Cairo 2022 World Para Powerlifting
African Open Championships
NPCs WEBINAR
11 October 2022
Purpose

• Provide NPCs with information regarding the Championships.

Highlights

• Travel
• COVID Protocol
• Accreditation
• Accommodation
• Logistics
• Competition Venue
Welcome to Cairo-Egypt!

Master Competition Schedule Per Bodyweight per day

<table>
<thead>
<tr>
<th>October</th>
<th>Men</th>
<th>Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesday 26</td>
<td>@4PM - Technical Meeting</td>
<td>Weigh-in for BW of the 1st competition day</td>
</tr>
<tr>
<td>Thursday 27</td>
<td>Up to 49 kg, 54 kg, 59 kg</td>
<td>Up to 50 kg, 55 kg</td>
</tr>
<tr>
<td>Friday 28</td>
<td>Up to 65 kg, 80 kg</td>
<td>Up to 41 kg, 45 kg, 73 kg, Up to 86 kg</td>
</tr>
<tr>
<td>Saturday 29</td>
<td>Up to 88 kg, 97 kg</td>
<td>Up to 61 kg, 67 kg, 79 kg, Over 86 kg</td>
</tr>
<tr>
<td>Sunday 30</td>
<td>Up to 72 kg, 107 kg, Over 107 kg</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Men’s Team Event, Women’s Team Event, Mixed Team Event</td>
<td></td>
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</tbody>
</table>
TRAVEL
VISA

3 ways to have Visa to Egypt

- **E- visa (recommended option** – can take 4 to 7 business days)

- Physical at Egyptian embassies

- Upon arrival at Cairo airport
1- E- VISA

• Check if your country is eligible for E-Visa by visiting Egypt e-Visa Online | Egypt Online Tourist Visa (onlinevisa.com)

• If your country is entitled to receive E-Visa:
  - use the above link and follow all the process mentioned
  Or
  - Use this link to apply: Visa2egypt

• Also we advise you to check the Visa Policy via this link: Visa Policy of Egypt | Entry Requirements | Onlinevisa.com
1- E- VISA

Host Information to facilitate your e-visa application:

Host type: Sport

Host Name: EGYPTIAN PARALYMPIC COMMITTEE

Host Phone number: Tel: +201006092360

Host email: Howayda.mondy@egyptparalympic.org

Host address: Cairo International Stadium / Swimming Pool Complex / Elstade

Elbahary Street / Nasr City / Cairo Tel: +201006092360- fax: +202 240 423 72
2- Physical at Egyptian embassies

• All visa application forms have been sent from the Egyptian Ministry of Foreign Affairs to all Egyptian embassies to facilitate obtaining visas for registered teams

• If you are facing delay in your visa application, please contact Howayda.mony@egyptparalympic.org urgently
3- VISA on Arrival To Cairo Airport

You need to provide EPC (Howayda.mondy@egyptparalympic.org) urgently the following documents **TODAY 11th October**

- List of the delegation sign & stamped on official head paper
- Personal photo for each member
- Well scan passport copy
- Details of arrival & departure date
- Copy of the flight ticket not reservation
- Cost to be paid upon arrival at airport which will be higher than the normal visa fees and will contain cost of security check
Transportation

Distance from airport to the official championships hotels is 80 km 90 minutes.

Upon arrival to Cairo airport:
- Representatives from the LOC will have signs with the competition logo
- Please follow our representative who will help you to embark our shuttle bus
- The bus will be used for teams arrived on close times
# 25 Participants countries

<table>
<thead>
<tr>
<th>NF</th>
<th>Country</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>ALG Algeria</td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>ANG Angola</td>
<td></td>
</tr>
</tbody>
</table>
| 3  | CIV Côte d'Ivoire | | | }
| 4  | CMR Cameroon |       |
| 5  | COL Colombia |       |
| 6  | CUB Cuba    |       |
| 7  | EGY Egypt   |       |
| 8  | ESA El Salvador |     |
| 9  | GAM Gambia  |       |
| 10 | GHA Ghana   |       |
| 11 | GUI Guinea  |       |
| 12 | IND India   |       |
| 13 | IRQ Iraq    |       |
| 14 | KEN Kenya   |       |
| 15 | LBA Libya   |       |
| 16 | MAR Morocco |       |
| 17 | MLI Mali    |       |
| 18 | NGR Nigeria |       |
| 19 | SLE Sierra Leone |     |
| 20 | SYR Syria   |       |
| 21 | THA Thailand|       |
| 22 | UGA Uganda  |       |
| 23 | USA United States of America | |
| 24 | UZB Uzbekistan |       |
| 25 | ZAM Zambia  |       |

Total 250
COVID PROTOCOL
COVID

- On 17th June 2022, Egypt lifted the COVID-19 entry restrictions. Since then, the only document required by Egyptian immigration officers is the Egypt e-Visa. Travelers don’t need to present a COVID-19 test or a vaccination certificate.

- WPPO and the LOC **strongly recommend** all participants to be tested before travelling to Cairo to avoid any positive cases detected on arrival and preventing your athletes to compete.

- The LOC recommends to follow precautions for personal safety. For example, wear face masks in closed places or on public transportation. But the local laws restricting the arrival from other countries are no longer applied.

- Check all the current Egypt covid travel restrictions and entry and exit requirements below.
Positive case

• Participants who test positive will be required to isolate in their rooms.

• They will be able to be tested (covered by the respective NPC) until they can show a PCR negative test result.

• With proof of a negative PCR test, participants can go back to all activities of the championships.
On-site Checklist

• Wear face coverings in up to each participant decision in all event venue locations.

• Social distancing of 2 meters (6 feet).

• Regularly wash your hands with soap and water; use hand sanitizer if it’s the only option.

• Do not share food or drink.

• If you become symptomatic, immediately self-isolate in your hotel room and contact the LOC for further instructions.

• Comply with any additional safety protocols implemented by the LOC.
Accreditations

Accreditation will only be delivered:
• On the day of arrival in the official hotel(s) of the championships if all payments to the LOC have been completed.
• Accreditations must be worn at all time by every participant.
• Be presented to gain access to dining hall, training hall, competition venue, and other common places designated for the championships.

If you are seen without your accreditation on;
You may be denied access to designated venues/spaces specific to the championships.
ACCOMODATION
ACCOMODATION

Competition will be organized in 6th October City about 80KM from Cairo airport

Teams accommodation will be in 3 different hotels:

• Dr. Hassan Mostafa Hotel
• The Oasis Hotel about 25 minutes by bus from the competition venue
• Grand Plaza Hotel about 35 minutes by bus from the competition venue
ACCOMODATION

Accommodation procedures

Upon arrival to the competition hotels you will go to competition welcome desk to finalize all financial issues

• To receive your rooms keys
• Receive payment receipt
• Competition information (Training schedule, ID, activities program) Shuttle bus schedule Any other information
ACCOMODATION

• The Meals time will apply to hotels
• All participant will be asked to present their accreditation to enter the restaurant

<table>
<thead>
<tr>
<th>Meal</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td>7:00 am – 10:30 am</td>
</tr>
<tr>
<td>Lunch</td>
<td>12:30 pm – 3:00 pm</td>
</tr>
<tr>
<td>Dinner</td>
<td>7:00 pm – 9:00 pm</td>
</tr>
</tbody>
</table>
Oasis Hotel

- Teams will stay at the Oasis Hotel.
  - All transportation pick up and drop off from the Hotel will occur at the main entrance of the Oasis Hotel

- Meals
  - Breakfast, lunch and dinner will be served at the Oasis Hotel
Grand Plaza Hotel

- Teams will stay at the Grand Plaza Hotel
- All transportation pick up and drop off from the Hotel will occur at the main entrance of the Grand Plaza Hotel
- Meals
  - Breakfast, lunch and dinner will be served at the Grand Plaza Hotel
Grand Plaza Hotel
Dr. Hassan Mostafa
ARENA

- Teams will stay at the Hassan Mostafa Hotel
- No transportation The same hall for competition

- Meals
  - Breakfast, lunch and dinner will be served at the Hassan Mostafa Hotel
Dr. Hassan Mostafa ARENA
Transportation
Transportation

Schedule

Transportation to and from the hotels will run on a regular basis. Schedule will be made available to the LOC offices.
Transportation

Transportation Distance from airport to the 6 October city is 80 km it need about from one hour to 1:20
COMPETITION VENUE
Hassan Mostafa Sports Halls
Hassan Mostafa Sports Halls
Q&A
Competition topics
Athlete Equipment

• According to the WPPO Rules and Regulations, all athletes must wear Lifting suits used in-competition (warm-up, call area, FOP) from WPPO approved suppliers.

• Please inform us about your approved supplier choice for your delegation and to confirmed the designs.

• Eleiko still is approved but does not produce lifting suits for 2022
Random Weigh-in

- According to the WPPO Rules and Regulations Random Weigh-ins of the Athletes may take place in the day of the Event in advance of the warm-up for the specific Bodyweight Category at the discretion of WPPO.

- Should an Athlete weigh outside of a percentage of their specific Bodyweight Category (published in the corresponding Competition information package), they will be disqualified (DSQ) from the Event.

The percentage is set to 5% of the specific Bodyweight Category. (Please refer to the image on the right side)

- Timelines: the list of athletes selected for random weigh-in will be published every morning 7:00.
Entries verification system

• Each NPC must confirm their team entries in WPPO System from 21\textsuperscript{st}-26\textsuperscript{th} October 10AM CET

• [https://wppo.sportentries.com/](https://wppo.sportentries.com/)
Technical Delegate

Fathi Lashehab, Libya
THANK YOU AND SEE YOU IN

Cairo!

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