



European Winter Para Sport
Event – Poland 2020



Co-funded by the
Erasmus+ Programme
of the European Union



Polish
Paralympic
Committee

COMPETITION GUIDE

European Winter Para Sports Event, Poland'2020
Czarna Góra, Duszniki Zdrój – 24.02-02.03.2020

The Honorary Patronage of the President of the Republic of Poland Andrzej Duda

“ParaSki4Europe” - EUROPEAN WINTER PARA SPORTS EVENT, POLAND’2020
leading by Polish Paralympic Committee,
co-funded by the Erasmus+Sport programme of the European Union.
POLAND, Czarna Góra Resort, Tauron Duszyni Arena ;
24th February to the 2nd March 2020

COMPETITION GUIDE N^o 2*

MOTTO “ONE SPORT – ONE EUROPE – ONE DREAM” emphasize the main event aim – to allow para athletes of different ages and sport levels to participate in a big multi-sport event, where winning will be just as important as promotion of social inclusion through sport, health-enhancing physical activity, voluntary activity and also gaining knowledge of the sport and strengthening inspirations and motivations. The aim will be achieved by enabling athletes with disabilities to meet, train and compete together and also to make it possible for coaches and others to meet and increase their knowledge about para-winter sports. Participating organizations will thereafter establish a network to strengthen, support and develop winter para sports in Europe in non-commercial event formula. The event is co-funded by the Erasmus+ Programme of the European Union in frame of Not-for-profit European Sport Events, Call for proposals 2019



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of the European Union



#KibicujemyParaolimpijczykom

MOŻESZ NAS ZNALEZĆ TAKŻE NA:



SPONSOR STRATEGICZNY SPONSOR PLANOWY



*This project has been funded with support from the European Commission. This publication reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein

MESSAGE TO THE PARTICIPANTS



PHOTO see ★

Dear athletes, coaches and officials!

It is the first time in history we have an opportunity to meet and take part in ParaSki4Europe – Poland 2020. It is the first time you can first experience winter sports and later take part in the competition. We cannot predict the future and don't know what comes next but you can think about European championships, world championships and maybe one day even Paralympic Games.

Everything starts with a dream – great stories and great achievements. Maybe this is both the place and the moment when you start to realize your sport dream. Maybe you will stay in sport, maybe you will represent your country and maybe one day you will win Paralympic medal and write your name into history. If you work hard and devote yourself to what you love, then your dreams come true.

I hope this meeting will also enable you to make many friends. I am absolutely sure here you will not only gain new sport skills but you will also find international friendship – always remember friendship and cooperation is the most important value of European Union. I do believe thanks to ParaSki4Europe – Poland 2020 you will follow the idea of fair play which is crucial in any kind of competition. It is easier to be fair when we know each other. Together we can change the world through sport and strive for a better sport – clean and open.

Dear athletes, you are here to fall in love with winter sports. Keep training, play fair, have fun, keep dreaming, and may your dreams be realised.

I wish you all the best of luck.

Łukasz Szeliga

President of Polish Paralympic Committee





ABOUT ERASMUS +

What is Erasmus+ and how is it managed?

The European Union's Erasmus+ programme is a funding scheme to support activities in the fields of Education, Training, Youth and Sport.

The Programme is made up of three so-called "Key Actions" and two additional actions. They are managed partly at the national level by National Agencies and partly at the European level by the EACEA. The European Commission is responsible for Erasmus+ policies and oversees the overall programme implementation.

Erasmus+ provides grants for activities in the fields of education, training, youth and sport. It offers opportunities for:

- individuals to spend a mobility or volunteering period abroad and to receive linguistic training,
- organisations to collaborate in project partnerships in the fields of academic and vocational training, schools, adult learning and European sport events.

The Sport Chapter in the Erasmus+ Programme aims to support European partnerships on grassroots sport in order to pursue the following objectives:

- Tackle cross-border threats to the integrity of sport, such as doping, match fixing and violence, as well as all kinds of intolerance and discrimination;
- To promote and support good governance in sport and dual careers of athletes;
- To promote voluntary activities in sport, together with social inclusion, equal opportunities and awareness of the importance of health-enhancing physical activity, through increased participation in, and equal access to sport for all.

The following actions in the field of sport are implemented through the Erasmus+ Programme:

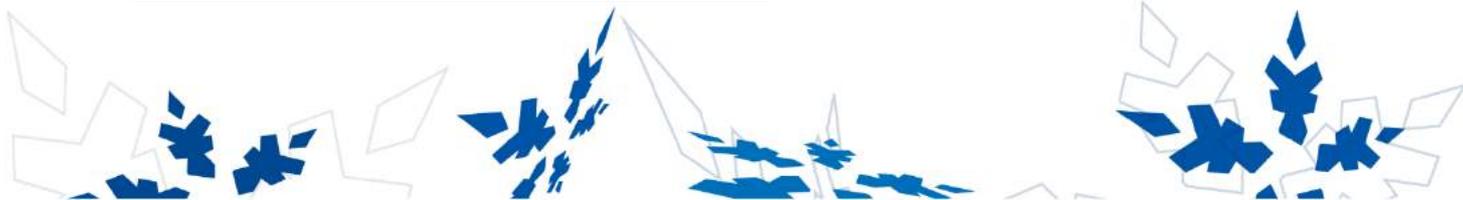
- Collaborative Partnerships
- Small Collaborative Partnerships
- Not-for-profit European sport events

The European Commission awards 10-12 grants of "European non-profit sport competitions", every year (in total there were 65 of them since 2014). For the third time Poland has found itself in the elite group of competition organizers.

https://eacea.ec.europa.eu/erasmus-plus_en

<http://erasmusplus.org.pl>

<https://www.facebook.com/EUErasmusPlusProgramme/>



HOSTING ORGANISATION – POLISH PARALYMPIC COMMITTEE



Polish Paralympic Committee (PPC), founded in 1998 as a non-profit organisation, is based in Warsaw, Poland and aims to develop sports opportunities for all people with an impairment from the beginner to elite level. Since its foundation, over 20 years ago, PPC has been successfully inspiring Polish people with disabilities to achieve their dreams, spreading and promoting the idea of Paralympics Games. Its purpose is to organise the national teams for summer and winter Paralympic Games, being responsible for the financial, logistical and operational aspects.

Through close relationships with six members of the Committee – the largest Polish para sport organizations, PPC makes great positive changes in life of thousands of people with Paralympic-eligible impairments. The PPC fulfills the tasks of the Paralympic Movement, organizes and popularizes sports activities to promote social inclusion through sport as well as equal opportunities and health-enhancing physical activity.

As a member of the International Paralympic Committee (IPC) and European Paralympic Committee (EPC) the PPC is the only national representative of Paralympic sport in the international area. It cooperates with other National Committees and Organizing Committees of the Paralympic Games. The Committee is responsible for realizing the decisions of IPC, General Board of PPC and Polish Government.



HOST ORGANISING COMMITTEE



Łukasz SZELIGA - PPC President

Project & Event Management Team (PEMT)



Romuald SCHMIDT / Event Coordinator



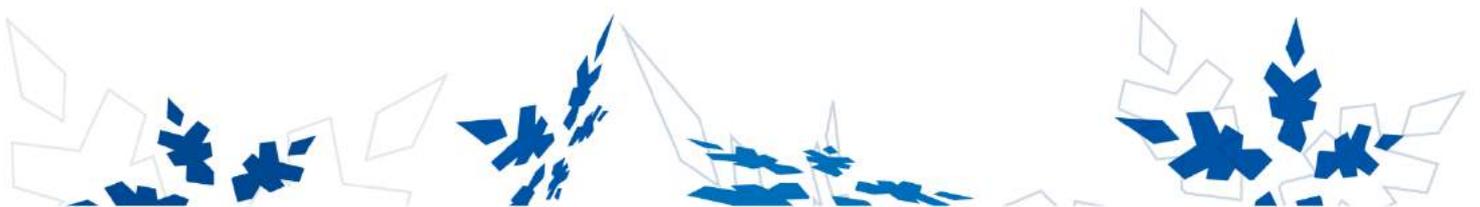
Beata DOBAK-URBAŃSKA /General Manager



Paulina MALINOWSKA-KOWALCZYK / Press Officer



Patrycja SZELIGA / Sport Head Director





Katarzyna URBANSKA / Programme Manager



Bartosz PRABUCKI / Transport+Accommodation Manager

Sport disciplines' Directors:



Bogdan MIRSKI / para alpine skiing

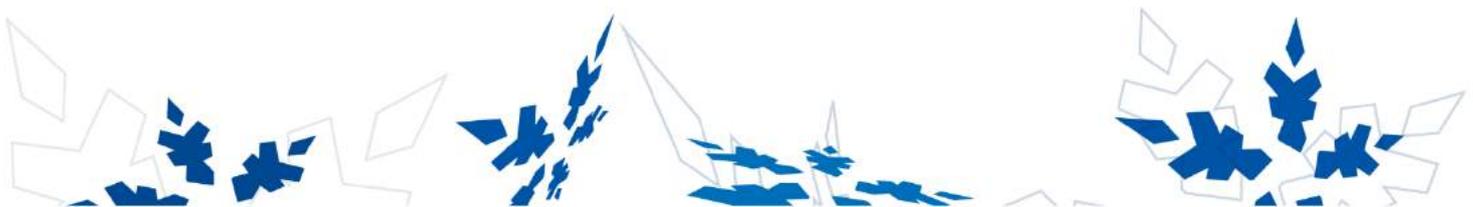


Ewelina MARCISZ /para cross country skiing, parabiathlon



Piotr KUNYSZ / para-snowboard

PARTICIPATING COUNTRIES:

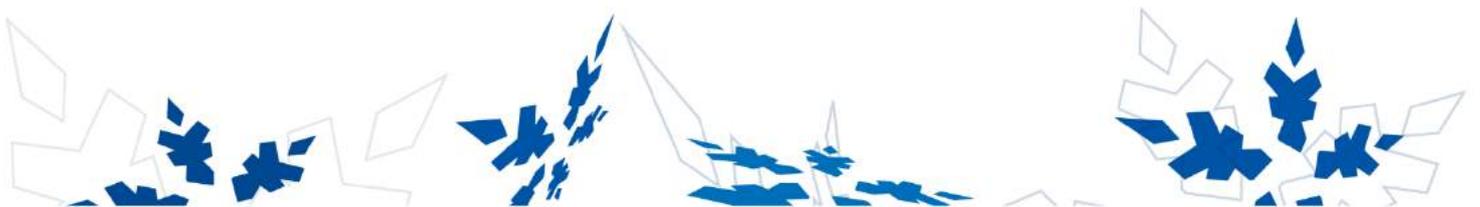


L.P.	Country	Discipline				Total number of people in team
		<i>PARA ALPINE SKIING</i>	<i>PARA SNOWBOARD</i>	<i>PARA CROSS COUNTRY</i>	<i>PARA BIATHLON</i>	
1	 <i>Austria</i>	X				14
2	 <i>Bulgaria</i>			X		8
3	 <i>Croatia</i>			X	X	6
4	 <i>Czech Republic</i>	X			X	15
5	 <i>France</i>	X		X	X	9
6	 <i>Great Britain</i>	X	X	X	X	16
7	 <i>Greece</i>	X				5
8	 <i>Hungary</i>	X	X			5
9	 <i>North Macedonia</i>			X		8
10	 <i>Norway</i>			X		8
11	 <i>Poland</i>	X	X	X	X	121
12	 <i>Portugal</i>		X			3
13	 <i>Serbia</i>		X	X		4
14	 <i>Slovenia</i>	X				8
15	 <i>Sweden</i>	X				3

SPORT DISCIPLINES

Para alpine skiing

Para alpine skiing is one of the most exciting and challenging sports. The rules of the International Ski Federation (FIS) are used with only a few modifications. Athletes compete in three medal events: sitting, standing and visually impaired. Among these, there are eleven sport classes within the standing, three classes for the visually impaired and five in the sitting category with only one winner each. Each class has a specific impact on the ski performance. Therefore, a specific factor system allows the race time of every athlete to be assessed with a different clock running speed, depending on the severity of the impairment (less disability equals a slower clock running speed).



Some athletes use the equipment adapted to their needs including single ski, sit-ski or orthopedic aids. Skiers with blindness/visual impairment are guided through the course by sighted guides. He is in constant communication with the athlete via a light or audio system providing immediate instructions and information on changes in the pitch, snow conditions, rhythm or combination of gates. Five events are on the Paralympic programme: downhill, super-G, super combined, giant slalom and slalom.



Para-snowboard

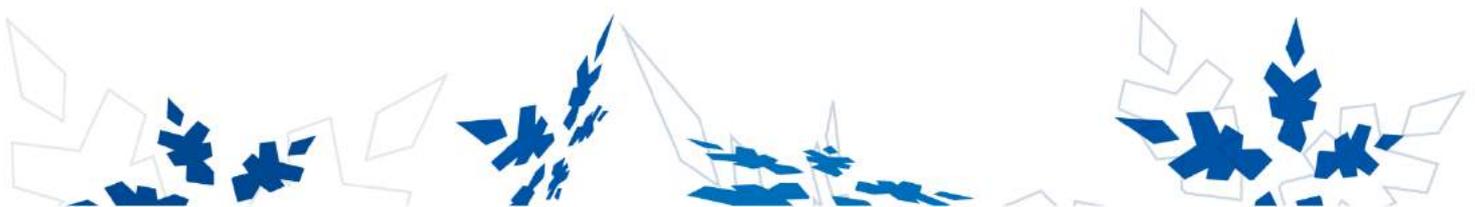
Para-snowboard is an extremely dynamically developing discipline of winter sports, available for people with disabilities. Athletes combine speed and agility while racing down courses as fast as possible. Snowboarders use equipment that is adapted to their needs including snowboard and orthopaedic aids and compete in three categories based on their functional ability (lower-limb impaired athletes /2categories and upper-limb impaired athletes /1 category).



Para cross country skiing

Para cross country skiing follows modified rules of the International Ski Federation (FIS). The competition is open to athletes with a physical impairment and blindness/visual impairment. It is probably one of the most vigorous, cardiovascular exercises among adaptive winter sports.

Standing skiers use the two techniques of cross country skiing: classic-style, where the skis move parallel to one another through tracks in the snow, and the free-style or skate skiing where skiers propel themselves in a manner similar to speed skating. Wheelchair users race in sledge (a kind of chair equipped with a pair of skis), designed for classic style tracks, propelling themselves with poles. Athletes with visual impairment compete in the event with a sighted guide. Skiing ahead of an athlete with visual impairment, the guide via a light or audio system gives a precise overview of the ski run. The degree of a turn is described on the basis of a clock eg. "Left on Nine", meaning a 90 degree left turn.



Athletes compete in three medal events: sitting, standing and visually impaired. Among these there are seven sport classes within the standing, three classes for the visually impaired and five in the sitting category with only one winner each. Each class has a specific impact on the ski performance. The classifications for Para-Nordic skiing and Para-Biathlon mirror the classifications for Para-Alpine skiing with some exceptions.

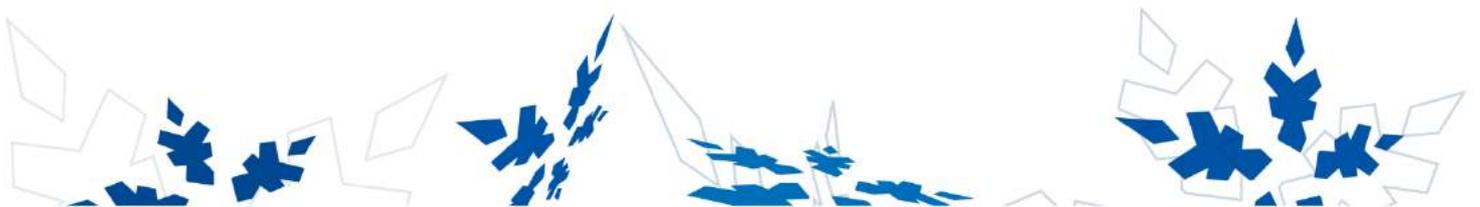


Para Biathlon

Para Biathlon follows modified rules of the International Biathlon Union (IBU). Para Biathlon was introduced by Paralympic movement in the late eighties for athletes with a physical impairment, and, what is surprising because of the nature of the shooting sport, athletes with a visual impairment also became eligible to compete in the beginning of the nineties. The most important success factor in para-biathlon lies in the capability of alternating the skills of physical endurance and shooting accuracy during the competition.

Classical biathlon air rifles are used. All athletes shoot in the prone position. Upper limb amputee get assistance. Once in position, they receive the rifles from their coaches. In addition, these athletes may use special rifle support on which the coach places the weapon. Athletes who are not able to pull the trigger with their fingers, fix a kind of extension (like wires, cords or bar) that allows them to load and shoot unassisted. Visually impaired athletes are shooting with an electronic rifle that allows aiming by hearing. The closer the rifle points to the centre of the target, the higher the tone is. The different tones that occur when the rifle is moved allow the shooter to find the exact centre of the target.

Male and female athletes are divided into three categories – sitting, standing and visually impaired – according to their impairment and compete across three events: sprint, middle distance, long distance. The Para-Biathlon events consist of a 2.0 km or a 2.5 km course skied three or five times for a total race distance between 6-15 km. Each race is divided into two or four shooting rounds, where athletes must hit two targets located at a distance of 10m with a rifle. Each miss is penalized by an increase in the overall route time.



VENUES

CZARNA GÓRA RESORT/ Alpine skiing, Para – snowboard



Czarna Góra Resort is a rapidly growing and thriving year-round ski resort, located approximately 120 km south of Wrocław in the picturesque Śnieżnik Massif. Its exceptional hotel and ski infrastructure encourages winter activities and the breathtaking views, combined with the alpine/sub-alpine climate, offer unique possibilities for active relaxation in an area with crystal clear air. This resort offers a full range of attractions but is an excellent ski infrastructure that makes it an appealing place to be. There are nine pistes/ski runs and four ski slopes with the total length of 13 km of skiable terrain. Six runs exceed 1'000 m and the two longest ones (1'680 m and 1'600 m) are served by a modern, heated, 6-person cable car Luxtorpeda, which operates during night skiing as well.

Address: CZARNA GÓRA RESORT in Sienna 11, 57-550 Stronie Śląskie, Poland

Visit: www.czarnagora.pl for more.

TRASY Zjazdowe

TRASA	STANOWISKO WYJAZDOWE	STANOWISKO CELNE						
1	1000m	1000m	1000m	1000m	1000m	1000m	1000m	1000m
2	1000m	1000m	1000m	1000m	1000m	1000m	1000m	1000m
3	1000m	1000m	1000m	1000m	1000m	1000m	1000m	1000m
4	1000m	1000m	1000m	1000m	1000m	1000m	1000m	1000m
5	1000m	1000m	1000m	1000m	1000m	1000m	1000m	1000m
6	1000m	1000m	1000m	1000m	1000m	1000m	1000m	1000m
7	1000m	1000m	1000m	1000m	1000m	1000m	1000m	1000m
8	1000m	1000m	1000m	1000m	1000m	1000m	1000m	1000m
9	1000m	1000m	1000m	1000m	1000m	1000m	1000m	1000m

KOLEJE Wyciągi

NR	NAZWA	TYTUŁ	WISOKOŚĆ	WISOKOŚĆ	WISOKOŚĆ	WISOKOŚĆ
1	LUXTORPEDA	6 OSÓB	1680m	1600m	1000m	1000m
2	TRAFIK	4 OSÓB	1000m	1000m	1000m	1000m
3	PRYCA	2 OSÓB	1000m	1000m	1000m	1000m
4	WISOKA	2 OSÓB	1000m	1000m	1000m	1000m
5	WISOKA	2 OSÓB	1000m	1000m	1000m	1000m
6	WISOKA	2 OSÓB	1000m	1000m	1000m	1000m
7	WISOKA	2 OSÓB	1000m	1000m	1000m	1000m
8	WISOKA	2 OSÓB	1000m	1000m	1000m	1000m
9	WISOKA	2 OSÓB	1000m	1000m	1000m	1000m

601 100 300

Accommodation - Aparthotel Czarna Góra

Aparthotel Czarna Góra is a combination of 7 buildings – one main hotel building with a restaurant, a lobby bar, swimming pool and SPA facilities and kids areas and 6 smaller apartment buildings. The location in the middle of Śnieżnik massif, at the foot of the Czarna Góra mountain, allows you to truly enjoy amazing nature and stunning mountain views. In summer period, the place is a real cycling and biking mecca, while in winter it changes into one of the most popular ski resorts in Poland. Distances: only 300 meters to Czarna Góra competition ski slope and around 50 km to Duszniki Arena Cross Country center (transport by adapted buses will be ensured).

Address: Aparthotel Czarna Góra, Na Skarpie 4 street, 57-512 Biała Woda, Poland

More info; <https://aparthotel.czarnagora.pl>





Duszniki Zdrój Arena/ Para Cross country, Para Biathlon

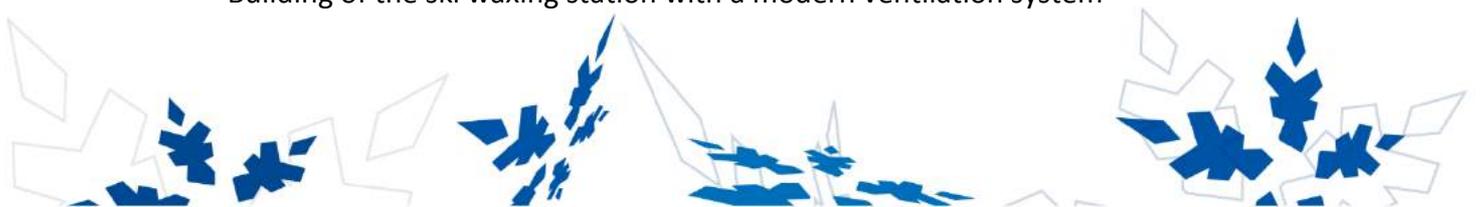


Duszniki-Zdrój is a small town located in the picturesque valley of the Bystrzyca Dusznicka river. around 50 km from Aparthotel Czarna Góra . The surrounding mountains make the place ideal for those who appreciate not only hotel relax but first of all outdoor exercise and sports activity. During winter the town is frequently visited by winter sports lovers, offering fully-equipped base with state-of-the-art infrastructure.

One of the unique advantages of Duszniki-Zdrój resort is its climate, characteristic for sub-alpine areas. Despite the fact that the town is located at the altitude of 588–900 m above sea level, the climate conditions are similar to those at the altitude of 1000 m.

Duszniki Arena is the most modern biathlon facility in Poland. Duszniki Arena consists of:

- Tracks with complete snow-making system
- Two illuminated tracks: 1.3km and 2.4km long
- 30-station shooting lane with electronic target system adapted to LIVE broadcast
- Building of the ski waxing station with a modern ventilation system



The facility has been granted B licence by the International Biathlon Union (IBU). There are many sports competitions held.

Address: Duszniki Arena, 57-340 Duszniki-Zdrój, Poland

More info : www.visitduszniki.pl , www.dusznikiarena.pl



HOTEL CHECK IN : 16:00 CHECK OUT : 11:00

MEALS:

Breakfasts / dinners : at the Aparthotel Czarna Gora.

Lunches : 25-29 February at the Competition venues , 1 March at the Aparthotel

Official Dinner : 1 March at the Aparthotel Czarna Gora

HOC will provide meals, from dinner on arrival day until breakfast on departure day.

TRANSPORT:

HOC will provide car transportation with buses and vans including specially adapted (with lifts for wheelchair users). The number of means of transport will be adjusted to the number of participants, their special needs and according to the detailed plans of competition and plan of flights arrivals and departures and train connections (Wrocław Airport/ Railway station. The regular or flexible connections between Aparthotel Czarna Góra both ski slope and Duszniki Arena cross country/biathlon centre will be maintained.

INSURANCE

Teams, players and staff must attend the competition with their own medical insurance including medical costs of foreign countries and repatriation.

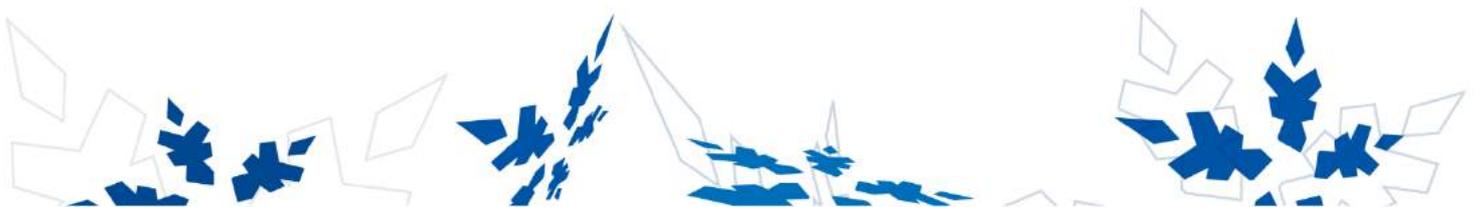
CONDITIONS OF PARTICIPATION AGREEMENT

This document, attached to the guide, has to be signed by each participant and team member, printed and delivered at the arrival day.

LIFT TICKETS

The team captains, collecting the LIFT TICKETS from the Info Desk (valid for the programme days of ski alpine and para-snowboard disciplines) are obliged to pay at location a deposit of 10,- PLN (Polish Zloty) or 2,5 Euro. Czarna Góra Resort's ticket offices will return this deposit(in Polish Zloty).

In case of the lost of the lift ticket, issuing a duplicate is not possible



MEDICAL HELP:

HOC provides the Medical Rescue during the competitions both Czarna Góra and Duszniki

IMPORTANT PHONE NUMBERS:

Emergency number: **112**

TRAVEL :

Wrocław Airport – Czarna Góra Ski Resort by car : From Wrocław – take road No 8 - general direction Kudowa Zdrój , than road No 33 to Zelazno , than road No 392 to Ladek Zdroj, than Stronie Slaskie and the last to Sienna

CONTACT PERSONS:

HOC office/ Transport /Accommodation: wintergames@paralympic.org.pl

Kasia URBAŃSKA – Programme manager

Katarzyna STATUCKA

Bartosz PRABUCKI

Sport discipline directors:

Bogdan MIRSKI - para alpine skiing, bogdan@bodex-naczepy.pl,

Ewelina MARCISZ - para cross country skiing, para-biathlon, ewola22@wp.pl

Piotr KUNYSZ - para-snowboard, kunysz.piotr@gmail.com

Karolina ADAMSKA - karolaadamska@gmail.com

INFO DESK: Lobby at the Aparthotel Czarna Gora

HAVE PROBLEM - Call : Bartosz PRABUCKI + 48 607 262 987

E-mail: wintergames@paralympic.org.pl

SCHEDULE, RESULTS, INFORMATION: <https://paralympic.org.pl/paraski4europe-european-winter-para-sports-event-poland2020/>



PROVISIONAL SCHEDULE

	Feb 24 Mon	Feb 25 Tue	Feb 26 Wed	Feb 27 Thu	Feb 28 Fri	Feb 29 Sat	March 1 Sun	March 2 Mon
Arrivals & Accreditation								
Teams captains meeting		21:00 Aparthotel	20:00 Aparthotel	20:00 Aparthotel	20:00 Aparthotel			
Opening /closing /medals Ceremonies		18:00 Czarna Gora Resort Centre			17:30 Czarna Gora Resort Centre		16:45 Czarna Gora Resort Centre	
Medical Classification	Aparthotel	Aparthotel						
Accompanying events			Antydoping Aparthotel			Paralympian meeting 19.00 Aparthotel	Motivational/inspirational workshops 10:00 (coaches) 13:00 (athletes) Aparthotel	
						Snowexpo ski tests		
Departures								
Trainings & Competitions								
Alpine		training	training	competition GS	competition SL	free ski		
Snowboard		training	training	training	training	competition GS		
Cross country		training	training	competition CL PROLOG 1,5 km		competiton LONG DISTANCE 4KM/ 5 KM		
Biathlon		training	training		Competition SHORT RACE 6 /7,5 km			

European Winter Para Sports Event Poland'2020 Project Management Team - HOC



Polski Komitet Paraolimpijski - Polish Paralympic Committee

ul.Trylogii 2/16 , 01-982 Warszawa, POLAND

[https://paralympic.org.pl/paraski4europe-european-winter-para-sports-event-poland2020/;](https://paralympic.org.pl/paraski4europe-european-winter-para-sports-event-poland2020/)
wintergames@paralympic.org.pl

Not-for-profit European Sport Events No 613014-EPP-1-2019-1-PL-SPO-SNCESE,
co-funded by the Erasmus+ Programme of the European Union



ParaSki4Europe
POLAND 2020

European Winter Para Sport
Event - Poland 2020

Polski
Komitet
Paraolimpijski

“One sport – one Europe – one dream”

**European Winter Para Sports Event, Poland'2020 –
– ParaSki4Europe Poland 2020**

Czarna Góra Resort, Tauron Duszyniki Arena | 24.02 - 02.03.2020

**The Honorary Patronage of
the President of the Republic of Poland
Andrzej Duda**

25.02 | 6:00 p.m. | Opening Ceremony
Czarna Góra Resort – Sienna 11, 57-550 Stronie Śląskie

28.02 | 5:30 p.m. | Medal Ceremony

**1.03 | 4:45 p.m. | Medal Ceremony
+ Closing Ceremony**

Biathlon | Cross Country Skiing | Alpin Skiing | Para Snowboard

Sponsor:

Partners:

Media Patronage:

European Winter Para Sport Event - Poland 2020 Co-funded by the Erasmus+ Programme of the European Union

★ Photos sources : Bartłomiej Zborowski, Adrian Strykowski, Archiwum Komitetu Organizacji Zawodów PS4E, Archiwum Polski Komitet Paraolimpijski, International Paralympic Committee, EU Erasmus+ , Czarna Góra Resort, Tauron Duszyniki Arena , Google Maps

