



2026 CMAS
WORLD CHAMPIONSHIP
FREEDIVING DEPTH
SENIORS



AUGUST 14 - 27, 2026

Organized by



ROATAN FREEDIVING
School & Training Center

Roatan Freediving School & Training Center would like to express our sincere and heartfelt gratitude to Confédération Mondiale des Activités Subaquatiques (CMAS), for entrusting us with the organization of the 2026 CMAS World Championship Freediving Depth.

We are thrilled to officially announce that the championship will take place on the breathtaking island of Roatan, Honduras, from August 14th to August 27th, 2026.

At Roatan Freediving School & Training Center, we pledge our utmost dedication to ensuring the complete success of this championship within a safe, professional, and world-class environment.

Thank you once again for this extraordinary opportunity. We look forward to welcoming the global freediving community to Roatan in 2026.



ROATAN FREEDIVING
School & Training Center



CMAS
CONFÉDÉRATION MONDIALE
DES ACTIVITÉS SUBAQUATIQUES
WORLD UNDERWATER FEDERATION

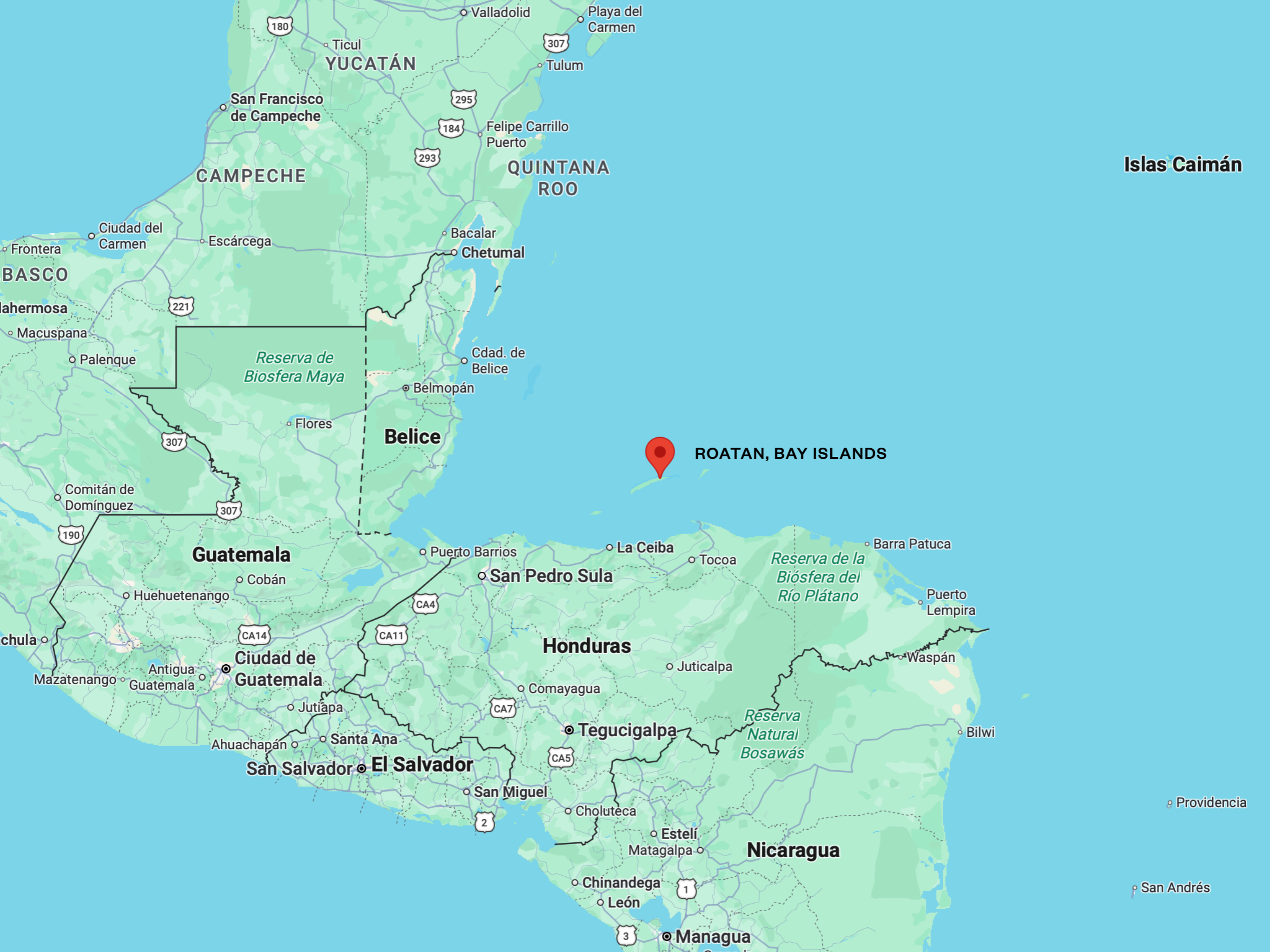
ROATAN, BAY ISLANDS, HONDURAS

OVERVIEW

Roatan is the largest of Honduras Bay Islands, located in the Caribbean Sea approximately 65 km (40 miles) off the northern coast of mainland Honduras. The island stretches about 59 km (37 miles) from east to west and reaches a maximum width of 8 km (5 miles), covering an area of approximately 83 km² (32 sq mi).

Roatan sits atop the Mesoamerican Barrier Reef - the second-largest coral reef system in the world. The island's population is approximately 110,000, with Coxen Hole serving as the capital and largest settlement. Key tourist areas include West End (known for its dive shops, restaurants, and nightlife) and West Bay (famous for its pristine white-sand beach and crystal-clear waters)



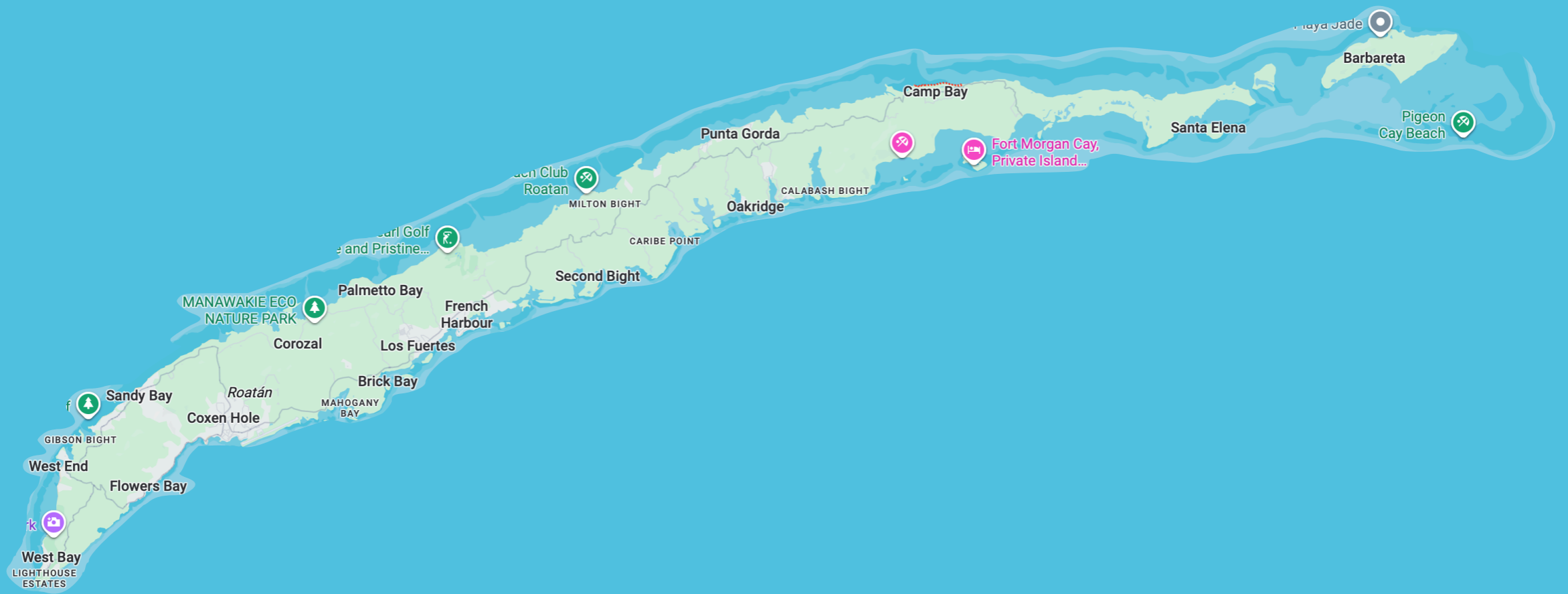


ROATAN, BAY ISLANDS

Islas Caimán

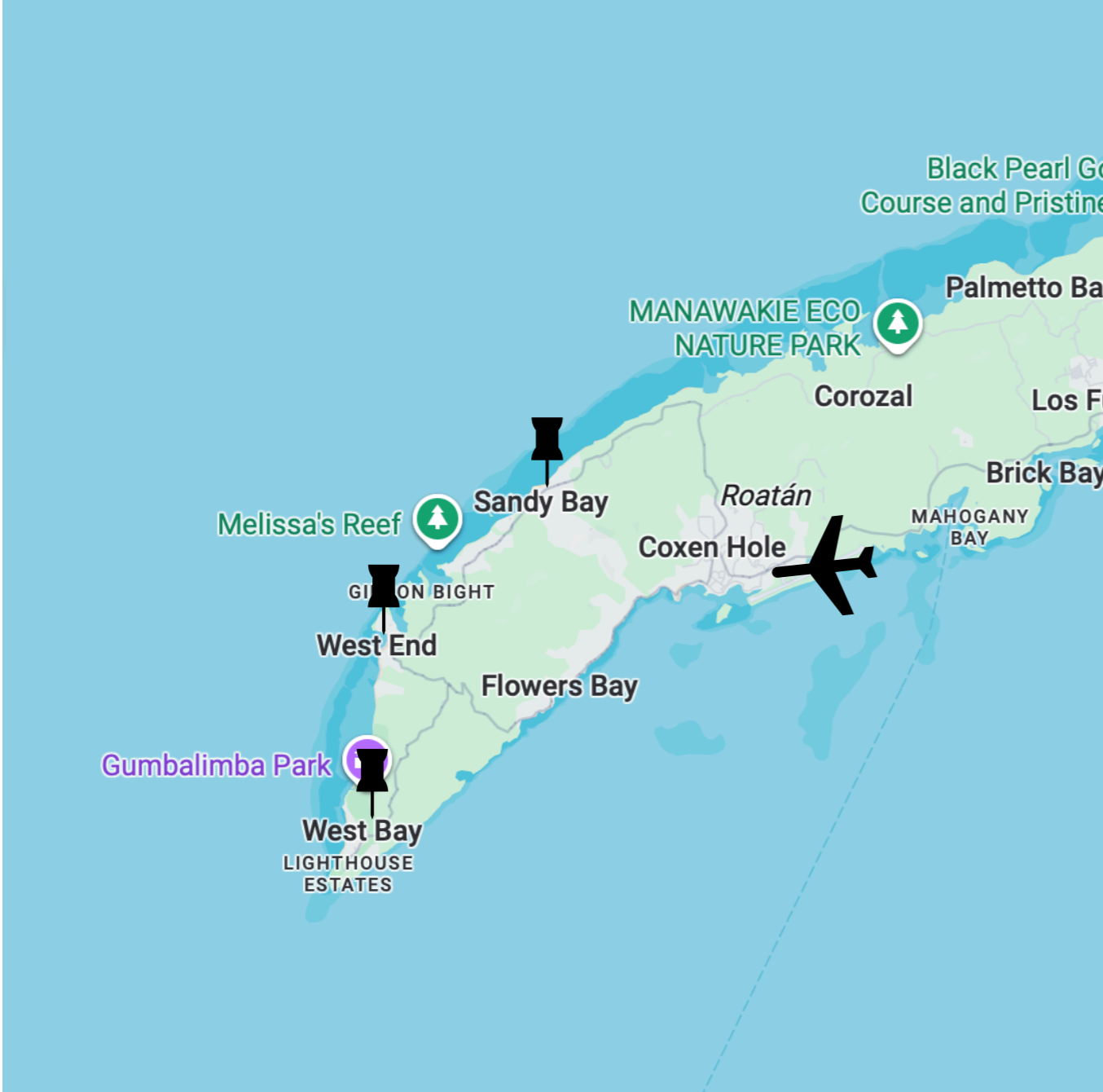
Providencia

San Andrés



DISTANCES FROM RTB AIRPORT

Transportation from the airport is available via taxis, rental cars, and public shuttle services. The road runs the length of the island, making all areas accessible.



The map shows the island of Roatán with an airplane icon at the RTB Airport. Destinations are marked with pushpins and labeled. Distances and driving times are provided in the table to the right.

DESTINATION	DISTANCE	DRIVING TIME
West End	~ 19 km (12 mi)	25-35 minutes
West Bay	~ 20 km (12 mi)	25-40 minutes
Sandy Bay	~ 15 km (9 mi)	20-25 minutes
French Harbour	~ 25 km (15.5 mi)	35-45 minutes

HOW TO GET TO ROATAN

OPTION 1: BY AIR

A) Direct International Flights to Roatan (RTB)

*The **Juan Manuel Gálvez International Airport (RTB)** in Coxen Hole receives direct flights from the following cities and airlines*

AIRLINE	CITIES	FREQUENCY
American Airlines	Miami (MIA)	Daily, year-round
American Airlines	Dallas / Fort Worth (DFW)	Wednesdays & Saturdays (seasonal)
United Airlines	Houston (IAH)	Daily (high season); Saturdays & Sundays (low season)
United Airlines	Denver (DEN)	Saturdays only (Nov–Mar)
Delta Air Lines	Atlanta (ATL)	Saturdays (year-round); Mon / Fri / Sat (peak season)
Sun Country	Minneapolis (MSP)	Fridays & Mondays (Dec–Apr)
WestJet	Toronto (YYZ)	Sundays & Mondays (Dec–Apr)
Sunwing	Montreal (YUL)	Mondays (Dec–Apr)
Air Canada	Toronto / Montreal	Seasonal
Tropic Air	Belize City (BZE)	Daily
TAG Airlines	Guatemala City (GUA)	Sun / Tue / Thu

B) International Flights to San Pedro Sula (SAP) - Domestic Connection

The **Ramón Villeda Morales International Airport (SAP)** is the main aviation hub in Honduras. International airlines serving SAP include

REGION	CITIES / AIRLINES
North America	Miami (American), Atlanta (Delta), Houston (United), Newark (United), Fort Lauderdale (Spirit, JetBlue), Orlando (JetBlue, Spirit, Frontier), New York-JFK (JetBlue), New York-LGA (JetBlue), Dallas (American), Denver (United)
Central America	Guatemala City (Avianca, TAG, CM Airlines), San Salvador (Avianca, Volaris), Panama City (Copa), San José CR (Avianca seasonal)
Mexico	Mexico City (Aeroméxico Connect)
Europe	Madrid (Air Europa)

Domestic flights from San Pedro Sula (SAP) to Roatan (RTB):

Aerolíneas Sosa, CM Airlines, Avianca Honduras

C) International Flights to Tegucigalpa (TGU) - Domestic Connection

The **Toncontín International Airport (TGU)** receives international flights from:

Houston (United), Miami (American), Guatemala City, San Salvador (Avianca), Panama City (Copa)

Domestic flights from Tegucigalpa (TGU) to Roatan (RTB):

Aerolíneas Sosa, CM Airlines, Avianca Honduras

PRACTICAL NOTE: DIRECT FLIGHTS FROM MIAMI, HOUSTON, OR DALLAS TO ROATAN ARE THE MOST EFFICIENT OPTION. FROM EUROPE, THE MOST COMMON ROUTE CONNECTS THROUGH MADRID (AIR EUROPA) TO SAN PEDRO SULA, FOLLOWED BY A SHORT DOMESTIC FLIGHT TO ROATAN

OPTION 2: BY FERRY

The main sea connection operates from La Ceiba (Honduras mainland) to Roatan

COMPANY	LA CEIBA >> ROATAN	ROATAN >> LA CEIBA	DURATION
Galaxy Wave Ferry	9:30 AM & 4:30 PM	7:00 AM & 2:00 PM	1h 30min
Dream Ferry	9:30 AM & 3:00PM	6:30 AM & 1:00PM	1h 30min

TIP: ARRIVE AT THE TERMINAL 1 HOUR BEFORE DEPARTURE. TICKETS CAN BE BOOKED ONLINE OR PURCHASED AT THE COUNTER. FARES RANGE FROM APPROXIMATELY \$30-\$35 ONE WAY

EVENT LOCATION

WEST BAY BEACH

West Bay is the beach where the event will take place. The diving platform will be located 5 minutes by boat from our headquarters, the “**SAN SIMON BEACH CLUB**” at **MAYAN PRINCESS RESORT**.

This Beach Club has opened their doors to the freediving community and allowed us to use the club as the event headquarters. At this venue, we will host the following amenities:

- ✓ Opening Ceremony venue.
- ✓ Registration area and Office Space / Wi-Fi.
- ✓ Room for staff/helpers.
- ✓ Judges Room.
- ✓ Room for Event Committee.
- ✓ Safe storage/lockers.
- ✓ Showers and changing rooms.
- ✓ Full bar and restaurant.
- ✓ Lounge chairs and hammocks.





Kohji Ueno

SCHEDULE

- AUGUST 14 - ARRIVAL DAY
 - **OFFICIAL REGISTRATION** (documents, lanyards) at SAN SIMON BEACH CLUB - 9:00 to 16:00h.
 - **OFFICIAL MEETING** at SAN SIMON BEACH CLUB - 17:00h
- AUGUST 15
 - Official Training Women.
 - **OPENING CEREMONY** at SAN SIMON BEACH CLUB - 17:00h.
- AUGUST 16
 - Official Training Men.
- AUGUST 17
 - Competition Day 1 (FIM Women).
- AUGUST 18
 - Competition Day 2 (FIM Men).
- AUGUST 19
 - Competition Day 3 (CWTB Women).
- AUGUST 20
 - Competition Day 4 (CWTB Men).

COMPETITION DAYS - First TOP TIME 8:45 am

Ferry boat from San Simon Beach Club to competition site every 30 minutes from 7:45am. 5 minute ride.

- AUGUST 21 - REST DAY
 - In case of cancellation of a previous day this can be reserved for a competition day program after decision of TD.
- AUGUST 22
 - Competition Day 5 (CNF Women).
- AUGUST 23
 - Competition Day 6 (CNF Men).
- AUGUST 24 - REST DAY
 - In case of cancellation of a previous day this can be reserved for a competition day program after decision of TD.
- AUGUST 25
 - Competition Day 7 (CWT Women).
- AUGUST 26
 - Competition Day 8 (CWT Men).
 - **AWARD CEREMONY AND CLOSING PARTY** - 18:00h.
- AUGUST 27
 - Departure Day.

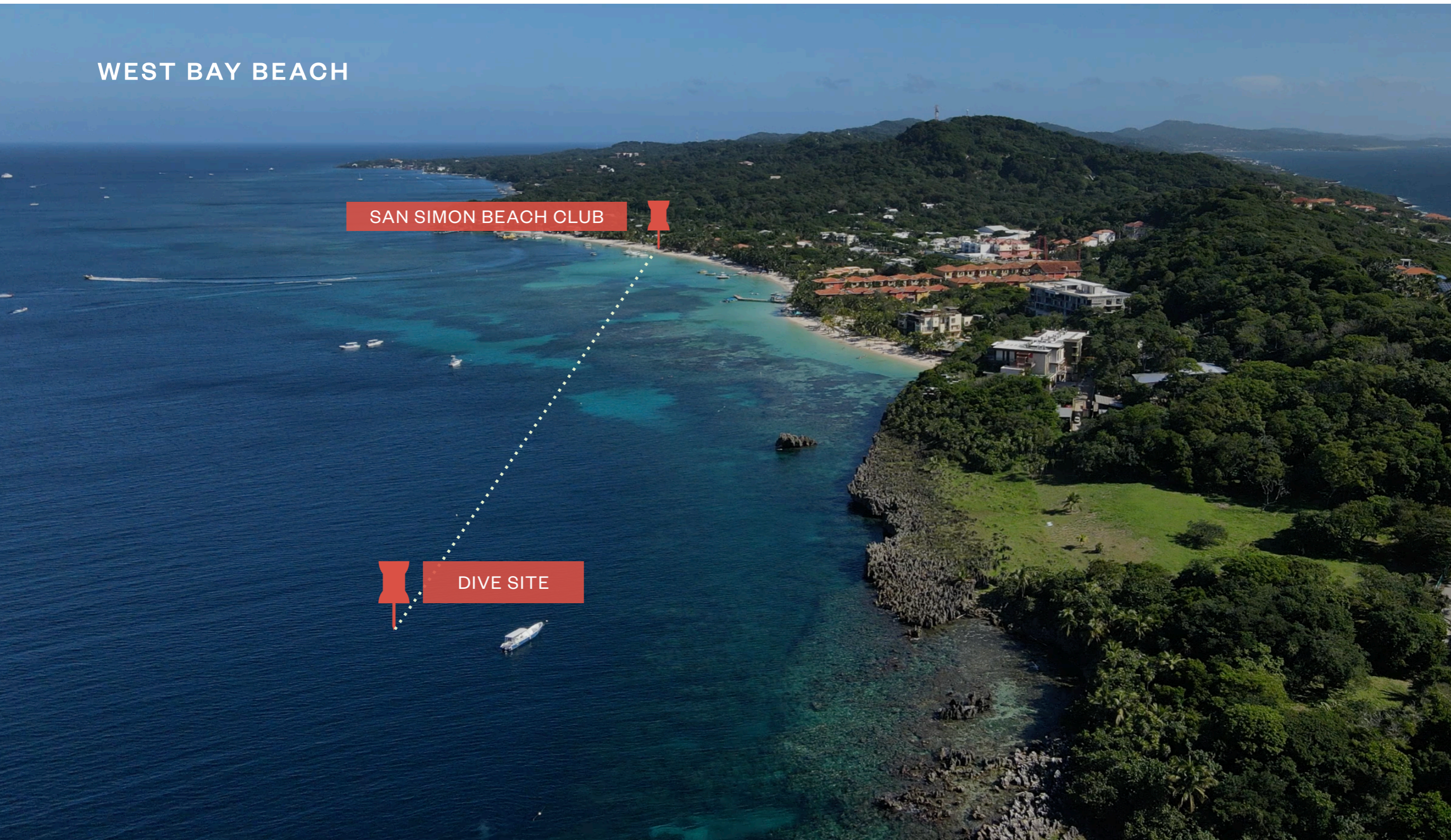
OFFICIAL TRAINING DAYS

Ferry boat to training site from San Simon Beach Club, shifts from 8:00–9:30 / 9:40–11:10 / 11:20–12:50.

DIVE SITE

The site proposed for the competition is **0.70 miles from shore** (N 16°16.577' - W 86°36.365'), located in front of **West Bay Beach** and within **5 minutes by boat** from our headquarters at **San Simon Beach Club**.

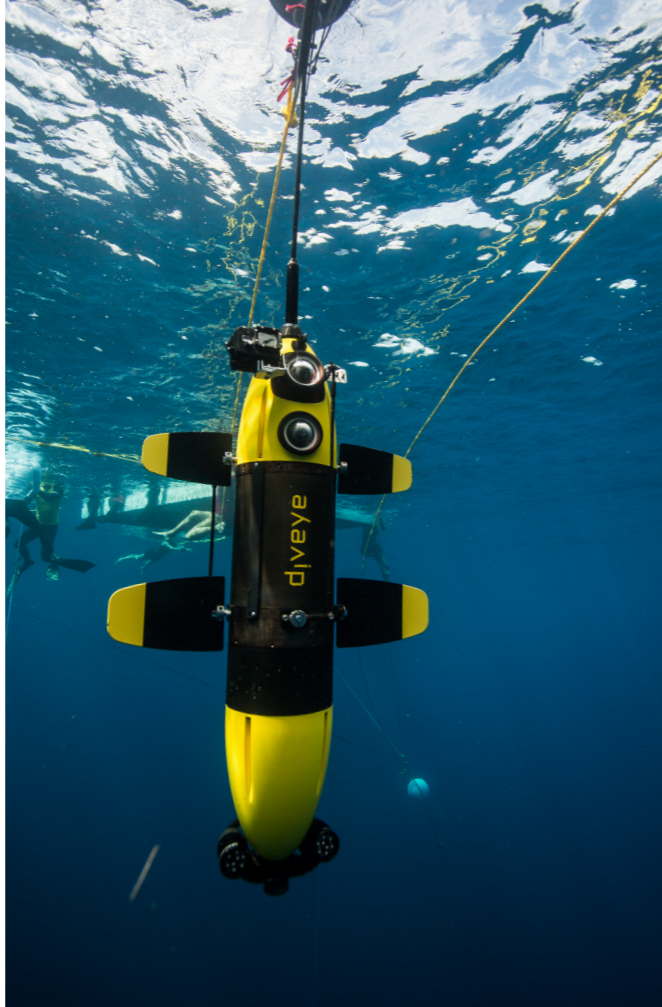
WEST BAY BEACH



MARINE INFRASTRUCTURE, PLATFORMS AND TRANSPORTATION

- Two or three competition lines as needed.
- Four or more warm up lines as needed.
- A boat will be anchored and offer dry space in the competition area (shade, freshwater showers, bathrooms) to athletes, staff, media and spectators.
- One additional boat will be permanently by the dive platform dedicated exclusively to emergency evacuation.





SAFETY

Daniel Arias Córdova has been appointed as the Event Head of Safety. Roberto Butera, Head of Safety for CMAS, will be responsible for ensuring full compliance with CMAS safety standards and protocols.

- ✓ 5 safety freedivers per competition line.
- ✓ 1 UW scooter per competition line.
- ✓ 3 warm up lines at 40 m per competition line supervised by 2 safety freedivers.
- ✓ Athletes diving deeper than 80 m in CWT/FIM and 60 m CNF, are allowed to use Deco lines (1 per comp zone), to dive 5 m x 5 min for preventive recompression with 100% O₂ surface tank with deep hose/regulator. Lines are supervised by one dedicated safety diver.
- ✓ Traditional counterbalance system capable of 2+m/s assisted ascent per competition line.
- ✓ High resolution sonar.
- ✓ One doctor/medic per competition line on the platform.
- ✓ 2 paramedics on the platform.
- ✓ Emergency evacuation boat.
- ✓ A fully equipped ambulance on standby at our headquarters San Simon Beach Club, provided by "Alert International Rescue".
<https://alertinternationalrescue.com>
- ✓ Medical clinic 200 m from our headquarters San Simon Beach Club. <https://alertinternationalrescue.com/>
- ✓ Medical center and decompression chamber at 25-minute drive, available 24/7.
<https://anthonyskey.com/hyperbaric-chamber-medical-clinic/>
- ✓ Advanced Medical center, 9 kilometers (6 miles) / 20 minute drive.
<https://www.hcemesa.com/>

Note:

- All athletes with DCI symptoms will be evacuated immediately to the hyperbaric chamber.
- For training days athletes will only be allowed perform one dive per day deeper than 60 m.

EXPECTED WEATHER CONDITIONS AUGUST 2026

Air Temperature

25 - 30°C (77 - 86 °F)

Water Temperature

27 - 29°C (80 - 84 °F)

Water temperature decreases
about 2 degrees at 100 m.

Currents

Null to moderate

Visibility

24 -40 m (80 - 120 feet)



LODGING

Athletes are free to choose accommodation in accordance with their preferences and budget. Some Resorts, Hotels, Inns and Rental Houses in West Bay and West End will offer special prices.

WEST BAY BEACH

Kimpton Grand Roatan Resort & Spa

5 Stars, Spa, Beachfront

West Bay Beach

+504 9462-8223

<https://grandroatanresortandspa.com/>

Mayan Princess Resort

West Bay Beach

<https://v2.mayanprincess.com>

Paradise Beach Hotel & Resort

West Bay Beach

<https://www.paradisehotels.com>

Infinity Bay Spa & Beach Resort

147 rooms, spa, casino, dive shop

West Bay Road

USA Toll-Free: +1-833-588-4229

Honduras: +504 2408-4800

WhatsApp: +504 9496-4308

<https://www.infinitybay.com>

Caribe Tesoro Resort

West Bay Beach

1 Kai Linda Way

Available via web form

<https://www.caribetesoro.com>

#1 en TripAdvisor

Spanish Design, pool, bar

Arca Roatan

Boutique Beachfront Hotel,

West Bay Beach

Available via web

<https://arcaroatan.com/>

Naboo Resort

West Bay

Tel / WhatsApp: +504 9421-0578

+504 9844-5898

nabooresort@gmail.com

<https://nabooresort.com>

Beach club, Restaurante Azul

West Bay Colonial Hotel

Main Road, West Bay

Available via web form

west-bay-colonial.hotels-roatan.com

3 Stars

Blue Roatan Resort

27th Tamarind Drive, West Bay

Tel: +504 9242-3596

reservations@blueroatanresort.com

<https://blueroatanresort.com/>

Beach club, Restaurante Azul

**BANANARAMA
DIVE & BEACH RESORT**
West Bay Beach
Tel: +504 2445-5072
<https://bananarama.com>

VILLAS DE CISNES
West Bay
Consult for discount for WC Athletes
<https://villasdecisnes.com>

BUENA VISTA
Roatan Vacation Condos
West Bay
10% Discount WC Athletes
<https://buenavistaroatan.com>

WEST BAY VILLAGE
Villas and Condos
Main Road, West Bay
Tel: +504 2445-5072
<https://westbayvillage.com>

OASIS ROATAN
West Bay
roatanmunicipality@gmail.com
<https://oasisroatancondohotels.com>

WEST BAY LODGE & SPA
Tropical Bungalows, Spa
Main Road, West Bay
Tel: +504 3355-6717 / +504 3289-5715
<https://wblodgeroatan.com>

WEST END TOWN

LUNA BEACH RESORT
30% discount for 7 or more nights
(Discount Code: FreeDiveMax).
20% discount for less than 7 nights
(Discount Code: FreeDiveMin).
<https://lunabeach.net/>

SPLASH INN RESORT
10% discount when
contacting them by email
and mentioning
participation in the CMAS WC
<https://roatansplashinn.com/>

MAITRI ROATAN
10% discount for 7 or more nights
when mentioning
participation in the CMAS WC
<https://maitriroatan.com/>

WEST END DIVERS RESORT
Sunset Villas, West End
WhatsApp: +504 9626-7919
info@roatansplashinn.com
<https://roatanwestenddiveresort.com>

HALF MOON BAY CABINS
Half Moon Bay, West End
coconuttreecabinsroatan@gmail.com
<https://coconuttreecabinsroatan.com>

POSADA ARCO IRIS
Half Moon Bay, West End
<https://hotelarcoirisroatan.com/>

LANDS END RESORT
<https://landsendroatan.com/>

MARIPOSA LODGE
West End
<https://www.mariposa-lodge.com/>

COCONUT TREE CABINS
West End
<https://www.coconuttreecabinsroatan.com/>

HOTEL LAS ORQUIDEAS
West End
<https://hotelorquideasroatan.com>

ACCOMMODATION PROPERTY MANAGERS

ISLAND HOUSE ROATAN
RUTH HEALEY / BRAD VOLK
reservations@islandhouserootan.com
WhatsApp +504 9648 5738

ILARIA PICELLI
Property Manager
Houses for rent Wes End / West Bay
roatandestination@gmail.com
WhatsApp +504 9600-5167
<https://casamantraroatan.com>

CARIBBEAN COLORS RENTALS
CAROLINE POWERS
info@caribbeancolorsroatan.com
WhatsApp +504 3200-1630

RENTALS by GLADYS CHRISTINA
GLADYS CHRISTINA OLSEN
gladyschristina@gmail.com
WhatsApp: US +1239.961.0401
HN +504.8937.4696

REGISTRATION

INFORMATION ABOUT PARTICIPATION

- Only participants with a CMAS License are eligible to compete in the Competition.
- All participants should respect the Competition rules, the safety conditions set by the Organizers and CMAS rules and regulations.
- The event is open to the athletes aged 18 and over and belonging to National Teams fully complying with the provisions of CMAS Regulations.
- National Teams may be made up of several athletes but will apply a maximum of 4 athletes per country for each men's discipline and a maximum of 4 athletes per country for each women's discipline. Medalist athletes from last year WC, are not included in the quota of 4 athletes.
- CMAS, the Competition Director, International Technical Officials and the Technical Delegate are not responsible for accidents or damage caused to people and personal effects before, during or after the competition. The Local Organizing Committee ensures the presence of medical assistance.

REGISTRATION PROCESS

Please note that all **entries** as National teams **must be made by their National Federation**.

Registration for the competition must be done via CMAS Portal <https://portal.cmas.org/>

Each athlete must have a personal profile on the CMAS Portal (self-registration). Portrait photo must be uploaded. The profile photo must show a close-up of the face and be recognizable (similar to the photo on documents).

HOW TO REGISTER COMPETITORS (information for National Federations)

- Log into CMAS portal <https://portal.cmas.org/cmas/dashboard>
- Go to the event section <https://portal.cmas.org/cmas/evt-events/events>
- Use the filter options to find the event you want to register.
- Enter the event page. Scroll down. Start registration procedure.
- Select athletes. Assign disciplines for each athlete.

- Add official Personal Best result in each discipline (PB must not be older than 1 year before competition start). If there is no existing an official PB please provide unofficial for safety reasons.
- Once registration has closed, no changes to the disciplines assigned to athletes will be accepted. This includes switching, adding, or removing events.
- Athletes will only be allowed to compete in disciplines assigned at CMAS portal by his National Federation during registration. No additional disciplines will be accepted at a later stage.
- Reminder – Penalty for DNS (Did Not Start): According to CMAS Depth Freediving Rules, article 1.3.1.3, In case of no show during the World Championships, the athletes will be declared DNS and a penalty of 300 euros will be applied to the team. The penalty is not applicable if athlete DNS is due to medical reasons (medical statement signed by doctor must be sent to CMAS Technical Delegate)

Important notice

- To proceed with the registration of the athlete, the CMAS license should be valid.
- A CMAS license is automatically valid only when the payment is registered in the CMAS bank account.
- Any delay in finalizing the registration process after the deadline will result in penalties for the Federation, regardless of the reason (incl. technical issues, delayed payment to the CMAS bank account etc).
- All modifications or additions requested by the NFs after the deadline are subject to acceptance by the Commission and may incur financial penalties.

REGISTRATION FOR ATHLETES FROM COUNTRIES WITHOUT NATIONAL FEDERATIONS

- Individual application allowed for the athletes from countries without national federations.
- Athlete must use CMAS Portal to request a Super License (See the screen shot).
- After submission of the request via portal please send e-mail to CMAS Freediving Commission Director ekaterina.senichkina@sport.cmas.org.
- After approval from the CMAS Freediving Commission Director, athlete must pay Super License fee via portal. Invoice will be available in Payments.

Sport Licenses

[request Super License](#)

Information

The Sport Licenses for Athletes, Coaches and Referees/Judges are requested directly to National Federations. Licenses are required to be registered in all sport events and/or to have active management privileges.

FILTER RESULTS

Federation: All

Expiration date: 30/04/2026 to 30/04/2026

Country: All

Sport Commission: All

Sport Categories: All

Status: All

CMAS Zone: All

Use the above fields to create the rules necessary to filter the results. [Filter Results](#)

ATHLETES DOCUMENTS

The following documents must be uploaded into personal profile of the athlete at CMAS Portal:

- ADEL certificate
- Insurance* (see below)
- Medical certificate not older than 12 months
- ID document- passport
- Medical Conditions statement

Athletes that fail to provide the above documents will not be allowed to take part in the competition, and their participation fee will not be refunded. Also, athletes have to fulfill all the liability release documents concerning the competition.

INSURANCE

All teams must ensure that all their participants have adequate private health and repatriation insurance during the World Championship.

The participants should purchase adequate medical insurance and repatriation insurance at their place of departure. The medical insurance shall cover accidental medical treatment, sudden illness and hospitalization allowance, including hyperbaric chamber treatment.

Medical insurance must be valid in the territory of Honduras.

The repatriation insurance shall cover the costs in case of an emergency where you need to return to your place of departure. CMAS, LOC will not be liable for any risks arising therefrom.

Responsibility for Off-Venue Incidents:

Any health issues or injuries occurring outside the designated competition area are the responsibility of the individual athletes or their teams, including transportation and medical care arrangements.

Medical Expenses:

Athletes or their federations are responsible for medical expenses including hospital, transportation, and hyperbaric chamber expenses.

Diving-Related Accidents:

In the event of any accident occurring during a dive, the athlete must undergo a medical evaluation at the local hospital. Further participation or travel will only be permitted upon clearance by the attending medical professionals in accordance with the established medical protocol.

CHAMPIONSHIP RULES

CMAS FREEDIVING INTERNATIONAL RULES DEPTH COMPETITIONS (Version 2025/01)

DISCIPLINES & DISTANCES (Men & Women)

FIM

Free Immersion

CWT-BF

Constant weight with Bi-fins

CNF

Constant weight with no fins

CWT

Constant weight with fins

INTERNATIONAL JURY

- CMAS Technical Delegate according to the CMAS rules.
- International Board of Judges, according to the CMAS Procedures & Obligations

PROTEST

According to the CMAS Procedures and obligations CAT A – B

DOPING CONTROL

The Organizing Committee guarantees to provide doping control according to the CMAS and WADA rules during the championship and regarding the number of tests planned by ITA.

SECURITY RULES

Mandatory testing for BZD and PDE 5 will also be carried out.

CLASSIFICATION AND AWARDS

According to the CMAS rules.

FLAGS

National teams should bring **two (2) national flags** (2,00 m x 1,00 m) and a USB with the **national anthem** (short version - instrumental).

VISA

Visa requirements & passports:

All foreign visitors must bring a valid passport upon their arrival to enter Honduras.

Visitors are issued a Honduran visa stamped in the passport at the moment of their arrival, and it is expected for visitors to have at least three months left on their passport before expiration, to be able to enter Honduras.

For athletes from countries who need to apply for a visa in advance and require a letter from the organization, please request it by sending **Annex 5** to the Local Organizing Committee info@roatanfreediving.com

DEADLINES - CONDITIONS FOR PARTICIPATION

REGISTRATION AND PAYMENT OF CMAS FEES ON THE CMAS PORTAL <https://portal.cmas.org/login>

ANNEX 1: The preliminary declaration of participation and registration form should be sent to the **CMAS Freediving Commission Secretary** olga.sidorova@sport.cmas.org and the **Local Organizing Committee** info@roatanfreediving.com

NO LATER THAN 15/07/2026

All members of the delegation (team leader, team officials, technical officials, athletes, must be registered online through the CMAS Portal (CMAS Portal). Athlete registration is considered complete once all disciplines have been entered and the license has been paid.

REGISTRATION FEES AND PAYMENT OPTIONS

REGISTRATION FEES

USD 1000

4 DISCIPLINES

USD 40

PREVIOUS TRAINING FEE PER SESSION

USD 300

COACHES OFFICIALS

METHOD OF PAYMENT OPTION



BANK TRANSFER

(The total cost of the transfer will be covered by the athlete/federation)



CREDIT CARD

(No extra charge)

PayPal

(The total cost of PayPal commission will be covered by the athlete/federation)

To pay the participation fee and pre-training sessions please send the **annex 6** to the Local organizing Committee at info@roatanfreediving.com

Note: You will receive the information to process the payment according to the indicate items and chosen method.

Closing date of registration and license payment deadline - 17/07/2026

PENALTIES FOR LATE REGISTRATION:

CMAS penalties (to be paid via [CMAS portal](#)):

- Registration 18/07/2026-24/07/2026 - 40 EUR per athlete.
- Registration 25/07/2026-31/07/2026 - 80 EUR per athlete.
- Registration 01/08/2026-07/08/2026 - 130 EUR per athlete.

AFTER 07/08/2026 REGISTRATION IS NOT POSSIBLE.

Athlete registration is considered complete once all disciplines have been entered and the license has been paid.

REFUND CONDITIONS

No refunds will be made due to suspension (partial or total) of the competition due to bad weather, or causes of force majeure that may harm the safety of athletes and / or staff.

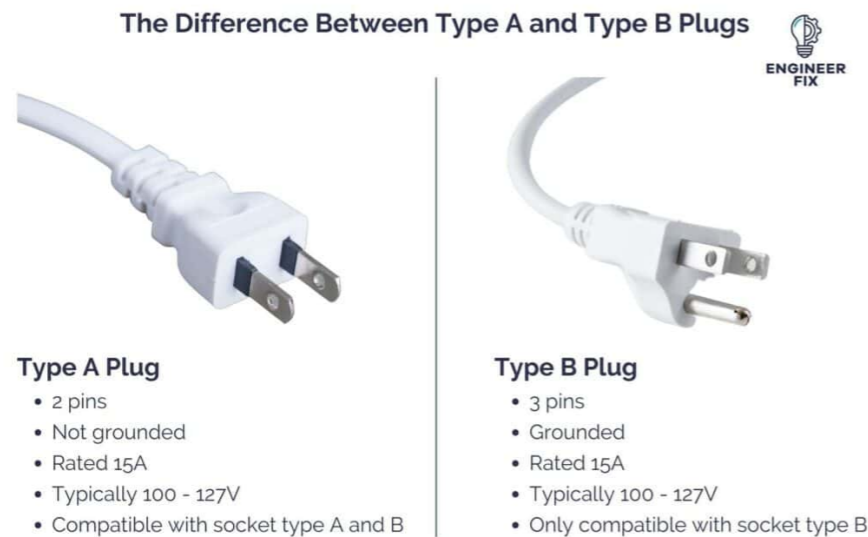
If an athlete withdraws from the competition, any refund - full, partial, or none, will be at the organizer's discretion.

IMPORTANT NOTES

- Before starting to train, athletes must register personally at **ROATAN FREEDIVING SCHOOL & TRAINING CENTER**.
- Present a medical certificate in English not older than 6 months.
- Sign Liability release (will be provided by Roatan Freediving at the time of personal registration).
- Present valid passport.
- Present proof of current medical insurance.
- Passport must be valid for entry into Honduras.

OTHER INFORMATION

- **Electrical Plugs and Sockets Used in Honduras:** Honduras uses Type A and Type B plugs. Type A has two flat, parallel prongs, and Type B has three prongs: two flat, parallel prongs and one round prong. The standard voltage in Honduras is 110V and the frequency is 60Hz. For devices that do not meet these standards, it is recommended to purchase a suitable travel adapter in advance to ensure normal use.



- Inform your arrival details and location of your lodging in Roatan to the Organizing Committee at least one week in advance of if you require airport transfer.
- **Spoken languages:** English is the main spoken language, as well as Spanish and Garífuna.
- **Currency:** \$1.00 (One US dollar) = L. 26.52 (twenty six Lempiras with fifty two cents) US dollar are accepted in most of the local businesses and is the easiest currency to change to lempiras. There are ATMs in West End, West Bay and Coxen Hole.
- **Vaccines:** for some countries yellow fever vaccine is required.
- There are **pharmacies** in **West End** and **Coxen Hole**.
- There are small **supermarkets** in **West End** and other larger ones in **Coxen Hole**.
- There are **gyms** in **West Bay** and **West End**.
- **Spearfishing is not allowed** in the **Roatan Marine Park**; with the exception of the Lion fish, for which it is necessary to obtain a permit/license from the Roatan Marine Park office.
- **Taxi Airport:** West End US \$ 20
- **Taxi Airport:** West Bay US \$ 30
- **Shared Taxi:** West End - Coxen Hole US \$ 2
- **Taxi Boat:** West End - West Bay US \$ 3 (running until dark)



CONTACT



ROATAN FREEDIVING
School & Training Center

Esteban Darhanpe

Founder of Roatan Freediving School & Training Center

<https://www.roatanfreediving.com>

Event Organizer

Email: info@roatanfreediving.com

WhatsApp: [+504 8854.1171](https://www.whatsapp.com/business/profile/50488541171)

<https://www.roatanfreediving.com>



Director of CMAS Freediving Commission

Ekaterina Senichkina

ekaterina.senichkina@sport.cmas.org

Secretary of CMAS Freediving Commission

Olga Sidorova

olga.sidorova@sport.cmas.org