



# Rowing

## WELCOME!

You are now part of one of the world's most exciting sports events. The Rio 2016 Paralympic Games Spectator Guide brings tips and important information to enable you to make the most of this great party. Enjoy your reading!



## GOLDEN TIPS

What you need to know to enjoy every single moment of the Rio 2016 Games

- Before leaving, **check out the latest information** about the Games on [rio2016.com](http://rio2016.com)
- Do not forget your tickets and **check the date, time and place** of competitions on the website before leaving. Get more tickets on [rio2016.com/en/tickets](http://rio2016.com/en/tickets)
- **Check the weather forecast** and prepare yourself accordingly
- **Use public transport.** It is not possible to park at the competition venues and their surroundings
- **Plan your trip.** Transport systems and competition venues will be crowded. It can take you a while to go back and forth!
- Arrive early: **most venues open two hours before the competition gets underway.** If the session has already started, you may have to wait for a break to enter. **Check out this information** at [rio2016.com/en/venues](http://rio2016.com/en/venues)
- You will go through a **security check** with X-ray equipment. **Forbidden or restricted items** will be collected and not returned. **Check the complete list** on [rio2016.com/en/venues](http://rio2016.com/en/venues)
- **Avoid carrying bags to speed up your entrance.** If necessary, choose the smaller ones that you can put on your lap or under the seat
- **Identify children** and other special cases with **bracelets made available at the public information desks**
- Look for the **Rio 2016 team** members wearing **green** - they are there to **help you!**
- **It is forbidden to smoke at the competition venues.** There are designated smoking areas. Get more information with the volunteers or at the public information desks
- This **Guide has a map with the services available at the venues**
- **Within Rio 2016 venues, payments** can only be made in **cash or Visa debit**, credit or pre-paid cards
- **Download the official app** on [rio2016.com/en/app](http://rio2016.com/en/app) and **stay tuned** to everything that happens during the Games
- Bring your energy and support. Let's make it an unforgettable party!

## LEARN MORE ABOUT RIO

Nature, culture and gastronomy are permanent attractions in the city, which has been welcoming more and more tourists with open arms. The Olympic City is ready to welcome visitors arriving for the Rio 2016 Games and is preparing an amazing programme for the Live Sites installed at strategic locations in the city, where you can watch the Games broadcast and enjoy a vast cultural programme.

Go to the [visit.rio](http://visit.rio) portal and discover the wonders of Rio de Janeiro.

## SUSTAINABILITY

Do your part and dispose of your rubbish appropriately. Use the coloured recycling collectors provided: they benefit recycling cooperatives, generating social inclusion and new businesses.

## ACCESSIBILITY

Individuals with an impairment or reduced mobility, such as obese people, senior citizens, pregnant and breastfeeding women and people with small children are entitled to preferential service when accessing venues and on services offered to Games' spectators. Exclusive services intended for this audience are also available at all venues. Get more information with the volunteers or at the public information desks.

## FORMS OF PAYMENT

**VISA** In recognition of its long-standing support to the Paralympic Games, only Visa cards (debit, credit or prepaid) and cash are accepted for purchases at Rio 2016 venues.

## CONTACT US

An open channel to listen to you.  
Call centre: + 55 (21) 3004-2016\*  
[rio2016.com/en/contact](http://rio2016.com/en/contact)

\*Price of a local call if calling from Brazil.  
Price of a call to Rio de Janeiro if calling from overseas.

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## UNDERSTANDING THE SPORT

### HOW IT ALL BEGAN

The first representation of a rowboat dates back to 5800BC and was discovered in Finland. The oldest race on record took place in Venice, in 1274, when gondoliers and boatmen competed in different boats. Rowing has only become a competitive sport in the last 200 years, however. The sport was scheduled to debut at the Athens 1896 Olympics Games, but the race was cancelled due to rough seas. The competition was finally held four years later, at Paris 1900. Paralympic rowing, in turn, only entered the programme at Beijing 2008.

### ABOUT THE COMPETITION

In Paralympic rowing, the competition equipment is modified so it is easier for the athlete to practise the sport. Regardless of the category, the events always take place across distances of 1,000m, while at the Olympic Games, they are 2,000m. Boats may be manned by one, two or four athletes, depending on the event.

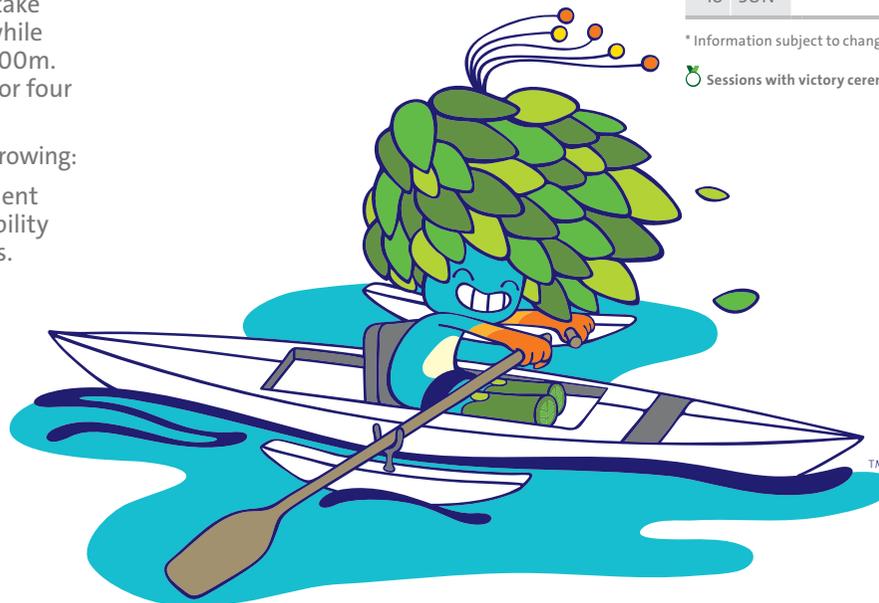
There are three classes in Paralympic rowing:

- **AS** – For athletes with an impairment of the trunks and legs, whose mobility is restricted to shoulders and arms. The competition is individual
- **TA** – Conceived for athletes who can move their trunks and arms. The event is carried out in pairs formed by a man and a woman

- **LTA** – Conceived for athletes with functional use of their legs, trunks, and arms for rowing. This category includes up to two visually impaired people. The boat is occupied by four members, two men and two women, and a cox, who may be a man or a woman and needs not to be impaired

### DID YOU KNOW?

In rowing, the cox – who also plays the role of guide – does not need to be a person with an impairment, as is the case in Paralympic athletics.



### PROGRAMME\*

SEPTEMBER	SESSIONS	
07 WED		
08 THU		
09 FRI	08:30 11:10	
10 SAT	08:30 11:10	
11 SUN	08:30 11:30	
12 MON		
13 TUE		
14 WED		
15 THU		
16 FRI		
17 SAT		
18 SUN		

\* Information subject to change without prior notice.

Sessions with victory ceremonies are in bold.

### EVENTS

Single sculls – AS

Single sculls – AS

Double sculls – TA

Coxed Fours – LTA

Male Female Mixed



## PLANNING YOUR TRIP

### ARRIVING AT THE VENUE

Lagoa Stadium, located at one of the most famous postcards of the *Cidade Maravilhosa*, the Lagoa Rodrigo de Freitas, is one of the venues of the Rio 2016 Games. Check out how to get there:

**METRO - LINE 4 > NOSSA SENHORA DA PAZ STATION**  
19min walk/1,400m

**METRO - LINE 4 > JARDIM DE ALAH STATION**  
12min walk/830m

**Accessible station** - Accesses A of Nossa Senhora da Paz and Jardim de Alah stations are accessible. Departing from Nossa Senhora da Paz Station there is an accessible auxiliary shuttle service available for the convenience of people in wheelchairs or with reduced mobility. Learn more about public transport accessibility during the Games at [visit.rio](http://visit.rio).

### ATTENTION!

- Instructions on how to arrive at the venue are intended only for ticket holders
- Make sure you check the competition schedule and public transport stations
- Buy in advance the Cartão dos Jogos (transport card). Some stations are only available for transport card and ticket holders
- Learn more about Cartão dos Jogos and public transport at [visit.rio](http://visit.rio)
- Check the venue entry locations and pay attention to the signs at the stations
- After the competition, check the venue exits and public transport access signs
- Walking times are estimated based on the average speed of 1.2m/s

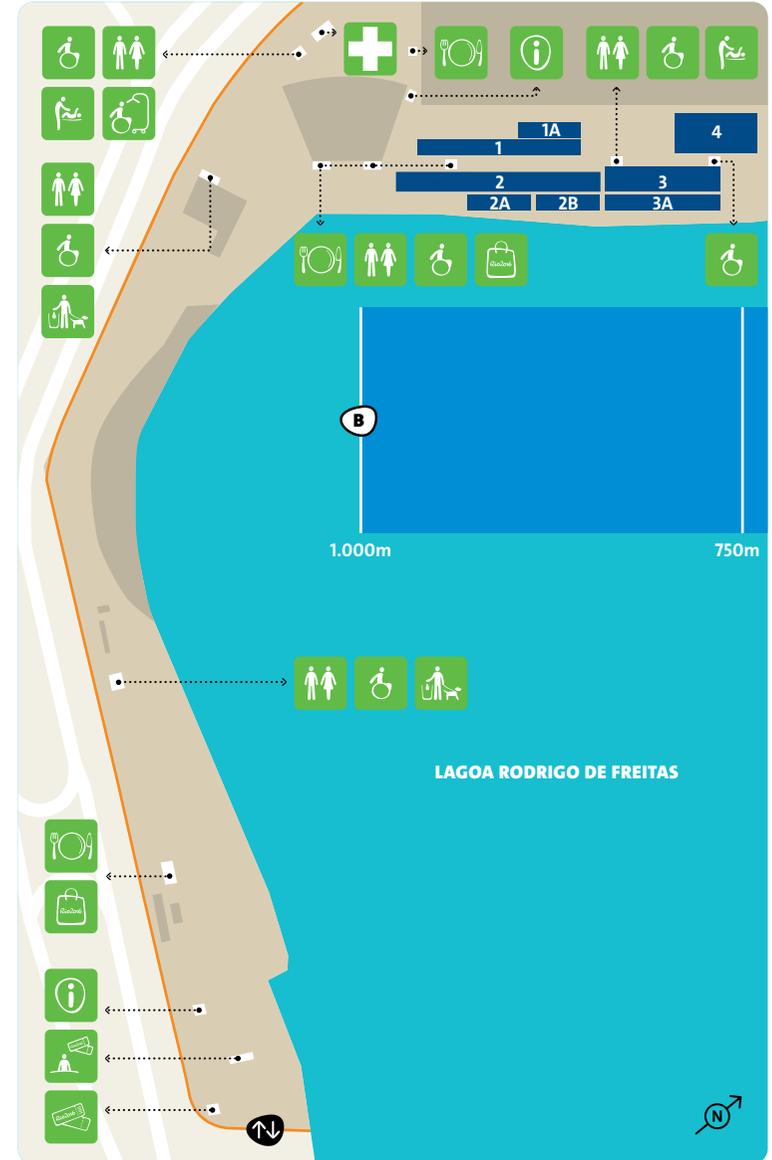
- Lagoa Stadium
- Entry and exit
- Spectator way
- Metro station
- Accessible station
- Station with accessible auxiliary shuttle



DISCOVERING THE VENUE



-  Entry and exit
-  Stands
-  Ticket box office
-  Ticket resolution office
-  Public information
-  Spectator medical post
-  Toilets
-  Accessible toilet
-  Extra accessible toilet
-  Baby changing
-  Dog relief area
-  Food and beverage
-  Rio 2016 Store
-  Start
-  Finish



ACCESSIBLE SUBTITLE: IMAGE OF THE VENUE BLUEPRINT



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