



SPECIAL OLYMPICS  
**WORLD GAMES**  
ABU DHABI 2019



# Q&A

## Sport Webinar 5

## Frequently Asked Questions

### Swimming

**What distance is the competition pool 25m or 50m?**

25 Meters. This is a short course competition.

**I have a female swimmer with very large breasts. This is a problem as frequently her swimsuit is dragged down in the water and she struggles to remain dignity as her swimsuit pulls down in the front sometime exposing part of her breasts. When training we have minimized this problem if she wears a sports bra underneath her swimsuit. Will this be allowed during the games?**

Your swimmer has permission to wear a sports bra underneath her swimsuit.

**Will there be divisioning for all the relays?**

Divisioning will be conducted for all relays.

**Is it a heated pool?**

Yes, the pool is heated to a temperature 26.6 - 27 deg.

**How far away from the opening ceremony is the pool? I think about the opening ceremony will end late in the evening and competition next day.**

The opening ceremony in Abu Dhabi, That's why the start on 15th will be at 10:00 am.

**20 min before race start the swimmers has to be ready for start. Is it possible for them to stand up and do dryland/warm up/small jumps, do strokes with their arms and so on? 20 min without any warm up is a long time.**

No problem to do this if the swimmers stays in the respective assigned area.

**Will spectators and athletes be seated at the same place or separated?**

Spectators and Athletes/Delegations will be separated- There will be designated spectator and delegations seating areas provided.

**Will training be possible in Host Town?**

No.

**When will we know which event will be on which days? It is important when we have to give you the entry times for the direct finals.**

Shortly.

**Are platform starts required for 800m?**

No swimmers who are not able to perform a platform start are able to do a water start. If they are doing a water start then this information needs to be captured in your entry details.

**Are any types of swim caps allowed?**

We are following FINA & SOI rules.

**Is there for the low levels (25m) one starts procedure or a two starts procedure?**

The same starts procedure applies to all events.

**Where do awards take place? close to the pool or in the entrance hall?**

The awards presentations will be held within the aquatics venue. You will be advised in what area of the venue awards will be held.

**The 100 mts swimming as a direct final? What is the final date to send the times?**

11th Feb.2019.

**Do you have approximate start & finish times for each session in the pool i.e. morning session? and then the evening session?**

It starts at 9:00 am every day but 15th start at 10:00 am & evening session at 3:00 pm.

**100 meters swimming are directed finales.**

Yes.

**Can you report all athletes upon arrival even though they don't have competition that day? This for the athletes to have a practice or training session?**

Check in is done on a daily basis.

**Divisioning is only for 25 and 50 m?**

Yes & relays.

**What maximum effort rule will be enforced for swimming, especially for those events with direct finals?**

Delegations will be advised closer to the games.

## **Open Water**

**Is Open water swimming 1500m or 1600m race?**

1600m.

**Is there a beach start or water start?**

Water start.

**How many laps for the 1500 m course?**

2 laps.

**Water Temperature for Open Water**

Average water temperature in Dubai in March is 22°C/72°F.

**Where will be the venue of Open Water Swimming?**

Venue will be in La Mer Dubai - Link below: <https://urlz.fr/8GQ8>

### **Can open-water competitors train also in the pool?**

Yes, the swimmers will have access to the warm-up pool.

### **Can open water swimmers train in exercise swimming pool in Dubai?**

Yes, the swimmers will have access to the warm-up pool.

## **Healthy Athlete Program**

### **Can we find the days and the schedule in the sport programs when we can visit Healthy?**

Healthy Athletes will be open throughout the duration of the games. The schedule for Healthy Athletes will not be a part of the sports program.

### **Must all competitors attend the Health Athletes Program or is it an option?**

It is not mandatory for all to participate in Healthy Athletes, however we really do hope that athletes and coaches can see the many different benefits the program provides and choose to come join us.

It is also important to mention that visiting Healthy Athletes will not interrupt competition schedules, as timings will be planned and given to each sport.

### **When and how will information about availability (dates and times) for HAPs be publicized?**

Further information on dates and times will be given to each delegate closer to beginning of the games. Healthy Athletes will be open throughout the games.

## **Medical requirements**

**When will delegation medical staff find out about temporary practicing licenses for Abu Dhabi that we applied for? And is there a separate webinar about the structure of medical services available for athletes that require more medical attention that the team physician can offer e.g. SO specific after-hours clinics, availability of Xrays, blood tests etc.**

We have been requested the information about timeline from the Ministry of Health. They have been busy processing the information for those Delegations that we have received. As soon as we will get any update, we will share this information with you. We are planning a meeting with Medical Staff

while in Abu Dhabi on March 11. There is also the possibility that we could do a brief webinar with medical staff. At the least, we will circulate the FAQ document soon.

### **What about over the counter medications?**

Over the Counter Medication" can be imported for personal needs of three months without any further approval from authorities.

### **Are there any regulations coming in with typical over the counter (non-prescription) medications?**

Over the Counter Medication can be imported for personal needs of three months without any further approval from authorities.

### **Cycling**

**Why are disc brakes not allowed? Because the UCI confirmed that disc brakes will be authorized for Use in competitions as of July 1st, 2018?**

Abu Dhabi World Games is using the 2016 rules and disk brakes were not allowed at that stage.

### **Is there, in case of technical emergency, a technical stand with a repairman?**

There will be bike mechanics available at the venue at all times.

**It is winter in the Netherlands and we train on MTB and Crossbikes. In February, Due to the weather we want to race bikes Again. I have no idea how good the Will need on the race bikes. The times I put in are from last summer. Can these times be corrected in the divisioning?**

We will use the fastest time between registration time or divisioning. You are also allowed to use the time improvement form before or during divisioning.

**In case the athlete has been training and can now cycle faster than the 2mins, what happens? are they able to do another event in cycling?**

They will be transferred to the event on the next category.

**In the SOI Cycling Rules states you need two working brakes and it doesn't specify what kind of brakes a. (Point: 4.4.2) Please clarify.**

Correct, additional information was provided confirming that disk brakes were not allowed as per 2016 rules.

**I thought the distance was 25K not 20K.**

Correct, the distance is 25k, it was a typo in one of the slides (well spotted).

**All four bikes will be with our two Triathletes and will need to be transported to Host Town. Is that ok?**

Yes., all athletes personal equipment will travel with the athletes.

**How far is the commute from the hotel to the race venue? Km? Is it possible to bike to the spot from the hotel?**

Comute distance is relatively short.

**Is it possible to assist athlete in transition and or pace like partnering in running?**

It is possible to cycle from the hotel but not advisable. LOC will provide transportation for athletes and coaches every day and, for bicycles on the 13th and 20th of March.

**Is it possible to stay in Abu Dhabi until the 9th instead of travelling right after long race to Dubai by bus? Best for athlete's recovery would be travels on next day as this tri-race is the most challenging and timewise longest continuous endurance race of the games. Would would choose to travel the 9th when possible.**

It is possible to cycle from the hotel but not advisable. LOC will provide transportation for athletes and coaches every day and, for bicycles on the 13th and 20th of March.

**Is there a divisioning pre-event as written on program we got and what kind of event? Or is it based on given PB's?**

There is a divisioning events for road race and time trial competitions and, every athlete should take part on divisioning process to be allowed to compete. If the athletes are competing on RR and TT he/she will have to take part on both divisioning races to be eligible to compete on both races.

**Can coach ride along during familiarization?**

YES, as long as the coach has his/her bike and has the helmet fastened.

**What are the reasons for banning Disk Brakes? This is not according to SO Rules (as of 2016), and also not according to UCI rules either. In addition, this has been communicated after athletes purchased new Bicycles for WG.**

1- Abu Dhabi World Games is using the 2016 rules and disk brakes were not allowed at that stage

2- The information was communicated as quick as possible through Technical Manual and FAQ in 2018 (Oct/2018 and Dec/2018 respectively) and mentioned again during the Webinar Jan/2019.

**We have a trike as well... will not fit under a bus (luggage compartment)  
On the 13th is the track open for all or is it scheduled by delegation?**

Open for all, on specific times. More details still to be provided during the Head Coached Meeting.

**He stated that there was a divisioning "Process" for Road Races... are we to assume that this will not be a time trial for divisioning... but a road race?**

No, it was stated that we will have Road race divisioning for the road race competitions and Time trial division for the time trial competitions.

**Where is the warm up area?**

At the Drag Strip at Yas Marina Circuit - Please check Technical Manual under "Training/Warm-up Area".

**Will there be stationary trainers on site?**

No.

**Our cycling team lost a male athlete from our team... can we add one of the triathletes to replace him?**

No, all the registrations are now closed.

**What about a trike that is being sent by freight in a box - can it be delivered direct to YAS circuit?**

No, Yas Marina Circuit is not in position to receive individual parcels under Special Olympics. We expect all personal equipment to arrive at the airport with the athletes.

**For athletes that use a trike, what recommendations would the LOC provide with getting the trike to Abu Dhabi?**

We are expecting all personal sport equipment to arrive with the athletes at the airport. Transport and Logistics are catering for trikes.

**Athletes need to be slower then?**

Please verify Rules of cycling - Chapter 6.

**Can you go through the required timings for cat 2 to 4 please?**

Please verify Rules of cycling - Chapter 6.

**Why disk brakes are prohibited? What is the reason of that as official rules do not mention it?**

1-Abu Dhabi World Games is using the 2016 rules and disk brakes were not allowed at that stage

2-The information was communicated as quick as possible through Technical Manual and FAQ in 2018 (Oct/2018 and Dec/2018 respectively) and mentioned again during the Webinar Jan/2019.

## **Sailing**

**When will sailing instructions be available?**

At the Head Coaches Technical Meeting on 11 March 2019.

**What rig/setup adjustments will be allowed to allocated boats? Do sailors have the same boat for the whole regatta?**

Yes Same Boats.

**How many meters is the swim test? will there be any result discards?**

25 Meter.

**The swim test was previously stated as being 10 meters. Now you say it 25 Meters?**

The TD has confirmed that the test is 25 M.

**Will coaches be involved in the preparation of the boats?**

Yes.

**Are life jackets provided by LOC or should we bring them ourselves?**

Yes LOC will provide Life Jackets.

**Will the award ceremony take place at the Beach Volleyball venue, as communicated? at the HOD Seminar?**

The award Ceremony will be in Volleyball Venue.

## **Triathlon**

**Are triathlon athletes allowed to take part without cleats?**

Yes.

**As the SO event is part of a larger event, when and how will the awards ceremony be handled? When do athletes need to check out of hotel to be transported to Host Town?**

**Will they be able to return to the hotel to shower and check out?**

1-Awards Ceremony is still under discussion and will be communicated as soon as we finalize the process

2-Athletes will check out the hotels as per host town triathlon transportation schedule (to be finalized)

3-Yes, we look after our athletes and coaches. Triathlon Personnel will have time to eat and shower before the hotel check out and transport to Host Towns to meet their delegations.

**What practice sessions are available for swimming? Cycling? Can they ride on the roads? Is that safe?**

1-We have Swim and Bike familiarization happening on the 7th of March starting as 12:20

2-We do not advise athletes to ride on roads and, all the bicycles will stay stored at Yas Marina Circuit until the end of the competition

**For the athletes second event in Cycling, it must be longer than 10K. May it be the 10K TT or must it be a road race?**

The Rule states "Any event with distance 10km or longer" could be RR or TT, it was a coaches' choice.

**What provisions are being made for deaf athletes?**

For Start procedure we will have Air Horn and Flag drop (for deaf athletes) During Cycling, a Lap counter signage will be used.

**Can coach ride with athletes on track during familiarization?**

YES, as long as the coach has his/her bike and has the helmet fasten.

## **Equestrian**

**I know this sport was covered in a prior webinar, but do you know when competition patterns will be released?**

Most of the patterns have already been released. If you access the proceedings of webinar 3, which featured equestrian, there is an attachment that provides a lot of detail on what you are asking. Details are also available in the Technical Manual which is in the dropbox. Otherwise the following applies for two tests: English working trail: Pattern will be released on the day head coaches meeting on the 11th of March 2019 and athlete will be allowed to walk the course before competition Equitation Jumping: pattern will be released on the day of competition and athlete will be allowed to walk the course before competition.

## **Generic questions**

**Is there a way of reviewing the webinar from the start?**

Please use the following link to view the webinar.

<https://attendee.gotowebinar.com/recording/8649252540983410433>

