



Canoe sprint

WELCOME!

You are now part of one of the world's most exciting sports events. The Rio 2016 Paralympic Games Spectator Guide brings tips and important information to enable you to make the most of this great party. Enjoy your reading!



GOLDEN TIPS

What you need to know to enjoy every single moment of the Rio 2016 Games

- Before leaving, **check out the latest information** about the Games on rio2016.com
- Do not forget your tickets and **check the date, time and place** of competitions on the website before leaving. Get more tickets on rio2016.com/en/tickets
- **Check the weather forecast** and prepare yourself accordingly
- **Use public transport.** It is not possible to park at the competition venues and their surroundings
- **Plan your trip.** Transport systems and competition venues will be crowded. It can take you a while to go back and forth!
- Arrive early: **most venues open two hours before the competition gets underway.** If the session has already started, you may have to wait for a break to enter. **Check out this information** at rio2016.com/en/venues
- You will go through a **security check** with X-ray equipment. **Forbidden or restricted items** will be collected and not returned. **Check the complete list** on rio2016.com/en/venues
- **Avoid carrying bags to speed up your entrance.** If necessary, choose the smaller ones that you can put on your lap or under the seat
- **Identify children** and other special cases with **bracelets made available at the public information desks**
- Look for the **Rio 2016 team** members wearing **green** - they are there to **help you!**
- **It is forbidden to smoke at the competition venues.** There are designated smoking areas. Get more information with the volunteers or at the public information desks
- This **Guide has a map with the services available at the venues**
- **Within Rio 2016 venues, payments** can only be made in **cash or Visa debit**, credit or pre-paid cards
- **Download the official app** on rio2016.com/en/app and **stay tuned** to everything that happens during the Games
- Bring your energy and support. Let's make it an unforgettable party!

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LEARN MORE ABOUT RIO

Nature, culture and gastronomy are permanent attractions in the city, which has been welcoming more and more tourists with open arms. The Olympic City is ready to welcome visitors arriving for the Rio 2016 Games and is preparing an amazing programme for the Live Sites installed at strategic locations in the city, where you can watch the Games broadcast and enjoy a vast cultural programme.

Go to the visit.rio portal and discover the wonders of Rio de Janeiro.

SUSTAINABILITY

Do your part and dispose of your rubbish appropriately. Use the coloured recycling collectors provided: they benefit recycling cooperatives, generating social inclusion and new businesses.

ACCESSIBILITY

Individuals with an impairment or reduced mobility, such as obese people, senior citizens, pregnant and breastfeeding women and people with small children are entitled to preferential service when accessing venues and on services offered to Games' spectators. Exclusive services intended for this audience are also available at all venues. Get more information with the volunteers or at the public information desks.

FORMS OF PAYMENT

VISA In recognition of its long-standing support to the Paralympic Games, only Visa cards (debit, credit or prepaid) and cash are accepted for purchases at Rio 2016 venues.

CONTACT US

An open channel to listen to you.
Call centre: + 55 (21) 3004-2016*
rio2016.com/en/contact

*Price of a local call if calling from Brazil.
Price of a call to Rio de Janeiro if calling from overseas.

UNDERSTANDING THE SPORT

HOW IT ALL BEGAN

From North America, all the way to Polynesia and even Greenland, kayaks have been used for different purposes throughout history. Originally intended for hunting and fishing, they were made with animal fur stretched over a wooden frame. Canoe races became more popular in the early 20th century, and the 1930s were crucial to boosting their popularity. Speed canoeing made its official debut at the Berlin 1936 Games and since then has been a permanent event in the Games programme.

The Paralympic canoe event was first introduced in the 2010 World Championship, in Poland, and is among the disciplines that will debut in the 2016 Paralympic programme. Because it is very recent, competition is still restricted to athletes with physical impairments.

ABOUT THE COMPETITION

While there are two types of boats in the Olympic competitions, canoes and kayaks (identified by the letters C - *canoe* -, and K - *kayak* -, respectively), the Paralympic Games will only host kayak events.

The competition takes place in 200m straight-line courses. The winner is the athlete that completes the distance in the least amount of time.

Events begin with five heats, each with two boats. The winner of each heat advances directly to the finals, while the other competitors go on to the semi-finals. The three top-ranked competitors

in the semi-finals compete in the finals. There are three functional classes in Paralympic canoe events: KL1 (sum of three points), KL2 (four to seven points), and KL3 (eight or nine points). In the classification system, the athlete's points are according to their leg and trunk movement, potential and to an assessment on the water while rowing. The higher the score, the greater the athlete's functional potential.

DID YOU KNOW?

A four-time world champion, two-time Pan American champion and three-time South American champion, Fernando Fernandes, from São Paulo, became known for participating in a reality show before the accident that left him paraplegic.



PROGRAMME*

SEPTEMBER	SESSIONS	
07	WED	
08	THU	
09	FRI	
10	SAT	
11	SUN	
12	MON	
13	TUE	
14	WED	09:00 11:00
15	THU	 09:00 11:50
16	FRI	
17	SAT	
18	SUN	

* Information subject to change without prior notice.

 Sessions with victory ceremonies are in bold.

EVENTS

-  Kayak single (K1) 200m KL1
-  Kayak single (K1) 200m KL2
-  Kayak single (K1) 200m KL3
-  Kayak single (K1) 200m KL1
-  Kayak single (K1) 200m KL2
-  Kayak single (K1) 200m KL3

 Male  Female



RIO 2016 STORE

Take the Rio 2016 Games with you. Buy official and exclusive products at physical stores and on rio2016.com/en/shop

PLANNING YOUR TRIP

ARRIVING AT THE VENUE

Lagoa Stadium, located at one of the most famous postcards of the *Cidade Maravilhosa*, the Lagoa Rodrigo de Freitas, is one of the venues of the Rio 2016 Games. Check out how to get there:

METRO - LINE 4 > NOSSA SENHORA DA PAZ STATION
19min walk/1,400m

METRO - LINE 4 > JARDIM DE ALAH STATION
12min walk/830m

Accessible station - Accesses A of Nossa Senhora da Paz and Jardim de Alah stations are accessible. Departing from Nossa Senhora da Paz Station there is an accessible auxiliary shuttle service available for the convenience of people in wheelchairs or with reduced mobility. Learn more about public transport accessibility during the Games at visit.rio.

ATTENTION!

- Instructions on how to arrive at the venue are intended only for ticket holders
- Make sure you check the competition schedule and public transport stations
- Buy in advance the Cartão dos Jogos (transport card). Some stations are only available for transport card and ticket holders
- Learn more about Cartão dos Jogos and public transport at visit.rio
- Check the venue entry locations and pay attention to the signs at the stations
- After the competition, check the venue exits and public transport access signs
- Walking times are estimated based on the average speed of 1.2m/s

-  Lagoa Stadium
-  Entry and exit
-  Spectator way
-  Metro station
-  Accessible station
-  Station with accessible auxiliary shuttle



DISCOVERING THE VENUE



-  Entry and exit
-  Stands
-  Ticket box office
-  Ticket resolution office
-  Public information
-  Spectator medical post
-  Toilets
-  Accessible toilet
-  Extra accessible toilet
-  Baby changing
-  Dog relief area
-  Food and beverage
-  Rio 2016 Store
-  Start
-  Finish



ACCESSIBLE SUBTITLE: IMAGE OF THE VENUE BLUEPRINT



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