



2022/23 ATHLETES' HANDBOOK

**FOR UIAA ICE CLIMBING COMPETITIONS
– ICE CLIMBING WORLD TOUR**

WELCOME ICE CLIMBERS

1.1 WELCOME BY THE UIAA PRESIDENT – Peter Muir

“We hope you are all well and training hard for this upcoming UIAA Ice Climbing World Tour. It has been a difficult few seasons, however as you know, the UIAA has taken important steps to improve the governance of ice climbing and is working on insuring the future development of our sport.

We look forward to meeting you all in 2023. We have a very exciting calendar lined up for the UIAA Ice Climbing World Tour 2022-23 with a return to both Cheongsong, Korea and Champagny, France as well as our regular event in Saas-Fee, Switzerland. Furthermore, Oulu, Finland will host both a World Youth Championships and a European Cup for senior athletes. We thank our sponsors Youngone Corporation and Outdoor Research for their unwavering support.

We hope you all have a successful season. Stay safe, stay psyched and good luck in 2022-23!”

Peter Muir – UIAA President & Martin Lascano, Ice Climbing Working Group Chair



Peter Muir



Martin Lascano

1.2 WELCOME BY UIAA ICC ATHLETE DELEGATES – Eimir McSwiggan

“Hi everyone and welcome to the 2022-23 season of the Ice Climbing World Cup Tour. With a full calendar ahead this season, we have lots to train and look forward to. It's a pivotal time in the development of our sport and we as your athlete representatives are excited for what the long-term future can bring. Let's put our best foot forward, make it a season to remember and work together in paving the way for a fully inclusive athlete centred sport which can only grow from strength to strength. All the very best for your training and preparations in the upcoming months and looking forward to seeing you shine this winter!”



1.3 WELCOME FROM UIAA SPORT EVENTS COORDINATOR – Rob Adie, DIRECTOR OF OPERATIONS – Nils Glatthard & COMMUNICATION MANAGER – Peter Bourne

“This is a pivotal time for ice climbing and we now at our point where we can build and develop our sport with you, the athletes right in the centre! We have been working really hard to put together a great season for you and are looking forward to working with you closer than ever this coming season to shape the future of ice climbing! Our door is always open so if you have any questions, ideas or feedback please do get in touch.” – Rob Adie, Nils Glatthard & Peter Bourne



UIAA Operations Director - Nils Glatthard



Communications Manager - Peter Bourne



Events Coordinator – Rob Adie

2. THE 2022/23 ICE CLIMBING SEASON AT A GLANCE

2.1 2022 UIAA ICE CLIMBING WORLD TOUR

UIAA Ice Climbing World Cup & Asian Championships (Lead & Speed)
Cheongsong, Korea
13-15 January 2023

UIAA Ice Climbing World Cup (Lead & Speed)
Champagny-en-Vanoise
20-22 January 2023

UIAA Ice Climbing World Cup (Lead & Speed)
Saas-Fee, Switzerland
26-28 January 2023

2.2 2022/23 UIAA ICE CLIMBING EUROPEAN CUP SERIES

UIAA Ice Climbing European Cup (Lead)
Žilina, Slovakia
26 November 2022

UIAA Ice Climbing European Cup (Lead)
Brno, Czech Republic
3 December 2022

UIAA Ice Climbing European Cup
Glasgow, UK

18 February 2023

UIAA Ice Climbing European Cup (Lead)
Oulu, Finland
25-26 February 2023

2.3 2022/23 ICE CLIMBING YOUTH COMPETITIONS

UIAA Ice Climbing World Youth Championships (Lead & Speed)
Oulu, Finland
24-26 February 2023

2.4 2022/23 UIAA ICE CLIMBING WORLD TOUR – COVID REQUIREMENTS

For this season the UIAA Ice Climbing World Tour will follow the rules of each of the nations it visits, so please make yourself aware of any restrictions that apply to you for each of the events in each of the countries you plan to attend. If you have any questions regarding entry to a particular country, please contact the UIAA Office.

3. HOW TO FOLLOW & PROMOTE ICE CLIMBING

The UIAA's commitment to ice climbing is total and designed to ensure coverage of the sport is year-round. Communication naturally intensifies during the season itself, with the conversation continuing throughout the year – for athletes, coaches, federations, media, partners and fans alike. This section provides details on how to follow the 2022/23 UIAA Ice Climbing season.

3.1 UIAA COMMUNICATION TO ATHLETES

The most important information is communicated to athletes and federation by email in two ways.

1. Important email updates from the UIAA Ice Climbing team, iceclimbing@theuiaa.org
2. Specific news releases sent by the UIAA to a dedicated ice climbing mailing list.

Important updates will also be communicated on the UIAA Athletes Facebook group – so please join up to this if you haven't already and read all the information posted – <https://www.facebook.com/groups/837078173169225/>

All athletes that were registered for the 2020 UIAA Ice Climbing season have been added to the ice climbing mailing list using the email provided when applying for your competition licence. Any athletes not receiving news releases or emails are invited to contact iceclimbing@theuiaa.org and they will be immediately added to the lists.

Important news articles and documents can be found on the dedicated UIAA ice climbing website page – <https://iceclimbing.sport/> and on the UIAA's social media channels.

3.2 UIAA COMMUNICATION TO MEDIA

Throughout the season, the UIAA distributes press releases to its international media lists and its member federations. This includes the major season preview and individual event reports.

Media wishing to be added to the distribution list, or athletes wanting to add sponsor addresses or media from their own country, are invited to contact news@theuiaa.org

3.3 LIVESTREAMING AND VIDEO COVERAGE

For the 2022/23 season, the UIAA will be working with Technative as a distribution and production partner to ensure the sport is again covered in an innovative, comprehensive and professional manner with great live and non-live content. We also have media partners in the Extreme Channel and EpicTV, as well as our Television distribution partner Boulder Creek.

Livestreaming will be available from the semi-finals and finals of competitions at all events and available immediately as a play-back. Furthermore, highlights of key competition moments such as medal climbs, decisive duels and spectacular moments will be cut as clips and shared on the UIAA social media channels. Livestream presentation and commentary comes from Tarquin Cooper.

The livestream will be fed into the UIAA Facebook and YouTube channels and also embedded on the UIAA Ice Climbing website. The feed from some events was also shared on partner channels. Media organisations, member federations or climbing channels wishing to share the livestream from UIAA ice climbing competitions are invited to contact iceclimbing@theuiaa.org

If you don't make finals in any given event and would like to be involved in the livestream as a co-commentator commentating on the finals, please contact the UIAA in advance or speak to the UIAA Event Coordinator – Rob Adie at the event itself – rob.adie@theuiaa.org

3.4 SOCIAL MEDIA

To help amplify coverage of the sport of ice climbing, the UIAA encourages athletes to share content from the events, either material produced by the UIAA or athlete-generated 'behind the scenes' content. Introducing the sport to new athletes, fans, media and sponsors is a shared goal for everyone involved. Please make sure you encourage all of your friends, family and fans to follow the following social media channels to ensure maximum exposure!

For the upcoming season, the UIAA will be active on the following channels:

[Instagram](#) – @uiaa_iceclimbing - photo stories, video clips

[Facebook](#) – livestream, news articles, photo galleries, results, video highlights and clips

[YouTube](#) – youtube.com/@uiaa - livestream

[Twitter](#) – news updates, results, livestream, video clips

[Flickr](#) – hi-res images available to download from all events

The dedicated hashtags are: #uiaaiceclimbing #theuiaa

3.5 LIVE RESULTS

Live results will be available on the UIAA results service:

<https://uiaa.results.info/> The results system provides live digital updates and mobile friendly service for which will be updated instantly after each competitor, showing live rankings and results.

3.6 INTERVIEW REQUESTS

You the athletes are the heart of ice climbing. Your commitment, dedication, passion, skill

and the camaraderie of the ice climbing community is what makes the sport so compelling especially as we move forwards with our bid for Olympic inclusion. The UIAA wishes to share your unique stories and backgrounds and both during the season and the off season greatly appreciates your support in producing content about ice climbing and you the ice climbers.

3.7 MEDAL CEREMONY, PODIUMS & PRIZE MONEY

In order for us to conform to the IOC medal ceremony protocol and make the medal ceremonies more succinct and flow better only the top three athletes will be invited to podium in each discipline. The UIAA event coordinator will give you a short briefing at each event as to the procedure to follow for the ceremony, so please ensure you follow this procedure and stay in the area of the podium before the ceremony takes place. Face masks must be worn throughout all the medal ceremonies of the 2022/23 season.

Podium athletes must wear their competition bibs or their national federation uniform/jacket on the podium (ideally competition bib) – casual clothing should not be worn on the podium. Athletes should be available for pictures in their competition bibs after the ceremony.

4. REGISTRATION

4.1 APPLY FOR AN INTERNATIONAL ICE CLIMBING COMPETITION LICENCE

In order to apply for an International Ice Climbing Competition Licence, each athlete must contact the UIAA Member Federation he/she is affiliated to. It is the ice climbing focal point within the given UIAA Member Federation who files the official application for an international competition licence. A licence costs EUR 50 per season and athlete and must be paid either through the UIAA Member Federation or directly by the athlete to the UIAA, prior to the first competition.

Each athlete must show his/her valid International Ice Climbing Competition Licence during on-site registrations of a UIAA competition. A licence is only valid if signed and stamped by the affiliated UIAA Member Federation, signed by the competitor and his/her legal guardian in case of under age (not 18 years old).

Each UIAA Member Federation is given a login to the website and here it can file applications for all its athletes for the upcoming season: <https://uiaa.results.info/users/login>

The application period starts on 15 October and ends one week before the last competition of the respective season. Late registrations may be accepted, depending on the local organizer and may result in higher registration fees.

4.2 REGISTER FOR EVENTS

Registration to UIAA competitions also goes through the UIAA Member Federations, the reason being quotas. Thus, each athlete wishing to compete in the UIAA Ice Climbing World Tour must contact the UIAA Member Federation he/she is affiliated to and indicate which competitions and categories he/she wishes to compete in. The website for UIAA Member Federations to proceed with the registration of athletes is the same as for the licences. At registration at the actual event, each competitor must either pay their license fee or prove that their national federation has paid the license fee in advance.

The Competitor Registration Fee for each World Cup or World Championships is EUR 50 /

competitor and shall be paid to each Organizer directly by the competitors prior to the competition. The fee allows participation in all types of competitions of that specific event.

For the Continental Cup events in the 2022/23 calendar, athletes can register themselves via the registration website – if they have competed before you should be able to [register on your account](#).

If athletes are new to these events you can request an invitation to setup an account on the registration system by completing the [form in the link](#).

At registration at the actual event, each competitor must either pay their license fee or prove that their national federation has paid the license fee in advance. The Competitor Registration Fee for each event is EUR 50 / competitor and shall be paid to each Organiser directly by the competitors prior to the competition. The fee allows participation in all types of competitions of that specific event.

5. UIAA ICE CLIMBING WORLD TOUR - LOGISTICS

It's finally time to travel and compete. This chapter is dedicated to provide you, the athlete, with important information regarding each event and venue.

UIAA Ice Climbing World Cup & Asian Championships Cheongsong, South Korea 13-15 January 2023

Competition venue address

- Cheongsong-gun, Gyeongsangbuk-do, South Korea

Accommodation & registration for competitors -

Accommodation is arranged for the following nights: 13, 14, 15 January 2023 at the Juwang Spa Hotel in Cheongsong - total cost for the indicated nights is: TBC.

Any additional nights/requests must be communicated to Ms. Sanghee Cho kockaf@kaf.or.kr 3 weeks before the competition. Note that if you prefer arranging your own accommodation, kindly indicate this to Ms. Sanghee Cho kockaf@kaf.or.kr at least 3 weeks before the competition.

- Online registrations of competitors must be done via UIAA registration system and also via the organizers' website <http://www.ice-climbing.kr> - online registration deadline is 30 December 2022, any competitors registering after this deadline will be subject to a penalty.
- On-site registration takes place on 13 January 2023 – time to TBC. On-site registration address: Juwang Spa Hotel, Cheongsong-eup, Cheongsong, Gyeongangbuk-do, South Korea

Nearest airport: Incheon International Airport

- Distance to Cheongsong: 330 kilometers
- Travel time to Cheongsong: 3 hours, 30 minutes by car / shuttle / public transport
- Shuttle services from and to the airport are offered as long as flight information is provided to Ms. Sanghee Cho kockaf@kaf.or.kr 3 weeks before the competition. Note that if you prefer arranging your own travels to Cheongsong, kindly indicate this to Ms. Sanghee Cho kockaf@kaf.or.kr at least 3 weeks before the competition

VISA applications

- For letters of invitation please contact – Ms. Sanghee Cho at kockaf@kaf.or.kr
- Indicate exact travel dates and send a copy of your passport

Details of the Organizer

- Ms. Sanghee Cho / kockaf@kaf.or.kr / Tel: +82-2-414-2750

Official Website – <http://www.ice-climbing.kr>

**UIAA Ice Climbing World Cup
Champagny-en-Vanoise, France
20-22 January 2023**

Competition Venue Address

- Champagny-en-Vanoise Ice Tower

Accommodation for competitors

- TBC

Registrations

- Online registration deadline is 06 January 2023
- Online registrations of competitors must be done via the relevant UIAA member federation and the following portal: <https://uiaa.results.info/users/login>
- On-site registration takes place on 20 January 2023 – time TBC
- On-site registration address: TBC
- Award ceremony takes place on 22 January 2023 - TBC

Nearest airport: Aéroport de Lyon-Saint-Exupéry

- Distance to Champagny-en-Vanoise: 178 kilometer
- Travel time to Champagny-en-Vanoise: 2 hours by car

VISA applications

- For letters of invitation please contact Mr. Nils Guillotin at nilsquillotin@gmail.com
- Indicate passport number, name as on passport and exact travel dates

Details of the Organizer

- FFCAM – Nils Guillotin / nilsquillotin@gmail.com

**UIAA Ice Climbing World Cup
Saas Fee, Switzerland
26-28 January 2023**

Competition Venue Address

- Parkhaus, CH-3906 Saas-Fee, Switzerland

Accommodation & registration for competitors

- Accommodation must be arranged individually - Possible option can be found here: TBC
- Online registration deadline is 12 January 2023, any competitors registering after this deadline must pay a penalty.
- On-site registration takes place on 26 January 2024 from 17:30 – 19:30 local time
- On-site registration address: Ice rink Saas-Fee

Nearest airport: Milan Malpensa, Italy

- Distance to Saas-Fee: 188 kilometers
- Travel time to Saas-Fee: 3 hours by car / 4 hours by public transport

Alternative airport: Geneva Cornavin, Switzerland

- Distance to Saas-Fee: 226 kilometers
- Travel time to Saas-Fee: 2 hours 45 minutes by car / 4 hours by public transport

Alternative airport: Zurich Klotten, Switzerland

- Distance to Saas-Fee: 244 kilometers
- Travel time to Saas-Fee: 4 hours by car / 3 hours 30 minutes by public transport

VISA applications

- For letters of invitation please contact Kurt Arnold at info@iceclimbingworldcup.ch
- Indicate passport number, name as on passport and exact travel dates

Details of the Organizer

- Kurt Arnold / kurt@allalin4027.ch / +41 79 433 15 64

Official Website www.iceclimbingworldcup.ch & www.iceandsound.com

5.1 UIAA ICE CLIMBING EUROPEAN TOUR

Registration: For all the European Cup events please register your intention to compete here

UIAA Ice Climbing European Cup (Lead Only)
Žilina, Slovakia
26 November 2022

Registration Deadline: 24 November 2022

On-site Registration: 26 November 2022

On-site Registration Address: LA SKALA lezecké centrum, Centrálna 8919/2, 010 07 Žilina

Details of the Organizer: Adrian Zvara / adrian.zvara@gmail.com / Tel: +421 905 012 386

Official Website: TBC

UIAA Ice Climbing European Cup (Lead Only)
Brno, Czech Republic
3 December, 2022

Registration Deadline: 1 December 2022

On-site Registration: 3 December morning 8:00 - 10:00

On-site Registration Address:
<https://mapy.cz/zakladni?x=16.5215200&y=49.2332420&z=17&source=base&id=1897918>
details of parking and access to the wall on the webpage of event

Details of the Organizer: Climbing club Lokomotiva Brno and Czech Mountaineering federation

Official Website: www.drytoolcup.eu

UIAA Ice Climbing European Cup (Lead Only)
Oulu, Finland
25-26 February, 2023

Registration Deadline: 22 February 2023 at 18:00 CET

On-site Registration: 25 February – Time TBC, online pre-registration required

On-site Registration Address: Alakyläntie 1070, Haukipudas

Details of the Organizer: Juho Risku / info@finice2021.com /

Official Website: TBC

5.2 UIAA ICE CLIMBING - YOUTH

UIAA Ice Climbing World Youth Championships (Lead & Speed) Oulu, Finland 24-26 February 2023

Registration Deadline: 2 February 2023

On-site Registration: 24 February 2023 – Time TBC, online pre-registration required

On-site Registration Address: Alakyläntie 1070, Haukipudas

Details of the Organizer: Jaakko Risku / info@finice2021.com

Official Website: <https://www.facebook.com/finice2022>

5.3 UIAA ICE CLIMBING – TRAINING CAMPS

UIAA Ice Climbing European Training Camp Brno, Czech Republic 20-23 October 2022

Registration Deadline: 18 October 2022

On-site Registration: 20 October 2022

On-site Registration Address: Brno, drytooling climbing wall Czech Mountaineering Association and climbing club Lokomotiva Brno on the un-finished German highway under Brno dam.

Details of the Organizer: Radek Lienerth – zoban@seznam.cz

6. OFFICIAL UIAA REGULATIONS

6.1 WHERE TO FIND THE LATEST REGULATIONS

Official regulations for the 2023 UIAA Ice Climbing World Tour can be found on the UIAA Ice Climbing Website - <https://iceclimbing.sport/resources/>

6.2 REGULATION CHANGES AT A GLANCE

Summary of major modifications* made to the 2023 Competition Regulations for International Ice Climbing Competitions relevant to the 2023 UIAA Ice Climbing World Tour as agreed by the UIAA Ice Climbing Commission.

*Minor modifications to format, grammar and wording have not been listed below.

PART 1 – GOVERNANCE	
1.3	<p>All UIAA Officials allocated to a given IWT season must read and sign - Annex 10 - UIAA Officials - Judge and Route Setter Selection Policy & Working Protocols.</p> <p>All UIAA Route Setters allocated to a given IWT season must read and sign - Annex 11 - UIAA Route Setting Guidelines.</p>
PART 2 – TECHNICAL RULES	
4.4.1	All video demonstrations should be made according to Annex 12 – UIAA Video Demo Editing Guidelines.
8.2.3	Bib numbers will be distributed after the technical meeting to follow qualification running order. It is the athlete's responsibility to collect their bib and check they have the correct number against the start lists.
8.2.4	If the event timetable allows a schedule for qualification will be created, detailing an exact time when the athlete's qualification climbs will take place. If the competition runs ahead of schedule, then there will be a break in the competition if competitor is not ready, i.e. athletes will not be forced to compete before their time slot if they do not wish to. If the competition schedule is delayed, then the athletes affected will have to wait in the warm-up zone.
8.6.1	After each round of the competition, the competitors shall be ranked according to Art. 8.5.2. In the case of the qualification round where 2 or more routes are used to determine the ranking – the athletes are ranked on each route based on their attempt height score, and then the rankings for each route are multiplied together to give an overall score for the round, then each athletes' round score is ranked to give the overall ranking for the qualification – with the lowest score being ranked highest overall. E.g. if an athlete finishes in 3 rd on Route 1 and 5 th on Route 2, their score for the round will be 15 points.
8.6.2	If there is a tie for a position in the qualification ranking on a given route then a corrective ranking is calculated, by adding up all the ranking points available and dividing them by the number of athletes tied for that position. E.g. 4 athletes tie for 1 st place on a route – 1 st + 2 nd + 3 rd + 4 th = 10 / 4 = 2.5 corrective ranking points are awarded for each athlete on that route. The corrective rank for each athlete in question will be multiplied by the rank for their other route to get their overall ranking score.
PART 3 – EVENT RULES	

11.1.3	Each World Cup competition approved by the UIAA shall include categories for men and women. No competitor under the age All competitors must turn 16 years old in the year of the competition shall to be permitted to compete in a World Cup competition.
11.1.4	For an event to be classified as a World Cup there must be athletes registered from a minimum of 10 different nations by the registration deadline.
11.1.8	The minimum number of World Cups for a World Cup ranking to be valid is 3 in 3 different countries – if these conditions are not satisfied then no World Cup ranking will be awarded.
11.1.9	At the conclusion of the final competition of the annual series, the World Cup shall be awarded to the competitor(s) achieving the highest number of points in accordance with these regulations as long as regulation 11.1.8 has been satisfied.
12.1.2	Each World Championship competition approved by the UIAA shall include categories for men and women. No competitor under the age All competitors must turn 16 years old in the year of the competition shall to be permitted to compete in a World Championship competition.
13.1.2	Each World Combined Championship competition approved by the UIAA shall include categories for men and women. No competitor under the age All competitors must turn 16 years old in the year of the competition shall to be permitted to compete in a World Combined Championship competition.
17.1	<p>The UIAA publishes the following rankings:</p> <p>A) World Cup Rankings for each year and Category, calculated in accordance with Article 11.4 & 11.5 of these Rules;</p> <p>B) continuously updated World Rankings:</p> <p>In each of the Difficulty and Speed Disciplines, for competitors having competed in at least one (1) relevant Qualifying Event within the preceding 12-month period, calculated as the sum of the ranking points awarded to competitors for the six (6) best results achieved during that period; and provided that a result achieved in a combined Difficulty & Speed competition may be substituted for any single discipline result when calculating the overall sum.</p> <p>The method for calculating ranking points awarded at any Qualifying Event shall be decided and published by the UIAA with the World Ranking tables.</p>
17.2	<p>The UIAA designates the following calendar events as “Qualifying Events” for the purposes of World Ranking calculation:</p> <p>A) each World Championship competition;</p> <p>B) each World Cup competition;</p>

6.3 ANTI-DOPING/CLEAN CLIMBING

The UIAA promotes Clean Climbing by adopting and implementing the World Anti-Doping (WADA) Programme in its entirety. In parallel, the UIAA is responsible for ensuring that all of its member associations and you guys - the athletes respect and comply with all relevant International Standards and all the principles inherent to the World Anti-Doping Code, including the registered testing pool and the doping violation procedure. As part of the registration process for the annual UIAA Ice Climbing World Tour, all athletes are required to complete a mandatory anti-doping questionnaire and educational programme. **Also make sure you check the Therapeutic Use Exemptions Prohibited List before you take anything that might be on the list! - <https://www.theuiaa.org/documents/sport/2016-09-29-wada-prohibited-list-2017-eng-final.pdf>**

For more information on Clean Climbing please visit: <http://theuiaa.org/anti-doping>

7. UIAA WORLD CUP TOUR – ENVIRONMENTAL IMPACT

7.1 BACKGROUND

In response to the UIAA's signed commitment in early 2019 and participation under the United Nations Framework Convention on Climate Change (UNFCCC) [Sports for Climate Action](#). As a participant in this initiative, the UIAA is required and expected to adhere to 5 principles (see [here](#)), these being:

Principle 1: Undertake systematic efforts to promote greater environmental responsibility;

Principle 2: Reduce overall climate impact;

Principle 3: Educate for climate action;

Principle 4: Promote sustainable and responsible consumption;

Principle 5: Advocate for climate action through communication.

Under Principle 2: Reduce overall climate impact, the UIAA is expected to "measure and understand" its carbon footprint in order to set targets to reduce overall climate impact. Knowing how to define these targets requires first measuring and understanding how our travel and activities contribute to CO₂ emissions, requiring a 'baseline' to compare progress over time. The initial task is to establish and report on an indicative baseline and continue to gather data to monitor how our emissions trend over time. In parallel to this, the UIAA can also use this data to start seeing where and which activities create biggest impact and then suggest practical means to consider reducing this impact.

Many travel policies to reduce CO₂ impact promote the principle of "**avoid, reduce, compensate**" (in that order). The UIAA will seek to draft such as policy as a next step in its fulfilment of the 5 principles set out by the UNFCCC.

7.2 RESULTS

In 2020 the travel for UIAA sports events, namely the UIAA Ice Climbing World Tour, generated a total of 144 tons of CO₂. The calculation included travel of athletes, executive board, office representatives, international judges and route-setters, commentator and results manager to respective World Cups, World Championships and the Youth World Championships. Excluded from the calculation was travel of national and local judges and route-setters, spectators and guests as well as of the livestreaming team.

While the final report has yet to be published, it is already clear that UIAA sports events by far exceed other carbon emissions of the UIAA. For this reason, we encourage all stakeholders, including athletes and member federations, to be aware of their carbon footprint and make wise choices in terms of **avoiding, reducing and compensating their emissions**.

7.3 WHAT YOU CAN DO!

As principle 1 of the UNFCCC highlights, it is important to "undertake systematic efforts to promote greater environmental responsibility". For each and every athlete and federation, this means educating oneself about climate impacts, mitigating them – either by

avoiding/reducing those that can be and compensating those that are unavoidable – and then, advocate for climate action by spreading the word.

Actions to mitigate your climate impacts would normally follow a hierarchal approach:

- Avoid – actions designed to eliminate Green House Gas (GHG) emissions occurring in the first place.
- Reduce – actions designed to lower the climate impact of your current activities. This may entail using resources in a more efficient way and thereby reducing the overall need, and associated costs, for such resources.
- Substitute/replace – actions designed to improve efficiency. This may be achieved by switching to more efficient and “cleaner” equipment, fuels, materials or processes.
- Compensate – actions designed to compensate for some or all of your remaining, unavoidable impacts, typically by investing in emission reductions in other projects through UNFCCC recognised mechanisms.

All UNFCCC recognised mechanisms for carbon/GHG emission compensation can be found here: <https://offset.climateutralnow.org/howtooffset>