



EUROPEAN WEIGHTLIFTING FEDERATION
EFW Training Camp & Scientific Seminar



SUBJECT TO
COVID GUIDELINES

REGULATION

EFW Training Camp & Scientific Seminar
09th -16th September 2021 Kamianets-Podilskyi-UKRAINE

DATES: 09th -16th September 2021

PLACE: Kamianets-Podilskyi-UKRAINE

Invited National Federations:

All EWF Federations. Places limited to the first 60 Participants.

Arrival date : 09th September 2021,

Departure Date : 16th September 2021

ARRIVAL PLACES: Arrival-airports are Kyiv Airports, Chernivtsi Airport, Lviv Airport.

TEAM COMPOSITION : One female, one male coach, 2 male youth athletes (13-17 years old) and 2 female youth athletes (13-17 years old).

ACCOMMODATION : Accommodation (double room) is full board and it is paid by EWF for 2 coaches, two youth female athletes and two youth male athletes for each member federation.

Places limited to a maximum of 40 athletes and 20 coaches.

Accommodation Places: 7 Dniv hotel, 4 Soborna Street, Phone of Hotel : +380674421881

TRAINING: Epicentr Sports Club, 30A Drai Chmary street, +380504125833

FLIGHT TICKETS: Flight tickets from / to Ukraine is paid by delegate own federation.

Local transportation will be provided by Ukrainian Weightlifting Federaion.

TRANSPORTATION from AIRPORTS: Ukrainian Weightlifting Federation (UWF) will provide transportation from all airports to Kamianets-Podilsky.

COVID-19 POTOOLS: Ukraine Government Guidelines apply. This may change subject to Government pdates.

Negative COVID PCR required Test no more than 72 Hours before arrival. Travel and Medical Insurance required. Face masks. Medical personnel and isolation room will be available for participants showing COVID symptoms.

DEPARTURE: 48 Hours before departure a COVID PCR test will be available. Federation fee €35.00 per test.

Please check following link for updates:

www.ewfed.com

Youth Training Camp & Seminars Schedule

	09 th	10 th	11 th , 12 th	13 th	14 th ,15 th	16 th
7:30	Arrival day	Waking up time	Waking up time	Waking up time	Waking up time	Departure day
8:00		Morning exercises	Morning exercises	Morning exercises	Morning exercises	
8:30		Breakfast (girls)	Breakfast (girls)	Breakfast (girls)	Breakfast (girls)	
9:00		Breakfast (boys)	Breakfast (boys)	Breakfast (boys)	Breakfast (boys)	
9:30		Free time	Free time	Free time	Free time	
10:00						
10:30		Morning training (girls)	Morning training (girls)	Morning training (girls)	Morning training (girls)	
11:00						
11:30		Morning training (boys)	Morning training (boys)	Morning training (boys)	Morning training (boys)	
12:00						
12:30		Lunch	Lunch	Lunch	Lunch	
13:00						
13:30		Nooning	Nooning	Nooning	Nooning	
14:00						
14:30		Afternoon training (girls)	Afternoon training (girls)	Afternoon training (girls)	Afternoon training (girls)	
15:00						
15:30		Afternoon training (boys)	Afternoon training (boys)	Afternoon training (boys)	Afternoon training (boys)	
16:00						
16:30						
17:00						
17:30	Coaches Meeting 6.00pm- 7.00pm	Free time	Free time	Free time	Free time	
18:00						
18:30						
19:00	Dinner	Dinner	Dinner	Dinner	Dinner	
19:30						
20:00						
20:30	Free time	Coaches seminar	Athletes and Coaches Anti-Doping seminar		Athlete and Coaches seminar	
21:00						
21:30						
22:00						
22:30	Personal care time	Personal care time	Personal care time	Personal care time	Personal care time	
23:00	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	

- Athletes to bring running shoes for sprint and plyometric exercises.

Dates of Entries for accreditation and accommodation is 15th July – 15th August 2021 Please use EWFCES “*Seminar/Camp*” section for entries.

[User Manual for accreditation of EWF “Seminar / Conference / Training Camp” section in EWFCES..... click](#)

Please note the EWF will only accept first 60 participants for Camp .

EWF SECRETARIAT

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Organizing Committee

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