



London 2012 Paralympic Games
Official spectator guide



Plan your travel

Getting to Eton Dorney

Please bear in mind there's no drop-off area or spectator parking at or near the venue, except for pre-booked Blue Badge spaces. Parking restrictions will be enforced.

You can travel to Eton Dorney by park-and-ride – book this service at london2012.com/paralympics/travel in advance.

If you'd prefer to take the train, you can use the Games Travelcard sent to you with your ticket for free travel on National Rail between London and Slough or Windsor & Eton Riverside on the day of your event, as well as on public transport in London zones 1-9:

Slough ⇄ – around 30-minute journey from London Paddington

Windsor & Eton Riverside ⇄ – around one-hour journey from London Waterloo

A free shuttle will run from these stations to the spectator hub north of the venue (around 15-minute journey). From there, it's a 15-20 minute walk to the spectator viewing area – just follow the signs and directions from staff.

It will be very busy so leave plenty of time to get to the venue and be prepared for crowds. Plan and book your journey at london2012.com/paralympics/travel and check it before you set off as things may change. You'll also find plenty of walking and cycling routes on the website.

Accessible travel

If you've already reserved Blue Badge parking, you'll receive details in the post soon. For more information, go to london2012.com/paralympics/bluebadge

Slough and Windsor & Eton Riverside stations have step-free access and staff assistance available.

Accessible shuttles will run from these stations to a drop-off point outside the venue entrance.

BARCODE



Top tips

Welcome

This guide includes handy tips to help you get to your event and make the most of your Paralympic experience. So have a good read – and don't forget to bring it on the day!

Arriving at the venue

Aim to be at the venue entrance at least one hour before your session starts. If you're going by train, allow extra time for the shuttle journey from the station (around 15 minutes) and the walk to the spectator viewing area (20 minutes) – and come in comfortable footwear.

When you get to the venue, you'll be asked to go through airport-style security screening. With thousands of visitors arriving at the same time, there may be a queue.

One soft-sided bag is allowed per person – for example, a medium-sized handbag or small backpack (maximum 25 litres).

We want everyone to have a safe and enjoyable Games, so there are some things you can't bring into the venue. Go to london2012.com/paralympics/security for the full list, which includes water and other liquids.

Once you're inside the venue, speak to a member of staff if you have any specific accessibility needs. An accessible shuttle service will run from the venue entrance to the spectator viewing area and back.

There's no readmission to the venue.

Games Mobility

Inside the venue you can use our free Games Mobility service, which loans out mobility vehicles on a first come, first served basis. Audio description and guiding are also available. Find out more at london2012.com/paralympics/accessibility



1 Check the London 2012 website for the latest information before you travel

2 Remember your tickets! Everyone needs a ticket for entry

3 Aim to arrive at the venue entrance at least one hour before your session starts

4 The transport system and venue will be very busy so leave plenty of time to travel and be prepared to wait – it may also take a while to exit the venue once your session is over

5 You'll need to go through airport-style security when you arrive so make sure you've read the list of items that aren't allowed inside the venue at london2012.com/paralympics/security

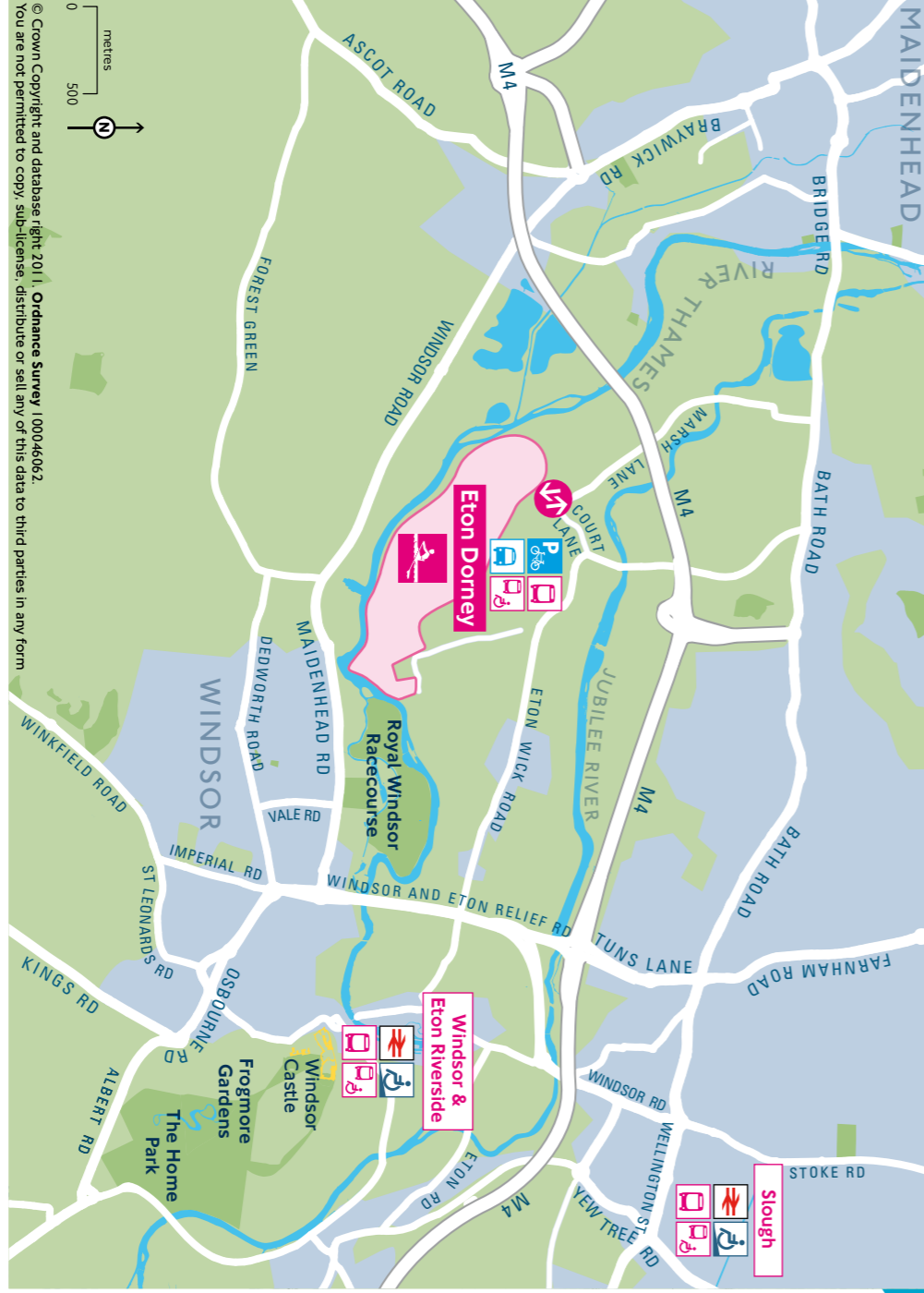
6 You can bring one small backpack or a handbag. If you can manage without one, even better – it will help speed up security checks

7 There's a wide variety of healthy and tasty food inside the venue

8 You can pay by Visa (debit, credit or prepaid) or cash (£) only

9 This is an outdoor venue with no shelter so check the weather forecast and come prepared, whether that means bringing a sun hat or rain jacket

10 Come in comfortable footwear – Eton Dorney is a big venue and there's lots to explore



Key

- Recommended station for spectators
- Event area during the Paralympic Games
- Venue entrance and exit
- Park-and-ride shuttle bus pick-up/drop-off
- Cycle parking
- Shuttle bus pick-up/drop-off
- Accessible shuttle bus pick-up/drop-off
- Station with step-free access and staff assistance
- National Rail
- Station with step-free access and staff assistance

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Rowing

At London 2012, Rowing is making only its second appearance at the Paralympic Games.

Events

- Single Sculls – ASM1x
- Single Sculls – ASW1x
- Double Sculls – TAMix2x
- Coxed Four – LTAMix4+
- Men's event Women's event
- Mixed event

Classification key

To ensure competition is fair, athletes are grouped into classes according to how much their impairment impacts on their performance.

Code	Classification
AS	Arms and shoulders: rowers with minimal or no function in their legs and trunk compete in the Single Sculls
TA	Trunk and arms: rowers with trunk function but significantly weakened function in their legs compete in the Double Sculls
LTA	Legs, trunk and arms: rowers with significant loss of function in the hands, feet or eyes compete in the Coxed Four

Session timetable

Day	1	2	3	4	5	6	7	8	9	10	11
Date	Thu 30 Aug	Fri 31 Aug	Sat 1 Sep	Sun 2 Sep	Mon 3 Sep	Tue 4 Sep	Wed 5 Sep	Thu 6 Sep	Fri 7 Sep	Sat 8 Sep	Sun 9 Sep
Morning		09:30-12:00	09:30-12:00	09:30-12:25							

Sessions where gold medals will be decided and/or awarded are highlighted in bold

The history

Although its history dates back centuries, rowing only came of age as a competitive sport in the last 200 years. Paralympic Rowing made its debut at Beijing 2008, when Great Britain topped the medal table. It is commonly referred to as 'adaptive' rowing, meaning that the equipment is adapted so the athlete can practise the sport.

Did you know?

Certain adaptive rowing boats are equipped with special seats, which vary according to the athlete's impairment.

The basics

There are four Rowing events at the Paralympic Games. These include two mixed-gender events – the Coxed Four and Double Sculls – plus the men's and women's Single Sculls.

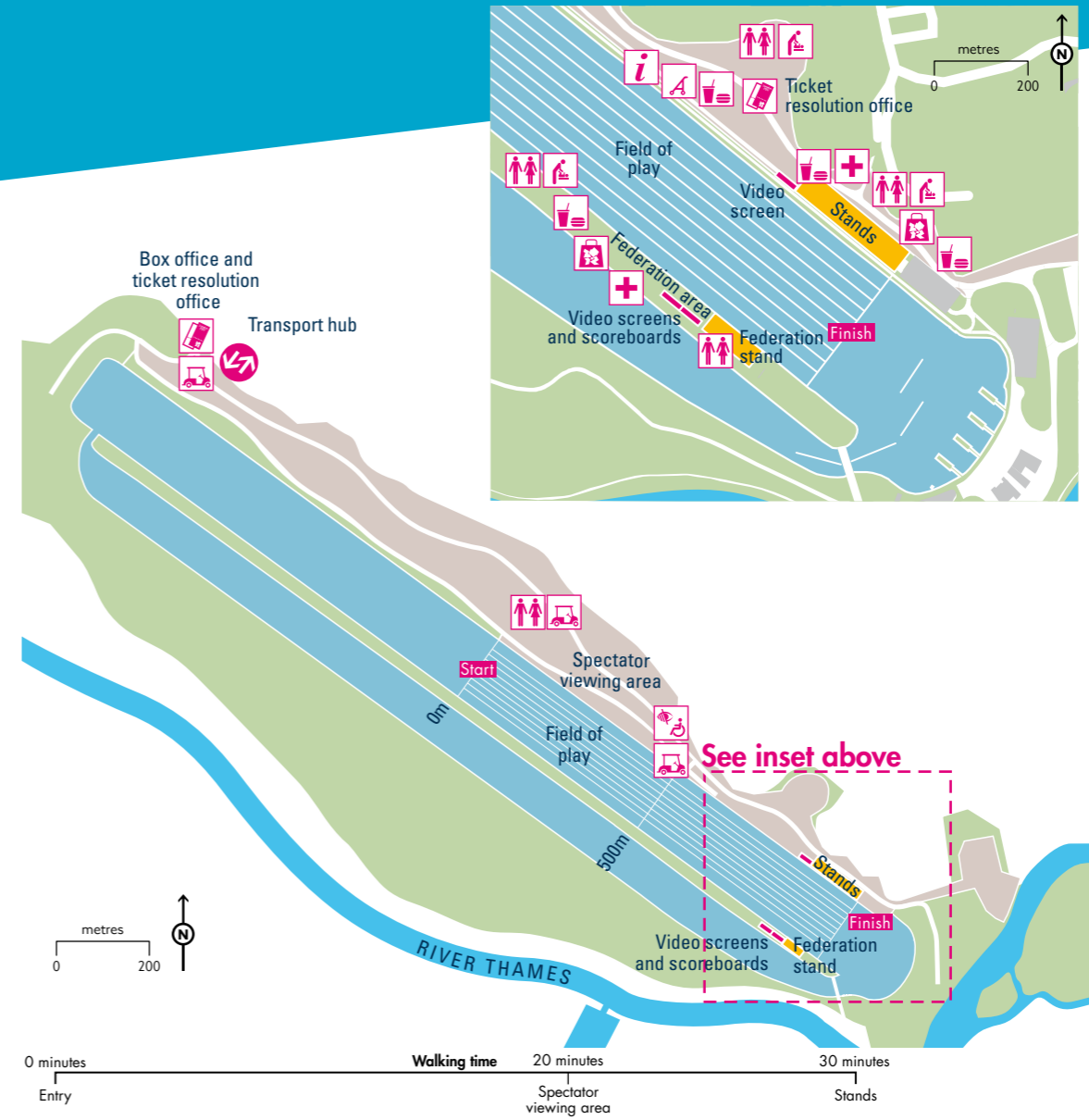
All the races are held on a 1,000m course, and all of them begin with heats, with two boats from each heat qualifying directly for the final. All remaining boats then compete in two repechage races, which offer a second chance to qualify for the final and row for gold.

Find out more about Rowing – pick up an official London 2012 daily or souvenir programme at the event.

Did you know?

Top Paralympic rowers can complete the 1,000m course in less than five minutes.

Eton Dorney



Key

- Venue entrance and exit
- Toilets and accessible toilets
- Baby changing facilities
- Information and lost and found
- Ticket resolution office or box office
- Games Mobility
- Spectator medical
- Pushchair and wheelchair storage
- London 2012 Shop
- Food and drink
- Games Mobility shuttle service



Scan me now or go to london2012.com/paralympics/ mobileapps to find out about the official London 2012 apps, with sports results, spectator information and more.



Inside the venue

Please do your bit for the environment – take your rubbish home or help us recycle it by following the coloured icons on the bins, and on food and drink packaging.

Smoking is not permitted, except in designated areas.

VISA In recognition of Visa's longstanding support of the Paralympic Games, only Visa (debit, credit and prepaid) and cash can be used for purchases inside the venue. Contactless payment is also available.

Out and about

Find out what's on at a London 2012 Live Site near you or discover the great range of Paralympic, London 2012 Festival and other events taking place across the UK at london2012.com/paralympics/joinin

Get the perfect souvenir or gift – including exclusive merchandise only available in venues – at the London 2012 Shop. Or go online at london2012.com/shop

Delivering a memorable Paralympic Games to inspire a generation with the support of our Partners



This guide is available on request in other formats up to and including 30 June 2012. To obtain these please quote reference number LOC2012/PSG/11. Email info@enquiries.london2012.com. Phone +44 (0)845 267 2012. This guide is also available to download at london2012.com/paralympics

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