



OLYMPIAPARKEN  
Magiske øyeblikk

## Invitation to parabobsleigh school 18<sup>th</sup>. -22<sup>nd</sup>. December 2023, Lillehammer

The Norwegian Luge, Bob and Skeleton Federation in collaboration with IBSF (The International Bob and Skeleton Federation) invite you to parabobsleigh school 18<sup>th</sup> –22<sup>nd</sup>. December in the Olympic Luge and Bobsleigh track in Lillehammer. NABSF and IBSF together have a team of coaches, health and support staff in place throughout the parabobsleigh school.

Here you get the opportunity to learn how to drive a monobob during four days under the expert guidance of skilled trainers and instructors.

### Participants

We require a minimum of 5 participants to arrange the parabobsleigh school and the maximum number of participants is set to 10. Norwegian participants will be given priority if the registration exceeds the maximum number of participants.

The IBSF rules stipulate as a minimum requirement that you can move yourself in / out of the bobsleigh alone without assistance. Good arm and finger function is also required. If you are in doubt about whether you have insufficient function in the arms / fingers, then tick the option «... conversation with our physiotherapist» in the registration form and our physiotherapist will contact you to clarify if you have the necessary function in the arms and fingers. The same if you have a known weakness in the skeleton / have osteoporosis. Then you are basically disqualified from being able to perform this sport / participate in the para-school but ask that our physiotherapist contact you to clarify this.

You must be an IBSF licensed athlete to participate, please contact your federation here for more information.

Comment from classifiers: all the athletes should fill it to participate. Please read it and follow the instructions: [https://www.ibsf.org/images/documents/downloads/Para-Sport/Para\\_Sport\\_Medical\\_Diagnostic\\_Form.pdf](https://www.ibsf.org/images/documents/downloads/Para-Sport/Para_Sport_Medical_Diagnostic_Form.pdf)

### Accommodation and entry fee

All participants cover their own travel, accommodation, and food.

NABSF have reserved some rooms for the parabobsleigh school. After 30.October the rooms will not be reserved anymore, so please order room as soon as possible.

We will have our base camp at Hafjell hotel in Øyer, +47 61 28 55 50, <https://www.hafjellhotell.no/en>

Price single room (18<sup>th</sup> –22<sup>th</sup>. December): NOK 8360 full board (2090 NOK each day).

Price double room: (18<sup>th</sup> –22<sup>th</sup>. December): NOK 6160 full board. (1540 NOK each day).

Participant fee: 250 Euro for athletes who is not a member in a Norwegian Club.

### Equipment and clothing

- Helmet. EC approved helmet. Flip-front is not allowed to be used. (Helmets can be borrowed in the course if you do not own or manage to borrow one).
- Motor-cross protection vest, with back protection is recommended for those who want a little more padding and protection. Not necessary, but can be smart to use.
- Thin gloves while driving, possibly driving without gloves for those who prefer it. This is to have good contact and control with the D-rings.



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- Thin windproof fleece jacket or sweater while driving. Ideal is without a hood and other things that can slow down.
  - Type shoes; boxing / motorsport shoes are recommended because it makes it easier to get in / out of the bobsled.
  - Important!!! Use a cushion from a wheelchair or other pressure relief cushion to prevent pressure sores from driving.
- Otherwise, warm winter clothes and a hat because it is cold to wait outside in the cold.

### Program

Monday evening: Arrival, equipment checks and adjusting  
Tuesday: Track Walk at 09.00. Training in the track at 14.00  
Wednesday: Track Walk at 09.00. Training in the track at 14.00  
Thursday: Track Walk at 09.00. Training in the track at 14.00  
Friday: Training at 09.00

### Registration deadline

#### Link to registration

[https://docs.google.com/forms/d/e/1FAIpQLScykeWuwsQgM7Jj-q2ig9p8x7RiS-nocx3k7mxTRkIMHs\\_gmw/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLScykeWuwsQgM7Jj-q2ig9p8x7RiS-nocx3k7mxTRkIMHs_gmw/viewform?usp=sf_link)

Detailed program will be sent out to the participants later.

**Attendance is Wednesday evening 15<sup>th</sup>.November**

We hope for great participation and look forward to seeing you sliding in the track  
If you have any questions please contact Secretary General, Åshild Høva Sporsheim.

[aashild@nabsf.no](mailto:aashild@nabsf.no)

