



8th to 20th August



EUROPEAN PARA CHAMPIONSHIPS INFORMATION GUIDE

PARA CYCLING



ABOUT THE EUROPEAN PARA CHAMPIONSHIPS

The European Para Championships is a multisports event. The event will be staged every four years and will always be hosted by a major European city in the year preceding the Olympic- and Paralympic Games. Rotterdam in the Netherlands is set to host the inaugural edition of the event, featuring 10 Para sports in one city.

The 2023 edition will take place from Tuesday 8 to Sunday 20 August 2023. About 1,500 Paralympic athletes from 45 different European countries will compete for the European titles.

All sports that are part of the European Para Championships have a direct connection to the Road to the Paris 2024 Paralympics as Paralympic Qualifying Points can be earned during the event. Some sports even involve direct qualification for Paris 2024.

Bringing together the individual championships of ten different sports into one event with one clear goal: to give parasport the platform it deserves. The European Para Championships are an exceptional event that Europe has never seen or experienced!

ROTTERDAM

Rotterdam, the second largest city in the Netherlands, will host the inaugural edition of the European Para Championships in 2023. The main hub, and therefore the venue for multiple sports, is Rotterdam Ahoy. The venue is known as the 'biggest on earth' since 1971. It offers a base for international artists, elite athletes, politicians and celebrities.

In addition to this exceptional world-class indoor location, the European Para Championships 2023 will also use various outdoor venues in the heart of Rotterdam. These 'city center courts' ensure that the parasports come to the people, instead of the other way around. In this way, we present unique para sports in a high-quality way to Rotterdam and its residents & visitors. This allows them to get acquainted with parasport of the highest level. Enjoy top sports at unique locations.

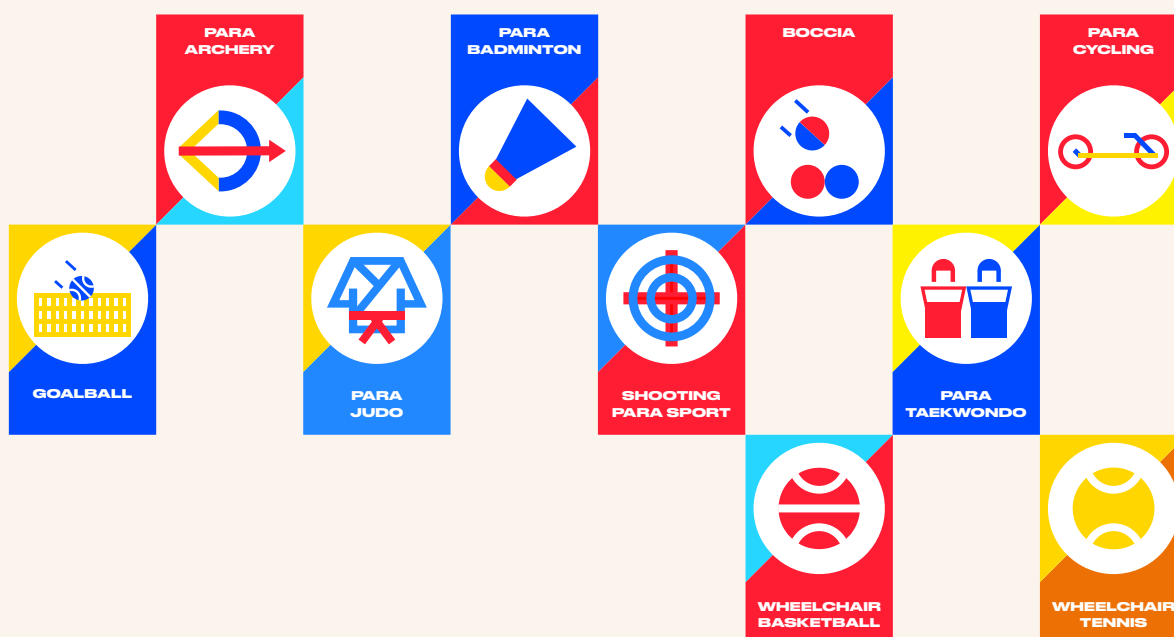
It is important to emphasize that the European Para Championships will not be a one-off event. Besides organizing the inaugural edition in Rotterdam, the Netherlands, the organizing committee develops the concept, scenario and event in such a manner that it will serve as a solid basis for guaranteeing the continuity of the event on the European sports calendar in 2027, 2031 and beyond.

CONTACT

Registrations

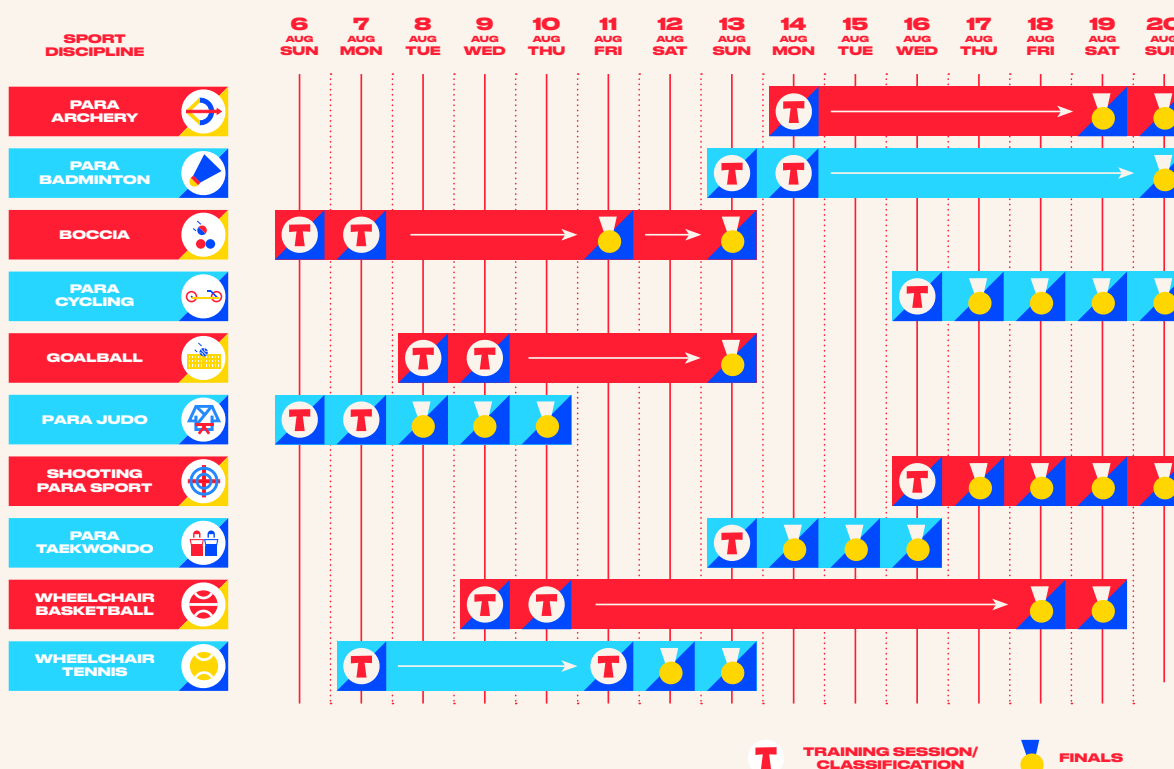
registrations@europeanparachampionships.com

SPORTS



PROGRAM

The event will take place between August 8 and August 20, 2023. The selected dates are aligned with the national and international sports calendars and the calendars of each specific sport.



T TRAINING SESSION/ CLASSIFICATION MEDAL ICON FINALS

WHEELCHAIR & PROSTHETICS REPAIR SERVICE

A wheelchair and prosthetics repair service will be available at Rotterdam Ahoy between 6 and 20 August 2023 in the athlete home which is located in Hall 1. Mobile repair service teams will also be present at the venues for wheelchair tennis and para cycling. The same goes for Kop van Zuid and Schouwburgplein, where finals will take place.

This service is provided by the Technical Repair Service Center of EPC's official supplier Ottobock. Participating athletes will receive help with any technical problems on their orthoses, prosthetics and wheelchairs. Ottobock's technical service team will ensure that athletes can focus primarily on their sport.

MEDICAL & INSURANCE

Event Medical Service (EMS) is the medical partner for EPC. EMS will set up a medical room at Rotterdam Ahoy, in the venues for wheelchair tennis and para cycling and during the finals venues Kop van Zuid and Schouwburgplein. The medical room has a complete ALS equipment including oxygen, IV materials and an automatic external defibrillator (AED).

At Rotterdam Ahoy a team of trained care providers will be on site for specialist emergency care ('Advanced Life Support'). In every hall and at every outdoor sports venue, a team of experienced first-aiders will be present during training or competition. In the Netherlands, the rule agreement applies that an ambulance can be on site within 15 minutes. EPC does not have an ambulance exclusively on site.

General Practice (GP)

For medical questions that arise outside event hours a general practice (GP) can be contacted.

General practice (huisartsenpost) Rotterdam Zuid

Maasstadweg 59a

3079 DZ Rotterdam

010 290 98 88 (for emergency press 1)

For emergencies outside event hours call **112**.

Insurance

Each team must attend the event with their own medical and travel assurance to cover loss of property, injuries or medical treatment, travel disruption or luggage loss. The local organizing committee will not accept any responsibility for injuries or loss of wages due to injuries. The organizing committee will provide third-party liability insurance for the participants, volunteers and other parties concerning the event.

ANTI-DOPING

The organizing committee undertakes the anti-doping rules and regulations as laid down according to the Anti-Doping Code of the International Federation.

Anti-doping testing will be conducted by the Dutch Doping Authority. The Dutch Doping Authority works with expert personnel and conducts all doping tests in accordance with the applicable standards of the WADA. There is an adequate doping station available on every site.

VISA

Anyone part of the European Para Championships that requires Visa, for example a staff member from outside of Europe, can request a Visa invitation letter through the local organizing committee. Please send a request that includes the following information to

registrations@europeanparachampionships.com.

- » Full name according to passport
- » Date of birth
- » Passport number
- » Function (e.g., athlete, coach, team manager)

Please note that Visa invitation letters will only be given to persons who are registered for the event.

CLIMATE

The Netherlands has a temperate maritime climate, influenced by the North Sea and the Atlantic Ocean, with cool summers and moderate winters. Average daytime temperatures vary from 2°C to 6°C in the winter and 17°C to 20°C in the summer.

Being a small and flat country, the Netherlands have a quite uniform climate, although there's a slightly greater continentality in inland areas compared to coastal areas, where Rotterdam is located, which in turn are windier.

In summer, from June to August, the temperatures are pleasant, but the sun does not shine very often. Cool and rainy days are quite frequent; however, they alternate with warmer days, with the sun peeping through the clouds and the temperature exceeding 25 °C.



INTERNET

Internet (WiFi) will be available in all official hotels according to the hotels' regulations and at the EPC main hub Rotterdam Ahoy. The use of the internet will be free of charge.

WATER

The tap water in the Netherlands is safe to drink. Tap water in the Netherlands is among the cleanest in Europe. Bottled water will not be provided by the organization.

TICKETS | FRIENDS & FAMILY DISCOUNT

We are offering a discount code that allows friends and family of all athletes to purchase their tickets with a discount. Use FF25EPC on epc2023.com to receive 25% discount on your day tickets for Rotterdam Ahoy. Please note that all sports events taking place outside of Rotterdam Ahoy will be free of charge.

OPENING CEREMONY

The Opening Ceremony will take place on Monday 7 August at 20:00h (CEST) at Rotterdam Ahoy.

During a 1.5-hour show we will enjoy acts, music, and performances by world-class artists. It promises to be an unforgettable experience.

Athletes and staff that are present in Rotterdam are invited to attend. Those teams will receive a separate invitation for the opening ceremony.

We invite teams that are not yet in Rotterdam to follow the Opening Ceremony via the livestream on our website www.epc2023.com.

SOCIAL MEDIA CONTENT CREATION

The European Para Championships can be found on almost all social media channels via @EuroParaChamps. This applies to the most popular platforms such as Instagram, Facebook, Twitter, LinkedIn and YouTube. In addition, the organisation has a partnership with TikTok, allowing us to jointly raise awareness of parasports among a young target group of future sports fans.



During the tournament, the organisation will gather lots of social media content. Once again, special attention will be paid to TikTok, which will be reflected in a TikTok booth in the athletes' lounge located in Hall 1. Our team will be there for you to create the best parasport TikTok content together!

#EPC2023

Help us create the widest possible reach for para top sports! Together we will spread the word and introduce as many people as possible worldwide to ten unique sports. Post your clips and photos via social media, using the hashtag **#EPC2023**. Mention or tag **@EuroParaChamps** and we will share your content through our channels!

#EPC2023 LIVE

During the tournament all centre court action of all ten sports can be followed live via www.epc2023.com. The livestreams are free and available in all countries.

After the livestreams have ended all streams will become available as Video On Demand(VOD's). Short highlights will be made available as VOD's as well.

Furthermore, a 'where to watch'-page will be added to our website. That way your friends and family can easily find out how they can follow your competitions. Most finals will also be streamed via the Olympic Channel.

EPC2023 APP

The official European Para Championships App is now available! Stay up to date with all sports, sports schedule, news releases and much more. Download the app now and don't miss a beat! With our app you will receive instant updates as soon as you are in Rotterdam Ahoy, so you are always up to date with important news you don't want to miss. Download the app in the App Store or Google Play and experience the unparalleled experience of the European Para Championships.



EUROPEAN PARA CHAMPIONSHIPS & SUSTAINABILITY

The mission of the European Para Championships is to create a new standard for Paralympic sports worldwide. The organizers are determined to inspire people to get moving and play sports. We believe that joining forces is the only route to success. By making connections, daring to think big, and seizing opportunities where others only see limitations, we want to give Para sports the attention it deserves.

The event will have a permanent place on the European sports calendar. By organizing the event in 2023, we are building a concept that serves as a solid foundation for continuity towards 2027, 2031 and beyond.

Therefore, it is a matter of creating a future-proof sporting event, in the broadest sense of the word.

A SUSTAINABLE EVENT

Sports events in general contribute to climate change. Top athletes, fans and guests fly around the world to enjoy sports. In the process, they use temporary accommodations, consume a lot of energy and produce non-reusable waste.

At the European Para Championships, we look critically at these issues and try to be progressive where possible. For the first edition in 2023, we are looking at the choices we can make. We are aware that not every choice will be a sustainable one. However, this is our goal for future editions. That is why we are working on a long-term sustainability strategy.

But even in 2023 we are already adapting the following

- ▶ We go for catering that is as sustainable and as healthy as possible, offering vegetable and vegetarian options and using local products as much as possible;
- ▶ We are partnering with RET, allowing those involved to travel through Rotterdam by public transport for free;
- ▶ After the event, we try to give all purchased materials a new destination so that they can be reused or upcycled;
- ▶ When buying merchandise and promotional materials, we look for items that really have a function;
- ▶ Where possible we use mains electricity and if this is not feasible we use battery packs instead of diesel generators.



WORKING TOGETHER ON THE GOALS

We cannot create a sustainable sporting event on our own. We need everyone involved, from visitors to athletes and from suppliers to hotel partners to help us. We only have indirect influence on many aspects, such as the mobility choices of visitors and athletes. Therefore, we engage in dialogue with various stakeholders to explore what we can achieve together. We also offer as many sustainable options as possible for transportation during the event and communicate this to visitors.

What makes the world of elite sports unique is the network, but also the global stage. Two thirds of the world's population is a fan of an athlete, club or competition. No other sector has such a large audience to spread a sustainable message to. This is invaluable for the impact we want to make together, short and long term.

WHAT CAN YOU DO?

As an athlete you play an important role to reach the sustainability ambitions of our event. Athletes are often seen as role models, so what you do and say has an impact on others. We invite you to look at your own footprint and how to reduce that, but also speak up to your fans.

Concrete actions can include

- » Think about what you buy and use, so bring reusable water bottles instead of single-use bottles;
- » If possible, try to eat as much plant-based food as possible and look for local and bio opportunities;
- » Don't waste any food;
- » Always separate your waste according to local rules;
- » In hotels, use your towels more than once and turn off electronics when not in use;
- » But more importantly: communicate about sustainability and the importance to your fans.

Do you want to speak about this topic or do you have ideas or questions about sustainability? Please contact: loes@europeanparachampionships.com.



ACCREDITATION CENTRE

The accreditation centre is located near the main entrance of Rotterdam Ahoy. Opening hours are as follows:

Date	Opening hours
Sunday 6 August	07:00 – 18:00
Monday 7 August	07:00 – 18:00
Tuesday 8 August	07:00 – 18:00
Wednesday 9 August	07:00 – 18:00
Thursday 10 August	08:00 – 18:00
Friday 11 August	08:00 – 18:00
Saturday 12 August	08:00 – 18:00
Sunday 13 August	08:00 – 18:00

Date	Opening hours
Monday 14 August	08:00 – 18:00
Tuesday 15 August	08:00 – 18:00
Wednesday 16 August	08:00 – 18:00
Thursday 17 August	08:00 – 18:00
Friday 18 August	08:00 – 18:00
Saturday 19 August	08:00 – 18:00
Sunday 20 August	08:00 – 18:00

ACCREDITATION PICKUP

Since EPC the para cycling event is not taking place at Rotterdam Ahoy, para cycling teams will not have to pick up their accreditations at the accreditation centre. Accreditations can be picked up at the permanence at the team relay or at the Willem Alexander Baan.

Because the accreditation card has a photo on it, no ID is needed for pick up. Please pick up the accreditation upon the first arrival at the venue. A team manager or coach is allowed to pick up the accreditations for the team.

ACCREDITATION BADGE

The accreditation badge indicates the name of the person, the country they are representing and their function. It also indicates the zones they have access to and the sports for which they have permission to access these zones. For example, if you have access to para badminton and zone 2, you are only allowed to access the field of play of para badminton and not the field of play of other sports.

Sports abbreviations

B	Boccia
G	Goalball
PA	Para Archery
PB	Para Badminton
PC	Para Cycling
PJ	Para Judo
S	Shooting Para Sport
PT	Para Taekwondo
WB	Wheelchair Basketball
WT	Wheelchair Tennis

Zones

1	Access all areas
2	Field of play
3	Athlete home
4	Crew area
5	Volunteers area
6	Press area
7	Mixed zone
8	TV compound
9	Hospitality

The public areas, such as the stands, are always accessible for all sports, not just the sport that is indicated on the accreditation. Please feel free to go and watch the competitions of other sports during your break or before or after you finish for the day.



UEC REPRESENTATIVES

UEC Management Board

Enrico Della Casa (ITA), President
Henrik Jess Jensen (DEN), Vice President
Delmino Pereira (POR), Vice President
Katarina Jakubova (SVK), Member
Natallia Tsyhinskaya (GBR), Member
Dragomir Kouzov (BUL), Member
Alasdair MacLennan (GBR)
Tiziana Lardieri (SUI)
Vladimirov Petsas (GRE)
Ivan Benedetto (ITA)

UEC General Secretary
UEC Events Coordinator
UEC Sports Coordinator
UEC Photographer

UEC Para-Cycling Commission

Alejandro MARTIN (ESP), President
Lucia REVISAN (ITA), Member
Dennis HARLOV MADSEN (DEN), Member
Laura DE VAAN (NED), Member
Jon PETT (GBR), Member
Denis TOOMEY (IRL), Member
Tomislav ZADRO (CRO), Member

COMPOSITION OF THE COMMISSAIRES PANEL

President of the Commissaires Panel

Commissaire
Commissaire 2
Commissaire 3
Computer results
Finish judge
Announcer
Moto commissaire
Moto Commissaire
Video judge
Timekeeper
Broomwagon

Peter Judez
Corina van Vliet Donkers
Sarah Rodney
Erwin Kistemaker
Vincent Schuurhuis
Jan Jeras
Laurens van de Klundert
John Teheux
Erik Bos
Honore Pieters
Honore Pieters
Theo Zwanenburg

TIMEKEEPING

Official timekeeping

Daan Brand

ANTIDOPING CONTROL LOCATION

Willem-Alexander Baan
Nely Gambonplein
2761 EH Zevenhuizen
+31 10 8080880



17 AUG THU | DAY 1 | MIXED TEAM RELAY

TIME	CATEGORIE	LAPS	DISTANCE (KM)
20:00 - 21:30	MIXED TEAM RELAY		

18 AUG FRI | DAY 2 | INDIVIDUAL TIME TRIAL

9:00 - 9:20	TANDEMS MEN	2.5	12
9:30 - 9:40	TANDEMS WOMEN	2.5	12
10:00 - 10:45	MC 4-5	2.5	12
11:00 - 12:00	MC 1-3	2.5	12
11:00 - 12:00	WC 1-5	2.5	12
14:00 - 14:45	TRICYCLES	2.5	12
15:30 - 16:45	MH 5-1	2.5	12
17:00 - 17:20	WH 5-1	2.5	12

DIVISIONS/
CATEGORIES

Time trial Men's / Women's
B, T1, T2, C1-C5 and H1-H5

Road Race Men's / Women's
B, T1, T2, C1-C5 and H1-H5

Team relay Men's / Women's
H1-H5

TEAM RELAY

Scheepvaartkwartier - Outdoor
20:00 - 21:30

TIME TRIAL

Zevenhuizen / Willem-Alexander
Baan - Outdoor
+/- 09:00 - 18:00

ROAD RACES

Willem-Alexander Baan - Outdoor
+/- 09:00 - 18:00

COMPETITION PROGRAM



19 AUG SAT | DAY 3 | ROAD RACES

TIME	CATEGORIE	LAPS	DISTANCE (KM)
09:00 - 11:15	MB	18	93
09:00 - 11:15	WB	15	78
11:30 - 13:00	WC1-5	10	52
14:15 - 16:30	MC1-3	12	63
16:00 - 18:00	MC4-5	15	78

20 AUG SUN | DAY 4 | ROAD RACES

09:00 - 10:15	MT1&2	6	31
09:00 - 10:15	WT1&2	5	26
10:30 - 11:45	WH1-5	7	36
12:00 - 13:15	MH1&2	7	36
14:00 - 15:45	MH4&5	12	63
16:00 - 18:00	MH3	12	63

DIVISIONS/ CATEGORIES

Time trial Men's / Women's
B, T1, T2, C1-C5 and H1-H5

Road Race Men's / Women's
B, T1, T2, C1-C5 and H1-H5

Team relay Men's / Women's
H1-H5

TEAM RELAY

Scheepvaartkwartier - **Outdoor**
20:00 - 21:30

TIME TRIAL

Zevenhuizen / Willem-Alexander
Baan - **Outdoor**
+/- 09:00 - 18:00

ROAD RACES

Willem-Alexander Baan - **Outdoor**
+/- 09:00 - 18:00

COMPETITION PROGRAM

LOCATION

The team relay takes place at the Scheepvaartkwartier.

Scheepvaartkwartier
Westerkade
3016 CM Rotterdam

The time trial and road races take place at the Willem Alexander Baan.

Willem-Alexander Baan
Nely Gambonplein
2761 EH Zevenhuizen
+31 10 8080880

RACE REGULATIONS

Article 1. General rules

The UEC Paracycling European Championships 2023 are organized by European Para Championships 2023 in cooperation with the Union Européenne de Cyclisme (UEC) and Dutch Cyclingfederation KNWU.

Technical director: Thijs Rondhuis

The event is organized in accordance with the rules of the Union Cycliste Internationale (UCI) and these rules are the reference for everything not mentioned in this document.

The UEC Paracycling European Championship consists of the following races:

- Team-Relay (17 August 2023)
- Time Trials (18 August 2023)
- Road Races (19 + 20th August 2023)

Article 2. Type of events

The event is open to athletes in the following categories:

- Women H1 – H5
- Men H1 – H5
- Women C1 – C5
- Men C1 – C5
- Women T1 – T2
- Men T1 – T2
- Women B
- Men B

The event is registered in the UCI calendar as Continental Championship (CC).

Article 3. Participation

3.1 National teams participation

The national federations must register their riders directly on the UEC online registration system.

The national federations must have registered their accompanying members at the same time as the athletes with a comment explaining who they will accompany.

Registration was closed on July 10th (23.59).

The confirmation shall indicate the number of persons making up each delegation, the registration of the riders in each race as well as their sport class, the accommodation used during the event, the full contact details of the team manager and the arrival times of each athlete.

A single representative of each national federation shall confirm the participants for all athletes of that nation, whether they participate through the national team, as individuals, or for another team on the recommendation of the national federation.

Only the national teams that have paid the registration fee in time will receive their accreditation and will be able to participate in the competition.

Riders must compete in their national jersey.

3.2 Chips/transponders

The organizing committee will provide the team manager with a chip/transponder for each participating athlete with a deposit fee of € 30.00 / each.

At the end of the competition, the transponder must be returned to the accreditation office.

3.3 Start order

The starting order will be determined according to the UCI/UEC regulations.

The riders (of the Road Race) line up in the order in which they are to be called at the starting line.

The number of riders on each line is determined by the President of the Commissaires Panel and supervised by a commissaire.

The rider decides himself which position he takes on the line.

Article 4. Award ceremonies

In accordance with articles 1.2.112 and 1.2.113 of the UCI regulations, the top 3 riders in each category must take part in the official award ceremony, any interviews that may be organized, and the press conference.

Unless otherwise specified, riders must appear at official ceremonies in competition attire. Riders must be on the podium conform ceremony schedule.

Ceremony schedule			
Thursday 17 August	Mixed Team Relay	15 min. after the end of the last competition	Scheepvaartkwartier
Friday 18 August	Individual Time Trial Tandem / MC4-5, WC1-5, MC1-3	15 min. after the end of the last competition	Willem-Alexander Baan
	Individual Time Trial Tricycles	15 minutes after the competition	Willem-Alexander Baan
	Individual Time Trial MH1-5, WH5-1	15 min. after the end of the last competition	Willem-Alexander Baan
Saturday 19 August	Road Races MB, WB, WC1-5	15 minutes after the competition	Willem-Alexander Baan
	MC1-3, MC4-5	15 min. after the end of the last competition	Willem-Alexander Baan
Sunday 20 August	Road Races MT2, WT1-2, MT1, WH1-5, MH1-2, MH4-5	15 min. after the end of the last competition	Willem-Alexander Baan

4.1 Jersey and medals

Every European Championship will be awarded with:

The 1st place: Gold medal and Champion's jersey

The 2nd place: Silver medal

The 3rd place: Bronze medal

Article 5. Antidoping

The UCI anti-doping regulations and the specific Austrian anti-doping laws are fully applicable to the event.

The antidoping tests will take place at:

Willem-Alexander Baan, Nely Gambonplein, 2761 EH Zevenhuizen.

Article 6. Penalties

The UCI scale of penalties is the only one applicable.

Article 7: Responsibilities

The organizer and the UEC are not liable under any circumstances for accidents or damages that occur during training and competitions.

The organizers and the UEC disclaim any responsibility towards the riders and other persons in case of an accident.

For all cases not covered by these specific regulations, the UCI rules will apply. Any problems will be solved between the organizer, the Commissaires Panel and the UEC officials.

MEETINGS

All meetings take place at the Willem Alexander Baan.

Nely Gambonplein

2761 EH Zevenhuizen

+31 10 8080880

Commissaires Panel Meeting

Thursday 17 August, 08:30-09:30h

Confirmation of the starters/license check

Thursday 17 August, 10:00 – 12:00h

Team managers must confirm all starters, provide all licenses, and provide a sample of the national team apparel. Race numbers will be distributed during this procedure.

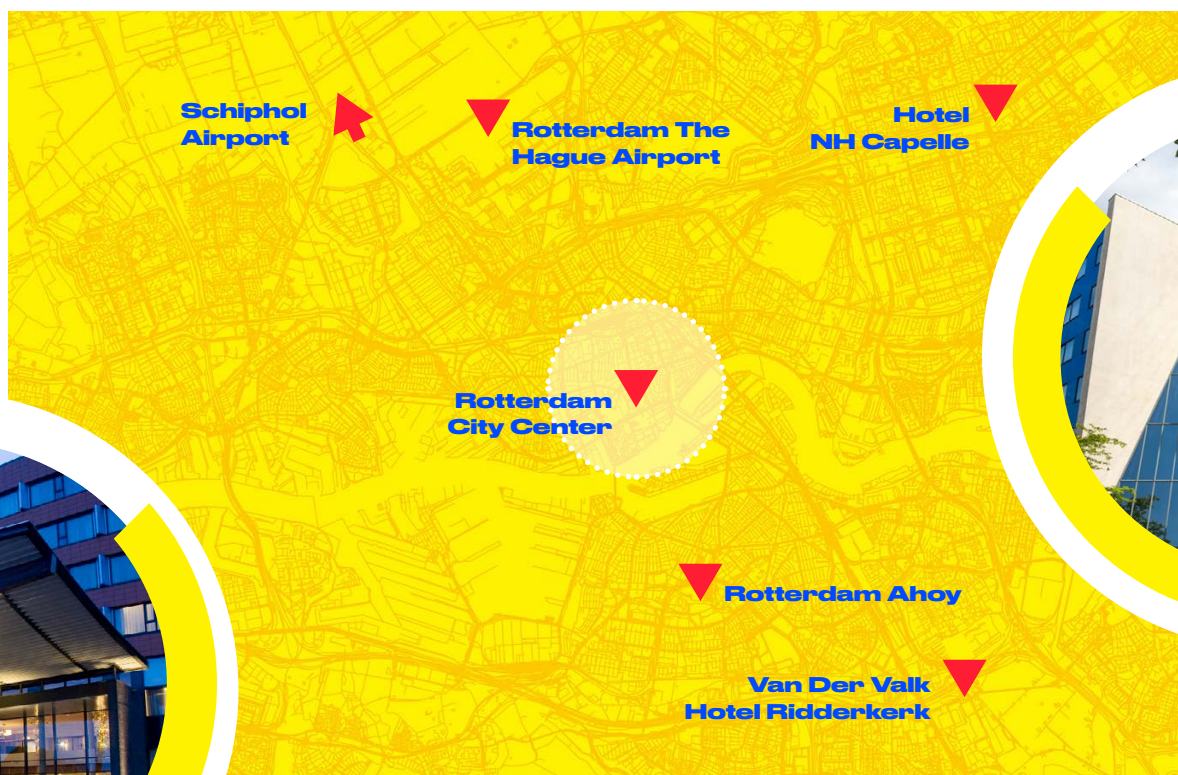
Team Managers Meeting

Thursday 17 August, 13:00h

For all races, all categories

We ask you to limit the participation in the Team Managers meeting to one (1) representative per nation. The presence is required for:

- LOC representative
- UCI and Additional Commissaires
- Team Managers
- UEC Technical Delegate



HOTEL NH CAPELLE

Barbizonlaan 2, 2908 MA Capelle aan den IJssel

Check-in and check-out

Check-in is possible from 15:00h onwards. The hotel staff is aware that teams mainly arrive as a group and check-in as a group.

A staff member from the Local Organising Committee (LOC) will be around to welcome the teams and offer help, such as showing the way to the rooms, offering help with luggage or to answer questions.

The check-out is possible until noon. A LOC-member will be on site to answer questions and offer assistance.

Bathrooms

All bathrooms at NH Capelle have a shower in the bathtub. The width of the door to the bathroom is 80 cm. The toilet can only be used from the front. This makes the bathroom less suitable for people in wheelchairs.

Shower stools and shower handles

The organization provides shower stools and shower handles to those who requested them. At check-in, after signing for receipt, one can take a shower stool and/or shower handle to the room or have it brought up.

At check-out, one is asked to leave these materials in the shower and be signed out by someone from the organization.

Storage

From 15 to 21 August two meeting rooms are reserved for storing bicycles and materials. One room is 40 m² and the other room is 30 m². At check-in, each team will receive two passes granting access to the meeting rooms.

Gym

The gym at the hotel is open every day from 07:00 – 23:00h. The hotel has limited resources, such as weights, bench, home trainer and a strength station.

PARKING

At both the official hotels and the competition venues there are plenty of free parking spaces available.

At the official hotels, a water point and several power points are facilitated in the parking lot.

Notes

- The hotel has two elevators that can accommodate up to two wheelchairs at the same time.
- Guests who can use the stairs are requested to take the stairs.
- The hotel has two accessible toilets in the hotel lobby on the ground floor.
- Guests will receive additional information at check-in about what to do in case of emergency.

For any urgent questions regarding the hotel during the event, please contact the hotel reception. For less urgent questions regarding the hotel during the event you can also contact EPC Accommodation Manager José van Laarhoven at jose@europeanparachampionships.com

VAN DER VALK HOTEL RIDDERKERK

Krommeweg 1, 2988 CB Ridderkerk

Check-in and check-out

Check-in is possible from 14:00h onwards. The hotel staff is aware that teams mainly arrive as a group and check-in as a group.

A staff member from the Local Organising Committee (LOC) will be around to welcome the

teams and offer help, such as showing the way to the rooms, offering help with luggage or to answer questions.

The check-out is possible until 11:00h. A LOC-member will be on site to answer questions and offer assistance.

Shower room

The accessible room at the hotel will be used as a shower room. Teams can use this room if they want to shower more extensively and use the accessible bathroom. This room will be equipped with a hoist. There will be a schedule where you can sign in to use the shower room.

The hotel ensures that the accessible shower room is cleaned at least twice a day. Extra towels can be found in this room. Teams are asked if they can place used towels on the floor by the bed.

Shower stools and shower handles

The organization provides shower stools and shower handles to those who requested them. At check-in, after signing for receipt, one can take a shower stool and/or shower handle to the room or have it brought up.

At check-out, one is asked to leave these materials in the shower.

Storage

From 15 to 21 August meeting room Orinoco is reserved for the storage of bicycles and materials. At check-in, each team will receive two passes allowing access to the space.

PARKING

At both the official hotels and the competition venues there are plenty of free parking spaces available.

At the official hotels, a water point and several power points are facilitated in the parking lot.

Notes

- The wheelchair basketball women's teams are also staying at Van der Valk Hotel Ridderkerk.
- There is one accessible toilet in the main hall of the hotel on the ground floor.
- The hotel has two elevators that can accommodate a maximum of two wheelchairs at the same time.
- Guests who can use the stairs are requested to take the stairs.
- Guests will receive additional information at check-in about what to do in case of emergency.

For any urgent questions regarding the hotel during the event, please contact the hotel reception. For less urgent questions regarding the hotel during the event you can also contact EPC Accommodation Manager José van Laarhoven at jose@europeanparachampionships.com.

Please note that catering is only included for teams that have taken the organizing committees entry package and are staying at one of the official hotels.

Three meals a day are included in the entry package. Catering starts with dinner on the day of check-in and ends with breakfast on the day of check-out.

BREAKFAST

Breakfast is served at the hotel.

Breakfast at NH Capelle takes place at the hotel's breakfast room.

At Van der Valk Hotel Ridderkerk breakfast will take place in a separate meeting room on the first floor, exclusively for participants of the European Para Championships. This room will be shared with the wheelchair basketball participants. Please note that there is no disabled toilet near this room.

At both hotels breakfast hours are:

On 15, 16 and 21 August breakfast is served from 07:00 – 10:00h.

On 17, 18, 19 and 20 August breakfast is served from 06:00 – 10:00h.

LUNCH

Lunch is served at the hotel, except from the competition days listed below.

Lunch is served from 12:00 – 14:00h.

On Friday 18 August, Saturday 19 August and Sunday 20 August lunch is served at the venue from 12:00 – 14:00h.

DINNER

Dinner is served at the hotel.

At NH Capelle dinner takes place at the hotel's breakfast room.

At Van der Valk Hotel Ridderkerk dinner will take place in a separate meeting room on the first floor, exclusively for participants of the European Para Championships. This room will be shared with the wheelchair basketball participants. Please note that there is no disabled toilet near this room.

At both hotels dinner hours are:

Dinner is served from 18:30 – 21:30h.

On Thursday 17 August dinner is offered in two shifts due to the team relay. The first shift is from 18:30 – 20:00 and the second shift is from 21:30 - 22:30h.

DIETARY REQUIREMENTS

In the EPC Registration System you were able to inform the organizing committee about any dietary requirements. Your hotel and our caterer have been informed about the requirements and will make sure your meals match your dietary requirements.

If you haven't informed the organizing committee about your dietary requirements yet, please inform the registrations department as soon as possible.

