



TRAINING INFORMATION

BULLETIN #1

Paralympic Games

Rio 2016



The Organizing Committee of the Paralympic Games 2016 Welcome you in Rio. This bulletin contains relevant information about the training before the competition and during the competition days.

Basic Information about practice possibilities:

Pre-Competition period:

- A practice schedule is prepared and distributed to all NPCs.
- Requests for additional practice slots, changes and cancellations should be requested one day before at info desk at the Venue (SID), until 5:00pm every day. Please specify if the player is in wheelchair.
- Requests will be checked by the Technical Operations Manager and approved or declined, based on availability.
Requests accepted will be updated on the same day on My Info after 7:00pm.
- Specific tables will be available for players in wheelchair.
- Every player will have minimum 1 hour familiarization in FOP.
- Every player will receive 6 practice balls from the Sport Information Desk (SID) in the venue.
- Multi-ball practice is not allowed on FOP tables

During-Competition period – FOR ATHLETES in competition:

- A practice schedule will be available on My Info
- All athletes/teams in competition will be given time slots in the training and warm up areas before the matches. In singles event every player will get 40 minutes practice in the warm-up area and before that 1 hour in the training area. In team events every team will get 1 hour practice in warm-up and before that 1 hour in the training area.
- Changes on the table numbers will not be accepted, Specific tables will be available for players in wheelchair.



General information:

- In case there are tables available in the training area (not booked for training), practice will be available on a first come-first served basis, but we highly recommend to book training slots in advance. It is important to specify if the player is in wheelchair.
- During competition days, practice in the FOP is not allowed, unless announced differently.
- Persons not directly involved in the preparation of athletes in competition will be asked to leave the warm-up area, even if accredited. This is to ensure that we can offer the best conditions for athletes to prepare for their matches.
- We would highly appreciate if you can:
 - **Submit** a request for cancellation in case you do not wish to use any of the training slots allocated to your NPC.
 - **Respect** the practice time and table allocations in order to help having a smooth preparation for all NPCs before and during competition.
 - **Co-operate** in keeping the number of players/coaches and medical staff in warm-up area to the absolute required number.

Thank you for your cooperation.

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