



# بطولة فزاز الدولية الحادية عشرة لرفعات القوة لأصحاب الهمم - كأس العالم - دبي 2021

11th Fazza Dubai 2021 Para Powerlifting World Cup

June 19 to 24, 2021



# Welcome speech

By

HE. Majid Alusaimi  
(LOC Manager)



# Rollcall NPCs/Teams

By

Eng. Fathi Lashehab  
(LOC General Coordinator)



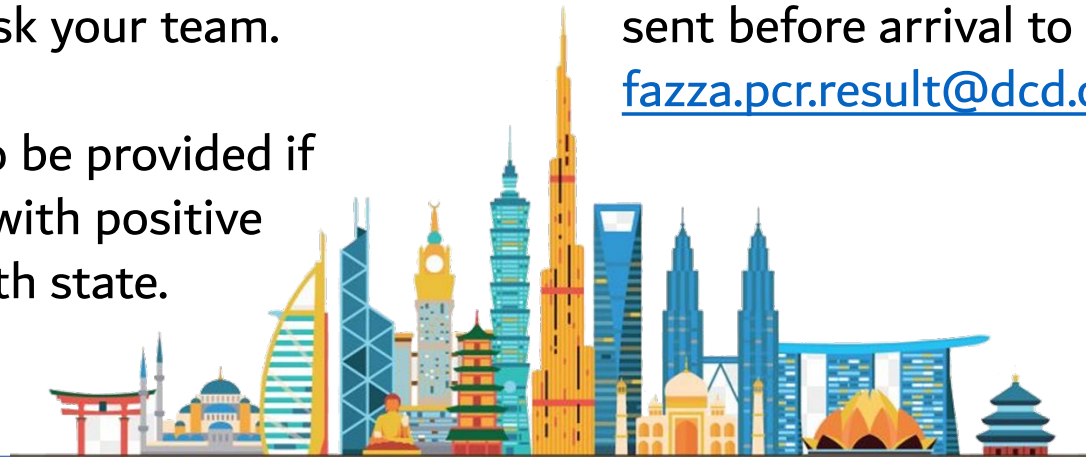
# Medical Protocols

(Covid-19 Prevention Measures)

By  
Mr. Yahia Kabani  
(Head of LOC Medical Sector)

## Travel to UAE

- Be sure to have health assessment before travel and daily body temperature reading.
- In case you were in contact with confirmed positive covid-19 case during the last 14 days before travel, be sure to do self quarantine and inform the NPC about that as soon as possible and don't risk your team.
- Two negative PCR test has to be provided if you're positive or in contact with positive covid-19 to confirm the health state.
- Recommended all participants to go in self quarantine post the PCR test till fly time.
- Printed/Hard copy of the PCR results should be presented upon arrival at Dubai Airport passport control not older than 72 hours and Electronic/soft copy of the PCR results should be sent before arrival to the following E-mail: [fazza.pcr.result@dcd.org.ae](mailto:fazza.pcr.result@dcd.org.ae).



PCR test will be done free of charge in Dubai Airport upon arrival after the passport control, for the passengers who are arriving into Dubai from the below countries



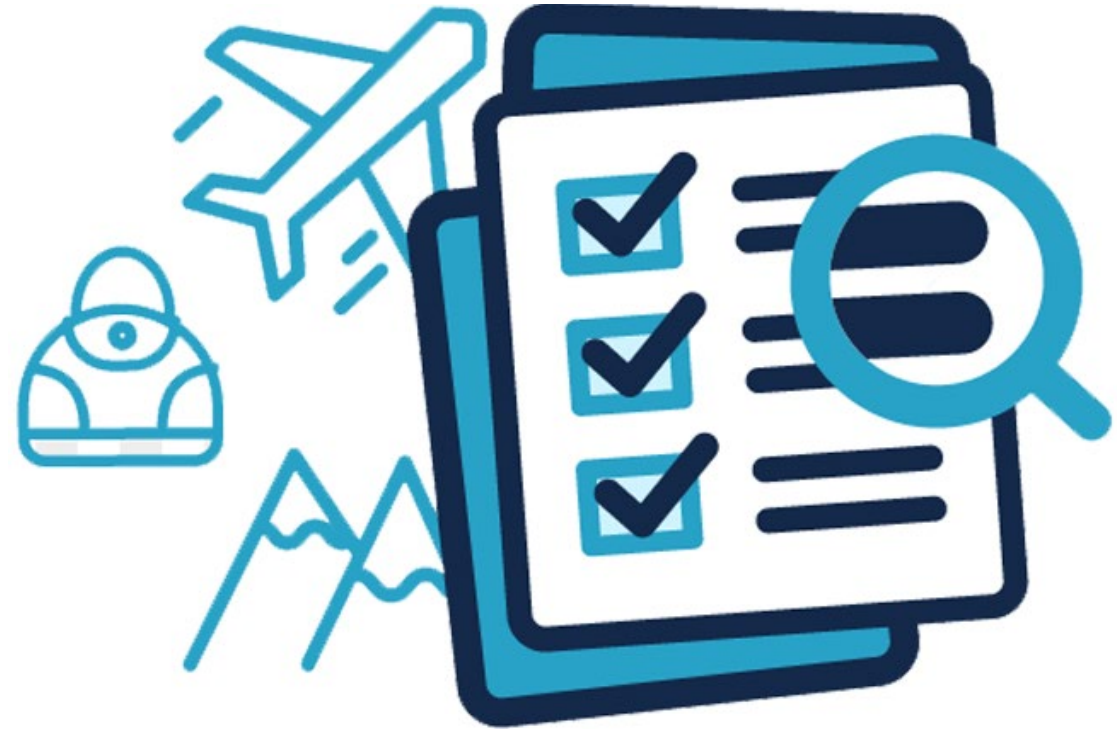
- Afghanistan, Angola, Argentina, Bangladesh, Brazil, Cambodia, Chile, Croatia, Cyprus, Czech Republic, Djibouti, Egypt, Eritrea, Ethiopia, Georgia, Ghana, Guinea, Hungary, India, Indonesia, Iran, Iraq, Israel, Ivory Coast, Jordan, Kenya, Lebanon, Malta, Montenegro, Morocco, Myanmar, Nepal, Nigeria, Pakistan, Philippines, Romania, Rwanda, Russia, Senegal, Slovakia, Somaliland, South Africa, South Sudan, Sudan, Syria, Tajikistan, Tanzania, Tunisia, Turkmenistan, Uganda, Ukraine, Uzbekistan, Vietnam, Zambia, Zimbabwe.
- You will be asked to provide an active mobile number to receive the result of the test as SMS, and your passport information, you might use mobile number of the LOC- Medical committee chairperson.

**Mr. YAHIA KABANI: +971 558766818**

- Participants who got Covid-19 vaccine are not excluded from PCR test.
- The rest of participants from different countries (who are exempted from airport test) they will be tested in the hotel on arrival at block 6 floor 3 room 13 (6313)
- The LOC will conduct two days in house PCR test to all participants at arrival on day 16, 17 June covered by LOC.
- PCR test arranged in house on day 22, 23 June.
- Participants who are arriving in later date they will have to do PCR test at the hospital.
- All participants should stay at their rooms till they received negative results by SMS or you can track the result via <https://icrs.purehealth.ae/cvdscr/>
- Food will be delivered to the rooms for all participants first day.



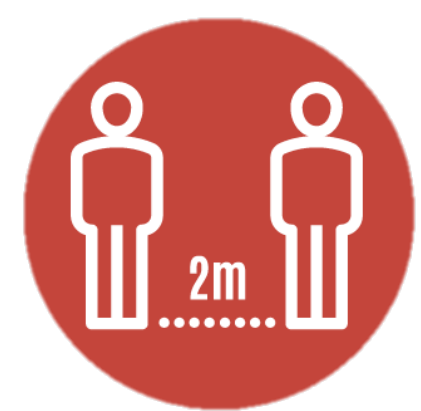
- Team Leader should send all the PCR results to the LOC in one email to: [fazza.pcr.result@dcd.org.ae](mailto:fazza.pcr.result@dcd.org.ae) under the country name subject (Ex: UAE Team PCR results), in order to receive the accreditation cards.
- All participants have to fill the consent form and agree to participate under their responsibility and send the form back to [Ykabani@dcd.org.ae](mailto:Ykabani@dcd.org.ae) before arrival date.
- Make sure all NPC delegation has health travel insurance included covid-19 quarantine 14 days.



## Prevention measures

- Sanitizing and hygiene plan during the event implemented by LOC include transportation, accommodation, competition venue.
- Sanitizing and prevention tools available at every entrance gate and provided to all participants.
- Prevention team dedicated to observe and ensure applying the covid-19 prevention measures during the event.
- Dubai government implements fines on individuals who are not following the prevention rules (wearing mask, social distance).
- Thermal scan at the main entrance gates and sanitizing gate for individuals and equipment.
- Specific pathway planned for the players in the competition venue.
- Regular sanitizing training and competition equipment between players.

- All participants should maintain healthy behaviour such as washing hands regularly, covering the mouth and washing hands, after sneezing or coughing, and avoiding spitting on the floor.
- There will be sanction for anyone who breaches the code of conduct.
- We need your cooperation with us to the best of all participants and success of the event.





# Logistics & Delegation Services

By

Mr. Eisa Al Ali

(Head of LOC Logistics Sector)

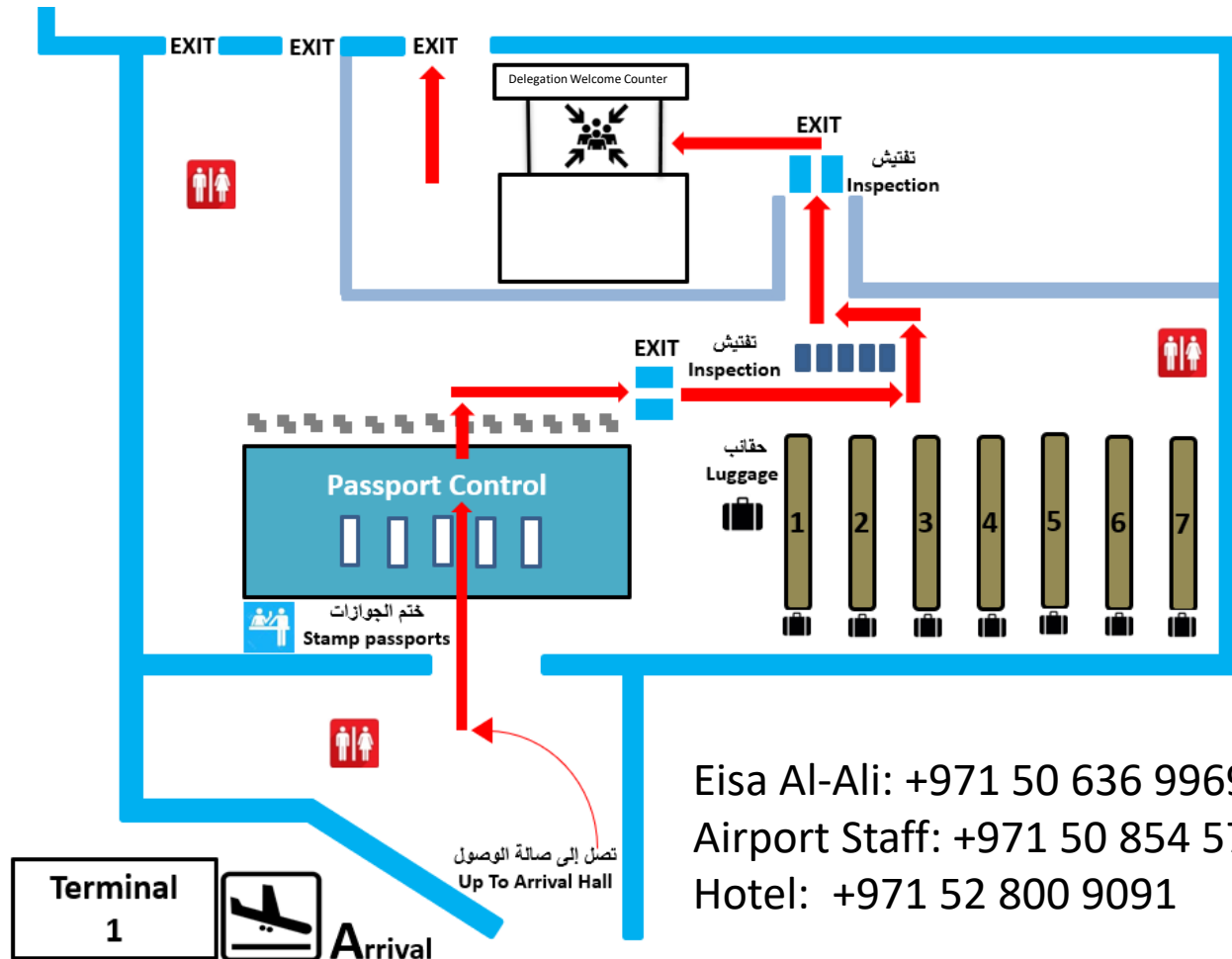
# Requirement before travel to UAE

- Passport with 6 months validity from the date of arrival.
- Entry visa to the UAE.
- Medical Insurance.



- <https://www.emirates.com/ae/english/help/covid-19/travel-requirements-by-destination/>

## Airport Delegation Welcome Counter



The official airport is Dubai International Airport (DXB) where the LOC will provide adequate welcome services.



Eisa Al-Ali: +971 50 636 9969  
Airport Staff: +971 50 854 5754  
Hotel: +971 52 800 9091

## Transportation Services

- Transportation service will be available around the clock during the official competitions and training time from/to Hotel/Competition Venue.
- The bus will leave the hotel or the venue location after the bus capacity completion.
- The bus capacity during the operating hours is 70% of the total seats.





# Accommodation & Catering

By

Mr. Paul Kayal

(Revenue Manager – Official Hotel)

Al Bustan Center & Residence

# Accommodation & Catering

1. Check-in Procedures
2. Individual Packs (Lunch Box)
3. Sanitizer in the hotel
4. Check-out Procedures
5. Catering Menu

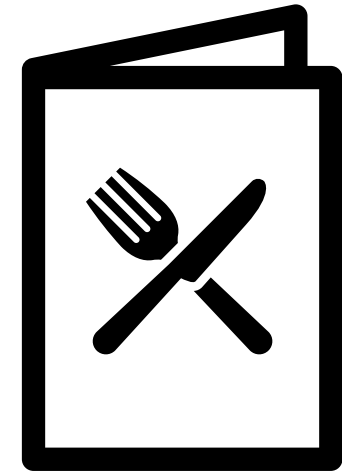
## Catering Hours

Meal's time

Breakfast : 7:00 - 10:30

Lunch 12:30 - 15:00

Dinner 19:00 - 23:00



## Menu – Day 01

### **FAZZA group lunch buffet menu day 1**

#### **Salad**

Hummus, Fattous salad  
Chicken mortadella and vegetable salad  
Pasta tuna salad  
Beetroot salad, Cole slaw salad  
Tomato mozzarella salad

#### **Salad bar**

Fresh cucumber, Fresh tomato  
Lettuce, Rocca salad, Mix pickle, Olives

#### **Soup**

Lentil soup with crouton & lemon wedges

#### **Main Course**

Steamed rice  
Lamb Machboos  
Chicken shashlik  
Tempura fried fish tar tare sauce  
Beef stew with vegetables  
Seasonal vegetable  
Oven baked pasta

#### **Dessert**

Fresh Fruit salad  
Coconut pudding  
Lemon Jelly  
Vanilla cream cake  
[Banana crumble](#)

Daily Special - Burger, Pizza, Hot Dog  
Sandwich,

Shawarma and Fajitas

### **FAZZA Group dinner buffet menu day 1**

#### **Salad**

Hummus, Fatuous salad  
Chef salad, Greek salad  
Artichoke salad  
Nicosia salad  
Waldorf salad

#### **Salad bar**

Fresh cucumber, tomato  
Lettuce, Carrot, Rocca leaves  
Mix pickle, Olives

#### **Soup**

Lentil soup with crouton and lemon wedges

#### **Main Course**

Steamed rice  
Chicken Pulao  
Chicken cordon bleu  
Pesto marinated oven baked fish with tomato salsa  
Beef stew with eggplant  
Garlic roasted potatoes  
Fusilli fresh tomato sauce

#### **Dessert**

Fresh fruit salad  
Vanilla cream cake  
Strawberry mousse  
Pineapple upside down  
[Lemon jelly](#)

## Menu – Day 02

### **FAZZA group lunch buffet menu day 2**

#### **Salad**

Moutabal, Tabouleh  
Fish salad  
Russian salad  
Three beans salad  
Greek salad, Nicosia salad

#### **Salad bar**

Fresh cucumber, Fresh tomato  
Lettuce, Rocca Salad  
Mix pickle, Olives

#### **Soup**

Cream of leek & potato soup  
Chicken harira soup

#### **Main Course**

Steamed rice  
Chicken Mandi  
Pan fried fish with caper butter sauce  
Roast beef with rosemary sauce  
Chicken cacciatore  
Skin on Potato wedges  
Pats Béchamel

#### **Dessert**

Fresh fruit salad  
Mohalabia  
Mango mousse  
Strawberry [Panna cotta](#)

### **FAZZA group dinner buffet menu day 2**

#### **Salad**

Hummus, Moutabal  
Poached Fish Salad  
Grilled aubergine salad  
Greek salad, Okra Salad  
Chicken and bell pepper salad

#### **Salad bar**

Fresh cucumber, tomato, Lettuce  
Rocca leaves  
Mix pickle, Olives

#### **Soup**

Chicken barley soup

#### **Main Course**

Steamed rice  
Vermicelli rice  
Grilled rib eye steak pepper sauce  
Grilled fish on bed of ratatouille  
Chicken ala king  
Cauliflower au gratin  
Roast potatoes

#### **Dessert**

Fruit Salad  
Mohalabia  
Strawberry mousse  
Crème caramel  
Panna cotta

## Menu – Day 03

### **FAZZA group lunch buffet menu day 3**

#### **Salad**

Hummus, Fattous Salad  
Fried vegetables  
Chef Salad, Potato salad  
Beetroot salad  
Kachumbar salad

#### **Fresh green from the garden**

Fresh cucumber, tomato, lettuce, Grated carrot, Rocca leaves  
Mix pickle, green olives, and black olives

#### **Soup**

Roasted eggplant soup

#### **Main Course**

Steamed rice  
Vermicelli rice  
Kofta Tomato sauce  
Breaded chicken escalope  
Olive crushed baked fish fillet  
Seasonal vegetables  
Vegetable lasagna

#### **Dessert**

Fresh fruit salad  
Strawberry mousse  
Cherry crumble  
Coffee Panna Cotta  
Orange jelly

### **FAZZA group dinner buffet menu day 3**

#### **Salad**

Hummus, Tabbouleh salad  
Turkey ham salad  
Chicken Hawaiian salad  
Sweet corn salad  
Russian salad  
Grilled vegetable salad

#### **Salad bar**

Fresh cucumber, Fresh tomato  
Lettuce, Rocca leaves, Mix pickle, Olives

#### **Soup**

Basil flavor tomato soup

#### **Main Course**

Steamed rice  
Chicken Machboos  
Oven baked fish fillet  
Beef stew with okra  
Chicken Parmesan  
Wok fried Chinese noodles

Pot roasted potatoes

#### **Dessert**

Fresh fruit salad  
Tutti-frutti sponge cake  
Pineapple Jelly  
Rice pudding  
Crème caramel

## Menu – Day 05

### **FAZZA group lunch buffet menu day 5**

#### **Salad**

Hummus, Tabouleh  
Beef and broccoli salad  
Cabbage and pineapple salad  
Artichoke salad  
Tomato mozzarella salad  
Cole slaw salad

#### **Salad bar**

Fresh cucumber, tomato, lettuce, Grated carrot, Rocca leaves  
Mix pickle, green olives, Black olives

#### **Soup**

Chicken manchow soup

#### **Main Course**

Steamed rice  
Beef pulao  
Panko fried fish tar tare sauce  
Meat ball with potato and tomato sauce  
Oriental Grilled chicken  
Spring vegetables  
Pasta gratin

#### **Dessert**

Fresh fruit salad  
Strawberry mousse  
Crème caramel  
Orange jelly

### **FAZZA group dinner buffet menu day 5**

#### **Salad**

Hummus, Fatuous Salad  
Grilled vegetable salad  
Sweet corn salad  
Tuna pasta salad  
Cucumber and yoghurt salad  
Russian salad, mujadara

#### **Salad bar**

Fresh cucumber, Fresh tomato  
Lettuce, Rocca leaves  
Mix pickle, green olives, and black olives

#### **Soup**

Cream of spinach soup

#### **Main Course**

Steamed  
Kabuli pulao  
Breaded chicken escalope  
Stir fry beef with oyster sauce  
Grilled fish on leek ragout  
Thyme potatoes  
Stir fried noodles with vegetables

#### **Dessert**

Fresh fruit salad  
Crème caramel  
Chocolate butter cream cake  
Coffee sponge cakeLemon jelly

## Menu – Day 06

### **FAZZA group lunch buffet menu day 6**

#### **Salad**

Hummus, Tabouleh Salad

Pasta tuna salad

Mortadella and vegetable salad

Grilled vegetable salad, Red kidney beans salad

Greek salad

#### **Salad bar**

Fresh cucumber, Fresh Tomat

Lettuce, Rocca leaves

Mix pickle, Olives

#### **Soup**

Chicken risone soup

#### **Main Course**

Steamed rice

Fish sayedieh

Tandoori chicken

Oven baked fish

Beef stew with beans

Mix pasta

Butter vegetables

#### **Desert**

Fresh fruit salad

Mohalabia

Crème brulee

Vanilla sponge, cake Strawberry jelly

### **FAZZA group dinner buffet menu day 6**

#### **Salad**

Hummus, mountable

Cold cuts salad

Coleslaw salad

Pasta and broccoli salad

Apple and beetroot salad

White beans salad

#### **Salad bar**

Fresh cucumber, tomato

Lettuce, Rocca leaves

Mix pickle, green olives, and black olives

#### **Soup**

Chicken risone soup

#### **Main Course**

Stead rice

Mix fried rice

Beef medallion with pepper sauce

Chicken cacciatore

Tempura fried fish tar tare sauce

Sautéed vegetables

Stir fry Thai chicken noodles

#### **Dessert**

Fresh fruit salad

Crème caramel

Chocolate mousse

Fresh cream sponge cake

[Fruits jelly](#)

## Menu – Day 07

### **FAZZA group lunch buffet menu day 7**

#### **Salad**

Hummus, Fattous salad  
Pasta & tuna salad  
Russian salad  
White beans salad  
Greek salad, Artichoke Salad

#### **Salad bar**

Fresh cucumber, tomato, lettuce, Grated carrot, Rocca  
leaves  
Mix pickle, Olives

#### **Soup**

Lamb barley soup

#### **Main Course**

Saffron rice  
Chicken Biryani  
Crispy fried fish with tartare sauce  
Persian chicken kebab  
Beef goulash  
Skin on Potato wedges  
Vegetable Noodles

#### **Dessert**

Fresh fruit salad  
Strawberry mousse  
Chocolate cream cake  
Crème caramel White forest cake  
Pineapple jelly

### **FAZZA group dinner buffet menu day 7**

#### **Salad**

Hummus, Tabbouleh, Fatuous  
Fried vegetable with tahini dip  
Mushroom & vegetable salad  
Kidney beans salad  
Russian salad

#### **Salad bar**

Fresh cucumber, Fresh tomato  
Lettuce, Rocca leaves  
Mix pickle, green olives, Black olives

#### **Soup**

Cream of broccoli soup

#### **Main Course**

Saffron rice  
Green peas rice  
Joojeh Mashti (Persian chicken kebab)  
Sautéed beef with vegetables  
Pesto marinated baked fish  
Lyonnais potatoes  
Oven baked vegetable lasagna

#### **Dessert**

Fresh fruit salad, Banana crumble  
Crème caramel  
Black forest cake  
Mango cake  
Orange jelly

## Menu – Day 08

### **FAZZA group lunch buffet menu day 8**

#### **Salad**

Hummus, Tabouleh Salad

Beetroot salad

Cole slaw salad

Kidney Beans Salad

Fish Salad

Vegetable Salad

#### **Salad bar**

Fresh cucumber, tomato

Lettuce, Grated carrot, Rocca leaves

Mix pickle, green olives, Black olives

#### **Soup**

Chicken, mushroom and noodle soup

#### **Main Course**

Steamed rice

Brown onion rice

Grilled fish with capper butter sauce

Beef stew with okra

Thai BBQ. Chicken

Cheese and paprika potatoes

Oven baked mixed pasta

#### **Dessert**

Fresh Fruit salad

Vanilla cake

Lemon Jelly

Vanilla cream cake

### **FAZZA group dinner buffet menu day 8**

#### **Salad**

Hummus, mountable

Chef salad, Greek salad

Artichoke salad

Waldorf salad

Kachumbar salad

Salad bar

Fresh cucumber, Fresh tomato

Lettuce, Rocca leaves

Mix pickle, Olives

Soup

Lentil soup with crouton and lemon wedges

Main Course

Steamed rice

Chicken Machboosh

Fried chicken

Beef casserole

Herbs crushed fish fillet with tomato relish

Garlic roasted potatoes

Penne Bolognaise

Dessert

Fresh fruit salad

Apple tart

Black forest cake

Crème caramel

[Lemon jelly](#)

## Menu – Day 09

### **FAZZA group lunch buffet menu day 9**

#### **Salad**

Hummus, Fattous salad  
Chicken mortadella and vegetable salad  
Pasta tuna salad  
Beetroot salad, Cole slaw salad  
Tomato mozzarella salad

#### **Salad bar**

Fresh cucumber, tomato  
Lettuce, Grated carrot, Rocca leaves  
Mix pickle, green olives, Black olives

#### **Soup**

Lentil soup with crouton & lemon wedges

#### **Main Course**

Steamed rice  
Egg fried rice  
Joojeh mashti (Persian Chicken Kebab)

Tempura fried fish  
Beef stew with vegetables  
Seasonal vegetable  
Penne fresh tomato sauce

#### **Dessert**

Fresh Fruit salad  
Coconut pudding  
Lemon Jelly  
Vanilla cream cake

### **FAZZA group dinner buffet menu day 9**

#### **Salad**

Hummus, mountable, Tabbouleh Salad  
Tabbouleh Salad  
Greek salad, Nicosia salad  
Cole Slaw Salad  
Kachumbar salad

#### **Salad bar**

Fresh cucumber, Fresh Tomato  
Lettuce, Rocca leaves  
Mix pickle, Olives

#### **Soup**

Cream of leek and potato soup

#### **Main Course**

Steamed rice  
Fish biryani  
Crunchy fried fish  
BBQ. Chicken drum stick  
Beef stew with white beans  
Seasonal vegetables  
Vegetable lasagna

#### **Dessert**

Fresh fruit salad  
Fruit tart, strawberry Jelly  
Mango cream cake  
Chocolate mousse



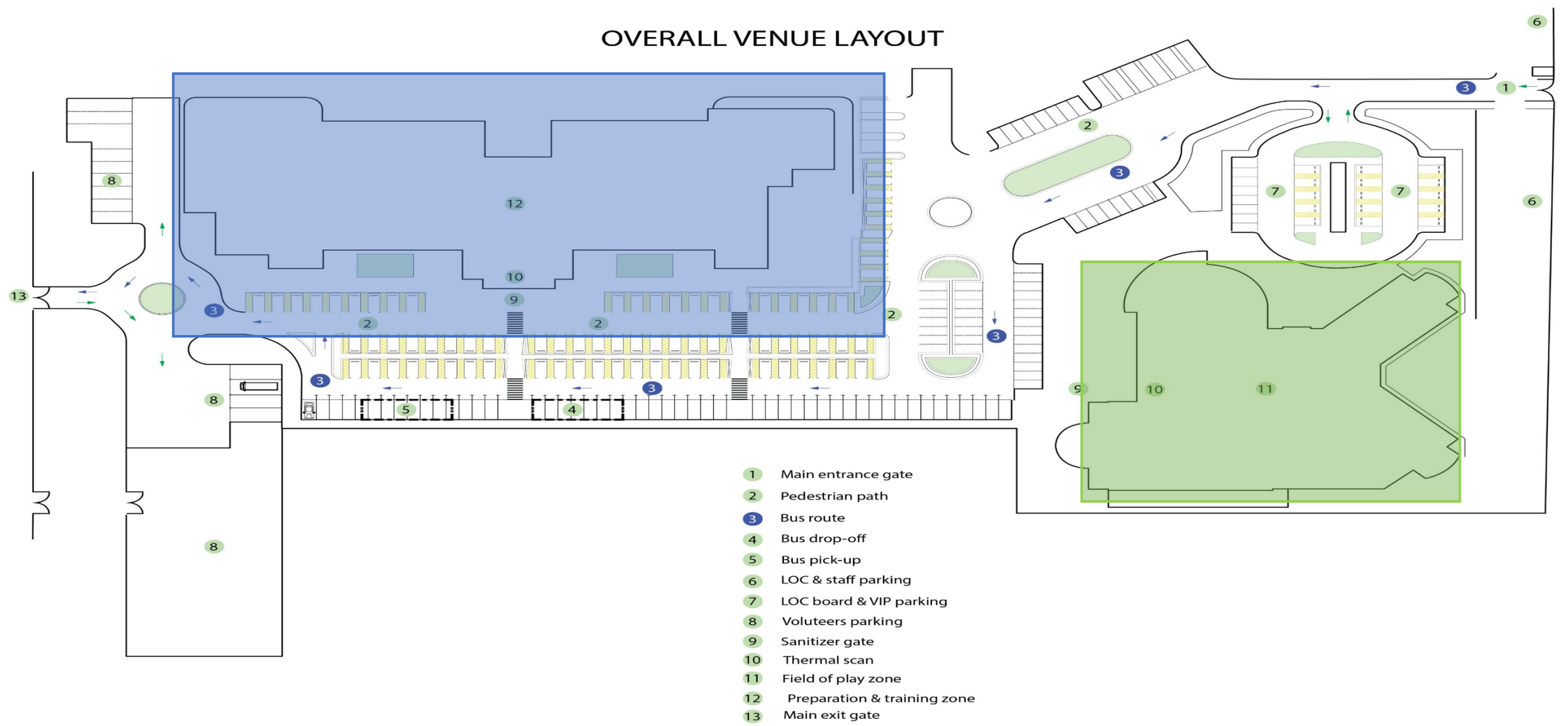
# Accreditation

By

Mr. Alaa Elharoun

(Head of LOC for Administrative,  
Security & Technology Sector)

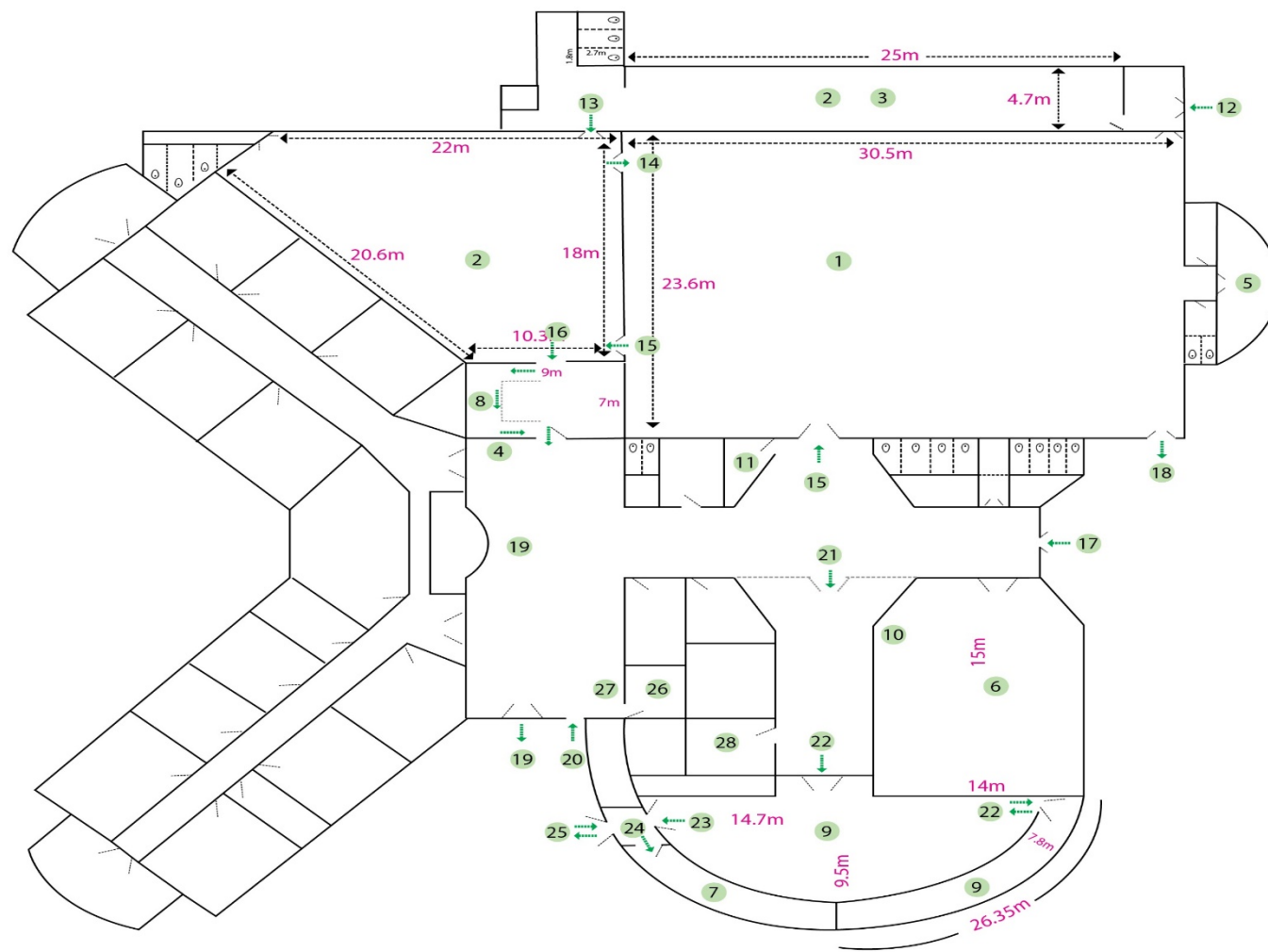
## OVERALL VENUE LAYOUT



## Preparation & Training Layout



## FIELD OF PLAY LAYOUT



- 1 Competition venue
- 2 Warm up area
- 3 Athlet waiting area
- 4 Mixed zone
- 5 Medical unit
- 6 ITO's & referees lounge
- 7 Media center
- 8 Victory ceremony preparation
- 9 Food court
- 10 TD office
- 11 Dubai TV commentator
- 12 Entrance to athletes waiting area
- 13 Entrance to warm up area
- 14 Athletes entrance to FOP
- 15 Athletes exit from FOP
- 16 Entrance to mix zone
- 17 Entrance
- 18 Exit
- 19 Athlet exit from mix zone
- 20 Private entrance
- 21 WPPO & LOC entrance
- 22 Entrance to food court
- 23 Exit from food court
- 24 Entrance to Media center
- 25 Entrance & Exit
- 26 Volunteers lounge
- 27 Souvenirs & gift shop
- 28 WPPO office

## Accreditation registration portal link

NPCs Registration URL: <https://fazzachampionships.com/fwpp2021/npcreg>

Officials Registration URL: <https://fazzachampionships.com/fwpp2021/offreg>

- Accreditation Center (DRM Office) is allocated in Al Bustan Center & Residence office Number #1 in the lobby.
- Electronic DRM meeting with Delegation.
- The Accreditation card collection and the finance clearance.

## Accreditation Design





بطولة فزاع الدولية الحادية عشرة لرفعات القوة  
لأصحاب الهمم - كأس العالم - دبي 2021  
11<sup>th</sup> Fazza Dubai 2021 Para Powerlifting World Cup.  
June 19 to 24 , 2021

"This Championships Identity and Accreditation Card (CIAC) remains the property of the Local Organising Committee of Fazza International championships for people of Determination (LOC) and can be withdrawn, with immediate effect, at the LOC's sole discretion. By using this Card, I agree to be filmed, televised, photographed, identified and otherwise recorded during the LOC sports championships under the conditions and for the purposes now or hereafter authorized by the LOC in relations to the promotion of the LOC sports. I agree that all photographs and moving images taken by me at the LOC sports championships, including those of athletes competing within any championships venue(s), shall be used solely for personal and non-commercial purposes, unless the prior written consent is obtained from the LOC, I also confirm that I fulfill the qualifications required by the LOC in order to be issued this CIAC and that I shall comply with the IPC code of Ethics. I also agree to information about my self being collected by the LOC and to such a data being stored and used by them, and, where necessary, third parties, for the purposes of facilitating my participation in, and /or organizing LOC sports championships"

**Hotline Mobile Phone**  
Essa Obaid Al Ali : +971 50 636 99 69  
Airport Staffs: 971 50 854 5754 Hotel Staff: +971 52 800 9091

DUBAI CLUB FOR PEOPLE OF DETERMINATION **نادي دبي لأصحاب الهمم**  
04 2988205 04 2988459 info@dcd.org.ae www.dcd.org.ae  
/dcduae P.O Box 20990 Dubai - United Arab Emirates

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04 2630000 04 2630005 albustan@emirates.net.ae  
www.al-bustan.com P.O Box 20107 Dubai U.A.E. 25.277104, 55.366459



Field of Play & Mixed Zone	Operational Area	Mixed Zone
2 Athlete preparation area (warm up and dressing rooms)	4 Media/Broadcast area	6 VIP area (seating and lounge)
Accommodation	Transportation (if applicable)	Full Access
Fork & Knife (if applicable)	Venue	

**Organization**

Photo

Name  
Role  
Country

**Access Code**


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Field of Play & Mixed Zone	Operational Area	Mixed Zone
2 Athlete preparation area (warm up and dressing rooms)	4 Media/Broadcast area	6 VIP area (seating and lounge)
Accommodation	Transportation (if applicable)	Full Access
Fork & Knife (if applicable)	Venue	

**LOC**

Fathi Lashehab  
LOC General Coordinator  
United Arab Emirates

2 4 6



# Training and warm up

By

Mr. Ahmed Alhammadi  
(Head of LOC Technical Sector)

## Training Venues

- Two training venues will be available for teams training session according to the training program which will be published soon.
- All teams are kindly requested to respect its training session timing and leave the venue when allocated time is finished.
- All teams must respect the allocated bench and it is not allowed to use other benches even if they are free.
- Benches, bars and discs are sanitized after each training session and even during sessions if there is a need.
- Magnesium Carbonate will be distributed to all teams as no Magnesium container will be available anywhere.
- Belts and small weight discs will be available at the entrance with volunteers in charge of the venue and will be provided on request after presenting the accreditation card which will be items. returned back after giving back the borrowed.

## Training Venue 1

- Location: at the right side after the entrance of the main sliding door in the new building.
- Facilities: 7 Benches, bars, discs, Sanitizer and towels are available inside the venue

## Training Venue 2

- Location: At the main venue in the right side corridor after passing the training venue 1.
- Facilities: 7 Benches, bars, discs, Sanitizer and towels are available inside the venue.



## Sauna and steam

- According to Covid protocol No Sauna and Steam are allowed to be used during this competition.

## Weighting scales

- Location: Steam and sauna room.
- 2 weighting scales will be available during the training and competition times.

## Rack checking bench

- Location: One bench similar to the competition bench will be available in each training venue from 16 to 18 of June 2021.

## Weigh-In and kit Check

- Location: Will be in the new building at the entrance where a specific place is assigned for.

## Competition and warm-up venues and athlete rest area

- Location: at the old building in the basketball hall.
- Athlete's rest area (Only For competing athletes): At the entrance of the warm-up area.
- Warm-up venue: 16 benches are available for the warm-up located at the back of the competition venue.
- Competition venue: Is linked to the warm-up venue.
- 1 Coach per athlete is permitted



Q & A



# Thank You!