

# Service-PM



Opening hours	Friday	Saturday	Sunday
Food trucks		10.30–22.00	07.00–13.00
Canteen/kiosk 1		08.00–24.00	00.00–13.00
Canteen/kiosk 2		08.00–22.00	07.00–13.00
Pölders Sport	15.00–21.00	08.00–23.00	06.00–11.00
First Aid	13.00–21.00	09.00–24.00	00.00–14.00
Showers		10.00–24.00	00.00–14.00
Info Centre/Competition office	13.00–21.00	08.00–24.00	00.00–14.00

## Food court

Four food trucks at the arena offer tasty food with a personal touch and varying taste.

At the Food court, there is a 500 sqm large dining tent where everything purchased from the food trucks or canteens/kiosks can be eaten.

## Canteens/kiosks

There are two canteens/kiosks with identical and classical offerings. Here you can purchase coffee, buns, sandwiches, hot dogs, soda, candy, hamburgers, soup etc. Cash free - pay with Swish, Pay-Pal or most available cards.

## First Camp Bistro and Café

The arena is situated on and beside First Camp Ånnaboda's premises which hosts a bistro and with full rights and a café. See Eat-PM for opening hours. The menu is available at <https://firstcamp.se/destination/annaboda-orebro/>

## Sport sales

Pölders Sport provides sports sales with a large selection of goods at the arena.

**polder.se**  
SPORT

**KILSBERGEN**

**10**  
MILA  
ÖREBRO 2022



## First aid Saturday-Sunday

The first aid services are offered mainly for the competitors and is manned by educated healthcare personnel; physicians included. A defibrillator is available and an ambulance is located nearby the arena.

There is also a medical area in the competition area, indicated on the map. All manned controls and water stations are equipped with first aid. There will be appropriate vehicles that can pick-up injured runners in the forest if needed.

If needed, always call 112 in case of emergency.

## First aid Friday

Available at the arena.

## Public Guest WiFi

A public wireless network (WiFi) is available in the central parts of the arena area. The network name is "10MILA-Guest".

## Showers

Showers are located outdoors. NB. The showers are located in an environmentally protected area.

Toilets are also available in the women's shower.

## Toilets

The toilets are marked on the arena map. Toilets are available to the north of the arena, at both wind shelter sites, and in connection to the showers/parking. At the north side of the arena, there is also a toilet for disabled.

Toilets are available in the changeover zone .

## Waste

On the area, there are trash bins. Please sort as much as possible: food, cardboards, paper, glass, metal and regular waste.

Each club will receive a rubbish bag in the club bag containing the team envelopes. The rubbish bags can be thrown away at a disposal station situated along the walk to the parking/bus stop. Additional rubbish bags can be retrieved at the info centre.

Handling of waste is done in cooperation with Städa Sverige, Ragn-Sells and Örebro municipality.



Städa Sverige

RAGN SELLS

En del av kretsloppet



ÖREBRO

## Fire ban

It is absolutely forbidden to light fires at the arena and tent areas for safety reasons. Areas with residential tents are equipped with fire extinguishers on marked locations.

## Massage

Is offered at the arena by Nils-Olov Åsman. Book an available time via +46 70-5784140 or [messagebehandling@bahnhof.se](mailto:messagebehandling@bahnhof.se).

## Activities

Try out maze orienteering, both in daylight and in the dark.

Try out running shooting and orienteering on a map for the blind/visually impaired.

Place and times will be posted at the arena.