

Dear sportsfriends,
The Flemish Lifesaving Federation invites you to:



**FLANDERS INTERNATIONAL
LIFESAVING COMPETITION
OPEN WATER** Surfclub Outside
Koningin Astridlaan 9 - Oostende

SATURDAY 7 JULY - SUNDAY 8 JULY 2018

INFO - CONTACT
www.redfed.be - sport@redfed.be



1. INTRODUCTION

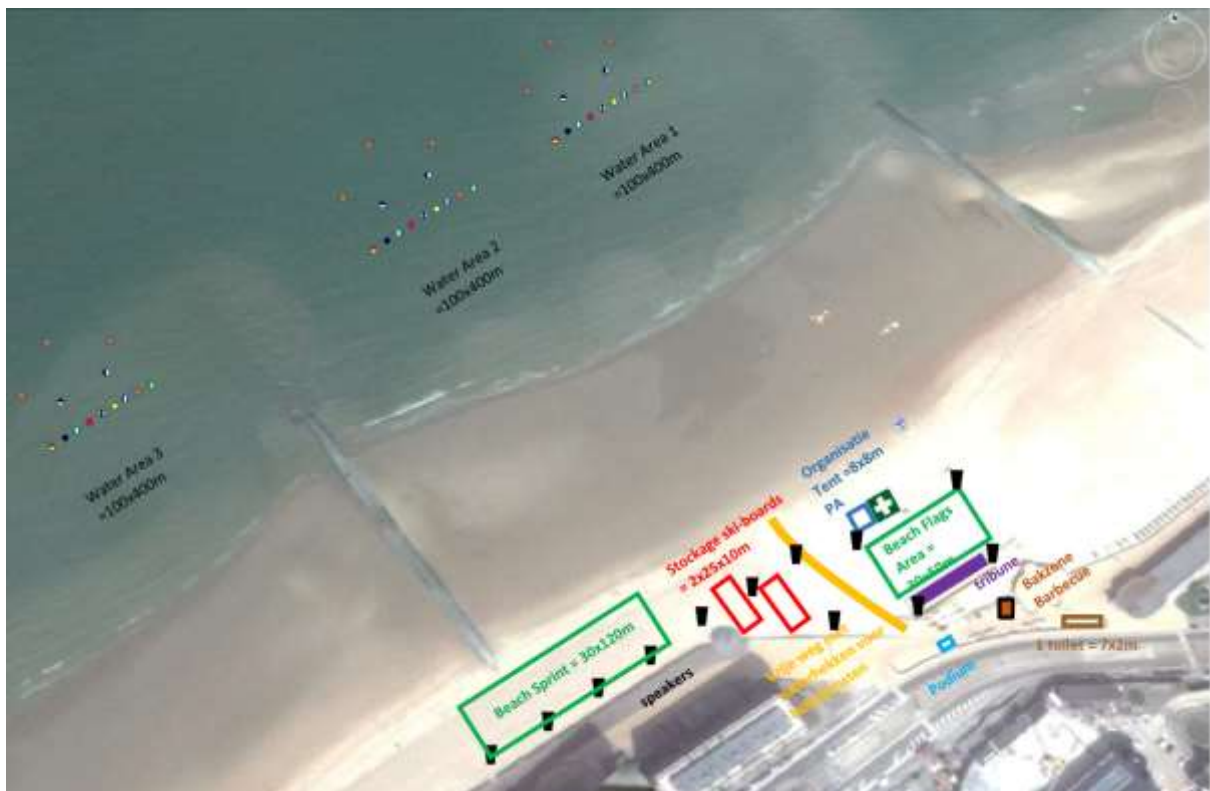
We kindly invite you to the 15th Flanders International Lifesaving Competition Open Water (FILCOW). The Flemish lifesaving federation organises these competitions together with the Surf Club of Ostend, the Lifesaving Club of Ostend.

2. LOCALISATION

Koningin Astridlaan 7-9, 8400 Oostende – Belgium



3. COMPETITION AREAS



PROGRAMME (PROVISIONAL)

Due to a significant tidal working in Ostend of approximately 200m distance between high tide and low tide it is not possible to make a detailed programme beforehand. You will receive a detailed programme before the 30th of June when the number of participants is known. Please be sure to register your team in time.

Saturday 7th of July

AM (first start at 9.00)

Heats Board race
Heats Surf ski race
Heats Beach flags
Finals Beach flags

PM

Finals Board race
Heats Rescue board rescue
Finals Rescue board rescue
Heats Rescue tube rescue
Finals Rescue tube rescue
Finals Surf ski race

Sunday 8th of July

AM (first start at 9.00)

Heats Oceanman
Heats 4x90m Beach relay
Heats Beach sprint
Heats Surf race
Finals 4x90m Beach relay
Finals Beach sprint

PM

Finals Surf race
Finals Oceanman
Final Oceanman relay
Final 2 km Beach run

4. COMPETITION

4.1. Eligibility

For the FILCOW athletes have to be born before 2008. There are three age groups in each gender:

- 2008 – 2004
- 2003 – older
- 1978 – older

4.2. Events

Individual events (7 events):

- Beach flags
- Beach sprint
- Beach run
- Surf race
- Board race
- Oceanman
- Surf ski race

Team events (4 events):

- Rescue tube rescue
- Board rescue
- Beach relay
- Ocean(wo)man relay

In this competition 7 individual and 4 team events are scheduled. All events except for the Beach run and Oceanman relay are held in series and finales. There will be a ranking per event. The results will be made up per gender, per event and in different age groups.

FILCOW is part of the Europe Cup. More information about the Europe cup can be found on the website of ILS.

The poster features a blue background with a silhouette of a lifeguard on the right and a swimmer on the left. The word 'OCEAN' is written vertically on the left and 'POOL' on the right. The central text reads 'LIFESAVING 2018 EUROPE CUP'. Six events are listed with their respective logos, dates, locations, and websites.

OCEAN

Redfed
FLANDERS INTERNATIONAL
LIFESAVING COMPETITION OPEN WATER
7-8 JULY
OSTEND (BELGIUM)
www.lfbs.org

OCEAN PERF Challenge
OCEANPERF CHALLENGE
11 AUGUST
CAPBRETON (FRANCE)
www.ffss.fr

INTERNATIONAL FEDERATION OF LIFE SAVING FEDERATION OF EUROPE
IRISH CHAMPIONSHIP
1 SEPTEMBER
CO. WEXFORD (IRELAND)
www.iws.ie

LIFESAVING 2018
EUROPE CUP

RFESS
SPANISH INTERNATIONAL OPEN
5-6 MAY
MADRID (SPAIN)
www.rfess.es

Orange Cup
ORANGE CUP
23-24 JUNE
EINDHOVEN (NETHERLANDS)
www.reddingsbrigade.nl

FIN
ITALIAN SUMMER OPEN CHAMPIONSHIP
12-15 JULY
ROME (ITALY)
www.federnuoto.it

POOL

#SOSEuropeCup18

The event “**Beach flags**” is part of the European Beach Flags Tour.



The Euro Beach Flags Tour is a European Tour event of the event Beach Flags. EBFT is founded in 2011 by Frederic Tortosa (Switzerland) and Robert Hendriks (Netherlands). It is an opportunity to compete against Europe’s best Beach Flags athletes.

More information about the European Beach Flags Tour can be found on:
<https://www.facebook.com/CatchYourFlagCom/>

The EBFT 2018 will follow the same Rulebook from its last edition.

4.3. Classifications

Individual events

- There is a ranking per event in each gender and in three age groups.

Team events

- There will be a ranking per event and the composition of each relay can therefore differ. For the relays we only have two different age groups:
 - Youth category (only athletes from BY 2008 – 2004)
 - Open category (all ages allowed)
- Each event will be held with series but we will only run the A-finales

5. REGISTRATION

5.1 Terms of inscription

- Athletes can participate all 7 events.
- All athletes have to be member of an ILS recognised Lifesaving Club.
- In case the team consists of two genders, they will be ranked in the male category.
- One club can register several teams, but within one event an athlete can only be member of one team.
- Teams of only 2 competitors **can** compete in the Board Rescue. For the other teams we have a maximum of 4 Board rescue teams per club in both genders per category.

⇒ The registration forms (view attachment) must be send **before 15th of June 2018** to:
sport@redfed.be

Vlaamse Reddingsfederatie (RedFed)
Gemeenteplein 26 – 3010 Kessel-Lo
Belgium
Telephone: +3216353500

5.2 Entry fee

The registration fee is **5 €** per individual event and **5 €** per team event for the FILCOW and can be paid on the first day of competition.

- ⇒ **Foreign teams can pay on location.**
- ⇒ You can also transfer the total fee of your club:
IBAN: **BE31 0682 1966 9055**
BIC code: **GKCCBEBB**
Account of RedFed with announcement: **“FILCOW 2018 + name of the club and number of participants”**.

5.3 Registration on location

The registration of the participants can be done every day from Friday the 6th of July at 7.30 AM until Sunday the 8th of July at 11.00 AM, but should be done one hour before the start of your first competition. The registration office will be at the beach side in the tents of the organisation in Beach Area 1 (see Competition Areas).

Note!

At each event you should marshal half an hour before the start of the first heat with the appointed referee for the Marshalling.

All heats of one event will be marshalled together.

6. RULEBOOK

The most recent **Technical rules** of the ILS rulebook (www.ilsf.org) will be applied at all the events.

7. CRAFT

RedFed will not provide an equipment pool. It is however possible to rent craft beforehand. Be careful because the number of craft is limited. Reservation and additional information needed? Send an email with your questions to sport@redfed.be.

Your own craft must be in good state so that injury and danger is eliminated for all participants. Your craft must be according to the standards of the ILS-Rulebook.

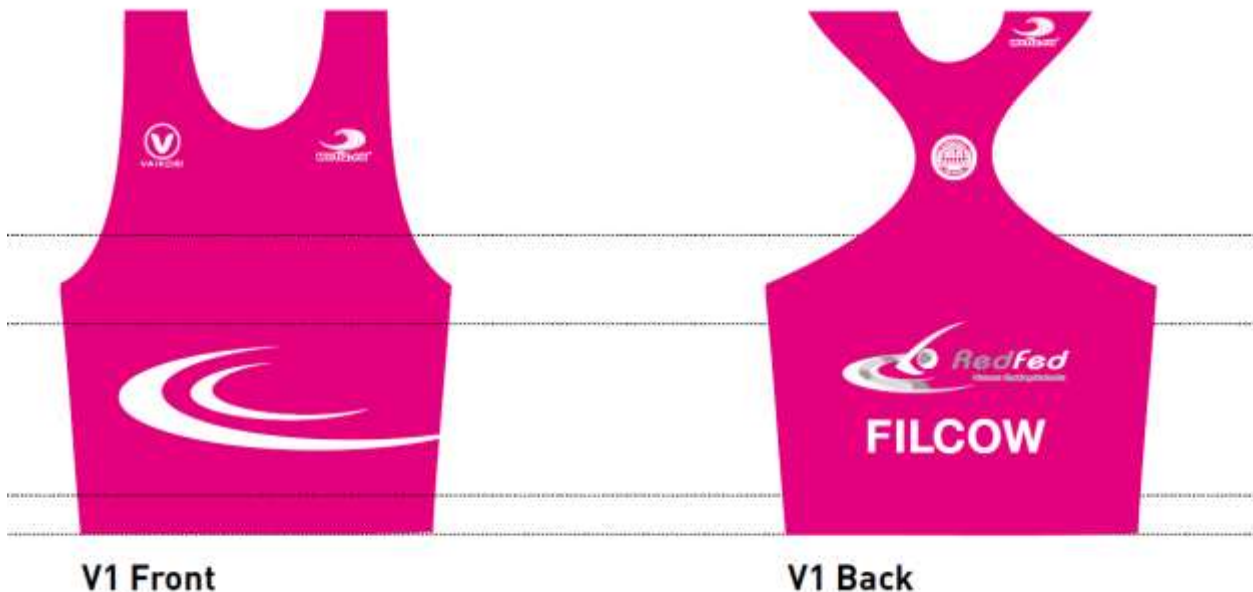
There is a possibility to leave the craft on the beach during the weekend. There will be a security team during the night of Saturday on Sunday. Leaving your craft is however at your own risk. The organising committee cannot be held responsible for damages or a loss of craft.

8. SECURITY PROCEDURES

Drowning prevention

RedFed will provide a Rescue Team in and out of the water. There will be several lifeguards in position on the beach and 3 boats at sea. An oxygen providing system and a defibrillator are positioned in the First Aid Post at the Registration Office.

For safety reasons the wearing of a high visibility FILCOW-lycra will be mandatory during the ocean events (not for the beach events). The visibility will be much higher. We have made them without a date so you can use them year after year.



Size	Chest size
XS	up to 92 cm
M	93 cm – 101 cm
XL	from 102 cm

Accidents

There is a full equipped First Aid Post for minor accidents at the Registration Office.

Within a reach of 30km you can find four Hospitals:

1. AZ Damiaan Campus St.-Jozef – Gouwelozestraat 100, 8400 Ostend.
2. AZ Sint-Jan Oostende AV campus Henri Serruys – Kairostraat 84, 8400 Ostend.
3. AZ Sint-Jan Brugge – Ruddershove 10, 8000 Bruges
4. AZ Sint-Lucas – Sint-Lucaslaan 29, 8310 Bruges

Hypothermia

Wetsuits are allowed:

- Underneath 16° C from 2003-older
- Underneath 20° C from 2008-2004
- On command of the Chief Referee

Wetsuits are obligated:

- Underneath 13° C from 2003-older
- Underneath 16° C from 2008-2004

There are also isothermal blankets to be found in the First Aid Post at the Registration Office.

Cancelling events

The chief referee can, after deliberation with other judges, the organising committee and the responsible Lifeguards, decide to cancel the competition or events due to severe circumstances. The club coaches however remain responsible to judge if certain conditions are too difficult for the members of their team. We appreciate your effort to accompany your youngest or less skilled athletes with skilled athletes on a rescue board or in a surf ski.

A safety handbook will be send to you after your inscription.

9. OFFICIALS

To ensure a good competition we ask the Belgian teams to provide the following number of officials

- 3 athletes = 1 official
- 11 athletes = 2 officials
- 21 athletes = 3 officials

Foreign teams are not obliged, but may provide officials. We are more than happy to welcome them in our team of officials.

Registration of the officials can be done on the registration form.

10. TRANSPORT

10.1 Getting to Ostend

- By Airplane
 - Airport Ostend - www.ost.aero
 - Airport Brussels - <http://www.brusselsairport.be/en/>
 - Airport Charleroi - <http://www.charleroi-airport.com/>
- By Train - <http://www.belgianrail.be/en/Default.aspx>
 - Connection from Airport Brussels
 - Connection from Airport Charleroi
 - Connection from HST in Brussels
- By Boat - www.cheapferrytickets.com
 - Connection from Dover
- By Car

10.2 Local transport

- Taxi – <http://www.taxibond.be>
Rates
 - Getting on 2,75 euro
 - Price per kilometre (your distance) 2,3 euro
 - Price per kilometre (distance to get to you) 1,15 euro
 - Price for waiting per hour 30 euro
 - Night rate 8 euro

Price from airport Ostend to Competition Area is approximately 10 euro.

- Tram - <http://www.delijn.be/dekusttram/en/index.htm>
- Bus - <http://www.delijn.be/en/index.htm>

10.3 Parking

It is possible to drive up to the beach to unload your hanger. You can leave your hanger on the beach. Your car can be parked on several spots in the area.

- Along the street (you will have to take a ticket = 3 euro/4 hours)
- At the cinema Kinepolis directly opposite the competition Area.
- Free parking:
 - Randparking Maria-Hendrikapark at Mercatorlaan Ostend – 2km distance
 - Maybe free parking at Troonstraat across the Henegouwenstraat – 0,7km distance (more info at Registration Office)

11. LODGING

Teams have to organise their own board and lodging. We will however be glad to help you with your accommodation if you encounter any problems.

The organisation can recommend the following accommodation:

1) Aparthotel “Zon en Zee”

- Address: Vakantiestraat 1, 8434 Westende
- Distance: Approximately 13km from competition area
 - Nice but simple apartments for 2-6 people with kitchen
- Website: www.zonenzee.be
- Email: vakanties@zeester.com
- Telephone: +3258230855

2) Holiday Residence “De Zeekameel”

- Address: Lombardsijdelaan 235, 8434 Lombardsijde-Westende
- Distance: Approximately 14km from competition area
 - Nice but simple rooms for 2-6 people
- Website: www.dezeekameel.be
- Email: info@dezeekameel.be
- Telephone: +3258241319

3) Campingsite “Mijn Plezier”

- Address: Duinenweg 489, 8430 Middelkerke
- Distance: Approximately 10km from competition area
- Website: www.mijnplezier.be
- Email: park@mijnplezier.be
- Telephone: +3259303020

4) Vayamundo

- Address: Zeedijk 290-330, 8400 Oostende
- Distance: Approximately 2km from competition area
- Website: www.vayamundo.be
- Email: contactcenter@vayamundo.be
- Telephone: +3278156100

5) Other accommodation can be found on the World Wide Web.

12. LUNCH

Everybody has to take care of his own meals. You can order prepared foot long sandwiches (27cm), which cost 4€ per sandwich, by filling in the registration form before the 15th of June. In the local Surf club you can order drinks and the toilets are free of use.

We hope to encounter you on the 7th of July in Ostend.

Kind regards

Wijnand Hubregsen
Event Director