



RESCUE 2010

**LIFESAVING WORLD CHAMPIONSHIPS
ALEXANDRIA – 2-17 OCTOBER - EGYPT**

INFORMATION BROCHURE

FEBRUARY 2010

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The Rescue 2010 logo represents the famous Gizeh pyramids, the number one landmark in the country as well as a symbolic representation of an ECG of a heartbeat with below the Events Title

RESCUE 2010

INFORMATION BROCHURE

FEBRUARY 2010

1. INVITATION



On behalf of the Egyptian Diving and Lifesaving Federation (EDLF) and on my personal behalf I invite all ILS Member countries, ILS delegates, competitors, team managers, officials, referees, volunteers, helpers, spectators and lifesaving friends to Alexandria - Egypt in October 2010 to celebrate together the Lifesaving World Championships as well as the Centennial anniversary of ILS.

Information pertaining to the event can be found in this brochure and on our web site:
www.rescue2010.com

Again welcome to Egypt



Sameh El Shazly
President EDLF

2. PATRONAGE



The EDLF is very proud and honoured to announce that Rescue 2010 received the patronage of the first Lady of Egypt, Her Excellency Mrs Suzanne Mubarak.

Her Excellency Mrs Suzanne Mubarak is married to Egyptian President Hosni Mubarak. She is the daughter of an Egyptian physician and a Welsh nurse Lily May Palmer.

Suzanne Mubarak is born about 150 km south of Cairo and studied in the St. Claire Heliopolis in Cairo and the American University of Cairo. She obtained a Bachelor degree in political science and a Master's degree in Sociology of Education. She has two sons and two grandsons.

The EDLF and ILS are honoured and proud that she accepted the patronage of Rescue 2010.

3. WORD BY THE ILS PRESIDENT



The Lifesaving World Championships – Rescue 2010 will be held October 4-16, 2010 in the city of Alexandria, Egypt. Pool and surf competitions are on the programme for National Teams, Interclub Teams, Masters, Surfboat Teams and IRB Teams. In addition to competitions, ILS also organises meetings and the Centennial celebration of ILS.

The International Life Saving Federation (ILS) is the world authority in the global effort to prevent drowning and works with national life saving organisations to improve drowning prevention, water safety, water rescue, lifesaving, lifeguarding and lifesaving sport. ILS is a non-profit, non-political, non-religious, worldwide lifesaving sport and humanitarian organisation.

Lifesaving: a way of life

A man, woman or child drowns somewhere in the world every 30 seconds, making a tragedy of more than 1 million people who die by drowning per year. This is an unacceptable and preventable toll and is the driving motivation for the International Life Saving Federation (ILS).

The International Federation was established in 1910 and is now representing over 30 million lifesavers and lifeguards in over 130 countries. They all have one objective: the preservation of human life in the aquatic environment. Sports competitions are organised under the motto « fit to save a life » and it is in this context that our championships must be seen. Lifesaving sport has both sports and humanitarian goals.

Welcome to Alexandria

On behalf of ILS, I welcome all participating nations, delegates, referees, competitors, spectators and guests to Alexandria. The organisation of our World Championships is a mammoth task and the whole lifesaving family is very grateful to the Egyptian Diving and Lifesaving Federation and to the Rescue 2010 Organising Committee who are making even impossible things possible.

Rescue 2010 is more than competition, winning medals and champions. Rescue 2010 is about meeting fellow lifesavers, renewing friendship and exchanging ideas. Our competitors are lifesavers. Our lifesavers perform patrols on the beach, a lake or a pool. The competition is a method of improving lifesaving skills and engaging people in the global drowning prevention effort. Alexandria provides a unique opportunity for a cultural and tourism experience.

To all participants, I hope you will achieve your goals and enjoy working together to make Rescue 2010 in Alexandria a special event in the spirit of friendship through lifesaving.

Dr. Steve Beerman, MD
President of ILS

4. EVENTS IN RESCUE 2010

In 2010 the Lifesaving World Championship, called Rescue 2010 will take place in Egypt and more specifically in the coastal city of Alexandria. Rescue 2010 is the most significant life saving competition of the world. It will be organised by the Egyptian Diving and Lifesaving Federation (EDLF) on behalf of the International Life Saving Federation (ILS).

Egypt and the EDLF welcomes from 2 to 17 October 2010, over 3,000 athletes and over 1,000 delegates, officials and team managers involved in the meetings and competitions.

In 2010, lifesaving will celebrate its 100th anniversary. Indeed, the organisation was created on 27 March 1910. A Gala evening will be organised and all participants are welcome to be part of this unique moment.

The Egyptian Diving and Lifesaving Federation will host:

- National Teams World Championships.
- Interclub Open World Championships.
- Masters World Championships.
- Surfboat World Championships.
- IRB World Championships.
- ILS Meetings (Board of Directors, Commissions, Committees).
- Rescue 2010 Opening and Closing Ceremonies.
- Briefings and competition closing parties.
- Closing parties of the five competition components.
- ILS Centennial Gala Dinner.



The Pool Events will take place in the newly constructed Olympic Swimming Centre of Alexandria (with 7 pools in the precinct) and the Ocean events will take place at Mamoura Beach, where five beach arenas will be set up.

The main accommodation for the delegates is the Helnan hotel and the competitors, team managers, referees and visitors will be accommodated in other hotels and in the Mamoura apartments, adjacent to the beach venue.

5. PROGRAMME

In Muslim countries, the week-end is on Friday and Saturday, therefore the programme of Rescue 2010 has been adapted to fit this week-end system (see next page).

FINAL DAILY PROGRAMME OF RESCUE 2010

(updated 05/01/2010)

Date	Meetings and Social	National Teams	Masters	Interclub Teams	Surfboats and IRB
Sat 02/10					
Sun 03/10					
Mon 04/10	Commission Mtg. Committees Mtg. ILS Welcome Party				
Tue 05/10	Board of Directors ILS Centennial Gala Dinner	General Briefing Briefing SERC			
Wed 06/10	Board of Directors Opening Ceremony	Pool SERC Opening Ceremony			
Thu 07/10		Pool	General Briefing		
Fri 08/10		Beach/Ocean	Pool		
Sat 09/10		Beach/Ocean Closing Party	Pool		
Sun 10/10			Beach/Ocean	General Briefing Briefing SERC	
Mon 11/10			Beach/Ocean Closing Party	Pool SERC	Briefing Surfboats Briefing IRB
Tue 12/10				Pool	Competitions
Wed 13/10				Pool	Competitions Closing Party
Thu 14/10				Beach/Ocean	
Fri 15/10				Beach/Ocean	
Sat 16/10	Closing Ceremony			Beach/Ocean Closing Ceremony Closing Party	
Sun 17/10	Departures				

Mtg: Meeting

6. INFORMATION

6.1. Egypt

Most people who think of Egypt think of antiquities, but Egypt offers much more. Certainly it is a prime location to see the great heritage from the ancient world, including Pyramids and wonderful temples, but it is also part of the Holy Land, and tours to Christian and other religious monuments are popular.

Yet Egypt also offers nature and desert treks, great scuba diving and even golf, fishing and birding expeditions. One may choose to relax on the wondrous Egypt Red Sea or Sinai coasts, take in the high culture of Cairo, or even leisurely float down the Egyptian Nile on a luxurious river boat.



Egypt is a country mainly in North Africa, with the Sinai Peninsula forming a land bridge in Western Asia. Covering an area of about 1,010,000 square kilometers (390,000 square miles), Egypt borders the Mediterranean Sea to the north, the Gaza Strip and Israel to the northeast, the Red Sea to the east, Sudan to the south and Libya to the west.

Egypt is one of the most populous countries in Africa and the Middle East. The great majority of its estimated 82 million live near the banks of the Nile River, in an area of about 40,000 square kilometers (15,000 sq mi), where the only arable agricultural land is found. The large areas of the Sahara Desert are sparsely inhabited. About half of Egypt's residents live in urban areas, with the majority spread across the densely-populated centres of greater Cairo, Alexandria and other major cities in the Nile Delta.

Egypt is famous for its ancient civilization and some of the world's most famous monuments, including the Giza pyramid complex and its Great Sphinx. The southern city of Luxor contains numerous ancient artifacts, such as the Karnak Temple and the Valley of the Kings.

6.2. Cairo



Cairo means "the triumphant", is the capital and largest city of Egypt. It is the Arab World's largest and Africa's most populous city. Cairo was founded by the Fatimid caliphs as a royal enclosure. It replaced Fustat as the seat of the government. It later came under the Mamluks, was ruled by the Ottomans 1517 to 1798, and briefly occupied by Napoleon. Muhammad Ali of Egypt made Cairo

the capital of his independent empire from 1805 to 1882, after which the British took control of it until Egypt attained independence in 1922.



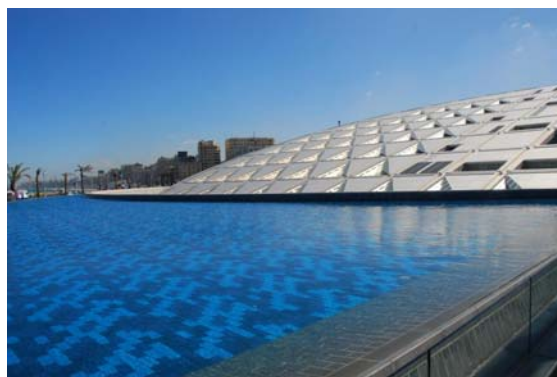
Cairo has a population of about 8 million people, according to the 2006 population census. The number of inhabitants was about a million higher at the time of the census, but this was adjusted downwards on the 17th of April 2008 when the new government of Helwan was created from parts of the old Cairo government. Cairo's metropolitan area has a population of about 17.8 million people. Cairo is the sixteenth most populous metropolitan area in the world. It is also the most populous metropolitan area in Africa.

Cairo has a mix of historical and modern cultural sites. This includes the Pyramids, the Hanging Church, Saladin's Citadel, the Virgin Mary's Tree, the Sphinx, and Heliopolis, Al-Azhar, the Mosque of Amr ibn al-A'as, Saqqara, the Cairo Tower, and the Old City. Cairo is nicknamed "The City of A Thousand Minarets".

6.3. Alexandria

Alexandria, with a population of 5 million, is the second-largest city in Egypt, and is the country's largest seaport, serving about 80% of Egypt's imports and exports. Alexandria is also an important tourist resort, mainly for the Arab speaking world.

Alexandria extends about 32 km (20 miles) along the coast of the Mediterranean sea in north-central Egypt. It is home to the Bibliotheca Alexandrina (the new Library of Alexandria), and is an important industrial centre because of its natural gas and oil pipelines from Suez, another city in Egypt. Alexandria was also an important trading post between Europe and Asia, because it profited from the easy overland connection between the Mediterranean Sea and the Red Sea.



In ancient times, Alexandria was one of the most famous cities in the world. It was founded around a small pharaonic town 334 BC by Alexander the Great. It remained Egypt's capital for nearly a thousand years, until the Muslim conquest of Egypt in 641 AD when a new capital was founded at Fustat (Fustat was later absorbed into Cairo).

Alexandria was known for the Lighthouse of Alexandria (one of the Seven Wonders of the Ancient World), the Library of Alexandria (the largest library in the ancient world) and the Catacombs of Kom el Shoqafa (one of the Seven Wonders of the middle Ages).

Ongoing maritime archaeology in the harbour of Alexandria, which began in 1994, is revealing details of Alexandria both before the arrival of Alexander, when a city named Rhakotis existed there, and during the Ptolemaic dynasty.

7. TRAVEL TO EGYPT AND ALEXANDRIA

7.1. By plane

Alexandria has/had two airports in the immediate vicinity and is also within striking distance of Cairo.

Alexandria's airport El Nouzha (IATA: ALY), will be closed in March 2010 and all flights and services will move to the Borg el Arab Airport from spring 2010 onwards.

The city's largest and sole airport will from spring 2010 be Borg el Arab Airport (IATA: HBE), served by Lufthansa, Emirates, Olympic, Egypt Air, Turkish Airlines and others. It's located some 25 km to the south-west of Alexandria, which means a one-hour journey by taxi (10-15 Euro).

Most travellers, however, will come via Cairo, the country's capital, which is much better connected. The Organising Committee will organise bus and mini-bus transport from Cairo to Alexandria and from Alexandria to Cairo for 15 Euro per person (one way) and 25 Euro per person (two ways).

7.2. By train

From Cairo, frequent trains from Ramses Station are a possible way to get to Alexandria. Trains run at least once every hour from 6.00 to 22.00 hours. Try to choose either an express or the pride of Egyptian Railways, the French-built Turbo, which takes only 2 hours 10 minutes for the journey.

For the return journey, trains depart from Misr Station, a 10-minute stroll south of the Corniche of Alexandria along Nabi Daniel Street, as well as the Sidi Gaber Station.

7.3. By car

There are two options when travelling from Cairo to Alexandria by car. Using either route, the journey usually takes around 3 hours, depending on speed and surrounding traffic.

There are two main roads from Cairo to Alexandria:

- The Agriculture road has a speed limit of 90 km/hour for private cars and has 2 lanes in each direction. This is the main road, so it can get crowded.
- The Desert road is the advised road. The road has a speed limit of 100 km/hour for private cars and has 3 lanes in each direction. True to the name, this crosses the desert and is less crowded and faster. There are cafeterias every few kilometres. The usual cautions for driving in Egypt apply.

7.4. By bus

Several bus companies offer a bus service into Alexandria at a very low price range. Buses are air conditioned and come complete with a hostess trolley service. Companies include Golden Arrow, West Delta, Super Jet, Pullman and El Gouna. Operating times vary from one company to another, but there are trips between Cairo and Alexandria virtually every hour from early morning till midnight.

Note that while the buses themselves are perfectly comfortable, the duration of the journey from Cairo to Alexandria will depend on the pick-up/drop-off point. By public bus transport, expect a 4-6 hour trip rather than the average 2-3.

There are a number of bus pick-up/drop-off points inside Alexandria. These are usually either at Maw'if Gadid Station which is a bit far from the city of Alexandria so it shouldn't cost more than 1-2 Euro cab ride. Don't take a taxi with anyone that approaches you right outside of the bus. Walk outside the station and catch a taxi there if you must.

7.5. By boat

There are no scheduled ferry services to Alexandria, although cruise ships do stop by occasionally.

8. ENTRY FORMALITIES – VISA

Non-Egyptian visitors arriving in Egypt are required to be in possession of a passport that is **valid for six months** after the entry date.

Entry visas may be obtained from Egyptian Diplomatic and Consular Missions abroad or from the Entry Visa Department at the Travel Documents, Immigration and Nationality Administration (TDINA).

It is, however, possible for most tourists and visitors to obtain an entry visa at any of the Major Points of Entry. The rate in 2009 for an entry visa obtained at the Airport is 15 USD or 10 Euro (rate in 2009). It can be obtained using cash payments or credit card payments in the airport of arrival.

8.1. Visa at point of entry

A visa can be obtained at the point of entry for the following nationals: Australia, Austria, Belgium, Canada, Cyprus, Denmark, Finland, France, Germany, Greece, Luxembourg, Netherlands, Ireland, Italy, Japan, Malaysia, Norway, Portugal, Singapore, South Korea, Spain, Sweden, Switzerland, United Kingdom, Russia and the USA.

8.2. Visa Exemptions

Following countries are exempted from visa: Bahrain, Jordan, Kuwait, Libya, Oman, Saudi Arabia, Syria and the United Arab Emirates.

8.3. Pre-Arrival Visa

Citizens of the following countries are required to be in possession of a pre-arrival visa: Afghanistan, Algeria, Armenia, Azerbaijan, Bangladesh, Bosnia-Herzegovina, Chechnya, Croatia, Georgia, India, Indonesia, Iraq, Iran, Israel, Kazakhstan, Kirghizia, Lebanon, Macau, Macedonia, Malaysia, Moldavia, Montenegro, Morocco, Pakistan, Palestine, Philippines, Russia, Serbia, Slovenia, Sri-Lanka, Somalia, Tadjikistan, Thailand, Tunisia, Turkmenistan, Ukraine, Uzbekistan and all African countries.

The organising Committee will not be able to issue visas.

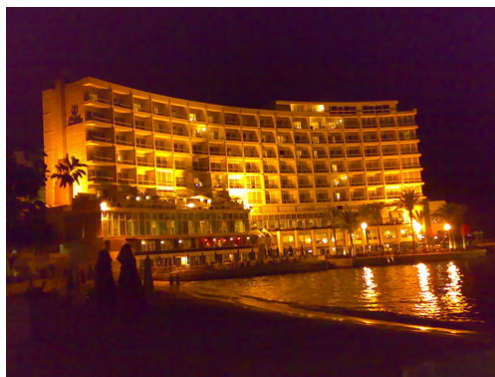
9. ACCOMMODATION

9.1. Main ILS Hotel: Helnan Hotel

Attention: Change of main ILS hotel.

The Rescue 2010 Organising Committee selected initially the Sheraton Hotel as the main ILS hotel.

Due to unacceptable changes in conditions from the Sheraton hotel, the Organising Committee changed the ILS main hotel to be the Helnan Hotel.



The Helnan Hotel will be the accommodation hub for Patrons, Governors, Board Members, Commission and Committee Members, Grand Knights and Knights of Lifesaving, National Delegates, Guests, Invitees, Referees, Judges, Officials, Spectators and anybody willing to stay at the hotel.

The Helnan Hotel is a five star hotel with fitness, pool, own beach, several restaurants, discotheque, bar, etc.... and is of much higher quality than the Sheraton Hotel. It is the second best hotel from Alexandria after the Four Seasons Hotel.



The hotel is at walking distance (800 m) from the Mamoura beach competition site and 11 km from the training and competition pools and a shuttle bus will bring the delegates to the beach and to the pool.

The hotel is located in a private park and three access controls are to be passed: one at the main park gate, one at the hotel gate and one at the hotel entrance door. So, it is highly secured. The hotel is adjacent to the famous Palace of King Faroukh (see above) and the Salamlek Palace (see below). Because of its high security, the hotel is used for important governmental and other functions.

The hotel rates are 120 Euro for a single room and 135 Euro (67 Euro per person) for a double room. The rates include: room, full buffet breakfast, services charges and applicable taxes. Guests of the hotel are able to use all amenities including swimming pool, private beach, private gardens, fitness club, etc...



Food and soft drinks are at very affordable rates: examples: Caesar salad at 4,5 Euro, Club sandwich at 6,5 Euro, Spaghetti Bolognese 2.9 Euro, Mixed Grill 13 Euro, Beef Burger Sandwich Euro, Sea Bass Fillet 11,5 Euro, Beel Medallions 13 Euro, etc...

The Organising Committee has thus been able to secure better rooms at lower rates and is very thankful to the Helnan Hotel for their dedication to lifesaving.



Hundred rooms have been booked and the booking will be done on a first register and pay – first serve basis.

Besides the bedrooms, the Egyptian Federation also secured the ILS Meeting rooms, the ILS Banquet room and the permanent secretariat rooms for ILS and EDLF in the hotel.

More information on the hotel can be found on the Rescue 2010 web site.

9.2. Accommodation at Mamoura Resort in apartments

Teams, officials and spectators will be accommodated at the holiday apartments in the Mamoura Beach Precinct. The Mamoura Beach precinct is a holiday residential area with great number of apartments available at very reasonable rates.



In the Mamoura precinct, there are also two hotels which level themselves at 3-4 star but which are too expensive for the quality they offer. We discourage people to book there. Many hotels in Alexandria indeed are exaggerating their rates and are not cooperative; therefore they are not recommended by the EDLF and ILS. The selected apartments in Mamoura however have an excellent cost-quality ratio and are all at walking distance from the Mamoura beach.

The apartments in Mamoura vary in size and finishing. Most of them have a garden or balcony, a living - dining room, a separate kitchen, a bathroom with toilet and two to three bedrooms each mostly with two beds.



A three bedroom apartment is ideal for a team of six competitors.

There is an estimate of over 4,000 apartments available in Mamoura able to house over 16,000 people.

The Organising Committee finalised the accommodations for all persons willing to be accommodated in the apartments in Mamoura.

All holiday apartments in Mamoura beach have electricity, warm and cold water, gas to cook (with gas bottles). The apartments have cooker, oven, fridge, pots and pans, cutlery, television, etc... The apartments are furnished and have linen, pillows, pillowcases and blankets and some 3-5 hangers per cabinets. They don't contain: towels and kitchen towels, internet and telephone.



There are however internet café's in Mamoura. Towels can be brought or even purchased in the local supermarket at very affordable rates. The

rental rates given hereunder include water, electricity, gas, services charges and tax. The cleaning will cost some 5-10 Euro per apartment and per cleaning.

Good news: the Organising Committee has been able to renegotiate rates and we are happy to announce that they were successful. The new rates are given hereunder.

A. Studio (can house two people)

A studio comprises one living quarter including an open kitchen, a living/dining/ sleeping section and a separate bathroom with toilet. Mostly a studio also has a small balcony. The rate is 70 Euro per day, being 35 Euro per person.

B. One bedroom apartment (can house two people)

A one bedroom apartment comprises one living quarter including an open kitchen, a living/dining section, a separate bedroom and a separate bathroom with toilet. Mostly a one bedroom apartment also has a small balcony. Sometimes the sofa is a sleeping sofa and then a one bedroom apartment can house two adults and one child. The rate is 80 Euro per day, being 40 Euro per person.

C. Two bedroom apartment (can house four people)

A two bedroom apartment comprises one entry hall, one living/dining room, one kitchen (open, semi open or closed), two bedrooms and a separate bathroom with toilet. The apartments have one or two balconies. The rate is 90 Euro per day, making it 22.5 Euro per person and per day.

D. Three bedroom apartment (can house six people)

A three bedroom apartment comprises one entry hall, one living/dining room, one kitchen (open, semi open or closed), three bedrooms and a separate bathroom with toilet. The apartments have one or two balconies. The rate is 120 Euro per day, making it 20 Euro per person and per day.

E. VIP apartments

The two and three bedroom apartments with a higher finishing standard can be rented at 120 and 150 Euro respectively. There are however only less than 40 apartments available in this category and the allocation will be done on a first register and pay – first serve basis.

F. Budget apartments

The two and three bedroom apartments with a lower finishing standard can be rented at 65 and 90 Euro respectively, making it some 16 Euro per person and per day. The apartments are basic.

The overview of the rates is given in the following table:

Rates in Euro	Studio	One Bedroom Apartment	Two Bedrooms Apartment	Three Bedrooms Apartment
Top Range (5 star)			110	150
Middle Range (3 star)	70	80	90	120
Budget Range (1 star)			65	90

The rates vary thus from 15 to 35 Euro per person and per night, service charge, security, servicing and applicable taxes included.

The Organising Committee block booked the Mamoura accommodations with the Mamoura General Management at these very interesting rates.

The Mamoura complex will be secured and will be policed 24/24 - 7/7. The selected apartments are the best ones in the Mamoura precinct. Low level apartments have been removed from the block booking.



The advantage of the Mamoura precinct is that it is a guarded zone, surrounded with a 3 m high wall and accessible through a policed gate. Another advantage is that there is ample parking space, walkways, shops and restaurants and a super market, all within walking distance. The ILS Lifesaving Village also will be in the Mamoura precinct.

9.3. Accommodation at Mamoura Resort in the Mamoura Palace Hotel

Persons willing to be accommodated in a cheap and basic hotel in the neighbourhood of the competitions, can choose the Mamoura Palace Hotel. It is a 3 star hotel (1 star in Europe standards) with all rooms having a terrace and sea view. The rates are as follows:

- Single room: 35 Euro, the room includes continental breakfast, service charges and taxes.
- Double room: 45 Euro, the room includes two continental breakfast, service charges and taxes.
- Triple room: 65 Euro, the room includes three continental breakfast, service charges and taxes.

The rooms are spacious but basic and are services every day. The Organising Committee has secure 50 rooms in this hotel at the above rates.

10. LOCAL TRANSPORTATION

Driving in Egypt is quite challenging. Therefore the Organising Committee advise the participants to Rescue 2010 to rent a car, mini bus or bus, preferably with a driver.

Renting vehicles with or without driver is quite similar in price; it is thus easier to have a driver who knows his vehicle, the city and the driving habits.

The Organising Committee suggest to the participants to rent mini-busses with drivers rather than to try using public transport. Public transport is available but it is challenging to use them if the user does not speak/understand Arabic.

10.1. Transport from Cairo to Alexandria

For those who arrive in Cairo, a road journey of 225 km (3 hours) is necessary to reach Alexandria. The best solution to travel to and from Cairo to and from Alexandria is by using the system set up by the organising committee.

The rates are:

One way Cairo to Alexandria: 15 Euro.

One way Alexandria to Cairo: 15 Euro.

Two ways from Cairo to Alexandria and back to Cairo: 25 Euro.

10.2. Transport in Alexandria

The transport in Alexandria has to be arranged by the participants. The Organising Committee was able to manage the following preferential rates:

A. Rental of a Car

The rental of a car without driver is between 50 and 70 Euro per day depending on the size of the car. The rental of a normal car with driver is 70 Euro per day.

B. Rental of a Mini-bus

The Organising Committee was able to negotiate better rates, as follows:

The rental of a mini bus (with driver) is as follows:

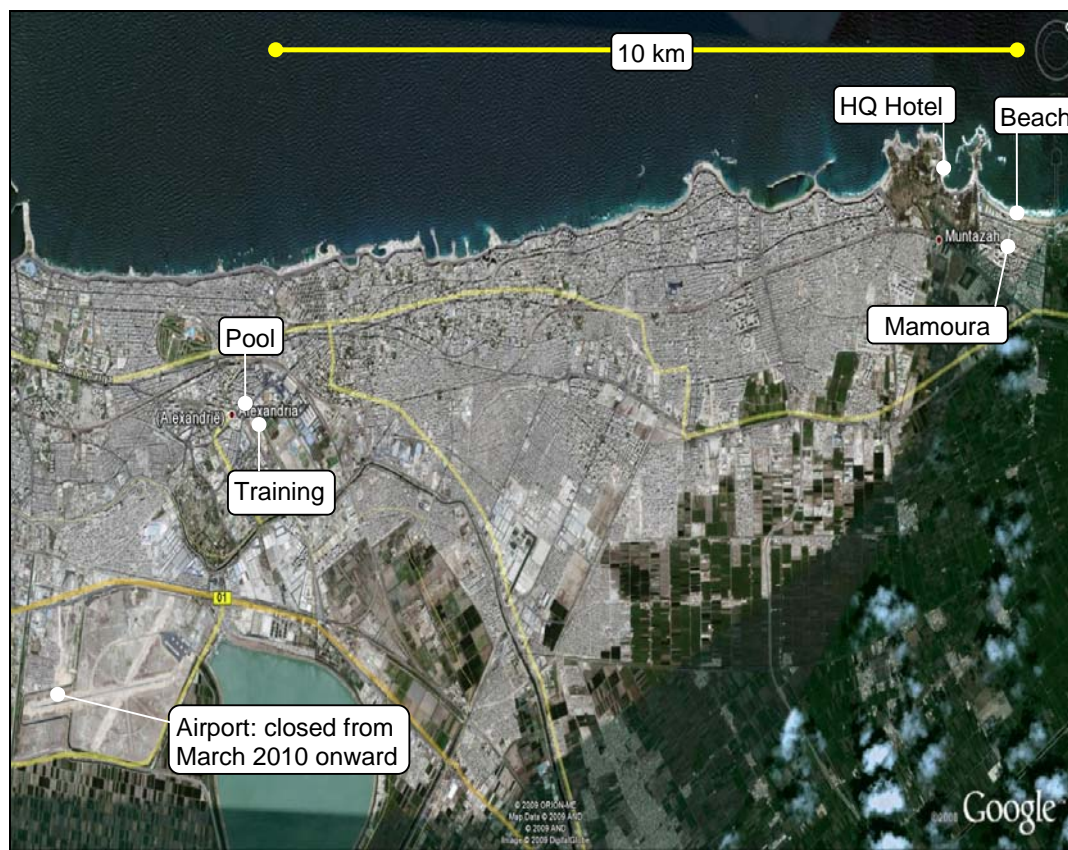
- Mini bus with 9 seats (driver and 8 seats): was 80 Euro per day, now **70 Euro per day**.
- Mini bus with 14 seats (driver and 13 seats): was 90 Euro per day, now **80 Euro per day**.
- Mini bus with 28 seats (driver and 27 seats): was 140 Euro per day, now **110 Euro per day**.
- Mini bus with 51 seats (driver and 50 seats): was 220 Euro per day, now **160 Euro per day**.

C. Rental of a Motorbike

The rental of Motorbikes is also possible but such is outside the scope of the Organising Committee.

11. DISTANCES

The distance overview is given in the picture below:



12. COMPETITION VENUES

12.1. Competition beach/ocean venue: Mamoura Beach



The Mamoura Beach is the selected beach for the beach and ocean competitions. The Mamoura Beach is located in the very North side of the city of Alexandria. It is part of the Mamoura Beach and Holiday residential area and the access to the area is through a controlled gate.

The beach is wide and deep enough with a wide pedestrian promenade along the beach giving adequate back of beach areas.

There is sufficient space for at least five water arenas and the usual beach sprint track and beach flags areas. Briefings can take place in the adjacent meeting halls. The Mamoura Beach Area is a protected area with access control.

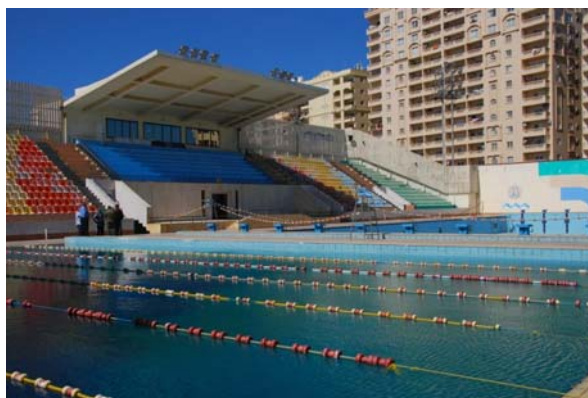
The beach is immediately backed by residences, mainly holiday apartments where all officials, judges, team management, competitors and spectators can be accommodated at very reasonable rates (see above).

The Mamoura Beach Area has also the necessary coffee shops, entertainment and supermarkets.

The EDLF will provide three swimming competition arenas, one surfboat arena and one IRB arena. Besides these arenas, a training arena will be set up. The EDLF has foreseen spectator seating for at least 1.000 people and a tower for the announcement officials.

12.2. Competition pool venue: Moubarak Swimming Pool

The Moubarak Military Swimming Pool is a full size Olympic pool with 10 lanes and a depth of 2 m all over, it has electronic timing (Omega) on both sides and adequate spectator seating (over 4,000).



It has no separate warm-up pool; however there is a diving pool (25 x 20 m) adjacent to the pool. Dressing rooms and administration rooms are available. The Organising Committee will add to the complex temporary catering and other facilities. There is ample parking space in the domain.

The Moubarak Swimming Pool Complex is a military pool that is located in a military complex in a protected area with a gate and access control; thus fully secured.

12.3. Training Pools: Alexandria Sport Club pools

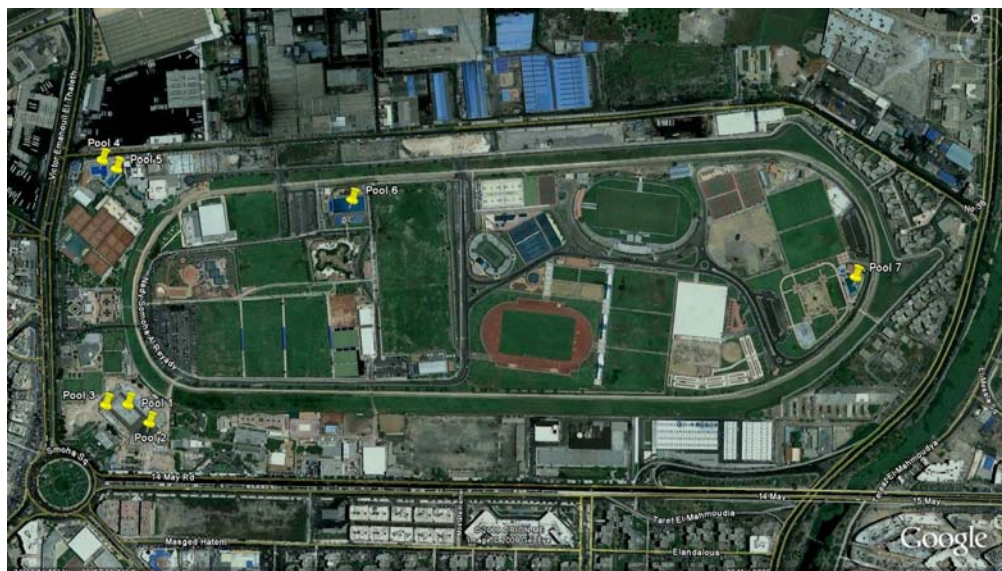
The Alexandria Sport Club has two 50 m pools, one 50x25 m and one 50x20m. The pools are set in a very nice environment with the usual club facilities such as restaurants, shopping street, parking and adequate space around the pool.



12.4. New pool competition venue and training venues at Smouha Sporting Club

Currently a completely new swimming complex is constructed and planned to be finished by May 2010.

If and when finished, the competition will move to that pool which contains a fully Olympic size pool of 50x25x3m, an adjacent 50x12.5x2m warm up pool, a diving pool of 25x20x10m and four other swimming pools in the vicinity that will be used for training (see map on page 14).



Pool 1 = Competition Pool, Pool 2 and 3: warm-up pools. Pools 4 to 7: training pools.

13. EQUIPMENT

The EDLF will provide a pool of equipment to the competitors. 24 surf ski's, 24 boards, tubes, obstacles, etc... will be available as well as six surfboats and ten IRB's.

14. RESCUE 2010 LIFESAVING VILLAGE

The Lifesaving Village will be set up close to the competition area with view on the beach, it will contain different tents and the following activities are planned in the village: breakfast, lunch and dinner services, closing parties, disco, meeting point, shops, info desk, etc.... The Village will have: food corners, merchandising, souvenir shop, drinking corners, music and disco corners, etc....

15. PRE AND POST RESCUE 2010 TOURS

The Organising Committee is currently negotiating the best possible deals for pre-and post Rescue 2010 Tours.

16. HOW DO I REGISTER

Registration can be done in two ways:

- Individually.
- Per group or team.

Registration forms can be found on the Rescue 2010 web site: www.rescue2010.com.

Please mail your registrations back to rescue2010@ilsf.org or to ils.hq@telenet.be who will pass on the information.

It is imperative that all people traveling to Alexandria and willing to compete in the Lifesaving World Championships, or willing to be a team manager, official, guest or spectator, be registered in order to allow the Egyptian Federation to provide them with an accreditation card. With the card they will have access to the secured Mamoura precinct (accommodations and beach/surf events) and to the pool precinct (pool and SERC events).

16.1. Entry Deadlines

The EDLF has identified three entry deadlines.

- **Early entries:** Entries between 1 April 2009 and 31 December 2009.
- **Normal entries:** Entries between 1 January 2010 and 31 July 2010.
- **Late entries:** Entries between 1 August and 15 September 2010.

Entries after 15 September 2010 will only be accepted in exceptional cases and a late entry penalty of 50 Euro applies.

16.2. ILS Affiliation

All competitors must be registered with an ILS Full Member Federation and provide proof with a declaration of membership by their National Federation.

16.3. Payments

Payments can be made to a bank account specially opened for Rescue 2010. The registrations will be handled by the ILS headquarters in close collaboration with the Egyptian Federation.

Bank details are as follows:

Bank account number: 001-5992534-47

Iban: BE22 0015 9925 3447

Swift: GEBABEBB

Bank Address: Fortis Bank, Warandenberg 3, 1000 Brussels, Belgium

17. ENTRY FEES

17.1. Entry Fees for National Teams

The following entry fee is applicable:

- Per National Team: 300 Euro
- Per Competitor: Early: 45 Euro - Normal: 55 Euro - Late: 65 Euro

For team officials (coach, trainer, physician, etc...) no entry fee is applicable.

17.2. Entry Fees for Interclub Teams

The following entry fee is applicable:

- Per Club participating in the Interclub World Championships: 300 Euro
- Per Competitor: Early: 45 Euro - Normal: 55 Euro - Late: 65 Euro

For team officials (coach, trainer, physician, etc...) no entry fee is applicable.

Interclub teams with less than 4 competitors: no club fee is applicable, only the fee per competitor.

17.3. Entry Fees Masters

The following entry fee is applicable:

- Per Club: 100 Euro
- Per Competitor: Early: 45 Euro - Normal: 55 Euro - Late: 65 Euro

For team officials (coach, trainer, physician, etc...) no entry fee is applicable.

17.4. Entry Fee Surfboats

The following entry fee is applicable:

- Per Surfboat Team: 200 Euro
- Per Competitor: Early: 45 Euro - Normal: 55 Euro - Late: 65 Euro

For team officials (coach, trainer, physician, etc...) no entry fee is applicable.

17.5. Entry Fee IRB

The following entry fee is applicable:

- Per IRB Team: 200 Euro
- Per Competitor: Early: 45 Euro - Normal: 55 Euro - Late: 65 Euro

For team officials (coach, trainer, physician, etc...) no entry fee is applicable.

17.6. Entry Fees Delegates, Spectators, Guests, etc...

- No entry fee is applicable.

18. GOVERNING RULES

The 2010 Lifesaving World Championships are governed by the ILS Sports Regulations that can be downloaded from the ILS web site at www.ilsf.org.

19. ARRIVAL PROCEDURE

Participants arriving in Alexandria will be directed to the Main Accreditation Centre first. The Main accreditation Centre will be located in the Mamoura precinct.

There, they will receive:

- Their accreditation card.
- The keys of their apartment.
- Information pertaining to the apartment and the housekeeper.
- Information pertaining to Rescue 2010.

20. ACCREDITATION

All participants will be accredited. The accreditation is personal, non transferable and compulsory to have access to the training, competition areas, spectator areas, VIP areas and referee areas as well as for the official transportation system of the Organising Committee. The accreditation identifies individuals participating in the event and indicates their right to access to the different zones. Controls will be made at the entrance to each area. All participants are required to wear the accreditation card at any time in the competition venue.

21. HEALTH INSURANCE

All participating Federations and/or participants are responsible for a sufficient insurance coverage (see table below) of all participating delegation members in case of illness, injury and repatriation.

Items	Minimum Amount Insured
Emergency rescue service expenses	100.000 Euro
Accidental dismemberment and death	1.000.000 Euro
Accidental medical expenses	200.000 Euro
In-hospital medical treatment that caused by sickness	200.000 Euro

The EDLF and/or the Organising Committee will not cover any medical, hospital, etc... expenses of participants to Rescue 2010.

22. DOPING CONTROL

22.1. Authority to test

Pursuant to the ILS Anti-Doping Rules, all athletes participating in Rescue 2010 shall be subject to In-Competition Testing for the duration between their official registration and the Closing Rescue 2010. The tests will be in accordance with the World Anti Doping Association (WADA).

22.2. Testing Standards

The testing conducted shall be in conformity with the International Standard for Testing in force at the time of testing.

22.3. Doping Control Station

Entrance of Doping Control Stations is only for authorised persons. The doping control station will be adjacent to the competition venues.

22.4. Analysis of Samples

All samples of athletes will be collected based on the doping control procedures in accordance with International Standard for Testing, and will be analysed in a WADA-accredited laboratory.

22.5. Therapeutic Use Exemption (TUE)

Any participating athlete requires a Therapeutic Use Exemption (TUE) shall file the application together with medical documents required to ILS Doping Committee for approval latest twenty-one (21) days before Rescue 2010.

22.6. Governing Rules

The ILS Anti-Doping Rules shall be applicable during Rescue 2010, whereas the World Anti-Doping Code shall apply.

The ILS Anti-Doping Rules can be downloaded from the ILS website at www.ilsf.org.

23. ILS TRAVEL INFORMATION

23.1. Stay Safe

Egypt is generally safe and locals are extremely friendly and accommodating. But as one would anywhere, take simple precautions. Do not draw too much attention to jewellery, your wallet or camera, etc... or do not walk in desert areas alone.

When sightseeing in Egypt, one should dress appropriately in more conservative surroundings. Whilst visiting religious sites such as churches and mosques, it is recommended that your attire be respectful of the situation.

Appropriate clothing involves little skin showing, legs and shoulders in particular for both men and women. Outside of a religious setting however, locals are used to tourists and have no problem with different types of clothing, especially in Alexandria.

Street kids, taxi drivers, and others may harass tourists. They will usually desist after a stern attitude of the person.

23.2. Disclaimer

The purpose of the International Life Saving Federation (ILS) Travel Information is to provide information and guidance to help ILS representatives and participants form their own judgements about travelling. While care is taken in preparing this advice, the ILS does not assume any responsibility, including legal responsibility, to those who read this advice and who may choose to take it into account when making any decisions relating to a travel. Neither the ILS nor any ILS Member Organisation can accept liability for injury, loss or damage arising in any respect of any statement contained in the ILS Travel Information.

23.3. Introduction

It is recognised that the activities of the involved individuals travelling for ILS meetings, representations, education, competition or others involve a risk. This ILS Travel Information is provided for ILS representatives and participants to maintain health, safety and ensure respectful travel. Health and safety international travel risk information is very dynamic and may change quickly as global health and safety risks unfold.

23.4. Health

ILS travel participants should have appropriate travel health insurance. Trusted and respected information should be reviewed prior to trip planning on the health recommendations for the nation and region involved in your travel. This information is available from different sources, including national travel health advisory websites. It is important to understand the health risks of your travel and the availability of health support in the event of illness or health concerns.

Public health and illness management systems vary greatly throughout the world. Travellers should have some familiarity with the quality and scope of health services for visitors, prior to their departure. Taking appropriate prevention strategies prior and during the travel is recommended. If there are travel health advisories/ notice, recommendations/ precautions and restrictions/warnings, ILS participants should follow those guidelines, including cancelling or moving a meeting, competition or event if the health of the participants is at risk.

For ILS events requiring an urgent assessment and decisions concerning the participant's health risk, ILS will make the decision about event cancellation or transfer to a safe location.

23.5. Safety and Security

All ILS participants should have a high level of awareness for their personal security during travel. Trusted and respected information should be reviewed prior to trip planning on the security and safety risks and recommendations for the nation and region involved in your travel. This information is available from several sources including national travel security and safety advisory websites. It is important to understand the security and safety risks of your travel and the availability of support in the event of security and safety concerns.

Visitor security and safety varies greatly throughout the world. General rules to reduce your security and safety risks are available on global and national websites. Taking appropriate strategies and measures during travel are recommended. This may include conservative dress, engaging local guide resources, avoiding attracting unneeded attention to your presence, respecting local laws, customs, beliefs and behaviours.

There is a risk of terrorism throughout the world. The risk of terrorism is higher in some nations and this may warrant advisory/notice or recommendations/precautions or restrictions/ warnings in some nations and/or regions of a nation. We recommend you analyse reliable updated website information for the risk in the nation you will visit, prior and during your travel.

If there are travel security and safety advisories /notice, recommendations/ precautions and restrictions/ warnings, ILS participants should follow those guidelines, including cancelling or moving a meeting, competition or event if the security and safety of the participants is at risk.

For ILS events requiring an urgent assessment and decisions concerning the participant's security and safety risk, ILS will make the decision about event cancellation or transfer to a safe location.

23.6. Respectful Travel

ILS representatives and participants travelling support the global effort to minimise the negative impact of travel on the environment. ILS representatives and participants understand and respect efforts to end sex tourism and illicit drug trade and use. ILS representatives and participants understand the profound consequences of being accused of illegal activity.

Responsible travellers will review and respect the cultural beliefs and customs of the nations that they visit. In some nations, drinking alcohol or displaying the effects of alcohol in public is disrespectful and/or illegal. In some cultures, during fasting traditions (i.e. Ramadan) it is disrespectful to eat, drink or smoke in public, for part of the day. Responsible travellers do not display excessive good fortune while visiting low and middle income nations.

24. OTHER USEFUL INFORMATION

24.1. Distances

The distance between the ILS hotel and the Beach is 800 m. The distance from Mamoura Beach to the Swimming Pool is 15 km.

24.2. Weather - temperature

October is the perfect time to visit Egypt. The days are warm and sunny and the nights are breezy and balmy. The average daily temperature is 25 to 28 degrees Celsius.

The night temperature is between 19-22 degrees Celsius. The sea water temperature is 22-24 degrees. The average rainfall is 0.

24.3. Official Language

The official language in Egypt is Arabic. Many people however speak English. All documents related to Rescue 2010 will be in English.

24.4. Obtaining and drinking Liquor

Alexandria has many liquor shops that can be visited by locals or foreigners and that sell liquor at very affordable rates.

There is no need to present ID cards or any documents whatsoever, you enter a shop, order or take what you want and pay, simple as this. All four and five star

hotels also sell liquor and have bars and discotheques but at higher rates, as usual. Liquor can also be delivered at home in the Mamoura zone.

The rates are as follows (rates of 01/02/2010):

- Imported beer 500 ml can: 1.15 Euro
- Local beer: 500 ml can: 0.81 Euro
- Wine bottle: from 5 to 12 Euro
- Spirits: 10 to 15 Euro.

24.5. Emergency

- Emergency number: 123
- Police number: 122
- Fire HQ number: 180
- Central Ambulance, Kom El Dekka (opposite Alexandria Station), +20-3-4922257.
- El Moassa Hospital, El Horreya Road, El Hadara, +20-3-4212885/6/7/8.
- El Shatby Hospital, Dr. Hassan Sobhy Street, El Shatby, +20-3-4871586.
- Medical Research Institute, El Horreya Road (besides Gamal Abdel Nasser Hospital), +20-3-4215455 - +20-3-4212373.
- Bacos Ambulance, Mehatet El Souk Street, Bacos, +20-3-5703454.
- Poison Centre Main University Hospital, +20-3-4862244.

24.6. Volunteer Information

- There are volunteers mainly speaking Arabic and English, and other assistant languages such as French, German to help the participants.
- Volunteers are in charge of information delivery, services ranging from the hotel to venues and its surroundings.
- The rest of volunteers being capable of speaking foreign language are distributed in airports, venues, hotels, and accreditation centre on demand.

25. 100 YEARS OF INTERNATIONAL LIFESAVING



ILS was created at a General Assembly in Saint Ouen, a small city near Paris on 27 March 1910. Mr. Raymond Pitet took this marvellous initiative.

The Lifesaving Movement will celebrate its anniversary with a Gala dinner in Alexandria on 5 October 2010. Everybody is welcome to celebrate this unique moment. Fees of 50 Euro per person apply.

Mr. Raymond Pitet, founder of the International Lifesaving Federation in front of the first lifesaving headquarters in Paris.

26. JOIN US

Join us at Rescue 2010. It is the first time that the event will be held:

- in one of the 24 Arabic speaking countries,
- in North Africa,
- in a country where the first signs of resuscitation after drowning appeared. Indeed in the 13th Century before Christ, King Aleppo drowned in the Orontos river during the battle of Kadesh. The King was saved by two soldiers and resuscitated by being turned upside down. The inversion technique was thus originally practiced in Egypt almost 3,500 years ago. The history of resuscitation started with the history of resuscitation after drowning.

Join us at Rescue 2010 to celebrate 100 years of Lifesaving.

The Organising Committee.