete on. Sort is going to have a brand new “river” area around the river where everybody will be enjoying the competition and training, with more space, greenery and comforts.

For the paddlers and boats down the river, 2 new waves are in construction. The works are being made first as a white water stadium, and second, to improve water distribution and canalization in case of high levels of water. The new stadium is going to be available and usable with different levels of water and this will be regulated and diverted to the side channels if needed.

Other than a few seasonal modifications following the thaw in the springtime, the river-bed and banks have not been touch since last flood 20 years ago.

Now the time has come and there's no better occasion than a World Championships to use this brand-new feature.

In the next newsletters I am going to be updating you with the progress of the works, along with the completion times and when it's going to be able to use by the paddlers.

We hope everyone it's going to enjoy it and we are open to any suggestion or opinions during the championships.



Freestyle Stadium until now, before the works



State of the river at the beginning of the works



State of the river a month after the beginning



State of the river at the beginning of the works



State of the river at the beginning of the works



State of the river a month after the beginning



State of the works on 19th March.



# LOCAL PADDLERS INTERVIEW

## KIRA CARRETO



- **NAME AND AGE:**
- Kira Carreto Tejedo, 18 y.o.
- **FOR HOW LONG HAVE YOU BEEN KAYAKING?**
- Since I was 6 y.o.
- **HOW DID YOU STARTED KAYAKING? WHO INTRODUCED YOU INTO THIS WORLD?**
- My brother and my dad put me into this world. It started as a game and now is our hobby.
- **WHERE DO YOU PRACTICE NORMALLY?**
- In Sort, at Noguera Pallaresa River thanks to Kayak Sort Club.
- **HAVE YOU BEEN IN OTHER COUNTRIES? WHERE DID YOU ENJOYED THE MOST?**
- I've been in Canada, Argentina and Germany. All of them have been new and nice places, but if I have to choose a river, i'll pick Argentina because of the wave. But Always, my favourite place will be home, at Noguera Pallaresa.
- **A GOOD AND A BAD THING ABOUT SORT**
- A good thing about Sort is the surroundings that we have, and the bad thing is how bad we treat them.
- **WHAT DO YOU EXPECT OF THE CHAMPIONSHIPS?**
- To meet new people, paddle with very high level people and being able to enjoy them. To promote the freestyle, learn from everyone and enjoy this world championships at home!
- **A PLACE IN SORT**
- Cherokee Pub, where they broadcast paddlers videos all night long.

The picture shows us Kira practicing



# WHERE TO SLEEP IN SORT

There are many possibilities of accommodation in Sort and the villages around. From the Organising Committee we do not provide the accommodation for the teams. However if you need any information, any contact or any address please, don't hesitate to contact us at [worlds2019@sort.cat](mailto:worlds2019@sort.cat), we are more than happy to help you have an incredible stay.

The different kind of accommodations that are available in Sort and surroundings are Hotels, Apartments, Bed & Breakfasts, Hostels, Camping sites, holiday Cottages, and Touristic Apartments.

The following ones are the ones located in the same village. Have a look at them, some they offer us special prices and discounts.



-10%

4\*\*\*\* Hotel. They have rooms and apartments. Exclusive food, spa and service.

For the discount and bookings, directly to:

[recepcio@hotelpessets.com](mailto:recepcio@hotelpessets.com)

[www.hotelpessets.com](http://www.hotelpessets.com)



-10%

2\*\* Aparthotel. They have rooms and apartments just in front of the river.

For the discount and bookings, directly to:

[info@aparthotelpey.com](mailto:info@aparthotelpey.com)

[www.aparthotelpey.com](http://www.aparthotelpey.com)



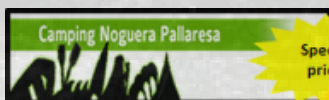
Special price

Bed & Breakfast. They have single, double and triple rooms.

For the discounts and bookings, directly to:

[info@hostalcanjosep.com](mailto:info@hostalcanjosep.com)

[www.hostalcanjosep.com](http://www.hostalcanjosep.com)



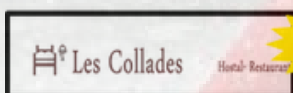
Special price

CampingSite with tradition in the kayaking and just next to the river. They offer us very good discounts in mobilehomes, bungalows and parcels.

For the discounts and bookings, directly to:

[info@noguera-pallaresa.com](mailto:info@noguera-pallaresa.com)

[www.noguera-pallaresa.com](http://www.noguera-pallaresa.com)



Special price

Traditional Bed & Breakfast. They offer us Special price on a full board basis.

For the discounts and bookings, directly to:

[info@lescollades.com](mailto:info@lescollades.com)

[www.hostallescollades.com](http://www.hostallescollades.com)



[info@hotelflorido.com](mailto:info@hotelflorido.com)

[www.hotelflorido.com](http://www.hotelflorido.com)



[info@hotellesbrases.com](mailto:info@hotellesbrases.com)

[www.hotellesbrases.com](http://www.hotellesbrases.com)

# OFFICIAL HASHTAG

# #ICFfreestyleSORT2019

We are glad to announce you that we have created an official hashtag for the competition.

## #ICFfreestyleSORT2019

This hashtag will give everybody the chance to tag all their pics and posts on social media. We want to get as much diffusion as possible. Let's see if we can be in the Top 10 tags during the competition week.

From now, we ask everyone to tag all pictures and posts related to the competition and kayak world, in all social media platforms. Like this we want to be able to get people's attention and to share freestyle kayak passion with everybody.

Our main social media platforms for the competition will be:



International Canoe Federation  
ICF Freestyle Committee

@planetcanoe  
@ICFfreestylecommittee



@planetcanoe  
@ICFfreestyle



@planetcanoe



CanoeKayakTv

#ICFfreestyleSORT2019 will be the official hashtag of the competition, other ones to use for your posts are:

#freestylekayaking

#freestylekayak

#kayakfreestyle

#sort2019

#kayaksort

#noguerapallaresa

#noguerapallaresariver

#sortturisme