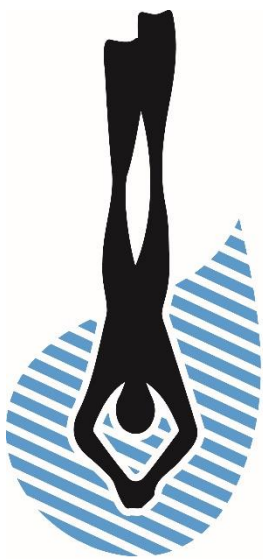


AIDA Freediving Pool World Championships 2016 Finland

Finnish Divers' Federation

25 June – 4 July 2016



AIDA
International freediving

SUMMARY

Finnish Divers' Federation (FDF) is celebrating its 60th anniversary in 2016. We welcome freedivers from all over the world to Finland and celebrate with us and we present our bid to host the AIDA freediving pool world championships 2016. Our aim is to provide all athletes the best possible conditions for breaking your personal bests, national records and even world records.

Finland has to provide you excellent venue, experienced organization and beautiful surroundings for the competition. The host city is Turku and the competition is scheduled at the end of June. Turku is the oldest city in Finland, our first capital and full off country's history. At the time of the competition our nature with thousands of lakes and endless forest is at its best and you can experience all this under the midnight sun.

The indoor venue is newly renovated and has a 10 lane 25 m and an 8 lane 50 meter competition pools. Constant indoor conditions give all athletes equal setting for their dives and help in selecting the most suitable equipment's. Pool has versatile facilities and specific areas will be reserved for athletes to concentrate and prepare themselves for dive. Close distances between the pool and hotel help to guarantee smooth transportation.

The Linnasmäki conference hotel is located few kilometres from the pool and Turku city centre and at the edge of a park area. Restaurant services at the hotel include breakfast and optional full or half board. The Finnish everyday food is healthy and versatile and we are able to take common allergies and diets into account. The hotel and the surroundings provide many opportunities for courses, seminars and leisure time activities. Furthermore, in collaboration with Turku touring we can offer you different kinds of packages from city tours to cruises around the Turku archipelago or visits to the nearby Moominworld.

One of the main focus areas of the competition will be communication. At the pool and the hotel we will provide functional internet services and specific digital platform will be established for reporting on the competition, results and general matters. Through smartphones and computers we will be able reach all participants real time with all the relevant information. This we give you all the possibility to relax and concentrate on the competition.

In the past, Finnish Divers' Federation has organized many big national and international events. FDF was the host of uw rugby world championships in 2011 and European championships in 2005. In 2013 FDF was the host of Euro-African spearfishing championships. FDF has good financial resources and the personnel and volunteers are experienced in event management. The organization of this event consist of experienced freedivers who have been competing and organizing competitions nationally (Freediving Finnish Open) and internationally. Thus, we have a good understanding of your needs which will come up in the project plan. FDF is excited of the opportunity to host the AIDA Freediving Pool World Championships 2016 and we hope to see you all here next year!

MISSION, VALUES AND COMPETENCIES

The mission of the AIDA Freediving Pool World Championships 2016 Finland is to provide all athletes the best possible conditions for breaking your personal bests, national records and even world records. To do this we have, firstly, selected a functional newly renovated indoor venue with 25 and 50 m pools. Secondly, the hotel is selected close to pool, city centre and important services. We have negotiated good prices for food and accommodation, and the close proximity of the hotel with the pool guarantees smooth transportation. The surrounding nature, the diverse facilities at the hotel and close distance to the city centre provide multiple opportunities for leisure time activities. Finally, we will focus on efficient communication. Hotel and pool will have good internet connection and digital services will be used for communicate on competition details and other organizational matters. Through smartphones and computers we will be able reach all participants real time with competition results, schedules and other information. This we give you all the possibility to relax and concentrate on the competition.

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ORGANIZATION

Finnish Divers' Federation is voluntary non-profit organization. FDF represents almost 200 diving clubs with over 10000 members. In 2016 FDF celebrates its 60th anniversary and during these 60 years the federation has supported the growth and development of many water sports in Finland. Today, the activities include scuba diving, uw rugby, finswimming, spearfishing and freediving. FDF is a member of the Finnish Olympic Committee and the national member of AIDA International. AIDA Finland has been leading the development of freediving sport in Finland and organizes every year many freediving courses, competition and diving events. The Freediving Finnish Open pool competition has been growing every year together with the attendance of foreign athletes. The competition has given our organization good international experience and increased the number of talented volunteers to support this project.

Project management:

| | |
|-----------------|---|
| Mikko Anttonen: | Project manager, PhD, president of AIDA Finland, athlete, management professional, experienced in leading many national and international freediving competitions and events under the FDF. |
| Sari Nuotio: | Operational manager of the FDF, experience of many international events under FDF. |
| Kaj Toivola: | Project management and marketing professional, digital technology expert, athlete, instructor and judge. |
| Mikko Pöntinen: | Elite athlete, instructor and judge. |
| Viljami Tabell: | Freediver and instructor. |

LOCATIONS AND TRAVEL

The host city of the competition is Turku which is Finland's oldest city, our first capital and full off country's history (figures 1, 2 and 3). The city is located at the south-western corner of Finland by the Baltic Sea and surrounded by the beautiful Turku archipelago. In Turku everything is close. Public transport is a fast way to move between many services at the city centre and hotel and there is a big supermarket walking distance from the hotel. Shuttle busses operate between pool and hotel during the competition and training.



Figure 1. Turku is located at the south-western corner of Finland

Turku is accessible by train, ferry or plain depending on where you are coming from. If you are arriving by plain you can travel with Finnair via Helsinki to where there are flights from all around the world. There are direct flight routes to Turku also from Riga, Latvia (AirBaltic) and from Stockholm, Sweden (SAS). From Helsinki airport it's also possible to take the train to Turku, and train connections to Turku are also available from Russia via St. Petersburg. From Stockholm, Sweden you can travel to Turku by ferry. Viking Line and

Tallink Silja ferries operates frequently between these two cities. Within the city the transport between the pool and the hotel is organized by free shuttle buses, and public transportation by bus is an easy way to travel around the city (figure 2).

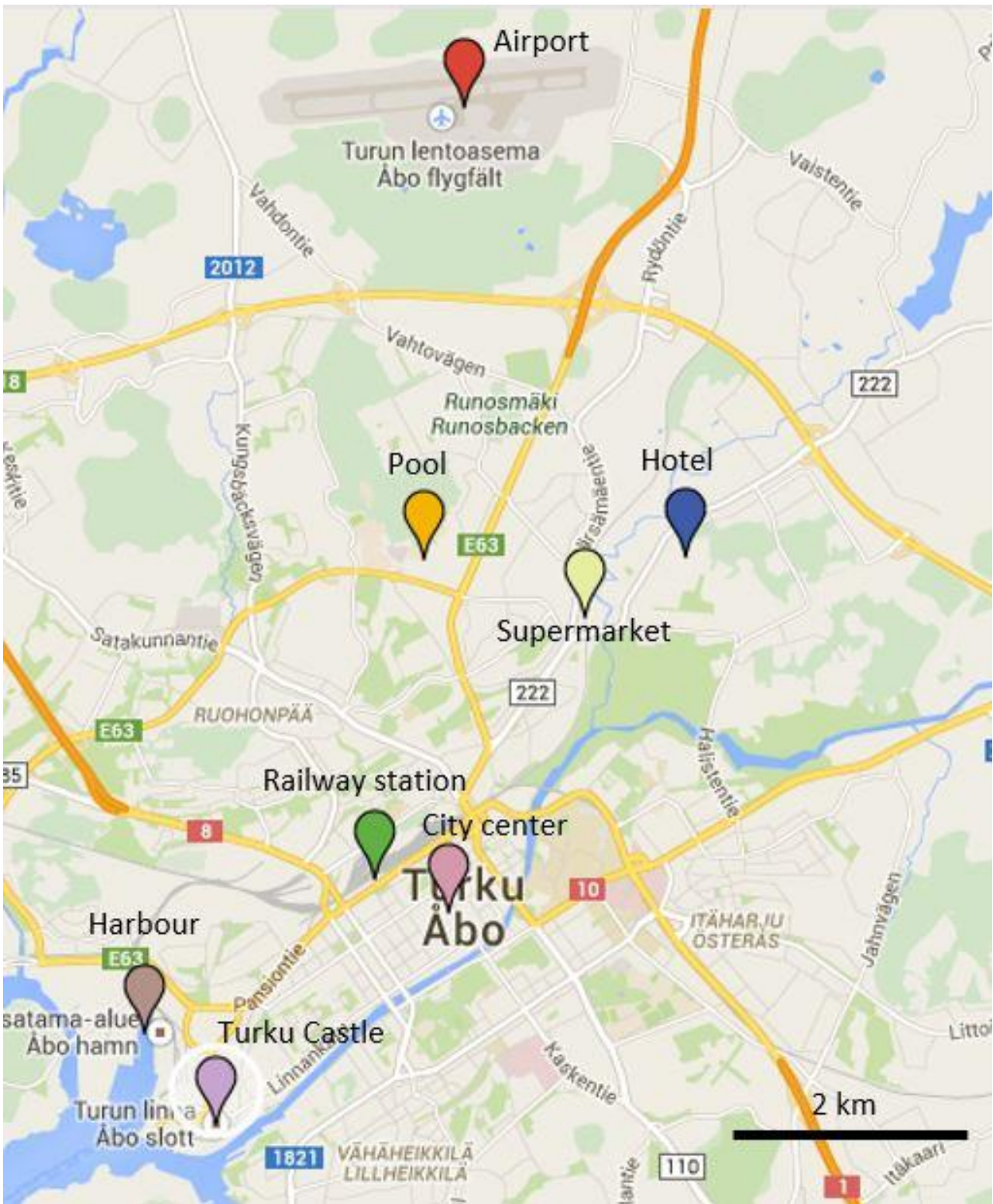


Figure 2. Map of the Turku area.



Figure 3. Turku is the oldest city in Finland, our first capital city and located by the Baltic Sea.

VENUE

Impivaara pool is an indoor swimming facility with a 10 lane 25 pool and an 8 lane 50 m pool for the competition (figures 4 and 5). Both pools have a 1.3 meter shallow part for easy and stabile starting. The profile goes slowly down to 1.85 m in the 50 m pool and to 1.8 m in the 25 m pool. Pool temperature is constant 27 degrees. The pool is located 3 km from the hotel and shuttle busses transport people during the competition and training. STA will be competed at the shallow part of the 25 m pool, DNF in the 25 m pool and DYN in the 50 m pool.

The venue has versatile facilities to support many needs. Specific areas will be reserved for athletes to help them concentrate and prepare themselves for the dives.

More information and virtual tour around the venue is available at:

<http://www.impivaaranuimahalli.fi/public/default.aspx?nodeid=18483>

<http://www.impivaaranuimahalli.fi/public/default.aspx?nodeid=19050&culture=en-US&contentlan=2>



Figure 4. Impivaara has newly renovated facilities and a 8 lane 50 m and 10 lane 25 m pools.

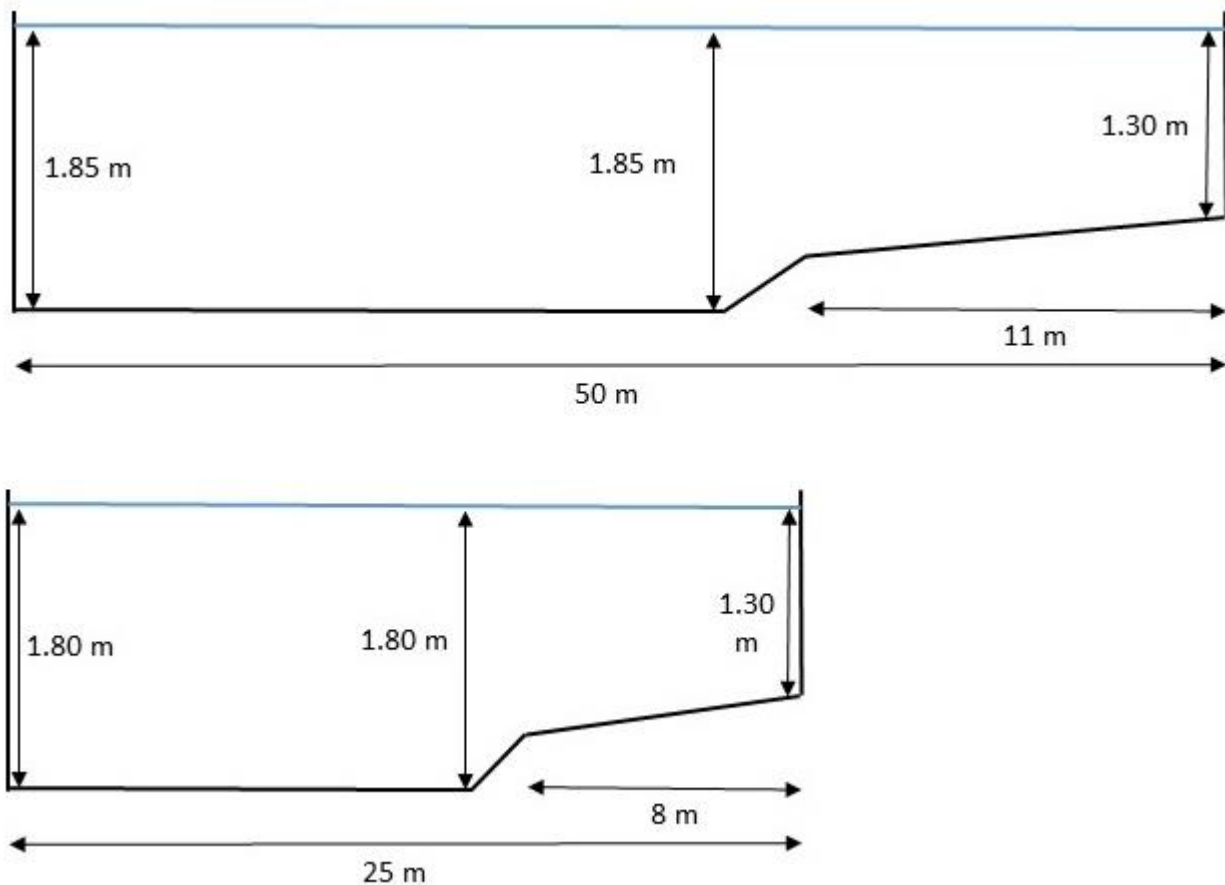


Figure 5. The depth profiles of the 25 and 50 m competition pools.

ACCOMMODATION AND FOOD SERVICES

Linnasmäki conference hotel (<http://www.linnasmaki.fi/english/>) is located 4 km from Turku city centre and 3 km from the pool (figure 2). Public transport busses are an easy way to move between city and hotel and shuttle busses operate between pool and hotel during the competition and training. The hotel is located next to a recreational park area that offers possibilities for relaxing leisure time activities.

The hotel has a restaurant and various facilities for organizational needs, seminar and events (figure 6). Accommodation is arranged in two person rooms which all have showers and toilet. Kitchens and common facilities for socializing and can be found in each floor.

The hotel restaurant serves healthy Finnish everyday food. Restaurant is able to take in to account the common allergies and diets. Breakfast is included in the room price and lunch and dinner is available with affordable price. Lunch and dinner times will be adjusted according to competition and training schedules. A large supermarket is located near the hotel (figure 2) and restaurants at the city centre provide alternative food services.

ACTIVITIES

The competition will take place in Turku which is the oldest city in Finland and full off country's history. The city is located on the west cost of Finland by the Baltic Sea and surrounded by the beautiful Turku archipelago (figures 1, 2 and 3). The hotel is located next to park area which offer relaxing opportunities for leisure time activities, and if you have not had enough of swimming during the competition, you may also visit the water

park next to the pool. Furthermore, in collaboration with Turku touring we can offer you different kinds of free time activities from city tours to cruises around the archipelago or a visit to the nearby Moominworld.

The hotel and the pool offers many possibilities for different courses and seminars. Preliminary ideas on seminars focus on training, coaching and safety of the sport. Finland and Turku offers many possibilities to travel also on your own and more information is available from the websites below.

Turku Touring: <http://www.visitturku.fi/en>

Travel Finland: <http://www.visitfinland.com/about-us/>

Moominworld: <http://www.moominworld.fi/>

Water park: <http://www.jukupark.fi/>

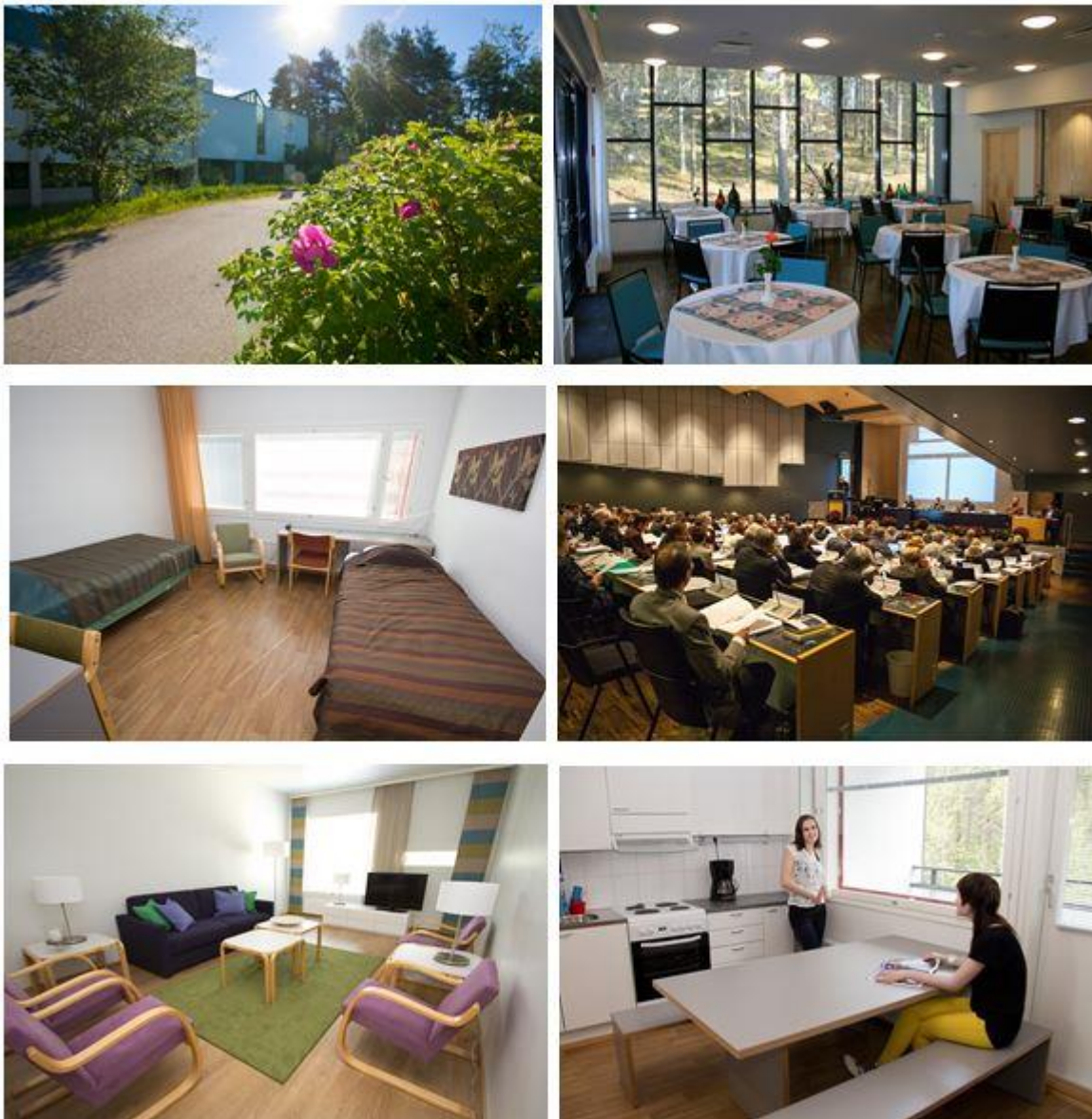


Figure 6. Linnasmäki conference hotel is located next to a recreational park area and provides various facilities for organizational needs, free time and events.

COMPETITION AND SCHEDULE

The competition schedule is presented in table 1. Registration is open for two days which gives an option to have a longer or shorter recovery time after traveling to Finland before the competition. The competition is started with STA qualifications followed by DNF and DYN which gives more time to get to know the pool for DNF and DYN. Before the finals we have one rest day during which some recreational activities will be organised. In the qualifications all athletes, men and women together, will compete in ascending AP order. Depending on discipline and total amount of athletes, 4 to 6 person heats will be organized. From qualifications 8 best athletes will compete in the A final of the final positions from 1 to 8 and the 8 next athletes will compete in B finals of final positions from 9 to 16. In the A and B finals, all 8 athletes will dive at the same time in all disciplines. Doping samples will be taken according to AIDA International competition rules and random. Sampling is done by the Finnish antidoping authority. 20 samples will be collected and analysed.

Table 1. Competition and training schedule.

| Day | | Competition | Training |
|-----------|-------|--|-----------|
| Friday | 24.6. | Arrival | - |
| Saturday | 25.6. | Arrival, registration and opening ceremony | - |
| Sunday | 26.6. | Registration continues | 25 m pool |
| Monday | 27.6. | STA qualifications, 25 m pool | 25 m pool |
| Tuesday | 28.6. | DNF qualifications, 25 m pool | 50 m pool |
| Wednesday | 29.6. | DYN qualifications, 50 m pool | 25 m pool |
| Thursday | 30.6. | Resting day | 25 m pool |
| Friday | 1.7 | STA finals, 25 m pool | 25 m pool |
| Saturday | 2.7. | DNF finals, 25 m pool | 50 m pool |
| Sunday | 3.7. | DYN finals, 50 m pool. Closing ceremony | - |
| Monday | 4.7. | Departure | - |

MEDIA AND COMMUNICATION

One of the main focus areas of the competition is communication. A special media team will be set up to gather and distribute information. At the pool and the hotel we will provide functional internet services and specific digital platform will be established for reporting on the competition, results and general matters. Through smartphones and computers we will be able reach all participants real time with all the relevant information. The platform will also have social media plugins to create an interactive environment. This we give you all the possibility follow the competition from official and participant perspective. Furthermore, fast accessibility on essential information will help to relax and concentrate on the competition

FEES

Competition costs for different customer groups are listed in table 2. Most of the cost are the same for different groups. The participation cost for athletes includes all disciplines and other competition related fees (first aid, doping tests, transport between the pool and the hotel etc.). The participation of different beneficiaries is also charged, however, the participation of individuals defined mainly as spectators is not charged. Accommodation fee is separated from the competition fee which makes the individual attendance time more flexible. The total costs depend on the time you spent in Finland (see the schedule on table 1) and how you want to organize our meals.

Table 2. Competition costs for different participant groups and organizations.

| Fee | Group | € |
|----------------------------------|---|-----|
| Accommodation*, one night | All groups | 45 |
| | | |
| Lunch at the Linnasmäki hotel** | All groups | 8 |
| Dinner at the Linnasmäki hotel** | All groups | 11 |
| | | |
| Closing ceremony | All groups | 30 |
| | | |
| Participation fee | Athletes | 350 |
| Participation fee | Coaches and team captains | 275 |
| Participation fee | Photographers etc. | 275 |
| Participation fee | Business partners and other beneficiaries | 500 |

* Double room, price per person

** Final price depends on total amount of customers

BUDGET

The budget is presented in table 3 and it has been created with an estimated attendance of 100 athletes and coaches in total. The estimate is based on previous competitions and recent trends in the attendance. The main aims of the financial planning have been avoiding risks and to keep the participation costs as low as possible. Finnish Divers' Federation is a voluntary non-profit organization and the non-profit principle will be applied also with this event. Main income sources are accommodation fees, competition fees and financial support from the Finnish Ministry of Education and Culture. The budget has very moderate estimates for sponsorship and partner incomes, however, we will actively seek collaboration possibilities which might lead to new income sources and lower attendance costs.

CONTACT

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FINLAND

Table 3. Budget.

| COST | | € |
|---|-------------------|------------------------|
| Hotel | Accommodation | 44980 |
| | Other facilities | 1550 |
| Venue | Pool | 5000 |
| | Other facilities | 500 |
| | Equipment | 2300 |
| Transport | Car rentals | 5000 |
| | Fuel | 1000 |
| Volunteers (judges etc.) | Travel | 5600 |
| | Catering | 7200 |
| | Equipment | 480 |
| | Insurances | Existing FDF insurance |
| First aid | Safety plan | 400 |
| | Equipment | 600 |
| Doping | Sampling | 5000 |
| | Analyses | 5000 |
| Media & communications | Internet services | 1500 |
| | Materials | 1400 |
| | Equipment | 1000 |
| Activities and closing ceremony | Facilities | 700 |
| | Catering | 3780 |
| | Entertainment | 600 |
| Total cost | | 93590 |
| INCOME | | € |
| Accommodation | | 45000 |
| Participation fees | | 35900 |
| Collaborators | | 2550 |
| Finnish ministry of education and culture | | 10140 |
| Total income | | 93590 |