

Dear sportsfriends,  
The Flemish Lifesaving Federation invites you to:

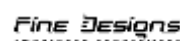
**Filcow** LIFESAVING EVENT  
3 - 9 JULY • OSTEND BEACH

RedFed  
Vlaamse Reddingfederatie  
Presents

**THE BIGGEST  
LIFESAVING  
COMPETITION  
AT THE BEACH**

More info on [filcow.be](http://filcow.be)

SPORT. VLAANDEREN Oostende 2017-2021



VLAAMS-BRABANT

## 1. INTRODUCTION

We kindly invite you to the 20<sup>th</sup> Flanders International Lifesaving Competition Open Water (FILCOW).

### FILCOW – Competition: 8-9 July 2023

Finally, the week is crowned with an international Lifesaving competition where the best athletes in Europe compete against each other. In situations where time is of the essence, FILCOW wants to prepare rescuers in an exciting competition to give the best of themselves at any time. FILCOW is also a part of the Europe Cup 2023.

EUROPE CUP 2023			
<b>POOL</b>			
5-7 May	IX Spanish International Open	Castellon de la Plana (Spain)	Pool <a href="http://www.rfess.es">www.rfess.es</a>
11-12 November	IPOM (Pool competition)	Antwerp (Belgium)	Pool <a href="http://www.redfed.be">www.redfed.be</a>
1-3 December	Orange Cup- 2023	Netherlands	Pool <a href="http://www.reddingsbrigade.nl">www.reddingsbrigade.nl</a>
<b>BEACH</b>			
17-18 June	I Spanish International Open Water Circuit	Spain	Beach <a href="http://www.rfess.es">www.rfess.es</a>
8-9 July	FILCOW (Ocean competition)	Ostend (Belgium)	Beach <a href="http://www.redfed.be">www.redfed.be</a>
13-15 July	DLRG Cup Ocean	Rostock-Warnemuende (Germany)	Beach <a href="http://www.dlrp.de">www.dlrp.de</a>

## 2. PROGRAMME (PROVISIONAL)

### FILCOW – Competition: 8-9 July 2023

#### Saturday 8th of July

AM (first start at 8.30)

Heats Board race

Finals Board race

Heats Beach flags

Finals Beach flags

Finals 1km beach run

#### PM

Heats Rescue board rescue

Finals Rescue board rescue

Heats Rescue tube rescue

Finals Rescue tube rescue

Finals 2km beach run

Finals Surf race masters/youth

#### Sunday 9th of July

AM (first start at 8.30)

Heats Oceanman

Heats 4x90m Beach relay

Heats Beach sprint men

Heats Surf race

Finals Beach sprint youth

#### PM

Finals Surf race

Finals Oceanman

Final Oceanman relay

Heats Surf ski race men

Finals 4x90m Beach relay

Finals beach flag





### 3. LOCALISATION

17 Oktoberstraat, 8400 Oostende – Belgium



### 4. COMPETITION AREAS





## 5. COMPETITION

### 5.1. Eligibility

Athletes have to be born before 2013. There are three age groups in each gender:

- 2013 – 2009
- 2008 – older
- 1983 – older

### 5.2. Events

Individual events (7 events):

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

Team events (5 events):

- Rescue tube rescue
- Board rescue
- Beach relay
- Ocean(woman) relay
- Mixed ocean Lifesaver relay

In this competition 7 individual and 5 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.

## 5.3. Classifications

### Individual Classification

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

### Team Classification

- 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 2013 – 2009)
  - Open category (all ages allowed)
- Each event will be held with series but we will only run the A-finales

## 6. REGISTRATION

### 6.1 Terms of inscription

- Athletes can participate in 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 maximum 2 teams within the same age category, within one event an athlete can only be member of one team.

### 6.2 Registration

Registration can be done via the website of FILCOW: <https://redfed.be/Filcow/en/Competition>

You can register until the 8<sup>th</sup> of June for:

- Athletes, officials, team managers
- all the events (individual-team)
- all your food
- number plates

This year we will organise a Barbecue on the 8<sup>th</sup> of July and an all you can eat Pasta the 9<sup>th</sup> of July.

### 6.3 Entry fee

The registration fee is **6 €** per individual event and **6 €** per team event and has to be transferred before the 8<sup>th</sup> of June 2023 to:

Vlaamse Reddingsfederatie

- IBAN: **BE31 0682 1966 9055**
- BIC code: **GKCCBEBB**
- Account of RedFed with announcement: **“FILCOW 2023 + name of the club”**.

### 6.4 Late Registration

Late registration can be done via email [filcow@redfed.be](mailto:filcow@redfed.be) until the 8<sup>th</sup> of June.

Clubs that haven't paid the entry fee before the 8<sup>th</sup> of June 2023, will not be taken into account for drawing up the heat lists.



Registration of events after the 8<sup>th</sup> of June will cost 15 euro per individual event and 20 euro per team event. Withdrawal of an event will not be refunded.

## 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.

## 6.5 Refunds

- Withdrawal of an event will not be refunded.
- Disqualification from an event will not be refunded.
- Cancellation of an event due to weather conditions are not refunded.
- Cancellation of the total event due to government regulations are refunded (example Covid-19,...)

## 7. RULEBOOK

The most recent **Technical rules** of the ILS rulebook ([www.ilsf.org](http://www.ilsf.org)) will be applied at all the events. With the tidal differences the distances and set-up of boys can be different from race to race.

## 8. CRAFT

RedFed will not provide an equipment pool. 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 is no overnight security. Leaving your craft is at your own risk. The organising committee cannot be held responsible for damages or a loss of craft.

## 9. SECURITY PROCEDURES

A safety handbook and, if needed, a covid-19 protocol will be send to you after your registration.

### 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 2008-older
- Underneath 20° C from 2013-2009
- On command of the Chief Referee

Wetsuits are obligated:

- Underneath 13° C from 2008-older
- Underneath 16° C from 2013-2009

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

## 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 lycra will be mandatory during the ocean events (not for the beach events). The visibility will be much higher.

## 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.

## 10. OFFICIALS

To ensure a good competition we ask all teams to provide the following number of officials  
Registration of the officials must be done on the registration form.

Belgian clubs

- 1 athlete = 1 official
- 10 athletes = 2 officials
- 20 athletes = 3 officials

Foreign clubs

- 1 official per club

## 11. TRANSPORT

### 11.1 Getting to Ostend

- By Airplane
  - Airport Ostend - [www.ost.aero](http://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](http://www.cheapferrytickets.com)
  - Connection from Dover
- By Car

### 11.2 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>

### 11.3 Parking

This year the city of Ostend installed ANPR cameras to detect number plates. Only the vehicle towing the trailer will receive temporary approval to drive on the boulevard. If you drive up the boulevard without an approval you will be fined. There will be **no parking spaces** this year.

Your car can be parked on several spots in the area.

- In front of the competition area (you will have to take a ticket = 3 euro/4 hours)
- Along the street (you will have to take a ticket = 3 euro/4 hours)
- At the cinema Kinopolis 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



## 12. LODGING

Teams must 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](http://www.zonenzee.be)
- Email: [vakanties@zeester.com](mailto: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](http://www.dezeekameel.be)
- Email: [info@dezeekameel.be](mailto:info@dezeekameel.be)
- Telephone: +3258241319

### 3) Campingsite “Mijn Plezier”

- Address: Duinenweg 489, 8430 Middelkerke
- Distance: Approximately 10km from competition area
- Website: [www.mijnplezier.be](http://www.mijnplezier.be)
- Email: [park@mijnplezier.be](mailto:park@mijnplezier.be)
- Telephone: +3259303020

### 4) Vayamundo

- Address: Zeedijk 290-330, 8400 Oostende
- Distance: Approximately 2km from competition area
- Website: [www.vayamundo.be](http://www.vayamundo.be)
- Email: [contactcenter@vayamundo.be](mailto:contactcenter@vayamundo.be)
- Telephone: +3278156100

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

## 13. FOOD & DRINKS

You can order all your food on the website. Orders can be made until 8<sup>th</sup> of June.

### Lunch 8 - 9 July

You can order prepared foot long sandwiches, which cost 5€ per sandwich.



### Diner 8 July

We organise a barbecue on Saturday evening. The barbecue will be served with vegetables/pasta salad/bread/different sauces. There are 4 sorts of meat (Steak, Salmon, Sausage, Chicken) out of which you can chose 2 or 3 different pieces.

- 2 pieces of meat = 16 euro
- 3 pieces of meat = 20 euro



## Diner 9 July

There will be a food truck with all you can eat Pasta for 15 euro per person.

Pasta will be served in small cups with a choice of 8 different sauces:

- Bolognaise
- Diabolique
- Formagio
- Carbonara
- Pure Pesto
- Cheezy Pesto
- The Architect Mix: Bolognaise + Carbonara
- The spicy Architect Mix: Diabolique + Carbonara



## Drinks

We will have a limited range of drinks and cookies available: coca cola, fanta, coffee, tea,..

There is a Beach bar (Budha Mar Bar) where you can get all kinds of drinks and food.

## 14. Shops

5 shops will be glad to help you out with your needs:

- Nelaur: Arena and Funkita
- Swimouest: Engine and Jolyn
- Wetiz: lifesaving equipment
- IKWV: merchandise of Surf lifeguard federation
- Fine Design: Personalized t-shirts, hoodies,...

## 15. Toilets

There will be toilets available for registered athletes, coaches, volunteers and officials. Everybody will receive a number of toilet coins. The others will have to pay 50 cent per coin.



We hope to see you on the Beach in Ostend.

Kind regards



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