



JULY 27 - AUGUST 01, 2022  
**BARBADOS**





## VISA REQUIREMENTS

For those countries requiring a Barbados entry visa, it is the responsibility of each respective Federation to make application. This is not the responsibility of the host federation in Barbados. Applications to receive a visa should be done well in advance of arrival as the processing of requests may take several weeks. **DO NOT WAIT UNTIL THE LAST MINUTE** For information: <https://www.foreign.gov.bb/visa-information//>

## ONLINE IMMIGRATION AND CUSTOMS FORM

Travelers are required to complete the online Immigration and Customs Form which will be available 72 hours prior to your arrival in Barbados. Fill in the form at a time and place convenient for you. Once the form is completed, the Immigration and Customs receipts are to be saved to your mobile device or printed and presented to Immigration and Customs upon arrival.

Use of the Online ED Form will enhance the travel experience and will improve the ease with which you transit through the airport. [Barbados - Online Customs & Immigration Portal \(travelform.gov.bb\)](https://travelform.gov.bb)

Travelers who are unable to complete the online travel ED form can complete their travel to Barbados and use the Immigration kiosks on arrival in Barbados.



## ARRIVALS

All delegations are asked and encouraged to arrive no later than Wednesday, July 27, 2022. The official airport of Barbados is the Grantley Adams International Airport.

## AIRPORT TRANSFERS

Round trip airport to hotel transfers will be provided. ALL arrival and departure information MUST be provided no later than July 20 to allow for scheduling and confirmation. Transportation will only be provided to the designated hotels unless confirmed otherwise by the hosting committee.

## PLEASE USE FOLLOWING LINK TO PROVIDE TRAVEL INFORMATION

[https://docs.google.com/forms/d/e/1FAIpQLSfn-falCi\\_jEokeVfEg3D5OnofpQzG2hGnnlWBI2blAYsPSmQ/viewform?vc=0&c=0&w=1&flr=0](https://docs.google.com/forms/d/e/1FAIpQLSfn-falCi_jEokeVfEg3D5OnofpQzG2hGnnlWBI2blAYsPSmQ/viewform?vc=0&c=0&w=1&flr=0)

## TRANSPORTATION

A transportation schedule from the official hotels to each activity and venue will be available upon arrival for all delegations and also will be provided to the various hotels

# ENTRY TRAVEL REQUIREMENTS & PROTOCOLS

Effective Wednesday, May 25, 2022, **fully-vaccinated travellers** to Barbados will no longer have to take a COVID-19 test to enter the country.

## Masks optional outdoors

The change in protocols also states that masks will now only be mandatory indoors and on public transportation. Outdoors, masks are optional.

## Unvaccinated travellers

As of June 1, unvaccinated travellers will require a NEGATIVE pre-flight test within three (3) days prior to arrival here on the island.

The test may be Standard PCR, Rapid PCR or Rapid Antigen Test. All unvaccinated travellers will be required to take a rapid antigen test on arrival at the airport. Once the result is negative, they would be allowed to continue on to their accommodation.

The Travel Protocols also state that there will no longer be a quarantine requirement for the unvaccinated travellers to Barbados

**Specific Requirements:** The specimen must be taken at an accredited or recognized laboratory by a healthcare provider via any of the below: nasopharyngeal sample, oropharyngeal sample, nasal sample, anterior nares sample or mid-turbinate sample.

Please note that the following will NOT be accepted:

- Shallow nasal swab samples
- Saliva samples
- Self-administered tests (even if the sample was taken under the supervision of a healthcare provider)
- Home kits

[https://issuu.com/visitbarbados/docs/btmi\\_travel\\_protocols\\_update\\_041021/5](https://issuu.com/visitbarbados/docs/btmi_travel_protocols_update_041021/5)



**The Best  
Brands  
Handpicked**  
*Just for You!*



## THE OFFICIAL SUPERMARKET FOR THE CACBBFF CHAMPIONSHIPS AND ROGER BOYCE ELITE PRO CLASSIC

AOne Supermarkets, a premier local supermarket chain in Barbados, was first established in 1981. The AOne Supermarkets offer high quality, wide ranging products coupled with outstanding customer service. Our product range includes the freshest and best quality fruit, vegetables and meats available anywhere in the island.

### CARLTON

246-417-7675

Black Rock, St. Michael

[carlton@aonesupermarkets.com](mailto:carlton@aonesupermarkets.com)

Hours of Operation:      Monday – Saturday    7:00 am – 8:00 pm      Sunday    7:00 am – 2:00 pm

### EMERALD CITY

246-416-7675

Six Roads, St. Philip

[emeraldcity@aonesupermarkets.com](mailto:emeraldcity@aonesupermarkets.com)



# Venue

Lloyd Erskine Sandiford Centre  
Two Mile Hill  
St. Michael , Barbados, BB11093

Tel: (246) 467-8200  
Fax: (246) 431-9795  
[www.lescbarbados.com](http://www.lescbarbados.com)







## ELIGIBILITY

All participating national federations must be members affiliated with the IFBB & CACBBFF. Federations must be current with the payment of their annual affiliation fees to the IFBB and CACBBFF. It is recommended that each federation verify with the CACBBFF Treasurer to confirm their membership status to avoid any disqualification of any athletes from competition. The limit of participants for any country is 40 athletes

## OFFICIAL ATHLETE REGISTRATION

Registration and weigh is scheduled for Thursday, July 28, 2022 from 12 00 until 19 00 hrs. It will take place at the Divi Southwinds Hotel located closeby to all hotels. All competing athletes must be members in good standing of their national Federations and nominated by their National Federation by sending the Final Entry form

All competing athletes must present their Passports and IFBB International Cards upon Registration. This IFBB card is mandatory for all athletes. The fee for purchase or renewal of the IFBB International Card is \$45

The inscription fee per athlete is US \$100 to be paid upon registration. If an athlete wants to participate in any additional category (crossover) for which he / she is eligible, the registration fee is an additional US \$50 per category.





## FINAL ENTRY FORMS

Final Entry Forms of participation must be submitted by Wednesday, July 20. This includes names, divisions, bodyweight or height categories, and passport numbers of all participating athletes, names and passport numbers of their delegates, IFBB judges, test judges and any accompanying persons, The accurate and timely presentation of this information is essential for the “Barbados Amateur Bodybuilding and Fitness Federation and its Organizing Committee to ensure adequate transportation for each delegation.



## Secretariat

The Barbados Amateur Bodybuilding & Fitness Federation Organizing Committee and the CACBBFF, will establish a secretariat at the **DIVI SOUTHWINDS RESORT** and a remote help desk at the competition venue

The Secretariat will run from Wednesday July 27<sup>th</sup> to Monday August 1<sup>st</sup> from 7 00 am to 9:00 pm.

All heads of delegations should inform and make contact with the Secretariat to receive and confirm any updated information

## Tickets of Events for National Teams

Event Tickets and Official credentials will be provided as follows:

All participating athletes

1 Delegate for Federation with 1 – 3 Athletes

2 Delegates for Federations with 4 + Athletes

Judges, Test Judges & Officials

All other supporters, coaches, trainers, back-stage personnel must purchase their respective competition entry tickets or credentials

Friday & Saturday      US\$30 per day / \$50 for both Days

Sunday                    US \$35 General Admission

US \$20 Registered Athletes



## JUDGES

To assist the Judges Committee in the selection of judges for the different judging panels for the CAC Championships, each Federation must provide names in advance of each participating certified judge along with those individuals who wish to participate as a “test” judge.

All names of the judges should be submitted to the CACBBFF, the Barbados Amateur Bodybuilding and Fitness Federation and its Organizing Committee as part of the Final Entry Form submission. These will be considered with priority.

The annual fee for renewal of Continental Judges passport is \$30. This fee must be paid to the CAC Treasurer.

All International IFBB judges must have a valid and current IFBB judges passport having paid the annual IFBB judge fee of 50 euros for the year 2022. This fee can also be paid at championships in the Barbados. Please add the names of the judges and test judges on the final registration form.

A judges seminar / meeting is tentatively scheduled for Thursday, July 28





## ANTI-DOPING

The 49<sup>th</sup> Central American and Caribbean Championships will be subject to the ADAMS system and the WADA Anti-Doping Rules to be administered and controlled by the CACBBFF Doping Commission.

It is recommended that each participating National Federation carry out their own verification with their athletes to ensure that their athletes are free of any banned substance to avoid any sanctions, fines and penalties

A \$200 Doping Control fee per participating federation must be paid to the CACBBFF Treasurer at registration



## Tanning

The IFBB has banned all tans that can be wiped off. An official will check the tan of all athletes backstage and if the tan comes off by simply wiping, the athlete will be told to remove the tan before going on stage.



For information, pricing and to make reservations on line  
[www.onsitetanjantana.com](http://www.onsitetanjantana.com)



## NATIONAL FLAG

All participating National Federations must bring a National Flag to be used during the awards ceremonies for those athletes placing in the top 3 places in his/her category. The recommended size is 5 feet by 3 feet (150 cm x 90 cm)

## NATIONAL ANTHEM

All participating National Federations must bring music of their National Anthem on a USB. This must be on a separate CD from any posing music (The anthem must be a short version with a max of 35 seconds)

## NATIONAL UNIFORMS

A maximum of two, non repetitive, sponsors' names are allowed on National Uniforms (names of liquor and tobacco products, as well as substances declared to be prohibited by WADA Fitness are not permitted). Athletes are allowed to have only one sponsor's name. Names should not exceed 5 inches by three 3 inches (12.7 cm by 7.6 cm)

## PARADE OF NATIONS

All delegates are reminded that the dress code for the Parade of Nations is the official IFBB uniform. The dress code for all athletes taking part in the Parade of Nations is their posing attire. One (1) delegate and one (1) competitor per country must take part in the Parade of Nations which is scheduled for Saturday, July 30



## POSING MUSIC

All music must be presented on a USB stick. The USB must have only the music to be used for posing. USB flash drives containing more than one song can not be accepted. It is recommended that each athlete present 2 USB memories in case of any technical problem

For easy identification, each competitor must place his / her name and country name on the USB stick

Competitors participating in two classes must bring two USB Drives separately or one for each class if they contain different music

Athletes or federation representatives must pick up all music from the music station at the conclusion of the event or athlete's category. The Organizing Committee will not be responsible for any music that is not collected.

The use of profane, vulgar and offensive language is strictly prohibited in the posing music.





## SCHEDULE OF EVENTS (FINAL)

### Wednesday, July 27

12:00 pm – 5:00 pm	Secretariat	Divi Southwinds Beach Resort
--------------------	-------------	------------------------------

### Thursday, July 28

7:00 am – 9:00 pm	Secretariat	
9:00 am -12:00 pm	Judges Meeting & Seminar	Divi Southwinds Beach Resort
12:00 pm – 7:00 pm	Athlete Registration & Weigh In	Divi Southwinds Beach Resort
5:00 pm - 7:00 pm	Coaches & Delegates Meeting	Divi Southwinds Beach Resort
7:00 pm – 9:00 pm	Welcome Reception	Lloyd Erskine Sandiford Centre
	CAC Board of Directors, Federation Presidents and Delegates	

### Friday, July 29

7:00 am – 9:00 pm	Secretariat	Divi Southwinds
9:00 am – 12:00 pm	CACBBFF General Assembly	Divi Southwinds
12:00 pm – 9:00 pm	Secretariat Help Desk	Lloyd Erskine Sandiford Centre
2:00 pm – 9:00 pm	Pre-judging & Finals Part 1	Lloyd Erskine Sandiford Centre

### Saturday, July 30

7:00 am – 9:00 pm	Secretariat	Divi Southwinds
11:00 am – 9:00 pm	Secretariat Help Desk	Lloyd Erskine Sandiford Centre
11:00 am – 8:00 pm	Official Opening & Finals Part 2	Lloyd Erskine Sandiford Centre

### Sunday, July 31

7:00 am – 9:00 pm	Secretariat	Divi Southwinds
2:00 pm – 6:00 pm	Roger Boyce Elite Pro Classic	Lloyd Erskine Sandiford Centre
8:00 pm	Closing Banquet	Location TO BE ADVISED

### Monday, August 1

Departure of Athletes and Delegates

# CAC 2022 Correspondence

All correspondence and communication about participation in the Central American and Caribbean 2022 Championships can be forwarded to:

## Organizing Committee

**Mr. Roger Boyce, Vice President**  
**Barbados Amateur Bodybuilding & Fitness Federation**  
Tel: 1 246-850-8418  
Email: [erinpromotions@gmail.com](mailto:erinpromotions@gmail.com)

**Ms. Alicia Goodman, Technical Secretary**  
**Barbados Amateur Bodybuilding & Fitness Federation**  
Tel: 1 246-256-8551  
Email: [babbff.info@gmail.com](mailto:babbff.info@gmail.com)

## CACBBFF

**Mr. John Giovanni Arendsz**  
**President - CACBBFF**  
E-mail: [jfgarendsz@hotmail.com](mailto:jfgarendsz@hotmail.com)  
Telephone: +(297) 5938548

**Mr. Marco Cabezas**  
**General Secretary- CACBBFF**  
Email: [mac.cabezas@hotmail.com](mailto:mac.cabezas@hotmail.com)  
Telephone: +52 1 555544803027

**Mr. Adolfo Martínez**  
**Chairman - Judges Committee CACBBFF**  
E-mail: [adomarsg@hotmail.com](mailto:adomarsg@hotmail.com)  
Telephone: + (58)414-2434648

**Edward Malone**  
**Treasurer - CACBBFF**  
[e.Malone@aruba.com](mailto:e.Malone@aruba.com)  
+1 6462729339

**Mr. Perry Jerome**  
**Chairman -Technical Committee CACBBFF**  
Tel. +1 868 7769545  
Email: [perryjerome@yahoo.com](mailto:perryjerome@yahoo.com)