



OPEN NORDIC BALTIC DEAF  
**ORIENTEERING'22**  
PAJULAHTI, FINLAND 11-14 AUGUST



# Open Nordic Baltic Deaf Orienteering Championships

11–14 August 2022 in Finland

## Bulletin No. 2



Pajulahti



Suomen  
Suunnistusliitto

## Organization

Finnish Deaf Sports Federation and the Finnish Orienteering Federation with the host club Lahden Suunnistajat -37 in Lahti

## Contact information

Event Leader: Heli Romu

E-mail: [nbc2022@skul.org](mailto:nbc2022@skul.org)

Mobil: txt +358 40 1246444

Website: [www.skul.org/nbdsf-orienteering-championships-2022/](http://www.skul.org/nbdsf-orienteering-championships-2022/)

Address: Suomen Kuurojen Urheiluliitto, Valimotie 10, 00380 Helsinki

## Organizing committee

**Niko Vaenerberg**, Director of competitions of Nordic Baltic Deaf Orienteering Championships, *Lahden suunnistajat-37*

**Valtteri Kinnunen**, Route Master, *Lahden suunnistajat-37*

**Heli Romu**, Event Leader, *Finnish Deaf Sports Federation* and Coordinator of Open Nordic Baltic Deaf Orienteering Championships

**Ulrika Kostamoinen**, Orienteering Leader of *Finnish Deaf Sports Federation*

**Jari Malkamäki**, President of *Finnish Deaf Sports Federation*

**Juha Vahtera**, Treasurer, *Finnish Deaf Sports Federation*

**Laura Mecklin**, Media, *Finnish Deaf Sports Federation*

## Competition timetable

## Location

Competition timetable	Location		
Thursday 11 August	3pm	Arrival and room check-in Training	Pajulahti
Friday 12 August	3pm	Sprint	Pajulahti
Saturday 13 August	11am	Middle Distance	Pajulahti
Sunday 14 August	10am	Long Distance	Pajulahti

## Competition classes

## Year of birth

## Representant

Competition classes	Year of birth	Representant
<b>JW/M</b>	<b>up to 2002</b>	<b>country</b>
W/M 21	free	country
W/M 40	1982 or earlier	club
W/M 50	1972 or earlier	club
W/M 60	1962 or earlier	club
W/M 70	1952 or earlier	club

\* W = women, M = men, J = junior

\* Year of birth: In order to participate, the athlete must be born in the year indicated or earlier.

**NOTE:** Regrettably, there will be no class for juniors in these competitions because of the small number of participants in preliminary registration. However single juniors can take part in senior (W/M 21) classes.

## Punching System

The EMIT-punching system will be used. EMIT-cards can be rented from the organizers by choosing this option in the *Final Entry Forms*. Rental is 5 € / competition or 10 € for all 3 competitions.

## Medals

Will be awarded to the first three finishers in each class.

## Competition Information

All in one place - every competition takes place in Pajulahti (<https://pajulahti.com/en/>)

### Sprint in Pajulahti Training Center

The Pajulahti Sports Institute area enables a great sprint competition with fast park areas and complex buildings. There are also some uphill and stairways.

### Middle and long distance

Middle and long distance will also take place in Pajulahti. Forest area is big enough so both competitions will be run in different parts of the terrain. The area consists of large hill areas with fast and open tops and slower parts between the hills. Maximum height difference on the terrain is about 60 meters. There are also some signs of forestry.





## Training possibilities

Competitions held in similar terrain as NBDOC 2022:

- Helsinki O-Games 11.-12.6.2022 (<https://2022.helsinkiogames.fi/>)
- Fin5 Orienteering week (1. and 2. day) 12.-13.7.2022 (<https://2022.fin5.fi/>)
- Merenkurkun Rastipäivät 20.-22.7.2022. (<https://www.kvarkentrio.fi/fi/>)

More information about the training offered on Thursday 11 August will come in Bullet 3.

## Clothing

Competitors can make their own choice of color and material in competing clothing and footwear.

## Antidoping

IOF's antidoping rules apply, [www.orienteering.org/anti-doping/](http://www.orienteering.org/anti-doping/)  
[www.deaflympics.com](http://www.deaflympics.com) (antidoping rules)

## Audiogram

In order to participate in the NBDOC, you must have a hearing loss of at least 55dB. NBDSF is following ICSD's and EDSO's regulations for audiograms.

## Final Entry

Deadline for final entries is **3 July 2022** by the *Final Entry Forms*.

- It is possible to run all the competitions or choose only one or two of them.
- In competitions you can use your own EMIT-card or rent one from the organizers.
- Final entries become valid only after payment of the entry fees.

Event fees (€)	Sprint	Middle	Long	All
Senior and Master	20 €	20 €	20 €	50 €
Junior	15 €	15 €	15 €	40 €

+ EMIT-card rental is 5 € / competition or 10 € for all 3 competitions.

# Accommodation

In Pajulahti Olympic and Paralympic Training Center.

Two options of room standards (all prices per person)

	2 nights	3 nights
<b>Sport Standard Room</b> (twin or triple)		
- incl. breakfast	100 €	150 €
- half-board (breakfast & dinner)	125 €	185 €
<b>Hotel Standard Room</b> (twin or triple)		
- incl. breakfast	140 €	210 €
- half-board (breakfast & dinner)	165 €	245 €
<b>Single room</b> +30 € / night in both categories		

\* additional warm meals from Scandinavian Buffet for 11,85 € / meal

\* accommodation photos are found in <https://pajulahti.com/en/accommodation-2/>

A quota of both room categories has been reserved for this event, which also means that there is a **limited amount** of rooms. Please make reservations by filling out and sending the *Accommodation Reservation Form* to Finnish Deaf Sports Federation (by e-mail [nbc2022@skul.org](mailto:nbc2022@skul.org)) by **3 July 2022**.

## Payment

Deadline for **full payment** (incl. event fees, EMIT-card rental and accommodation) for all participants need to be made **by 3 July 2022**. You need to pay in advance, it is **not possible** to pay in Pajulahti. Please make a bank transfer to the following account:

**Name:** Finnish Deaf Sports Federation

**Bank:** Danskebank

**IBAN:** FI34 8000 1501 6803 35

**Swift/BIC:** DABAFIHH

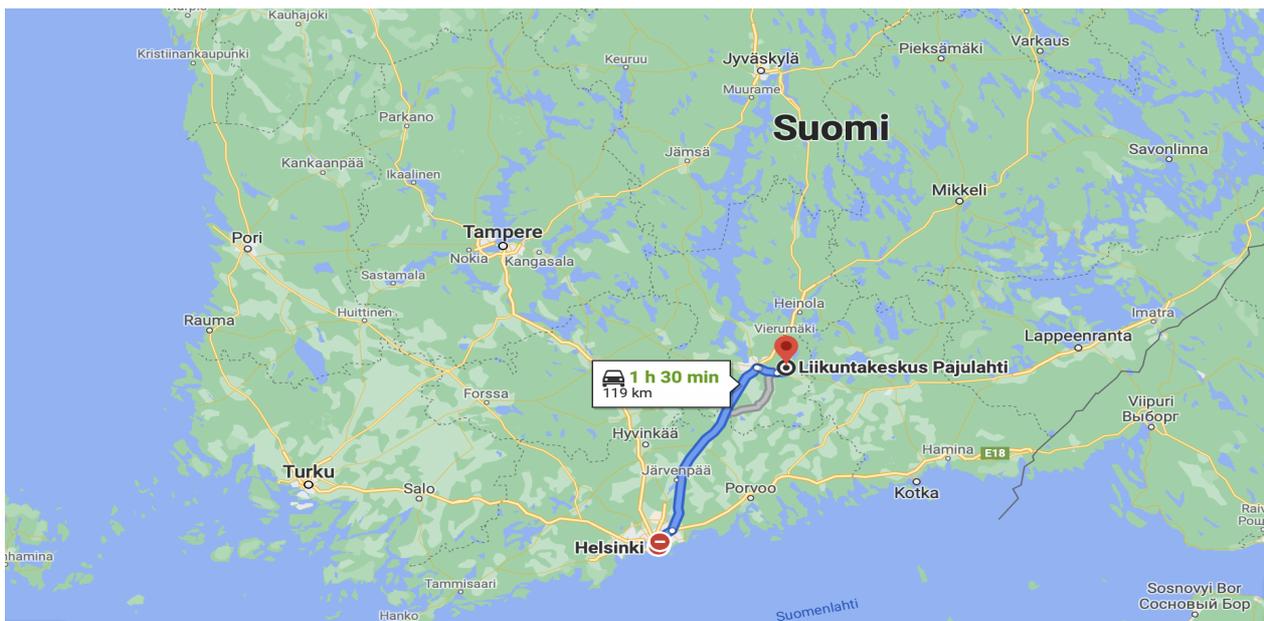
In the bank transfer, please write NBD0C and the name of your country or club.

If you have further questions about payments, please contact directly treasurer Juha Vahtera (by e-mail [juha.vahtera@skul.org](mailto:juha.vahtera@skul.org)) - thanks!

## Easy to get to Finland

It is convenient to get to Finland by flight to Helsinki Airport and by car or public transport from the Airport to Pajulahti. **Pajulahti Olympic Training Center** is located in eastern Lahti, around 20 minutes from the center of Lahti. Our location in the intersection of main roads allows for an easy approach from any direction.

### Google maps: Helsinki - Pajulahti



### Travel time

From Helsinki Airport or Helsinki Ferry Station to Pajulahti Olympic Training Center takes around 1,5 hours by car and from Helsinki Airport to Nastola Railway Station about 1,5-2 hours by train and you can get from Nastola Railway Station to Pajulahti Olympic Training Center easily by local buses (route 4) or taxi.

## **VR Finnish Railways timetable / tickets in English**

<https://www.vr.fi/en/timetables>

## **Lahti Region public transport timetable / tickets in English**

<https://www.lsl.fi/in-english/>

If you need any help arranging transport to Pajulahti, just contact us (by e-mail [nbc2022@skul.org](mailto:nbc2022@skul.org)). If needed, a transport service from Nastola Railway Station to Pajulahti can be provided by a volunteer and will cost 25€ one way (max. 4 person).

## **Car rental**

Helsinki Airport has a number of car rental companies.

## **Visa**

If you are coming from a country in the EU or from the Schengen area you do not need a visa to Finland. For others, please check the visa requirements in this homepage:

<https://um.fi/visa-to-visit-finland>

## **Insurance**

Each athlete participates in the competition at his/her own risk.

## **COVID-19 Situation**

COVID-19 situation should be checked on the website, travel guidelines to Finland, whether COVID-19 testing is necessary beforehand. The host organization **will not pay** for COVID-19 tests. We will inform you in the beginning of August what is the current COVID-19 situation in Finland, possible restrictions etc.

<https://thl.fi/en/web/infectious-diseases-and-vaccinations/what-s-new/coronavirus-covid-19-latest-updates/travel-and-the-coronavirus-pandemic>

<https://www.finnair.com/is-en/flight-information/travel-updates/travelling-to-finland-2166362>

# **WELCOME TO PAJULAHTI in AUGUST 2022**

*You are only one step away from your participation in a great event -  
Open Nordic Baltic Deaf Orienteering Championships 2022 in Finland.*

We are happy to see you soon!

