National Sports Centre – Papendal, The Netherlands

P.A. van Beek MD, PhD

History

The National Sports Centre 'Papendal' was designed and built for the Nederlandse Sport Federatie (NSF).

The NSF is the confederation of all Dutch sport associations and sport-related organizations, covering 90 affiliated members with a total of ± 4.5 millions of participants.

Papendal was officially opened in 1971, but many adaptations and extensions have considerably enlarged the possibilities since then.

Papendal was set up in the first place for sport: training sessions, matches, training courses, sports days and sports scientific research and a lot of facilities have been installed in

order to meet all these various needs. As a result of a necessary business-like approach, Papendal has also accommodated a variety of totally different events such as workshop-sessions of schools and sport academies, seminars of firms and associations, sales-meetings, instructional meetings, exhibitions, presentations, conferences ranging from small to large and from simple to complex.

Location

Papendal covers a total area of 132.5 hectares; the buildings and sports-accommodations lie hidden by trees and shrubs, interspersed by sports-fields. A network of asphalt roads makes it easily accessible and the centre is completely adapted to the disabled.

Papendal is located in the eastern part of the Netherlands, near to Arnhem, close to the exits of important motorways, which are part of the

Different views of the Dutch National Sports Centre – Papendal

Address for Correspondence: Dr PA van Beek, MD, Sports-medical Centre, National Sports Centre, Papendal, Arnhem, The Netherlands

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international A-route network. Arnhem has excellent (inter)national railway-connections.

Not far from Papendal there are many interesting sights. The National Park 'de Hoge Veluwe' with the famous Kröller-Müller Museum in the heart can be reached by bike, the 'Open-Air Museum' contains many characteristic Dutch buildings such as houses, cottages and windmills to a one-to-one scale. The Arnhem Municipal Museum is the region's leading centre of art and in Arnhem also the Airborn Museum as well as the 'Burgers Zoo' annexe Safari Park can be found. The city centre of Arnhem has a lot of interesting items, with all the desired attractions on offer.

Facilities

Outdoor sports facilities

Tennis courts Four tennis courts, complete with dressing rooms and showers, lie in the wood in quiet, secluded surroundings. The courts meet the international requirements concerning size and equipment.

Grass pitches Papendal owns an extensive area of 'cultured nature' in the shape of grass pitches which can be used for all kind of sports such as soccer, handball, korfbal, rugby etc. One of the pitches has especially been laid for hockey.

Artificial pitch Near the grass pitches lies a special 108 × 72 m artificial pitch (polygrass), which is mainly used by hockey- and soccer players. This pitch has been fitted with lights and is not only used for training sessions, but also for matches.

Hard pitch This 30 × 45 m asphalt-surfaced field may be used for various purposes such as wheel-chair basketball and roller skating.

Baseball ground Like all the other areas, the baseball ground meets the official international requirements. The ground has been fitted with dug-outs, a practice-area for pitchers and a movable practice-cage for batters. The ground can also be used for softball and hockey.

Athletics track The athletics track lies in a hollow and the track was lowered 5 metres so as to eliminate the impact of winds as much as possible. The six lane track has been covered with a synthetic surface and all technical events can be practised in the centre area.

Golf course A nine-hole golf course with natural slopes covers a part of the

Papendal grounds; it has two putting greens and a driving range with several tee-points.

Mini golf link Near the main building an eternite and a concrete golf-course are located which are used a lot for different national and international matches. These links have been adapted for the disabled.

Cycle-track Part of the asphalt roads can be closed as a cycle-racing-track. This 2 km track gives cyclists every opportunity to train in a safe environment.

Training circuit Papendal has an extensive training-circuit with both a heavy and a light area, a trim and fitness course. In this circuit there are a number of slopes for intensive training or cycle-cross.

In addition, a special conically constructed track was made for the technical preparation and training of speed-skaters, a practice-track for shot-putting and discus throwing and an illuminated pétanque (jeu de boules) court.

Indoor sports facilities

Sports hall Papendal has a unique 80 × 24 m sports hall with ample seating accommodation for spectators. By means of electrically movable partitions it can be divided into three separate halls. A special footbridge has been constructed all along the ceiling for the possibility of video-recording. The sports hall has equipment for all kinds of indoor sports, including fencing, archery, wrestling, boxing, judo, karate.

The specially equipped gymnasium

has a landing area, a trampoline and highly modern training facilities.

A weight training hall contains all the necessary equipment for weight lifting and keep fit training.

A hall is also available in the same building for instructional purposes.

Swimming pool The 30 × 25 m swimming-pool has a depth of 2 m and is equipped with a 1 m and 3 m diving-board, 12 swimming lanes for competitions, waterpolo goals and three underwater windows with special audio-visual facilities. Moreover, there is a separate 9 × 18 m instruction-pool. The temperature of the water is 28°C.

Main building

The main building comprises 17 meeting rooms with capacities ranging from 10 to 175 people. All technical facilities are available, projection, sound-systems, video-cameras, video-recording and reproduction-systems, simultaneous translations as well as secretarial assistance and copy-facilities.

The main building is equipped with three restaurants with a total capacity of 240 seats, three lounges for receptions, a separate bar and a large terrace. The kitchen-staff are specialized in preparing meals for sporting people, but can also cater for parties to a maximum of 8000 participants.

Hotel

The hotel has room for more than 240 guests in one- two- or four-bedded rooms. The hotel is fitted with a launderette and laundry-service and several up-to-date instruction-rooms.

Campsite

The campsite is especially meant for low-budget groups up to 160 persons. There are permanent tents (on raised floors and with mattresses) and near the tents there are two large recreation centres, each with its own sanitary facilities, completely furnished kitchen and playground.

The campsite is eminently suitable for schools, clubs and educational institutions to hold their workshop-sessions, lectures, discussions or training camps.

Laboratory

The NSF possesses a Department of Sport Accommodations, specialized in research in the field of sport. It covers research for the durability and quality of all kinds of subsoil (indoor as well as outdoor); furthermore advice is given as to the maintenance of (mainly outdoor) sports accommodations as well as to the construction of new (indoor) sports accommodations all over the country. This department has a staff of about 20 employees.

Office

The NSF-office has just moved into a brand new four-floor headquarters building, giving enough space to the activities of the 70 staff-employees. In this building can be found the Section 'Topsport' of the NSF, covering the financial, social, mental and medical needs of the elite athletes.

The medial aspects are clustered in the Sports-medical Centre.

Sportmedical Centre

The Sports-medical Centre consists of a staff of 3 medical doctors, 2 physiotherapists, 2 medical assistants and 2 secretaries. A grant from the Ministry of WVC has created the possibility of engaging another 4-6 medical doctors for the coming three years. They will cover the medical aspects for a specific sports-association (athletics, swimming, handball, rowing, rugby, judo, triathlon).

The Sports-medical Centre has the following facilities:

- 6 medical consulting rooms, 6

medical examination rooms, a nurse's station, a casualty area, X-ray equipment, a laboratory for analysis of bloodsamples (including lactate)

- physiotherapy area with 10 treatment couches, a massage area, a 'wet area' for ice treatment and the hydrotherapy pool, an area for rehabilitation (including Cybex-equipment)
- exercise-testing area, with treadmill (Woodway), bicycle ergometers (Lode), oxygen-measurement (Metabotest, Oxyconsigma), telemetry-equipment, ECG-equipment, resuscitation-facilities
- high speed videosystem for movement analysis, in cooperation with Institut of Biomechanics of the Vrije Universiteit, Amsterdam.

The Centre's educational work includes the training of physiotherapists in their final year, the training of medical students in their final stage, and the training of medical doctors in their last year of specialization for sports-medical doctor (a 4-year specialization).

News

B.A.S.S. Guidelines

The British Association of Sports Sciences has published two handbooks, at £4.50 each incl. p&p, available from (and cheques payable to): National Coaching Foundation, 4 College Close, Beckett Park, Leeds LS6 3QH, UK.

Biomechanical Assessment of the Elite Athlete edited by Roger M. Bartlett, "forms the current laboratory working practices for use by laboratories and sports biomechanicians accredited and registered by the British Association of

Sports Sciences (BASS). Taking the form of guidelines, its sections comprise Introduction, including framework and sample budget, Cinematography, Force Platform, Electromyography, Other Motion-Analysis Techniques, Informed Consent, and References. This is intended to become the practical working manual in this area and subject to continuing review. Doctors and chiroprodists will hope that future versions start to breach the gap between laboratory studies and clinical practice.

Position Statement on the Physiological Assessment of the Elite Competitor

Produced by a BASS Working Party, this sets out guidelines on all aspects of physiological testing to be followed by the nationwide network of laboratories working together under the aegis of the BASS/NCF/Sports Council scheme. Its sections cover Introduction, Pre-Test Preparation, Aerobic Performance, Anaerobic Performance, Advice on Laboratory Procedures, and References.