



**International Military Sports Council**  
**- Netherlands Delegation -**



***INVITATION***



**11<sup>th</sup> CISM World Military Lifesaving  
Championship**

**June 7<sup>th</sup> – June 14<sup>th</sup>, 2022  
Amsterdam / The Netherlands**

***CISM***

***Friendship through Sport***



International Military Sports Council  
11<sup>th</sup> CISM World Military Lifesaving Championship  
June 7<sup>th</sup> - 14<sup>th</sup> 2022  
Amsterdam, The Netherlands



To: See Distribution List.  
Subject: 11<sup>th</sup> CISM WORLD MILITARY SPORT CHAMPIONSHIP 2022  
Date: 15/12/2021

Dear Chiefs of Delegation,

The Netherlands Armed Forces have been entrusted by the Conseil International du Sport Militair (CISM) with the organization of the World Military Lifesaving Championship. On behalf of The Netherlands Armed Forces I have the honor to invite a mission representing your country to participate in this event.

Utrecht, December 15<sup>th</sup> 2021

Jan Maree

Lieutenant-colonel  
Chief of the Netherlands Delegation to CISM

The Netherlands Delegation to CISM  
BIMS, KHK, building K2 / 4.A112  
P.O. Box 90004  
3509 AA Utrecht  
The Netherlands  
Cell: 0031 610808704  
Email: [cismnl@mindef.nl](mailto:cismnl@mindef.nl)

**Attached you will find:**

- **Annex 1 : Preliminary Agreement**
- **Annex 2a: Final Entry - Composition of the Mission**
- **Annex 2b: Commitment by the Chief of Mission**
- **Annex 3 : Final Entry - Travel Data**
- **Annex 4 : Final Entry - Entry Time**



International Military Sports Council  
11<sup>th</sup> CISM World Military Lifesaving Championship  
June 7<sup>th</sup> - 14<sup>th</sup> 2022  
Amsterdam, The Netherlands



## 1. Distribution list

CISM governing bodies

- *President of CISM*
- *Official CISM Representative*
- *The concerned Continental Vice-President*
- *CISM Secretary General*
- *The concerned Chief(s) of Liaison Office(s)*
- *President and Members of CISM Sport Committee*

**To the Chiefs of Delegations of:**

NAME IN ENGLISH	CODE	NAME IN ENGLISH	CODE	NAME IN ENGLISH	CODE
1 Afghanistan	AFG	48 United States of America	USA	95 Nigeria	NGR
2 South Africa	RSA	49 Finland	FIN	96 Norway	NOR
3 Albania	ALB	50 France	FRA	97 Oman	OMA
4 Algeria	ALG	51 Gabon	GAB	98 Uganda	UGA
5 Germany	GER	52 Gambia	GAM	99 Uzbekistan	UZB
6 Angola	ANG	53 Gorgia	GEO	100 Pakistan	PAK
7 Saudi Arabia	KSA	54 Ghana	GHA	101 Palestine	PLE
8 Agentina	ARG	55 Greece	GRE	102 Paraguay	PAR
9 Amenia	ARM	56 Guatemala	GUA	103 Netherlands	NED
10 Austria	AUT	57 Guinea	GUI	104 Peru	PER
11 Azerbaijan	AZE	58 Guinea-Bissau	GBS	105 Philippines	PHI
12 Bahrain	BRN	59 Equatorial Guinea	GEQ	106 Poland	POL
13 Bangladesh	BAN	60 Guyana	GUY	107 Portugal	POR
14 Barbados	BAR	61 Hungary	HUN	108 Qatar	QAT
15 Berlarus	BLR	62 India	IND	109 Democratic Republic Of Korea	PRK
16 Belgium	BEL	63 Indonesia	INA	110 Romania	ROU
17 Benin	BEN	64 Islamic Republic Of Iran	IRI	111 Russian Federation	RUS
18 Bolivia	BOL	65 Iraq	IRQ	112 Rwanda	RWA
19 Bosnia Herzegovina	BIH	66 Ireland	IRL	113 Senegal	SEN
20 Botswana	BOT	67 Italy	ITA	114 Serbia	SRB
21 Brazil	BRA	68 Jamaica	JAM	115 Sierra Leone	SLE
22 Bulgaria	BUL	69 Jordan	JOR	116 Slovakia	SVK
23 Burkina Faso	BUR	70 Kazakhstan	KAZ	117 Slovenia	SLO
24 Burundi	BDI	71 Kenya	KEN	118 Sudan	SUD
25 Cameroon	CMR	72 Kyrgyzstan	KGZ	119 Sri Lanka	SRI
26 Canada	CAN	73 Kuwait	KUW	120 Sweden	SWE
27 Cape Verde	CPV	74 Lesotho	LES	121 Switzerland	SUI
28 Central African Republic	CAF	75 Latvia	LAT	122 Suriname	SUR
29 Chile	CHI	76 Lebanon	LBN	123 Eswatini	SWZ
30 China	CHN	77 Libya	LBA	124 Syrian Arab Republic	SYR
31 Cyprus	CYP	78 Lithuania	LTU	125 United Republic Of Tanzania	TAN
32 Colombia	COL	79 Luxembourg	LUX	126 Chad	CHA
33 Comoros	COM	80 North Macedonia	MKD	127 Czech Republic	CZE
34 Congo	CGO	81 Madagascar	MAD	128 Thailand	THA
35 Democratic Republic Of Congo	COD	82 Malawi	MAW	129 Togo	TOG
36 Republic Of Korea	KOR	83 Mali	MLI	130 Trinidad And Tobago	TTO
37 Cote D'voire	CIV	84 Malta	MLT	131 Tunisia	TUN
38 Croatia	CRO	85 Morocco	MAR	132 Turkmenistan	TKM
39 Denmark	DEN	86 Mauritania	MTN	133 Turkey	TUR
40 Djibouti	DJI	87 Monaco	MON	134 Ukraine	UKR
41 Dominican Republic	DOM	88 Mongolia	MGL	135 Uruguay	URU
42 Egypt	EGY	89 Montenegro	MNE	136 Venezuela	VEN
43 United Arab Emirates	UAE	90 Mozambique	MOZ	137 Vietnam	VIE
44 Ecuador	ECU	91 Myanmar	MYA	138 Yemen, R	YEM
45 Eritrea	ERI	92 Namibia	NAM	139 Zambia, R.	ZAM
46 Spain	ESP	93 Nepal	NEP	140 Zimbabwe, R.	ZIM
47 Estonia	EST	94 Niger	NIG		



International Military Sports Council  
 11<sup>th</sup> CISM World Military Lifesaving Championship  
 June 7<sup>th</sup> - 14<sup>th</sup> 2022  
 Amsterdam, The Netherlands



## 2. Right to participate in the 11<sup>th</sup> CISM World Military Lifesaving Championship

Only CISM active member nations have the right to participate in the 11<sup>th</sup> CISM World Military Lifesaving Championship from June 7<sup>th</sup> until June 14<sup>th</sup>, 2022 in the Netherlands. An inactive nation, intending to take part in the event must pay its annual fee before the deadline established by the Organizing Committee of the World Military Championship for sending the final entry. If it is not done, the delegation will not be able to take part in the event.

## 3. General program of the championship

### Date 07-06-2022 Tuesday

Time	ACTIVITY	LOCATION	PARTICULARITIES
Arrival day	Arrival teams	Amsterdam	
06.30 - 08.00	Breakfast	Amsterdam	
11.30 - 13.30	Lunch	Amsterdam	
12.00 - 15.30	Training	Amersfoort	3 lanes
17.00 - 18.30	Dinner	Amsterdam	
19.00 - 20.15	Preliminary and technical Meeting	Amsterdam	
20.00	Meet and Greet	Amsterdam	

### Date 08-06-2022 Wednesday

TIME	ACTIVITY	LOCATION	PARTICULARITIES
06.30 - 08.00	Breakfast	Amsterdam	
09.00	Opening ceremony	Amsterdam	
10.30	Transport to Amersfoort	Amsterdam	
11.00	Training / warming-up	Amersfoort	
11.15	Team captains meeting	Amersfoort	
12.00 - 13.30	Lunch	Amersfoort	
13.30	Warming-up	Amersfoort	
14.00	Start competition (1)	Amersfoort	200 m Obstacle
			4x50 m Obstacle relay
			Line Throw
			100 m Manikin tow with fins
			50 m Manikin carry
17.00 - 18.30	Dinner	Amersfoort	
18.30	Warming-up		
19.00	Start Finals (1)	Amersfoort	200 m Obstacle
			4x50 m Obstacle relay
			Line Throw
			100 m Manikin tow with fins
			50 m Manikin carry
21.30	End competition	Amersfoort	
22.00	Departure Amsterdam	Amersfoort	
	CISM bar	Amsterdam	



International Military Sports Council  
 11<sup>th</sup> CISM World Military Lifesaving Championship  
 June 7<sup>th</sup> - 14<sup>th</sup> 2022  
 Amsterdam, The Netherlands



**Datum 09-06-2022 Thursday**

TIJD	ACTIVITEIT	LOCATIE	PARTICULARITIES
06.30 - 08.00	Breakfast	Amsterdam	
08.00	Departure Amersfoort	Amsterdam	
08.45	Team captains meeting	Amersfoort	
09.00	Warming-up	Amersfoort	
09.30	Start competition (2)	Amersfoort	200 m Super LifeSaver
			4x25 m Manikin carry
			100 m Manikin carry with fins
			4x50 m Medley
			100 m Rescue medley
			4x50 m Pool Lifesaver Relay (mixed)
12.30 - 14.00	Lunch	Amersfoort	
14.00	Warming-up	Amersfoort	
14.30	Start Finals (2)	Amersfoort	200 m Super LifeSaver
			4x25 m Manikin carry
			100 m Manikin carry with fins
			4x50 m Medley
			100 m Rescue medley
			4x50 m Pool Lifesaver Relay (mixed)
17.00	Departure Amsterdam	Amersfoort	
18.00 - 19.30	Dinner	Amsterdam	
	CISM bar	Amsterdam	

**Datum 10-06-2022 Friday**

TIJD	ACTIVITEIT	LOCATIE	PARTICULARITIES
06.30 - 08.00	Breakfast	Amsterdam	
08.30	Departure IJmuiden	Amsterdam	
09.00	Training Ocean	IJmuiden	
10.00	COM Activity		
11.00	Departure IJmuiden	Amsterdam	
11.30 - 13.30	Lunch	IJmuiden	
12.30	Training Ocean	IJmuiden	
12.30	Departure Amsterdam	IJmuiden	
13.00	Training Ocean	IJmuiden	
16.00	Departure Amsterdam	IJmuiden	
18.00 - 19.30	Diner	Amsterdam	
	Technical meeting		
	CISM bar		



International Military Sports Council  
 11<sup>th</sup> CISM World Military Lifesaving Championship  
 June 7<sup>th</sup> - 14<sup>th</sup> 2022  
 Amsterdam, The Netherlands



**Datum 11-06-2022 Saturday**

TIJD	ACTIVITEIT	LOCATIE	PARTICULARITIES
06.30 - 08.00	Breakfast	Amsterdam	
08.00	Departure Ijmuiden	Amsterdam	
08.45	Team captains meeting	Ijmuiden	
09.00	Warming-up	Ijmuiden	
09.30	Start competition (1)	Ijmuiden	Schedule may influenced by weather conditions
			Run Swim Run
			Surfski Race
			Rescue Tube Rescue
			Rescue Board Rescue
12.30 - 14.30	Lunch	Ijmuiden	
14.30	Start Finals (1)	Ijmuiden	Schedule may influenced by weather conditions
			Run Swim Run
			Surfski Race
			Rescue Tube Rescue
			Rescue Board Rescue
17.30	Departure Amsterdam	Ijmuiden	
18.00 - 19.30	Dinner	Amsterdam	
	COM diner	Amsterdam	
	CISM bar		



International Military Sports Council  
 11<sup>th</sup> CISM World Military Lifesaving Championship  
 June 7<sup>th</sup> - 14<sup>th</sup> 2022  
 Amsterdam, The Netherlands



**Datum 12-06-2020 Sunday**

TIJD	ACTIVITEIT	LOCATIE	PARTICULARITIES
06.30 - 08.00	Breakfast	Amsterdam	
08.00	Departure IJmuiden	Amsterdam	
08.45	Team captains meeting	IJmuiden	
09.00	Warming-up	IJmuiden	
09.30	Start competition (2)	IJmuiden	Schedule may influenced by weather conditions
			<a href="#">Board Race</a>
			<a href="#">Beach Flags</a>
			<a href="#">Ocean Woman / Ocean Man</a>
			<a href="#">Oceanwoman relay / Oceanman relay</a>
			<a href="#">Ocean Lifesaver Relay (mixed)</a>
13.00 - 14.30	Lunch	IJmuiden	
14.30	Start Finals (2)	IJmuiden	Schedule may influenced by weather conditions
			<a href="#">Board Race</a>
			<a href="#">Beach Flags</a>
			<a href="#">Ocean Woman / Ocean Man</a>
			<a href="#">Oceanwoman relay / Oceanman relay</a>
			<a href="#">Ocean Lifesaver Relay (mixed)</a>
17.00	End competition	IJmuiden	
17.00 - 18.30	Beachparty	IJmuiden	
18.30	BBQ	IJmuiden	
19.30	Price giving ceremony	IJmuiden	
21.00	Departure Amsterdam	IJmuiden	
	CISM BAR	Amsterdam	

**Datum 13-06-2020 Monday**

TIJD	ACTIVITEIT	LOCATIE	PARTICULARITIES
07.00 - 09.00	Breakfast	Amsterdam	
10.00	Closing ceremony	Amsterdam	
11.30 - 12.30	Lunch	Amsterdam	
12.30	Cultural day	Amsterdam	

**Datum 14-06-2020 Tuesday**

TIJD	ACTIVITEIT	LOCATIE	PARTICULARITIES
06.30 - 08.00	Breakfast		
departure day	Departure teams		
11.30 - 13.30	Lunch		
17.00 - 18.30	Dinner		



International Military Sports Council  
11<sup>th</sup> CISM World Military Lifesaving Championship  
June 7<sup>th</sup> – 14<sup>th</sup> 2022  
Amsterdam, The Netherlands



**According to ILS & CISM Rules the following competitions will be held with events for men and women.**

**Lifesaving Pool events**

**Individual:**

50 m manikin carry  
100 m manikin carry with fins  
100 m manikin tow with fins  
100 m rescue medley  
200 m obstacles  
200 m super Lifesaver

**Relays :**

4 x 25 m manikin  
4 x 50 m medley  
4 x 50 m obstacles  
4 x 50 m Lifesaver Relay (Mixed)

**Lifesaving Beach / Ocean events**

**Individual:**

Run-Swim-Run  
Board Race  
Surfski Race  
Oceanwoman/Oceanman  
Beach flags

**Relays:**

Rescue Board Rescue  
Rescue Tube Rescue  
Oceanwoman Relay/Oceanman Relay  
Ocean Lifesaver Realy (Mixed)

The detailed description of the different events can be seen in ILS Competition Rule Book (latest edition). <http://www.ilsf.org/lifesaving-sport/rules>



International Military Sports Council  
11<sup>th</sup> CISM World Military Lifesaving Championship  
June 7<sup>th</sup> – 14<sup>th</sup> 2022  
Amsterdam, The Netherlands



#### 4. Composition of the mission

Chief of Mission	1
Team Captain	1
Coach	1 or 2*
Physician	1
Male athletes	6
Female athletes	6
<b>Total</b>	<b>17 (maximum)</b>
CSC members	1**
Referees	1***

\*Missions can only bring 1 coach if there are less than 10 athletes. Two coaches are permitted only if the mission has 10 or more athletes in attendance.

\*\*Only for the countries that have approved members on the CISM Sport Committee (CSC) Swimming. CSC members are not included in maximum number of participants. The CSC members are the only personnel permitted to arrive 2 days earlier to oversee/coordinate the final preparations prior to the commencement of the competition.

\*\*\*Each country has the possibility to bring in 1 referee, it's not mandatory.

According to the CISM Regulations, Edition December 2021, Article 7.23, item A and item D only military personnel in active duty and in possession of a valid military ID card may participate in the competition.

Additional visitors will not be accepted without official written permission of the organizing committee. The costs for board and lodging are at their own expenses.

#### 5. Access to the location of the competition

The location of the competition is the Marine Establishment Amsterdam (MEA) Barracks of The Netherlands Armed Forces in Amsterdam. Travelling expenses, to and from The Netherlands, will be the responsibility of the participating country.

The organizing committee will provide round-trip transportation from the place of arrival to the place of stay in The Netherlands and the transport during the competition.

Places of arrival and departure (see enclosed map):

Flight: Amsterdam Schiphol Airport (AMS)  
Eindhoven Airport (civil and military airport)  
By bus/car: see address of barracks (Item 5.1)

#### 5.1. Address barracks

Marine Establishment Amsterdam (MEA)  
Kattenburgerstraat 5-7  
1018 JA, Amsterdam



International Military Sports Council  
11<sup>th</sup> CISM World Military Lifesaving Championship  
June 7<sup>th</sup> – 14<sup>th</sup> 2022  
Amsterdam, The Netherlands



## 6. Conditions of stay

During their stay in The Netherlands the missions will be guests of The Netherlands Armed Forces from June 7<sup>th</sup> to June 14<sup>th</sup> 2022.

Board and lodging will be provided by the organizing committee and is free of charge. Mission members will be accommodated in barracks. **In the accommodation towels and soap will not be provided by the organization.**

Additional food & beverage and special requirements (telephone, laundry, etc.) must be paid by the concerning mission.

There is no way to provide official accommodation prior to and after the invitation dates. Any costs, made before the date of arrival and/or after the date of departure, must be covered by the participants.

## 7. Food and beverage

The use of bottled water is not necessary. Tap water is safe to drink. Menus are widely varied.

**If you need diet and religion-related requirements, please let us know.**

## 8. Medical support

The Netherlands will take care of medical support (first aid) on site. Further costs for medical support are at the expense of the participants. Participants health insurance must be valid in The Netherlands and a copy must be handed over if applicable.

## 9. Regulations of the championship

The championship will be governed by the CISM Regulations (Edition December 2021) the CISM Lifesaving Regulations (Edition 2021), the current ILS Regulations and CISM anti-doping Regulations.

## 10. Equipment

The host nation will provide the equipment to be used during the competition. In Ocean events, caps – securely fastened under the chin – must be worn on the competitors' heads at the start of each event. Competitors need to bring their own caps and lycra's.



International Military Sports Council  
11<sup>th</sup> CISM World Military Lifesaving Championship  
June 7<sup>th</sup> – 14<sup>th</sup> 2022  
Amsterdam, The Netherlands



## 11. Anti-doping

Anti-Doping tests will be conducted in accordance with the CISM Regulations – Chapter IX, CISM Anti-Doping Rules, the concerned CISM Sports Regulations, the concerned International Federation Rules, and all WADA rules, mainly the World Anti-Doping Code, and the International Standard for Testing.

The number and type of tests, as well the athletes to be tested shall be determined by the CISM Anti-Doping Commission. These procedures will follow the concerned CISM Test Distribution Plain (TDP).

In case an athlete has a Therapeutic Use Exemption (TUE), the Chief of Delegation should send this TUE to the CISM GS until 30 days before the Opening Ceremony. This TUE will be submitted to the TUE Commission to analysis and further approval.

Below are the Organizations Accredited by WADA to carry out the tests during the Championship:

o Sample Collection Authority (SCA): Doping Authority Netherlands (DAN)

(<https://www.wada-ama.org/en/code-signatories>)

o Accredited Laboratory: DoCoLab Universiteit Gent-UGent (Ghent, Belgium)

(<https://www.wada-ama.org/en/what-we-do/science-medical/laboratories/accredited-laboratories>)

CISM Anti-Doping Symb



## 12. Uniforms

Service uniform, summer dress, is mandatory for the opening- and closing ceremony.

## 13. Customs and visa procedures

For information regarding passport and visas for entry into The Netherlands, please contact The Netherlands embassy in your country or the respective embassy serving your country in The Netherlands.

Make sure, that you apply for your visa in time!

## 14. Weather conditions and additional information

1. The temperature in June in The Netherlands is between 18°C – 30°C. Average temperature is about 20° C. Average water temperature is 16° C. The probability for rain is at 45%.
2. The currency used in The Netherlands is the EURO.
3. The location of the Pool competition will be Amerena in Amersfoort. The location of the beach competition will be the beach of IJmuiden.
4. The distance from Amsterdam to Amersfoort will be 52 km and from Amsterdam to IJmuiden will be 45 km.



International Military Sports Council  
11<sup>th</sup> CISM World Military Lifesaving Championship  
June 7<sup>th</sup> – 14<sup>th</sup> 2022  
Amsterdam, The Netherlands



## 15. Registration forms deadlines

- Preliminary Agreement (Annex 1) *February 1<sup>st</sup>, 2022.*
- Final Entry (Annex 2a, 3, 4) *May 1<sup>st</sup>, 2022.* (Annex 4 will be sent later on to the participating countries)

A valid and operated phone number and email address are required on the final entry form in case the organizing committee needs to contact you.

## 16. COVID-19 measures

A Month before the start of the competition we will inform you about the latest COVID-19 measures.

## 17. Correspondence

All official correspondence concerning the competition should be sent to:

Preferably through email: [cismnl@mindef.nl](mailto:cismnl@mindef.nl)

Or:

The Netherlands Delegation to CISM  
BIMS, KHK, building K2 / 4.A112  
3509 AA Utrecht  
The Netherlands

Cell: 0031 610808704



International Military Sports Council  
11<sup>th</sup> CISM World Military Lifesaving Championship  
June 7<sup>th</sup> - 14<sup>th</sup> 2022  
Amsterdam, The Netherlands



**18. Map**

