



Championnat de France Para ski adapté Alpin & Nordique



OPEN
INTERNATIONAL

Val Cenis / Bessans

Du 30 mars au 2 avril 2022

Infos sur : www.sportadapte73.fr / cdsa73

09 80 51 32 75 / colski2022@gmail.com



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For over a year now, trying to get together for a large event has been a struggle. Not only do we fear cancelation until the very last minute but coming up with such an event also means risking the stability of already fragile associations.

Yet, today, we have chosen to go forward with the Championship.

First of all, we want it to be a message of hope. Even though hardships are real, and circumstances aren't ideal, we must keep on living and dreaming about the future. Many before us have known hard times and have successfully come through. Let us do the same!

Second of all, athletes and sports clubs have kept up with training and performance seeking. If we can, we owe it to them to bring this competition to life.

We have been able to go forward with the French Championship because of the long-lasting support of the Savoie Département and the DDCSPP, and the commitment of both the Bessans and Val-Cenis ski resorts. We will have to do with restrictions (no downhill race) but everything will be done to ensure everybody's health and safety. It won't be a championship as we used to know them but with the members of the different French national sports committees, we have come up with quite a schedule!

Locals, students, members of the committee and volunteers will be there to welcome you!

Presidents of sports clubs, committees, trainers and aides, athletes, we can't wait for you to come and enjoy our wonderful trails.

We were bold and dared, will you take up the challenge?

Eric VENIARD
CDSA 73 and COL President



LE DÉPARTEMENT

The Savoie Département is a loyal sponsor for all sports.

Savoie has been actively involved in supporting sporting events for years. Thanks to its involvement, many major and large-scale events have happened locally.

The French national Adapted and Para-Ski Championship brings skiing and disability together. Naturally, we were eager to support the event. Especially being so close to the Adapted Sport Committee.

I am grateful for all the volunteers working on making it all happen. I want to deeply thank them for their dedication and hard work, always making sure to keep our local know-hows alive.

Hervé GAYMARD

Président of the *Conseil
Départemental de la Savoie*



Val Cenis

Val-Cenis is thrilled to welcome the 2022 French national Adapted and Para-Ski Championship. We are the biggest ski resort in the Haute-Maurienne Vanoise region. With 125 kilometers of trails and 28 ski lifts, we are able to accommodate skiers from beginners to pro athletes. We are very much proud of 'The Snail': this 'green trail' located on our resort is the world's longest beginner's trail offering a scenic 9 kilometers route along the Mont-Cenis pass.

Val-Cenis regularly welcomes people with special needs and disabilities. Athletes from the National Para Alpine Ski Team often train on our trails. Multiple of our instructors have been trained to offer adaptative ski lessons and sit skis rides so all can enjoy magical and unforgettable moments on our trails.

Val-Cenis is well used to hosting large sporting events all year long. We will do everything we can, alongside the Bessans ski resort (for Cross-Country Skiing), to ensure that the Championship is a success! Most of all, we are eager to offer athletes, volunteers and all those involved a memorable time.

Jacques ARNOUX
Mayor of Val Cenis



Bessans

Welcome to Bessans! Located in the Haute-Maurienne Vanoise, we are one of the major places for cross-country skiing and all things related.

For many years we have welcomed high level athletes from all ski fields and hosted regional, national and international championships.

In 2022, we are celebrating our 50th anniversary.

We have many events planned and we are very keen to offer disabled and special needs athletes the best conditions to showcase their talent.

We are thrilled to close off the season with the Adapted and Para-Ski Championship.

From cross-country ski in Bessans, to Alpine ski in Val-Cenis, the Haute-Maurienne Vanoise region is proud to showcase the complementarities of its ski resorts.

Jean-Marie TRACQ
Mayor of Bessans

Welcome to Val-Cenis and Bessans

Val-Cenis is a French town located by the Italian border in the Haute Maurienne Vanoise Valley. Partly located on Mont-Cenis and the Vanoise massif, it goes as high as 3855m.

The North Pole of the Alps!

The frozen lake sparkles like in a winter wonderland, all around white mountain tops, a pass opened on huge raw and preserved wooded areas ...

The ski resort of Val-Cenis is the biggest of the Haute Maurienne region. Over 125km of trails and slopes. Over 1500m of elevation gain. An alpine ski area and two cross-country skiing areas. Created in 1967, Val-Cenis isn't just a ski resort. In 2017, it became a new, bigger city bringing together five smaller villages: Bramans, Sollières-Sardières, Termignon-la-Vanoise, Lanslebourg-Mont-Cenis and Lanslevillard. Val-Cenis then became France second largest city in terms of surface area.



Located at an elevation of 1,750 metres, **Bessans** is a traditional village, typical of Haute Maurienne Vanoise, on the Italian border and at the edge of the Parc National de la Vanoise. Surrounded by peaks reaching well above 3000m and glaciers, Bessans is perfectly located! Sunny throughout the year, with good snowing conditions from November to April and low temperatures even through spring.

This authentic village with a family feel perpetuates its traditions through well-preserved nature, religious celebrations (costumed festival on 15th August) and sculpture.



The Nordic Spirit!

Cross-country skiing is a way of life in Bessans. Many of the inhabitants have competed more than once in the marathon that takes place at the beginning of each year.

You could even call it a winter paradise with 133 km of groomed trails for classic-style cross-country skiing and ski-skating. It is an ideal site to try Nordic skiing for the first time, with 15 km of freely accessible discovery trails (waymarked and secured).



Coming Val-Cenis et Bessans



By car

- **A43** motorway
- **Exit number 30** « Modane – Haute Maurienne » then follow ‘*route départementale*’ **1006** (road D1006)
- Go through **Modane** and keep following indications for Val-Cenis
- For Bessans : go through Val-Cenis and follow indications for Bessans and Bonneval-sur-Arc

By train

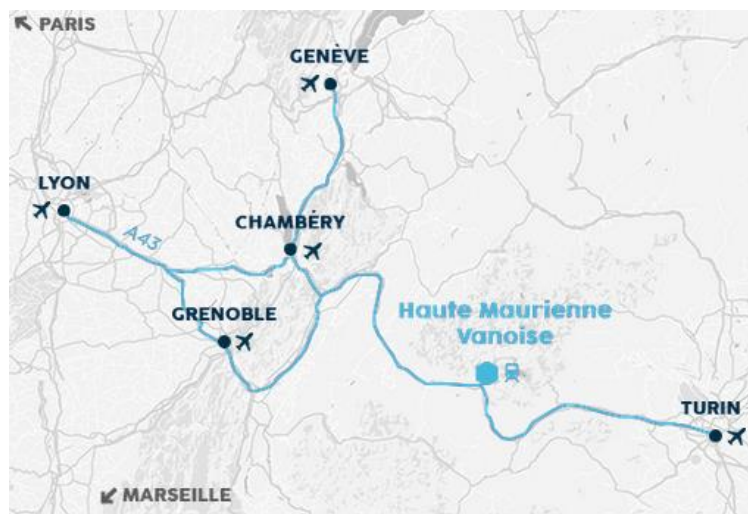
- From Paris Gare de Lyon: Paris > Modane (takes less than 4 hours). The SNCF (French national railway association) offers multiple daily options for Modane

En avion

Less than 2 hours away :

- Geneva International Airport
- Lyon St Exupéry International Airport

We can organize for an airport shuttle to come and pick you up



Schedule

Monday, 28 March 2022

4 pm

Welcome greeting for all delegations – **VVF Val-Cenis**
– **Rive Gauche**

Tuesday, 29 March 2022

Morning

Training with the French National Team

Wednesday, 30 March 2022

Morning

Training with the French National Team

6:30 – 7:30 pm

Opening ceremony – **Bessans**

8:30 pm

Coaches meeting – **VVF Val-Cenis** – **Rive Gauche**

Thursday, 31 March 2022

10 am – 1 pm

Alpine : Super G – **Val-Cenis**

Cross-country : individual classic – **Bessans**

1 pm – 2 pm

Lunch

2:30 pm – 4:30 pm

Cross-Country : short sprint – **Bessans**

5:30 pm – 7 pm

Award Ceremony – **Salle polyvalente Val-Cenis**

7:30 pm

Coaches meeting – **VVF Val-Cenis** – **Rive Gauche**

Friday, 1 April 2022

10 am – 1 pm

Alpine : Slalom or Giant – **Val-Cenis**

Cross-Country : long sprint – **Bessans**

1 pm – 2 pm

Lunch

7:30 pm

Coaches meeting – **VVF Val-Cenis** – **Rive Gauche**

8 pm – 11 pm

Award Ceremony and Gala evening – **Salle polyvalente de Val-Cenis**

Saturday, 2 April 2022

From 9 am

Picnic baskets distribution – **VVF Val-Cenis – Rive Gauche**

10 am – 1 pm

Alpine : Slalom or Giant – **Val-Cenis**
Cross-Country : Mass Start – **Bessans**

2 pm

Award Ceremony – **Val-Cenis and Bessans**

2:30 pm

Closing – Departure of the delegations

General information



All registrations must be sent back before the **23rd of February 2022**

Welcome Greeting of the delegations

It will take place on **Monday, 28 March 2022** starting from 4 pm or **Wednesday, 30 March 2022** from 2 pm to 5:30 pm at Val-Cenis :

**Hall d'accueil du VVF Val-Cenis - Rive gauche
Le Haut Les Rives de L'Arc, 73480 Val-Cenis**

All delegations need to attend either one in order to receive official documents related to the different events. Upon arrival, a last check will be made against the official registration listing. Each delegation representative will have to confirm each athletes' enrollment (age, class/category, competition events). All validated information is final: no changes will be authorized during the competition.

On the day of arrival, all team members from all delegations will agree to comply with the VIRTUS sporting Regulation and the official schedule for the competition, as described in the welcome folder given by the local organization committee.

Hospitality and Meals

Room and full board :

**VVF Val-Cenis, Rive gauche
Le Haut Les Rives de L'Arc, 73480 Val-Cenis**

Rates :

- 330€ from Monday, 28 March night until Saturday, 2 April morning
- 210€ from Wednesday, 30 March night until Saturday, 2 April morning

The local organization committee is offering, on demand, picnic baskets for lunch on Saturday, 2 April (see the delegation page). They will be handed out on Saturday morning from 9 am:

**VVF Val-Cenis - Rive gauche
Le Haut Les Rives de L'Arc, 73480 Val-Cenis**



A gala will take place on Friday, 1 April 2022 (dinner, music and dancing) at 8pm – **if health and safety conditions are met** :

**Salle polyvalente de Val-Cenis Le Haut
Place du Pichet, 73480 Val-Cenis**

Medical Staff

A medical team will be on site for the duration of the championship. To ensure quick and proper handling of any intervention from the medical team, be sure to have on hand every athlete's current treatment plan and prescriptions.

Transportation

We can offer shuttle services (8 seats): *see rates on the delegation sheet*

More details

Registration details

Registration documents need to be sent back before **Wednesday, 23 February 2022**. Beyond that, we will not accept any additional entry.

Athletes will be considered registered once all registration documents, dutifully filled in, have been received and registration fees paid.

Cancellation / forfait

No reimbursement will be made after **Wednesday, 23 February 2022** – unless the inability to compete and/or travel to the competition location is confirmed by a medical statement.

Because of the pandemic situation, in order to boost and help registrations, a flexibility has been introduced regarding reimbursements:

- In case of **cancellation from the organization committee** (due to government guidelines), decided by **Wednesday, 16 March**, at the latest, all fees will be reimbursed
- No reimbursement will be made **after Wednesday, 16 March 2022 for a participant's cancellation** – unless the inability to compete and/or travel to the competition location is confirmed by a medical statement.

Technical Meeting

Three information meetings held by Carole SAINDEFF (National adviser for Para Alpine Ski) and Philippe COM (National adviser for Para Nordic Ski) will take place on:

Wednesday, 30 March 2022 at 8:30 pm,

Thursday, 31 March 2022 at 7:30 pm

and Friday, 1 April 2022 at 7:30 pm

**Salle du VVF Val-Cenis - Rive gauche
Le Haut Les Rives de L'Arc, 73480 Val-Cenis**

At least one coach per delegation is required to attend and will have to sign the attendance sheets. Details on competition events will be given during those meetings: such as the exact and final times for each event and organization particulars. Coaches are then responsible for presenting their athletes on time for their competition(s).

Equipment

Specific equipment required : see adapted para-alpine ski and adapted para-Nordic ski VIRTUS rulebooks.

Age Group

The following age groups will be allowed to compete:

- Female : II1 / II2 / II3
- Male : II1 / II2 / II3

Health & Safety Protocol

To ensure health and safety, we expect everybody to follow current health guidelines and safer behaviors:

- Face masks will be mandatory (except for children under 11 and medical exemptions), at every time. It will only be taken off on the departure line and a new one will be handed out at the finish line.
- Wash your hands with soap and water or hand sanitizer regularly
- Cover your face when coughing or sneezing
- Limit close contact with another person – especially if not wearing a face mask

A detailed protocol following up-to-date government guidelines will be implemented during the Championship and explained to all participants beforehand.

Concerning the vaccination pass, we will apply the measures in force at the time of the championship.

Competition Events

Alpine Skiing, 3 races will be opened :

- Super G
- Giant Slalom
- Special Slalom

Cross-Country Skiing, 4 races will be opened :

- Short sprint
- Long sprint
- Individual classic
- Mass start



DELEGATION SHEET : ADAPTED & PARA ALPINE SKI

Your registration won't be taken into account if submitted after February 23 2022

Send to: COL before **23, February 2022**
90 rue Henri Oreiller, 73000 Chambéry, FRANCE
+33 7 82 90 87 76 – colski2022@gmail.com

Team:	
Address:	
Name and license number of a delegation representative/head (mandatory to access technical areas):	
Tel. :	Email :

PACKAGE	PRICE/PERS.	NUMBER	TOTAL
Package 1: Registration Championship enrollment, ski pass from Tuesday to Saturday	225€		
Package 2: Registration Championship enrollment, ski pass from Thursday to Saturday	175€		
Hospitality and Full Board Full board from 28/03/2022 evening until 02/04/2022 morning	330€		
Hospitality and Full Board Full board from 30/03/2022 evening until 02/04/2022 morning	210€		
Airport Shuttle – Val Cenis (1 vehicle → 8 seats) Lyon St Exupéry / Geneva Airports	350€		
Picnic basket for lunch Saturday – Athlete and Aide/guide	11€		
No reimbursement will be made after cancelation deadline – unless a medical certificate is produced			TOTAL

Payment by check in the name of **COL CDSA 73**

Find enclosed, a check with a total amount of:euros

Check number: from bank:

Date

Signature



DELEGATION SHEET : ADAPTED PARA NORDIC SKI

Your registration won't be taken into account if submitted after February 23 2022

Send to: COL before **23, February 2022**
90 rue Henri Oreiller, 73000 Chambéry, FRANCE
+33 7 82 90 87 76 – colski2022@gmail.com

Team:	
Address:	
Name and license number of a delegation representative/head (mandatory to access technical areas):	
Tel. :	email :

PRESTATION	PRIX/PERS.	NOMBRE	MONTANT
Package 1 : Registration Championship enrollment, ski pass from Tuesday to Wednesday	125€		
Package 2: Registration Championship enrollment	100€		
Hospitality and Full Board Full board from 28/03/2022 evening until 02/04/2022 morning	330€		
Hospitality and Full Board Full board from 30/03/2022 evening until 02/04/2022 morning	210€		
Airport Shuttle – Val Cenis (1 vehicle → 8 seats) Lyon St Exupéry / Geneva Airports	350€		
Picnic basket for lunch Saturday – Athlete and Aide/guide	11€		
No reimbursement will be made after cancelation deadline – unless a medical certificate is produced.			TOTAL

Payment by check in the name of **COL CDSA 73**

Find enclosed, a check with a total amount of:euros

Check number: from bank:

Date

Signature



ENROLLMENT SHEET: ADAPTED PARA ALPINE SKI

Your registration won't be taken into account if submitted after February 23 2022

Send to: COL before [23, February 2022](#)
90 rue Henri Oreiller, 73000 Chambéry, FRANCE
+33 7 82 90 87 76 – colski2022@gmail.com

Delegation :	Tel. :
Name and license number of a delegation representative/head (mandatory) :	Number of aides/guides needing access to the technical areas (sports license mandatory) :

	License Number VIRTUS	First and Last Name	Birth Date	Gender	Class (I11, I12, I13)	Competition Event		
						Super G	Giant slalom	Special slalom
1								
2								
3								
4								
5								
6								

Signature

Acces



For any admin question :

COL France para ski adapté 2022
Comité Départemental du Sport Adapté de la
Savoie (CDSA 73) – Maëva GUILLAMIN



Maison des Sports
90 Rue Henri Oreiller
73000 Chambéry
+33 7 82 90 87 76 – colski2022@gmail.com



Institutional Partners

Soutenu
par



Main Partner of the Fédération Française de Sport Adapté (FFSA)



Official Partner Adapted and Para Nordic Ski (FFSA)



Local Partners

