



Bulletin 2

ISF World Schools Championship Orienteering 2019

Otepää
Estonia

29/04 – 05/05/2019

ISF sponsor

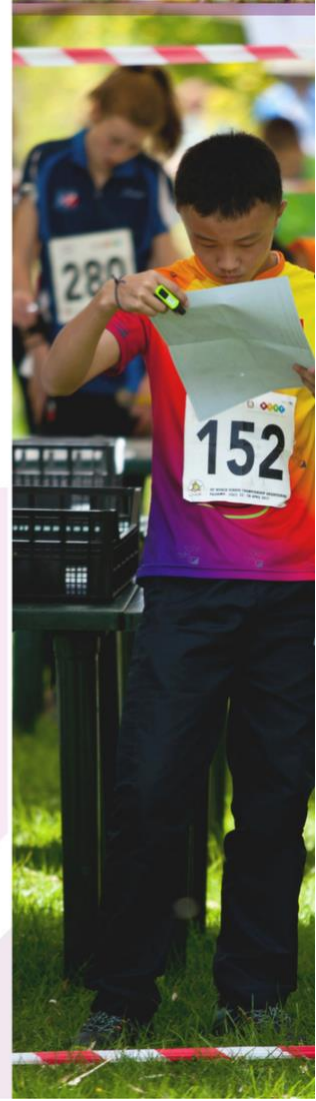


Joy of moving



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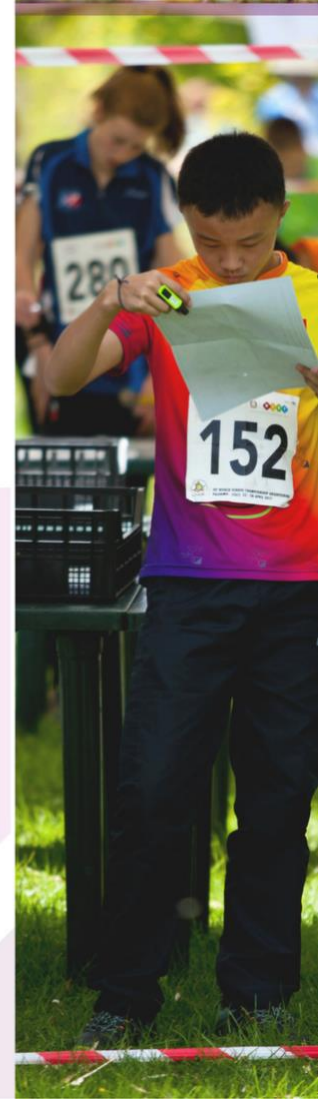


ISF WSC Orienteering

Orienteering is a sport that perfectly connects the navigational skills and physical ability to move at speed through unfamiliar terrain. The sport entered the ISF programme in 1987. At ISF events the sport is practiced by both boys and girls at the same magnitude, with 51% boys and 49% girls.

The last edition of the World Schools Orienteering Championship took place in Palermo, Italy, in 2017; with 638 athletes from 26 delegations participating in the event.

Year	City	Country
1987	Jönköping - Huskvarna	Sweden
1989	Arlon	Belgium French
1991	Kouhajaki	Finland
1993	Bütgenbach	Belgium DG
1995	Polva	Estonia
1997	Lurisa	Italy
1998	Jurmala	Latvia
2000	Ashdod	Israel
2002	Leira-Marinha Grade	Portugal
2004	Bütgenbach	Belgium DG
2006	Pezinok	Slovak Republic
2008	Edinburgh	Scotland
2009	Alcala de Henares	Spain
2011	Primiero	Italy
2013	Monte Gordo – Algarve	Portugal
2015	Kemer/Antalya	Turkey
2017	Palermo	Italy



The Executive Committee (EC) of the International School Sport Federation (ISF) entrusted the organisation of the 18th Orienteering World Schools Championship to Otepää, Estonia.

The Championship is open for both selected and school teams, with 2 age categories in both genders (2004-2005 and 2001-2002-2003).



THE ORGANISING COMMITTEE

1. Management

Overview of Local Organising Committee

Organisation	Estonian School Sport Union
Event Manager	Mattias Metsaru mattias@koolisport.ee +37256641687
LOC	Madis Pettai madis@koolisport.ee +372 504 9044

Overview of ISF Representatives

ISF Delegate	Robson Aguiar robson@cbde.org.br
ISF Technical President (Specific Sport)	Karl Keuppens karl.keuppens@telenet.be
ISF Sports Manager	Francesco Fiorini francesco.fiorini@isfsports.org
Facebook	https://www.facebook.com/isfsports/
Twitter	https://twitter.com/isfsports/
Instagram	https://www.instagram.com/isfsports/
Website	http://www.isfsports.org/ http://www.isforientering2019.ee

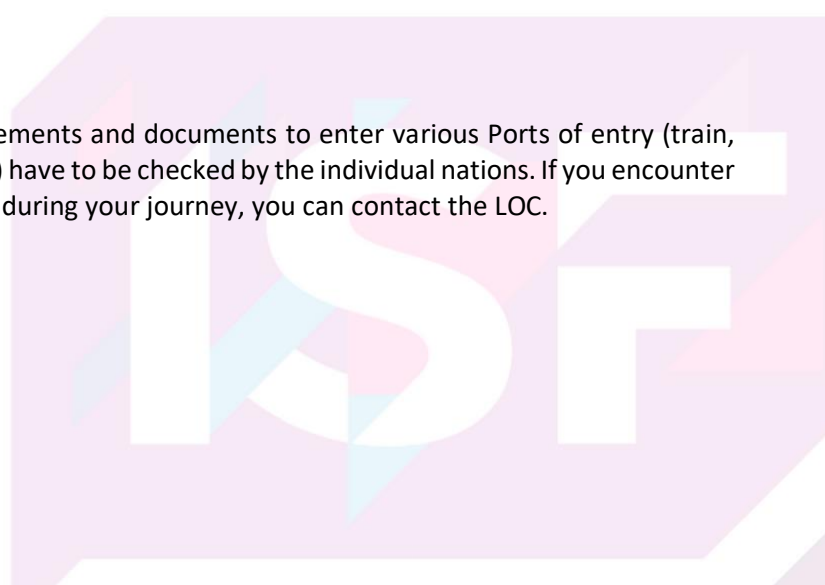
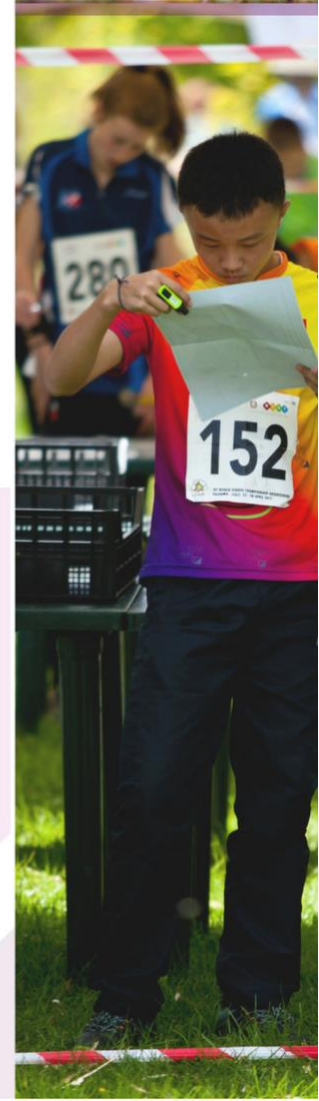
2. Risk Assessment

The LOC reassures all participating countries and officials that safety issues are their first target.

The LOC guarantees a perfectly organised championship, in which all the concerned parties and stakeholders will do their utmost to deliver a safe and secured experience for all participants. If any changes occur, you will immediately be informed.

3. Visa Policy

VISA requirements and documents to enter various Ports of entry (train, bus, airport) have to be checked by the individual nations. If you encounter any trouble during your journey, you can contact the LOC.



PARTICIPATION

Participating delegations from ISF Members will be:

Boys (23): Austria, Belgium FC, Belgium Flanders, Brazil, China, England, Estonia, Finland, France, Israel, Italy, Latvia, Lithuania, New Zealand, Poland, Russia, Scotland, Slovakia, Slovenia, Spain, Sweden, Turkey, Ukraine

Girls (24): Austria, Belgium FC, Belgium Flanders, Brazil, China, England, Estonia, Finland, France, Israel, Italy, Latvia, Lithuania, New Zealand, Poland, Russia, Scotland, Serbia, Slovakia, Slovenia, Spain, Sweden, Turkey, Ukraine

1. Condition for participation

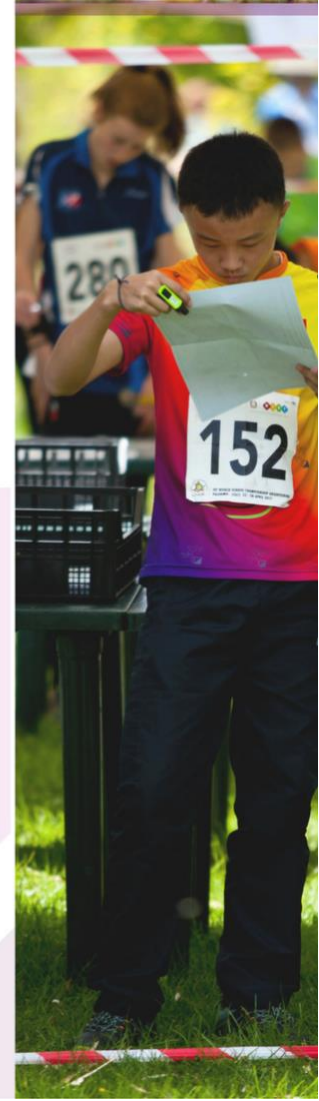
Sports	Category	Gender	Year of birth	Number of athletes per team
Orienteering	School	Boys	2004-2005	4-5
	School	Girls	2004-2005	4-5
	School	Boys	2001-2002-2003 <i>maximum two participants born in 2001</i>	4-5
	School	Girls	2001-2002-2003 <i>maximum two participants born in 2001</i>	4-5
	Selected	Boys	2004-2005	4-5
	Selected	Girls	2004-2005	4-5
	Selected	Boys	2001-2002-2003 <i>maximum two participants born in 2001</i>	4-5
	Selected	Girls	2001-2002-2003 <i>maximum two participants born in 2001</i>	4-5

A country may enter a maximum of 8 teams (1 team per category).

Each team shall be composed of 4-5 students and at least 1 teacher/coach for every 2 teams.

At accreditation on 29th April 2019, teams who arrive without one of their 5 entered athletes may accredit and participate in the competition with 4 (four) athletes. Teams who arrive with less than 4 athletes will not be able to participate in the competition.

Each competitor may only compete in one team.
Mixed teams are not allowed.



All students in the school team must be enrolled at the same school since the beginning of the school year 2018/2019.

We draw your attention to the technical rules, concerning the age category M1 and W1. In category M1 and W1, a maximum of two participants born in 2001 can be in the team but only one result of the 18 years old participants (born in 2001) will be counted in each team. The two other best results must come from the 16 (born in 2003) or 17 (born in 2002) years old participants.

2. Composition of the delegation

Sport	Athletes min-max	Head of delegation	Coaches/ Teachers	Add adults
Orienteering	4-40	1-2	1-8	2

All students must be attending schools which provide a general education.

The following are not eligible to participate:

- pupils of vocational schools who only attend that school as a complement to their vocational training;
- school teams and pupils enrolled at schools which provide sports training without any general education;
- part-time (e.g. afternoon) sports schools which take pupils from a variety of schools for training in one or more sports;
- teams formed as part of clubs, companies, universities or other institutions.

Head of Delegation: he/she may not combine the function of Head of Delegation and coach or another official function. He/she shall be the sole intermediary between his/her delegation and the Organising Committee, the ISF Technical Commission and the ISF Delegate.

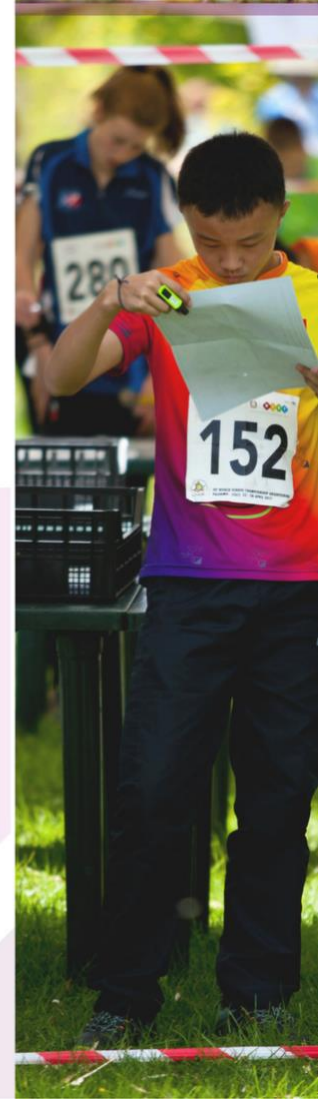
Deputy Head of Delegation: he/she assists the function of Head of Delegation. Only delegations from countries which enter more than 4 teams may nominate a deputy Head of Delegation.

Additional adults: function must be specified: doctor, physiotherapist, interpreter, security personnel, ministry representative, journalist...

*Any kind of modification in the delegation composition, (including additional adult numbers), must be discussed with and accepted by the Local Organizing Committee. Any extra additional person not previously accepted by the LOC will not be considered part of the official delegation and will not be accredited.

Participants obligations:

- Each participant is required to be present throughout the whole duration of the event.



- Each participant is obliged to take part also in all of the non-sport activities.
- Each team undertakes to compete against all other participating teams.
- Each participant undertakes to compete against all other participants.
- The absence of any member of a participating team from any part of the entire sport programme, opening-, prize-giving- and closing ceremonies and socio-cultural programme may result in the team being excluded from the results.

ADMINISTRATION & FINANCE

1. Registration

Please use your ERAS credentials to access registration. If you need a new username and password, please contact the ISF secretariat isf@isfsports.org.

ERAS registration Phase 3 deadline is: **8th of April 2019.**

2. Fees

a) Participation fee

In accordance with the rules laid down by ISF, the payment to be made to the organisers of the event amounts to 50 € per person and per night.

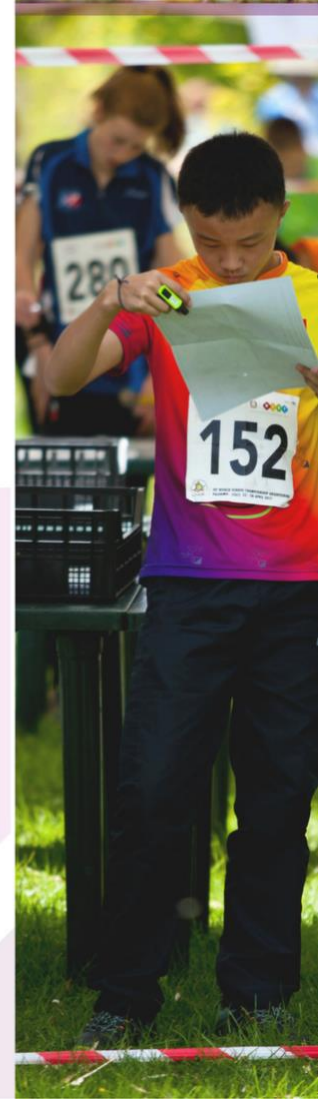
The participation fee (per person/per night) in EURO for all participants is as follows:

Position	Fee	Type of room
Head of Delegation	50€	Single occupancy
Coaches/Teachers	50€	Double occupancy
Coach/Teacher	100€	Single occupancy
Competitors	50€	2-4 bedded room
Additional adults	50€	Double occupancy
Additional adult	100€	Single occupancy

The fee covers full board accommodation for the duration of the event. It covers the competition, cultural programme activities and all transport in connection with the official programme (arrival, departure, sports and cultural programmes).

b) ISF levy

An additional ISF levy of 40 € per member in the delegation must be paid together with the balance of the participation fee.



ISF

c) Donation to the School Sport Foundation

The ISF School Sport Foundation intends to provide underprivileged school children with opportunities to access sports training by highly qualified PE teachers and trainers and to dispose of good quality school sport equipment and infrastructure. One of the occasions to help the Foundation is the Charity Gala Dinner in which the Heads of Delegation will be invited. An extra contribution of 50 € for taking part is requested.

A second way to raise funds for the School Sport Foundation is a free contribution that you can add to the 40 € ISF levy of the participants. You can add 5 €, 10 € or 15 € per participant to the ISF levy to pay. Instead of paying 40 €, you thus pay 45 €, 50 € or 55 € per participant.

d) Total Fee

The total sum per person amounts to:

# nights		Participation fee		ISF levy		(Donation School Sport Foundation)	TOTAL (minimum)
6	x	50€	+	40€	+	(5€ or 10€ or 15€)	340

3. Balance Payment

The balance Payment can be transferred to this bank account:

Name of bank: AS SEB Pank Address : Tornimäe 2, Tallinn 15010, Estonia BIC (Swift Code) : EEUHEE2X Payee: Eesti Koolispordi Liit IBAN: EE961010022002531008 Reference: ISF WSC Orienteering 2019

The balance is to be paid in advance by bank transfer at the latest on **15th of April**.

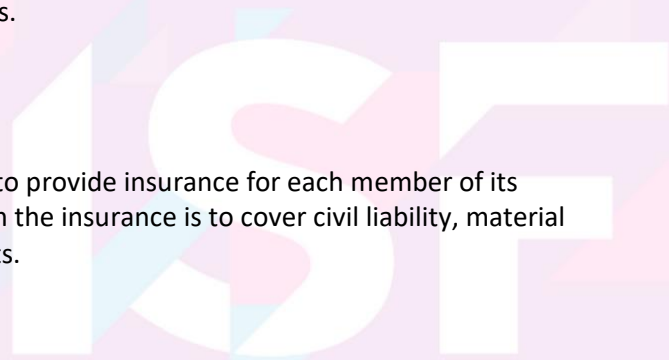
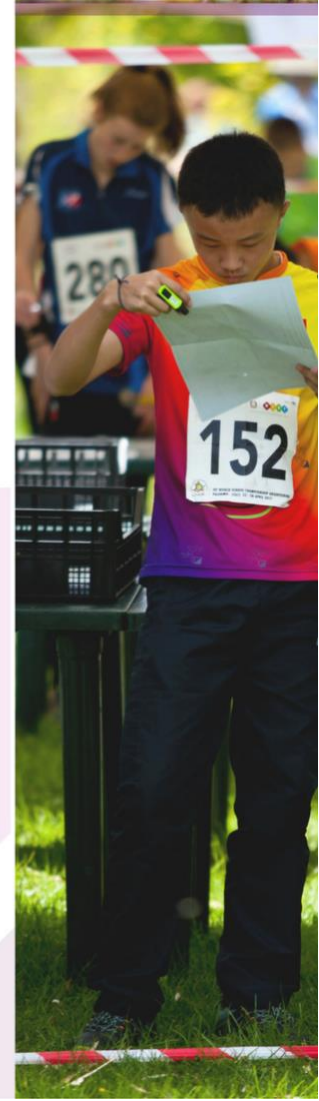
* Info about deposit. If deposit has been paid then the deposit must be deducted from the total final payment.

*If an exceptional LOC agreement with delegation has been stated, it will be charged by the amount of the deposit on arrival.

*All bank charges (for both deposit and balance) are to be met by the participating countries.

4. Insurance

Each country is required to provide insurance for each member of its delegation. At a minimum the insurance is to cover civil liability, material damage and medical costs.



5. Deadlines

- Registration Phase 1 and 2: **closed**
- Registration phase 3: April 8, 2019

6. Accreditation Procedure

Date and time of accreditation: 29th of April 2019 from 10:00 AM till 00:00 PM at Tehvandi Sports Center.

At the accreditation, the LOC will proceed to check the following documents:

- Finances: proof of payment of the balance including any bank charges and if not sent to the LOC before, the payment overview. To help the Local Organizing Committee to process your payment correctly please complete the form 'payment overview' in attachment and send it to the LOC by e-mail when you pay the balance.
- The official form signed by the School Headmaster and the legal School Sport Entity, confirming that all players are full time students at the school, since the beginning of the school year.
- The document certifying that the delegation is covered by an insurance that at least covers civil liability, material damage and medical costs.
- The passport (or identity card) bearing family name, first name, photograph, nationality and date of birth for each member of the delegation. Printed copy of the document is accepted by LOC.
- The anti-doping consent form
- The use of image consent form

When checking is finished all participants will receive the accreditation cards.

All delegations arrive from port of entry to accreditation center by bus according to the time schedule of the expected arrival.

The Head of delegation, his deputy or coach has to be present at the accreditation center during accreditation.

LOGISTICS

1. Arrival & Departure

LOC representatives will meet the delegations at official ports of entry at Tallinn Airport and Port of Tallinn.

For delegations arriving somewhere other than an official port of entry, the meeting place is at Tehvandi Sports Center, Otepää Estonia. Please notify the LOC of your expected arrival in advance.



Bus transport is organized, and will be provided for the delegations from port of entry. Delegations must arrive on 29th of April and depart on 5th of May after breakfast.

When the distance between the *host city* and the capital of a participating country on another continent exceeds 5000 kilometres the delegation may extend its stay by arriving one day earlier or leaving one day later at the normal daily fee (50 €). The organisation of an extended stay for the delegation (before or after the event) is a matter for the country concerned. It shall not be the responsibility of the Local Organising Committee.

NEWSLETTERS – WELCOME NEWSLETTER

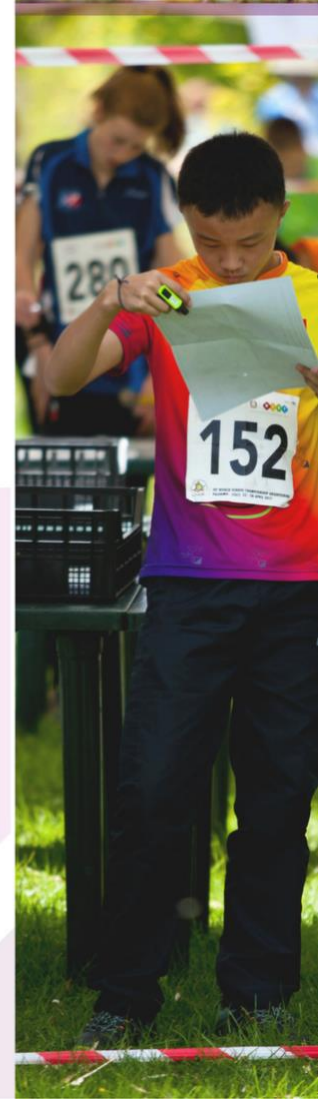
This will be given to all team officials at accreditation. In the newsletter you will find further technical information concerning the detailed event programme; the transportation planning to the competition areas; the quarantine regulations for the competition days; the maps; the courses; the control descriptions; the start procedure and start layout; and other technical information.

2. General Schedule

29 April	Welcome / Payment / Accreditation / Housing of teams
30 April	Training, Model Event, Meeting Heads of Delegations / Technical Meeting, Draw of start order (long distance), Opening Ceremony
1 May	Long Distance Race Gala dinner
2 May	Cultural Day Intercultural Festival Technical Meeting for TC and Coaches Draw of start order (middle distance)
3 May	Middle Distance Race
4 May	Friendship Team Event Prize-giving / Closing Ceremony / Farewell Party
5 May	Departure of delegations

3. Transport Network

Transport is organised between Hotels and Competition center according to event schedule.



4. Accommodation

List of different hotels and accommodations with addresses:

Tehvandi Sports Center Hotel - Nüpli 67408, Otepää Parish, Estonia

Hotel Karupesa - Tehvandi 1 A, Otepää, Estonia

Hotel Kääriku - Kääriku 67301, Otepää Parish, Estonia

Marguse Puhkekeskus - Nüpli küla, Otepää vald, Valgamaa 67408, Estonia

Väe Villa - Kadaka 5, Pühajärve, Estonia

Küljemäe Puhkemaja - Küljemäe puhkemaja, 67406, Otepää, Estonia

Veski Spordibaas - Pilkuse küla Otepää vald, 67416, Valga maakond

Accommodation manager is Mrs Merlin Müür merlin@tehvandi.ee

NON-SPORT ACTIVITIES

OPENING CEREMONY:

The opening ceremony will take place at Tehvandi Sports Center on the 30th of April 2019. The ceremony will be held outside, please dress according to the weather conditions.

CULTURAL PROGRAMME:

The Cultural programme will be held in Tartu. Participants will be able to visit the Science Centre AHHA in the university city of Tartu.

<https://www.ahhaa.ee/en>

THE "NATIONS NIGHT":

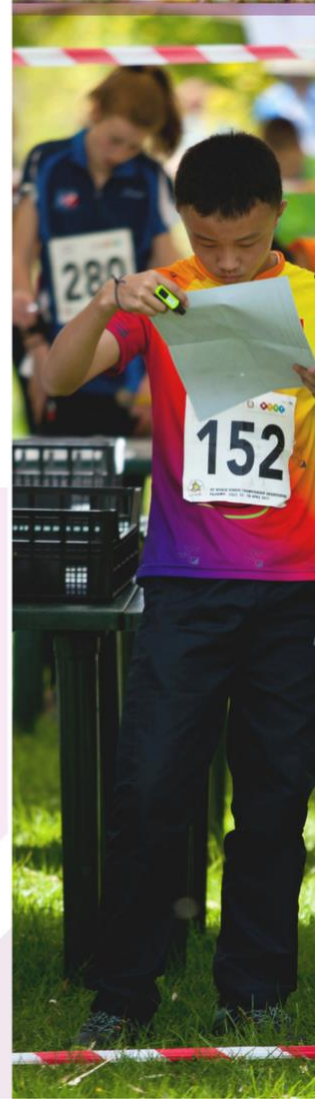
The Nations Night is a festival hosted at the Estonian University of Life Sciences Sports Hall, and organized with the aim of encouraging exchanges between the different participating countries and their cultures.

The young people are invited to introduce and to promote their countries and their culture in an original way (with dance, songs, sketches, video, etc.).

All countries willing to introduce their culture on stage shall contact the event manager introducing the content of their "show" (i.e. dance, songs, sketches) and provide all technical specifications only if they have special requirements in order to be able to perform (i.e. USB driver, YouTube video, microphones etc.)

Performance technical details

- All performance should last max 4 minutes each;



- All support videos/music needed should be presented at infodesk.

Please note that last minute requests to perform WILL NOT BE ALLOWED. Please be aware that no alcohol may be provided during food contributions.

CLOSING CEREMONY

The Closing Ceremony will be held on 4th of May at Kääriku Sports Hall (will be specified in newsletter on arrival).

Information regarding the Fair play Trophy , joy of moving

During the Heads of Delegations Meeting and the first technical meeting for coaches, the ISF Delegate will distribute a form to the Heads of Delegation, the members of the OC and the members of the TC. All persons mentioned above are invited to hand in the form to a member of the Fair Play Jury one hour after the last team has finished the Friendship Team Event. The Heads of Delegations are invited to fill out their form after consultation with their coaches and students.

For the nomination there are some criteria to take into consideration.

- o Noticeable sporting acts or acts of fair play during the competitions. (e.g. helping an injured competitor in the forest, or lending an item of equipment).
- o Sporting attitude during:
 - § Model Event – training
 - § Cultural Event
 - § Ceremonies
 - § The complete event stay
- o Noticeable acts of kindness, good behavior in the spirit of ISF (cultural, sporting, etc) during the whole event.

The Fair Play jury will decide on a nomination on the basis of the available forms and information given.

SCHOOL SPORT FOUNDATION

6.1. The ISF Executive Committee in Rome, Italy on 28th October 2014 approved the creation of the ISF School Sport Foundation
<http://www.schoolsportfoundation.org/>

Fundraising for the Foundation will be set up at different occasions. For this we call on your solidarity.

One of the occasions is a Charity Gala Dinner that will be organised during the ISF World Schools Championship. Heads of Delegation will be invited to participate in the **Charity Gala Dinner** and will be asked to pay **a contribution of 50 EUR** in order to take part. The Organising Committee will then transfer this collected money into the Foundation's account.

6.2. A second way to raise funds for the School Sport Foundation is a **free contribution** that you can add to the 40 EUR **ISF levy** of the participants



in the World Schools Championships. You can add 5 EUR, 10 EUR or 15 EUR per participant to the ISF levy to pay. Instead of paying 40 EUR, you thus pay 45 EUR, 50 EUR or 55 EUR per participant. The Organising Committee will pay the surplus into the ISF School Sport Foundation's account.

6.3. To help the Organising Committee to process your payment correctly please complete the "payment overview" form received, and send it to the LOC by e-mail when you pay the balance.

6.4. At the Executive Committee meeting in Mumbai, India last December, it was approved that each delegation participating in an ISF event can **bring some sporting goods** that will be collected to donate to a local school in need.

SPORTS

1. Technical Details

General Rules:

The ISF Technical Commission for Orienteering and the Local Organising Committee will be responsible for the running and control of the World Schools Championship.

The World Schools Championship is organised according to ISF rules and to current IOF rules. The rules of play will adhere to the ISF Orienteering Rules which can be found [at this link](#)

The Organising Committee will nominate a Control Commission, a Disciplinary Commission and an Appeal Jury.

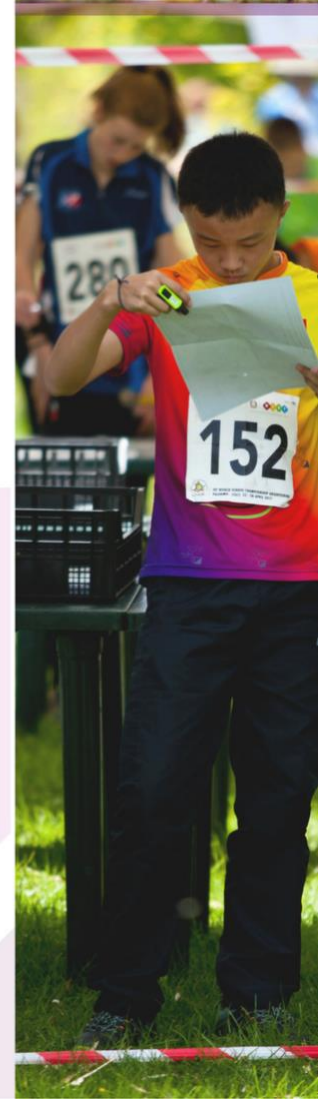
Event Disciplinary Commission:

In accordance with the ISF General Competition Rules, the Disciplinary Commission will be composed of

- the ISF Delegate
- the President of the ISF Orienteering Technical Commission
- the President of the Local Organising Committee

The Disciplinary Commission will deal with all matters relating to discipline arising during the championship matches and also during the period of the Championship where the matters are not covered by technical regulations.

Issues related to discipline that cannot be solved by the Event Disciplinary Commission on the spot will be passed on to the Permanent ISF Disciplinary Commission.



It should be noted that where there is a sufficiently serious lack of respect for ISF rules, the Disciplinary Commission can disqualify participants, teams or delegations from the competition and ask them to return home before the conclusion of the event.

Appeal Jury

In accordance with the ISF General Competition Rules, the Appeal Jury will be composed of

- Representative of the ISF Technical Commission Orienteering TC, President Karl Keuppens
- Representative of the Organising Committee National adviser, Sixten Sild
- A representative proposed by the coaches during the first technical meeting

The Appeal Jury will decide on all appeals concerning the results of the competition in the light of the rules of IOF and the rules of the ISF Technical Orienteering. The Appeal Jury will not pronounce on disciplinary matters. Appeal Jury decisions are final and may not be appealed.

Appeals

Appeals against results or any other appeal not concerning disciplinary matters will be heard by the Appeal Jury.

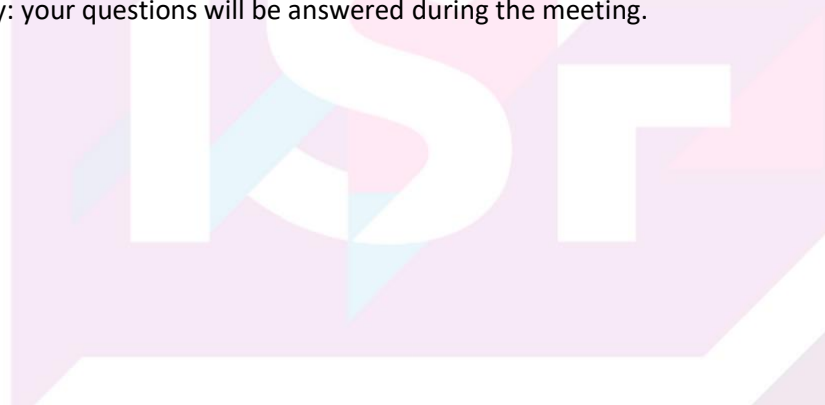
The appeal must be lodged within 30 minutes of the incident and be written in English.

The sum of 50 EUR must accompany the appeal. This sum will be refunded only if the appeal is upheld or at the discretion of the Appeal Jury. If not, the sum will be donated to the School Sport Foundation.

2. Competition System

TECHNICAL MEETINGS FOR COACHES

We will hold two technical meetings, providing all the important information about the competitions. The first technical meeting will take place on 30th of April for the Long Distance competition. The second technical meeting will be held on the 2nd of May for the Middle distance competition and Friendship Team Event. In the welcome newsletter delegations will receive at the event, there will be an email address to use when sending questions to be discussed at technical meetings. You are welcome to send your questions, until 16:00 of the respective meeting day: your questions will be answered during the meeting.



EMBARGOED AREA

Please find the ISF World Orienteering Championship 2019 Embargoed Area from the following link:

https://www.google.com/maps/d/u/0/viewer?mid=1hMJAr9MR_Fw_d3qTfB-zJF6sKCQq0qHP&ll=58.03713061758945,26.516628449999985&z=14

Competitors, team officials, and other persons, who, through knowledge of the terrain, may influence the results of the competitions, are not allowed to enter this embargoed area for Fair Play reasons according to [the IOF competition rules](#).

There is an exception, regarding those practicing specific sports in the Tehvandi area (cross country skiing, roller skiing, alpine skiing and ski jumping). It is permitted to enter the embargoed areas without a map, to train for these specific sports on the tracks and slopes that are maintained for those purposes.

Course setter: Mait Tõnisson
National controller: Sixten Sild

MAPS:

The maps for the Long Distance and Middle Distance will be drawn according to IOF rules (scale 1: 10 000), with a contour interval of 5m. All the competition events will be organised in Otepää, a city located 150 meters above sea level .

The map for the Friendship Team Event will be at a scale of 1:5000 with a contour interval of 5 metres.

The competition maps for this WSC Orienteering 2019 will be revisions of the IOF maps that were used during European Orienteering Championship (EOC) and World Cup 2006.

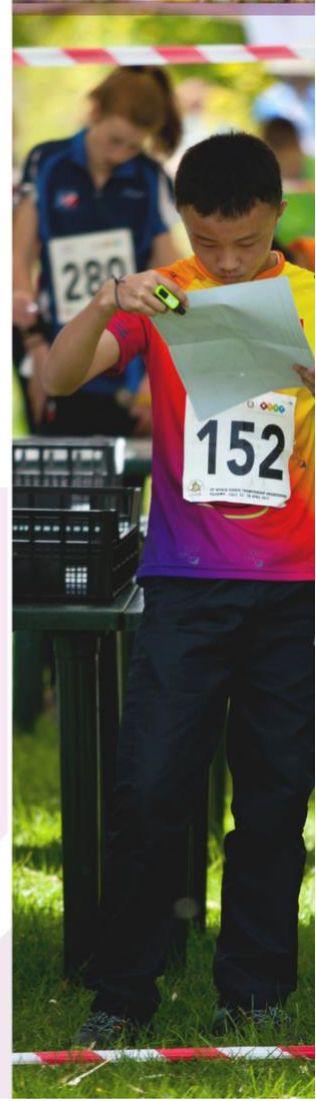
TERRAIN DESCRIPTION:

The Model Event :

The Model Event will be held on similar terrain to both the Middle and the Long Distance competitions. Mapping is done by the same mappers as the forest maps; therefore the Model Event will be an ideal opportunity to get familiar with how certain features are mapped. The Model Event will be held in exactly the same way as in the competitions and will have Sport Ident timing. The start and finish layouts will be the same as in the competitions. The controls will be set out with Sport Ident units and there will be a Sport Ident readout at the finish. Thus, this will serve as a full model event to show what competitors should expect in the coming days.

The long distance:

The terrain consists of mixed forest. The runnability of the forest varies from good in the coniferous areas to poor in the areas with deciduous trees. The forest has many small hills, which have steep slopes. Some of the hills have up to 70 metres height difference on slopes. The total height difference between the highest point on the map and the lowest point on the map is 90 metres. Between the hills there are marshes of



varying size. There are many areas of cleared forest land and there are many fields. There are a few small roads and there are lots of different footpaths, cross-country ski trails and MTB tracks. Previous map - <http://www.orienteerumine.ee/kaart/db/kaart/2006002.gif>

The Middle distance:

The area has mixed forest with small hills. Between the hills there are marshes of varying size. The biggest hill has 50 metres height difference on slopes. The runnability varies from good in the coniferous areas to poor in the deciduous areas. There are many different footpaths, cross-country ski trails and MTB tracks.

These trails and tracks can vary in size. There are some areas of cleared forest land and some fields. Previous map - <http://www.orienteerumine.ee/kaart/db/kaart/2006003.gif>

Friendship Team Event

The Friendship Team Event will take place in Otepää, the Winter Capital of Estonia. The city has the national Cross Country skiing and Biathlon skiing centre with many ski trails. The Otepää hill fort dominates the area. The hill fort was probably occupied about thirteen thousand years ago and also has the ruins of a medieval stone castle. The hill fort is located 165.6 metres above sea level.

<http://www.orienteerumine.ee/kaart/db/kaart/2006004.gif>

CONTROL DESCRIPTION:

The control descriptions for each competitors course will be printed on the front side of the competition map. Information about all control descriptions will be given out at the first Technical Meeting. A separate control description for each course and for each competitor will be available before the competition, in the start lanes.

FRIENDSHIP TEAM EVENT DESCRIPTION

This event will be conducted in the spirit of the ISF in the form of mixed teams of boys and girls, from different participating countries. All other delegation members, coaches and accompanying adults, are also invited to participate. Each team will consist of three competitors from different countries. Each runner will receive a map with all of the controls and the control descriptions before the race. The time allowed for planning the team routes must be at least 30 minutes. The start will be a mass start. The teams will decide how to share the controls and which member visits which control. The winner will be the team that returns to the finish in the shortest time, having visited all the controls. There are obligatory meeting points, manned controls A, B, C, ... which will be marked on the map. At these obligatory meeting points all three team members must meet and punch their SI control cards together, at the same time. The teams will run together from the last control to the finish line, crossing the finish line all holding hands. The time of each team will be recorded as the last team member crosses the finish line. The emphasis of this event shall be fun and co-operation between the young people rather than competition.



3. Sport Venue(s)

The competition venue location is **Tehvandi Sports Center** Otepää, Valga county, Estonia <https://tehvandi.ee/en>

Tehvandi Sports Center is located on the boundary of Otepää, the Winter Capital of Estonia. Good facilities for sports amid beautiful scenery have made Tehvandi Sport Center a favourite place both for athletes and tourists. The main services offered by Tehvandi Sport Center are year-round training opportunities for sportsmen, organizing competitions and offering various leisure time activities.

The longest distance between accommodation and competition center is 13 km.

At the competition center will be the accreditation centre, finish area, infodesk, volunteers desk, medical service, press centre, catering venue, awarding podium and the HOD technical meeting hall.

4. Sport Equipment

PUNCHING SYSTEM:

SPORTIDENT (www.sportident.com) will be used in all races.

The participants are free to use their personal SI-card. If so, the SI-card number must be entered in the appropriate field of registration form 3. For those who will not use their own, the organisation will provide free SI-cards, which will be delivered to the Head of Delegation who will pay, in cash, a deposit of 100 EUR during accreditation. These cards will be used at the training, at both competitions as well as during the Friendship Team Event. After the Friendship Team Event, the SI cards have to be returned to the secretariat. A charge of 50 EURO will be made for each SI card that is not returned. The deposit, or the remaining balance of the deposit, in the case of missing SI cards, will be returned.

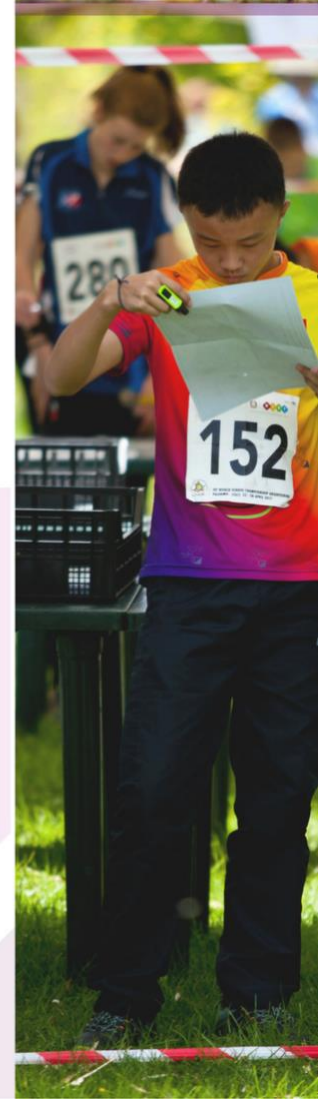
Spiked shoes

The Friendship Team Event will take place in the city of Otepää. For this reason, it is not recommended to run with metal studs (dotted spikes). Road running shoes are recommended for the Friendship Team Event.

5. Sport Schedule

STARTING ORDER:

The starting order for the Long Distance competitions will be determined by a draw in the morning of 30th April 2019. Teams can change the starting order for their runners for the Middle Distance and a new draw on the morning 2nd May will determine the starting order. Runners in the same category will start at intervals of 2 minutes (according to the number of participants in the different categories).



*Further times and detailed schedule will be given by the LOC at the event

6. Results

Live results are available on the official website during the entire duration of the competition. Official results along with split times will become available at the info desk as well as on the competition website after the competition.

7. Sport Info Desk

The Sport Info Desk will be located at Tehvandi Sports Center and will be opened on:

29th of April from 8:00 till 00:00

30th of April - 4th of May from 9:00 till 20:00;

5th of May from 9:00 till 19:00.

MEDICAL

1. Food & Beverage

Food will be supplied by the hotels and will be served at the hotel dining halls.

The food menu will be based on the necessary nutrients for athletes. Accredited persons will receive 3 meals per day:

- Breakfast
- Lunch (will be provided at Tehvandi Sports Center during the competition days)
- Dinner

Although tap water will be perfectly fine to drink, bottled water will also be provided to all accredited persons during meals and event venues - During meals, water will be served and each participant will have one bottle of water per game.

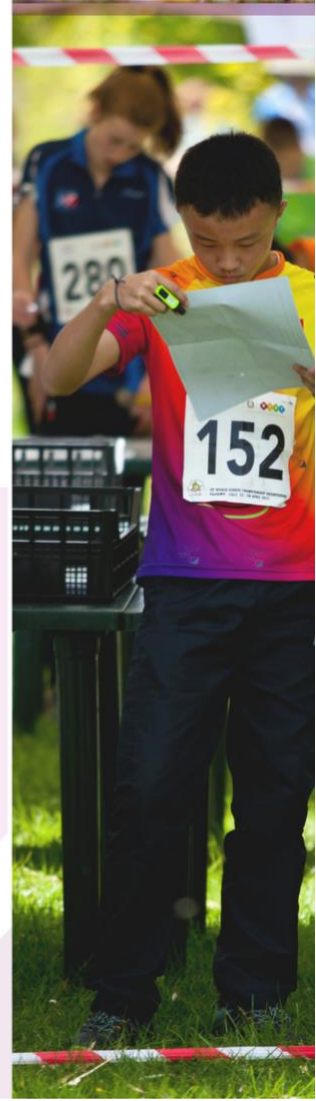
The LOC will accommodate specific diet and food restrictions, which will be specified following Phase 3 registration for participants.

2. Doping Control

Dope testing (for use of banned substances) can take place during the competition according to current ISF Anti-Doping Rules:

http://isfsports.org/sites/default/files/isf-anti-doping-rules_0.pdf

If selected for testing a competitor may be accompanied by an adult. If a competitor is following a course of medical treatment which includes the use of prohibited substances according to the current WADA



prohibited list (2019 version: https://www.wada-ama.org/sites/default/files/wada_2019_english_prohibited_list.pdf)

He or she must obtain from his/her National Anti-Doping Agency (NADO) a TUE (Therapeutic Use Exemption) that complies with the requirements of the International Standard and must inform the organisers immediately upon arrival.

3. Hospitals

During competition hours, medical service and evacuation from terrain (if needed) is provided to all participants in the competition centres. Medical aid is provided by ambulance (with according staff) and by volunteer medical staff.

If necessary, appropriate transport to the nearest hospital will be provided.

The contact numbers for any medical emergencies during the competition hours are: +37253818953 (Uku-Laur Tali); +37253323704 (Hannes Poolamets)

Outside the competition hours:

Medical service is provided in collaboration with Otepää health centre.

Contacts for Otepää health centre: Tartu mnt 2, Otepää

In case of **urgent** emergency the number for immediate help is **112!**

Nearest hospital is Tartu University hospital. Tel: +3727318111
Ludvig Puusepa 8, Tartu (58.368808, 26.701122)

MEDIA AND COMMUNICATION

The official website of the WSC can be found at this link:

<https://www.isforienteering2019.ee/>

Broadcasting will be done by the LOC for the following events:

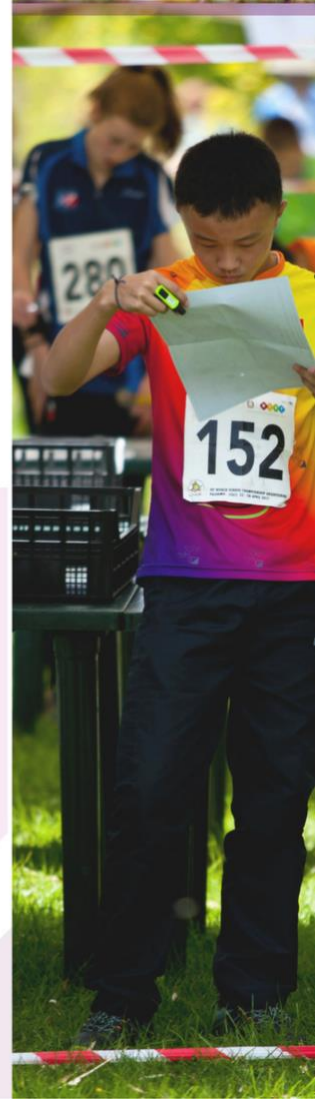
- Opening Ceremony
- All competition program

Social media guidelines

Spread the word on ISF Orienteering World Schools Championship!

We would love for you to help us support the young athletes participating at ISF events.

- Follow the official Facebook page:



- www.facebook.com/ISFWSCorienteering
- Use the official ISF hashtags: #ISFWSC2019
- Follow news on ISF's website: www.isfsports.org
- Submit content related to your event to ISF community manager: fonda.polona@gmail.com
- Share ISF content on your national federation's profiles

ISF global channels:

Twitter: [@isfsports](https://twitter.com/isfsports) | #ISFWSC2019

Facebook: [@isfsports](https://www.facebook.com/isfsports) | [facebook.com/isfsports](https://www.facebook.com/isfsports)

Instagram: [@isfsports](https://www.instagram.com/isfsports) | #ISFWSC2019

GENERAL INFORMATION

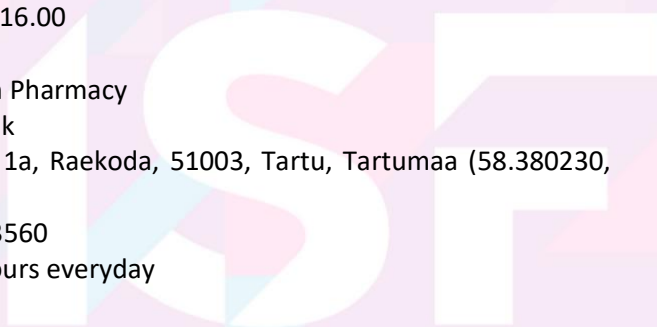
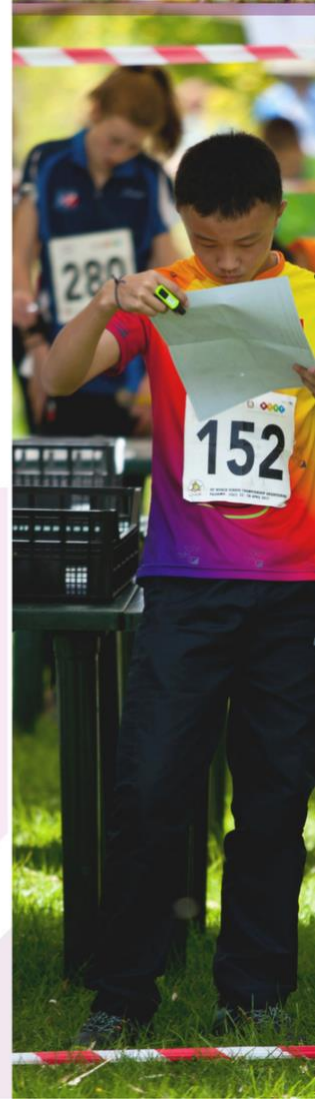
General information on country: Estonia connects the dots between Scandinavia, Central Europe and what lies to the east. Forests cover about 50% of the territory of Estonia. Estonia has a population of just 1.3 million. Estonia is a digital society.

- Language: Estonian
- Currency: Euro; MasterCard and Visa cards are accepted
- Weather: Weather in spring can be unpredictable
- Temperature: Average temperature in May in Estonia is 11°C with a spectrum ranging from a high of 17°C, and a low of 5°C.
- Clothing recommendations: Windproof, waterproof, sports
- Electrical socket: The power plugs and sockets are of type F. The standard voltage is 230 V and the standard frequency is 50 Hz.
- Tap water is drinkable

Access and availability of:

- Pharmacy
 - Pharmacy in Otepää
 - Otepää BENU apteek
 - Lipuväljak 28, Otepää, 67403 (Konsum) (58.056771, 26.497719)
 - Tel. 766 3769 e-post: benu.5117@benu.ee
 - Opened Monday- Saturday 9.00 - 19.00
 - Sunday 9.00 - 16.00

24 hours open Pharmacy
 Raekoja apteek
 Raekoja plats 1a, Raekoda, 51003, Tartu, Tartumaa (58.380230, 26.721835)
 Tel+372-742-3560
 opened 24 hours everyday



- ATM
There are several bank branches ATMs in the centre of Otepää.
- Shopping malls
Several shops in the centre of Otepää. Nearest shopping mall is in Tartu.
- Food and restauration
Several restaurants in Otepää region, although please be advised, that food is already provided by the organizer at hotels or at Tehvandi Sports Center.

MAP



Looking forward to meeting you in
Estonia in April 2019 !

ISF sponsor



Joy of moving

