



UNITE AGAINST COVID-19

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Protective face masks offered to the UIM by China WaterSki, Underwater & Powerboat Federation and by Tianrong Sports.

At the end of March, when Europe and the UIM headquarters in Monaco had started to be threatened by the Covid-19 epidemic, the UIM office was offered and sent protective masks from both China WaterSki, Underwater & Powerboat Federation Director, Mr. Li Ruilin, and by Mr. Li Haojie, from Tianrong Sports and F1H2O Team China.

The warm thoughts and expression of support addressed to the UIM President and Office Team have been very much appreciated and so was the gesture of the masks, which have reached the UIM Office and were distributed in a crucial moment of shortage. It is recomforting to see to which extent the sports

community is joining forces beyond frontiers and shows heartfelt solidarity through countless initiatives in support of those being hit by the epidemic and related consequences.



In his letter addressed to Mr. Li Haojie, UIM President Raffaele Chiulli said "Your care and friendship are touching me deep inside and I trust we will come out of these testing times stronger and more united than ever before."

#STRONGTOGETHER

UIM President calls an extraordinary Council meeting on Friday 8th May

Following the global impact of the COVID-19 epidemic, the UIM President has expressed his wish to call an extraordinary Council meeting on Friday 8th May to be held on-line by

Video Conference for discussing the impact of the COVID-19 epidemic and related measures on the powerboating sport and on the UIM as an organization.



Information on the Outbreak of COVID-19

Starting this week, visitors to the [UIM website](https://www.uim.org) will notice a set of articles to provide guidance to people to protect their health and wellbeing.

ALPHA QUIZ #PLAYTRUE

The Athlete Learning Program about Health and Anti-Doping (ALPHA) gives riders and drivers information about the dangers of doping and the importance of anti-doping controls and promotes positive attitudes to avoiding doping. The tool shifts the focus from what riders and drivers are not allowed to do, to offering solutions for clean progression in sport.

By the end of the course, drivers and riders will receive their certificate of completion. ALPHA course is available in 13 languages and now is the perfect time to #StayEducated while we #StayHome

To connect and start the quiz, drivers, riders and officials have to create an account and login to ADeL, the Anti-doping eLearning platform.

www.adel.wada-ama.org

Tue. 28/04 : Aquabike riders under 2020 SL

Tue. 05/05 : F1 drivers under 2020 SL & F2 drivers based on 2019 season

Tue. 12/05 : XCAT & V2 drivers based on 2019 season

Tue. 19/05 : F4 drivers based on 2019 season

Tue. 26/05 : P750 & MotoSurf riders

Tue. 02/06 : UIM Sport Commissioners & Race directors



#BEACTIVE #HEALTHYATHOME with MARIT STROMOY

As the world confronts the COVID-19 pandemic, it is crucial for everyone to stay fit and to be active while remaining at home and practising social distancing. However, those edicts combined can seem like a paradox. The UIM F1H20 Champion and Athletes Committee Chairwoman, Marit Stromoy embraces the challenge and looks forward to virtually train fans across the globe to remain physically and mentally healthy during this time.

Meet Marit live on [Facebook](https://www.facebook.com) on Monday May 4th at 10:00 am CET.



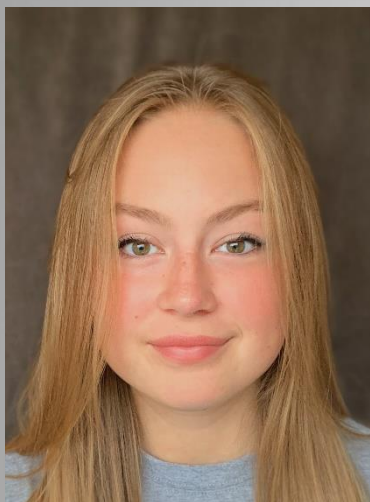
LIVE INTERVIEWS and Q&A SESSIONS

Follow the UIM Special Guests' Interviews live on [Facebook](https://www.facebook.com) as from Thursday 7th May 04:00 pm CET



Mathilda Wiberg

2019 UIM Offshore Class 3J World Champion



How do you manage to keep up your fitness while isolating?

I am staying in the mountains in Sweden where I can activate myself through skiing and snowmobiling.

Describe a typical day in your life now that you're socially restricted...

I keep up with school through the internet and follow my schedule as usual. On my days off I focus on spending time with my family while I am in quarantine.

With racing temporarily suspended, what do you miss most? I miss everyone in the racing community and being out on the water. I also miss the rhythm of the weeks when there is racing on the weekends..

What is the hardest part about being away from your team and/or team-mates? I am lucky to have my family as my team, we get to see each other on a daily bases and plan for the upcoming season.

How difficult is it for you not to be able to get out on the water right now?

It is a tough time but luckily I can exchange the water to snow and go snowmobiling.

What message would you like to send to race fans who are missing the racing scene?

Stay safe and protect each other until the race season can start again. We all hope to be back soon.

Once restrictions are relaxed and we are allowed to go about our normal daily life, how long will it be before you are out on the water?

Faster than Lucky Luke.

What advice do you have for people who are finding it difficult to adapt to being isolated?

Remember that you are in isolation for a good cause, to protect yourself and the people around you. I recommend socializing through the internet, watching powerboat racing videos on Youtube and keeping up the good racing spirit.



Ander-Hubert Lauri

2019 UIM Aquabike Ski Juniors GP3.2 World Champion

How do you manage to keep up your fitness while isolating?

Every day I train together with my family, whether I cycle or run with my father or we have ring training where we do a full-body workout. My big sister has even made us do yoga. It is different compared to my usual training routine but actually we are having a lot of fun sweating together! :D

Describe a typical day in your life now that you're socially restricted...

I could say I have developed kind of a routine: firstly, studying, studying, studying. Secondly, different kind of trainings and then it is time for some relaxation - I play with my two dogs and we go out on walks altogether, also I like to compete with my father on different games on Playstation.

With racing temporarily suspended, what do you miss most?

I miss my jetski and the competitions with all the people. I want to be able to say hello to all the competitors and organizers, I miss the fun experiences that we have all shared together. Furthermore, I just want to be on the water again, feel the speed and become better and better.

What is the hardest part about being away from your team and/or teammates?

As I play also ice hockey then I miss my teammates and our team's spirit a lot, it is the same with jet ski, I miss the good feeling that was always there when I saw other drivers and after a hard training.

How difficult is it for you not to be able to get out on the water right now?

I am kind of use to it as I live in Estonia and I haven't been able to be on the water since the end of October. I was already prepared to start training at the beginning of April, so

right now it is very difficult not to be on the water. I was so looking forward to it...

What message would you like to send to race fans who are missing the racing scene?

Just hold on tight! Right now health and family are the most important which everyone should focus on. If we stay home and listen to the regulations then there are better chances of us getting back on the water by the beginning of summer!

Once restrictions are relaxed and we are allowed to go about our normal daily life, how long will it be before you are out on the water?

Hopefully, I can already go out on the water the next day or as soon as possible, I can't wait to be back.

What advice do you have for people who are finding it difficult to adapt to being isolated?

Tell your family or close friends about it, they can help, because we are all going through that so no one is alone in this, we are all together trying to make the best out of this strange time. Trainings also help a lot, these help to get rid of the negative thoughts. Just stay close to your family and have some hope!



Claudio Fanzini

2019 UIM Circuit Formula 250 & 350 World Champion



How do you manage to keep up your fitness while isolating?

I can't keep up my fitness at all, I try to keep myself active, doing physical training, like taking a walk around the garden.

Describe a typical day in your life now that you're socially restricted...

In the morning, I take some time to work remotely and assist my customers over the phone, then I do some housework: I mow the lawn, I tinker etc.

In the evening, I am usually used to watch tv but sometimes I watch old powerboat racing videos on the internet to remember these good times

With racing temporarily suspended, what do you miss most?

I miss the feeling of freedom and the adrenaline of flying on water

What is the hardest part about

being away from your team and/or team-mates?

Not being able to keep myself in shape and being able to improve my engine and my boat

How difficult is it for you not to be able to get out on the water right now?

So so difficult and sad!!

What message would you like to send to race fans who are missing the racing scene?

We will return to the water even stronger than ever !

Once restrictions are relaxed and we are allowed to go about our normal daily life, how long will it be before you are out on the water?

On the same day!

What advice do you have for people who are finding it difficult to adapt to being isolated?

Hold on, stay safe and soon we'll be back to our real life



Kevin Reiterer

2019 UIM Aquabike Ski Division GP1 World Champion

How do you manage to keep up your fitness while isolating?

I am doing lots of Yoga and meditation. When things get warmer now I am mountainbiking to keep my fitness up but mainly I am just trying to fix things on my body, which I am very grateful to do with the break.

Describe a typical day in your life now that you're socially restricted...

Basically waking up at six thirty doing yoga for an hour. Then making breakfast and doing some work. Then lunch and into the afternoon with a second session. After that some stuff that needs to be done before having dinner early and an evening stretch, yoga meditation session before bed time.

With racing temporarily suspended, what do you miss most?

Racing obviously haha

Ahm working with the people who are passionate about the same thing and actually the excitement and adrenaline you get from racing is what I miss most about it.

What is the hardest part about being away from your team and/or team-mates?

Just missing them, really makes you appreciate the energy and surroundings by them.

How difficult is it for you not to be able to get out on the water right now?

Not too difficult to be honest. I am enjoying the time off making the best out of it and using this valuable time to focus on other weak areas I am not able to work on during race period.

What message would you like to send to race fans who are missing the racing scene?

Stay safe and even though we are not racing and we have all limitations right now, it is a great time to still work on ourselves and maybe for a different perspective. I am sure we can get through this together and that there will be changes for the better.

Once restrictions are relaxed and we are allowed to go about our normal daily life, how long will it be before you are out on the water?

Definitely not too long. I am looking forward to just enjoy a ride on the water again!

What advice do you have for people who are finding it difficult to adapt to being isolated?

Make a plan and structure your day a bit. Not things that needs to be done but just set times for when you are having lunch and dinner and when you are planning to relax or read a book or workout. Then thanks to internet you can sign up for different sports classes or learn something new like a language and enjoy some video calls with your loved ones.

