



## **Down Syndrome International Swimming Organisation**

### **1<sup>st</sup> DSISO Open European Championships and International Swimming Competition**

**Coimbra - PORTUGAL  
15<sup>th</sup> to 21<sup>st</sup> November 2011**

# **Delegations Pack**

## INVITATION TO

### 1<sup>st</sup> DSISO Open European Championships and International Swimming Competition, Portugal 2011

15<sup>th</sup> to 21<sup>st</sup> November 2011

Vila Nova de Gaia – PORTUGAL, March 2011

Dear sport friends,

The Organising Committee supported by ANDDI-Portugal the Portuguese Sports Association for Persons with Intellectual Disability and DSISO – Down Syndrome International Swimming Organisation have the pleasure to invite you to the **1<sup>st</sup> DSISO Open European Championships and International Swimming Competition** to be held at **Coimbra – Portugal next 15<sup>th</sup> to 21<sup>st</sup> November 2011**.

Enclose we send you all the information about this event.

We do hope you will appreciate the hospitality of our country, and would be grateful for your confirmation and participation.

We need your answer quickly, so please send us your **intent of participation before next 30<sup>th</sup> April 2011**.

We hope to see you all next November 2011 in COIMBRA – PORTUGAL.

Yours sincerely,

João Pardal  
ANDDI-Portugal President

INTENTION OF PARTICIPATION	
Yes <input type="checkbox"/>	No <input type="checkbox"/>
Country: _____	
Contact Name: _____	
Address: _____	
Email: _____	Phone number: _____

**FOR CONTACT:**

Sandra Ferreira Jesus  
E-mail: [internacional@anddi.pt](mailto:internacional@anddi.pt) / [info@anddi.pt](mailto:info@anddi.pt)  
Phone: + 351 227 129 138  
Fax: + 351 227 129 143  
Mobil: + 351 918 682 259

## ENTRY PACK

**1. ORGANISATION**

ANDDI-Portugal - Portuguese Sports Association for Persons with Intellectual Disability

**2. ON BEHALF OF**

DSISO – Down Syndrome International Swimming Organisation

**3. TECHNICAL SUPPORT**

FPN – Portuguese Swimming Federation

FPDD – Portuguese Sports Federation for Persons with Disability

**4. SUPPORTED BY**

CM Coimbra

Coimbra Town Hall

IDP

Portuguese Sports Institute

**5. DATE**

15<sup>th</sup> to 21<sup>st</sup> November 2011

**6. VENUE**



**Coimbra** is one of the oldest cities in the country, having been the capital of the kingdom and its major ex-libris is their University, the oldest in Portugal, so it is called the "City of Knowledge".

## **7. AIRLINES**

The airport you need to fly to is **OPORTO** (120Km from/to Coimbra).

If you fly to any other airport in Portugal, for example Lisbon (at 230 Km), you will need to organise your own transport to Coimbra, we suggest by train to Coimbra Train Station.

## **8. TRANSPORTS**

The Organising Committee will provide transportation from and to the Oporto airport and Coimbra Train Station (to hotel), as well as during the event.

## **9. SPORTS COMPETITION FACILITIES**

Municipal Swimming Pool of Coimbra

25m 8 lane Championships Pool

20m warm-up and swim down facility

Adress: Rua António Sérgio  
3020-305 Coimbra

Telephone: 239 499 120



“Complexo de Piscinas Rui Abreu”

## **10. ACCOMMODATION**

The hotel's image is that of a prestigious, four-star, closed condominium complex offering luxury accommodation, in double and triple room.

**Extra nights** are available prior to the event **€100** per person per night (include continental breakfast, lunch and dinner)

11. PROVISIONAL SCHEDULED PROGRAMME FOR THE WEEK

Date	Activity	Time	Venue
15 <sup>th</sup> Nov. Tuesday	Arrival	During the day	Oporto Airport <i>or</i> Coimbra Train Station
	Head of Delegation / Technical meeting	TBA	TBA
16 <sup>th</sup> Nov. Wednesday	Training (sessions tba)	10:00 – 13:00 14:00 – 17:00	Municipal Swimming Pool
	Social Program		TBA
	Mayoral Reception	18:30	Town Hall
17 <sup>th</sup> Nov. Thursday	Warm - Up	08:30 – 09:25	Municipal Swimming Pool
	International Competition	09:30 – 12:30 14:30 – 17:00	Municipal Swimming Pool
	Opening Ceremony	17:15 – 17:45	Municipal Swimming Pool
	Open European Championship Finals	18:00 – 19:00	Municipal Swimming Pool
18 <sup>th</sup> Nov. Friday	Warm - Up	08:30 – 09:25	Municipal Swimming Pool
	International Competition	09:30 – 12:30 14:30 – 17:00	Municipal Swimming Pool
	Open European Championship Finals	18:00 – 19:00	Municipal Swimming Pool
	DSISO Swimming Assembly	21:00	Hotel
19 <sup>th</sup> Nov. Saturday	Warm - Up	08:30 – 09:25	Municipal Swimming Pool
	International Competition	09:30 – 12:30 14:30 – 17:00	Municipal Swimming Pool
	Open European Championship Finals	18:00 – 19:00	Municipal Swimming Pool
20 <sup>th</sup> Nov. Sunday	Warm - Up	08:30 – 09:25	Municipal Swimming Pool
	International Competition	09:30 – 12:30 14:30 – 17:00	Municipal Swimming Pool
	Open European Championship Finals	18:00 – 19:00	Municipal Swimming Pool
	Closing Ceremony	19:15	Municipal Swimming Pool
	Gala Dinner Final Party	21:00	TBA
21 <sup>st</sup> Nov. Monday	Departure	During the day	Oporto Airport <i>or</i> Coimbra Train Station

## 12. INFORMATION ABOUT THE AREA – COIMBRA

Statistic	Units	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Average
Temperature Mean Value	F	50	51.8	54.5	57.2	61.5	67.3	71.2	71.2	69.4	63.3	55.4	50.7	60.3
High Temperature Mean Value	F	57.6	59.7	63.9	66.7	71.6	78.1	83.1	83.7	81	72.7	63.5	58.1	70
Low Temperature Mean Value	F	42.3	43.7	45.1	47.5	51.4	56.5	59.5	58.8	57.7	53.8	47.3	43.5	50.6
Precipitation Mean Monthly Value	Inches	5.7	5.7	3.6	3.7	3.2	2.1	0.6	0.5	1.9	4	5.2	5.3	3.5

Temperature Mean Value	C	10.0	11.0	12.5	14.0	16.4	19.6	21.8	21.8	20.8	17.4	13.0	10.4	15.73
High Temperature Mean Value	C	14.2	15.4	17.7	19.3	22.0	25.6	28.4	28.7	27.2	22.6	17.5	14.5	21.09
Low Temperature Mean Value	C	5.7	6.5	7.3	8.6	10.8	13.6	15.3	14.9	14.3	12.1	8.5	6.4	10.33
Precipitation Mean Monthly Value	mm	138.0	139.0	88.0	91.0	78.0	51.0	15.0	13.0	47.0	97.0	128.0	129.0	84.50

Relative Humidity Mean Value	%	79.0	77.0	72.0	73.0	71.0	70.0	68.0	67.0	69.0	73.0	77.0	78.0	72.83
------------------------------	---	------	------	------	------	------	------	------	------	------	------	------	------	-------

### Pharmacies and Hospitals

Opening hours 09:00 - 13:00 / 15:00 - 19:00. One pharmacy is open 24 hours for emergencies; the address is given on the front doors of the other pharmacies.

There are hospitals near the accommodation with 24 hour medical service.

### Banks

Open Mondays to Fridays 08:30 - 15:00; The take-out maximum at the cash dispensers is € 400 When you use Travellers or other cheques you have to show your passport. Exchange Offices ("câmbios") are available in many places.

### Electricity

220 volt AC Plugs are continental with two round pins

### Telephone

You can get your phone card in a phone booth near you by using your bank card. Just have to call 762 202 202 to English language. Price: About 3€.

It is also possible to call from the Post Offices.

### Buses

You have several buses from Lisbon to Coimbra, the price is about 13€, and takes about 2h30

[www.rede-expressos.pt](http://www.rede-expressos.pt)

### Car Rental

Cars are for rent in many places (in the airport or any city). Drivers must be at least 21 years old and must be in the possession of a drivers licence for at least one year. A passenger insurance has to be included; it is possible to take out supplementary insurances.

### Trains

In 2<sup>nd</sup> class from Lisbon to Coimbra is about € 20. In a 1<sup>st</sup> class is about 30€. On-line information in English: [www.cp.pt](http://www.cp.pt)

### **13. ENTRY FEE for the WHOLE PACKAGE**

700 EURO per person, including accommodation in twin or triple rooms, full board, transport from / to Oporto airport and Coimbra train station, local transports, social programme and all ceremonies.

#### **13.1 PAYMENT DEADLINES**

- 30% must be paid at the latest (not reimbursed) by 30<sup>th</sup> June 2011
- The remained 70% must be paid at the latest by 31<sup>st</sup> August 2011

#### **13.2 NOTES**

- The payments are essential if entries are to be accepted.
- Any other day before 15<sup>th</sup> or after 21<sup>st</sup> November 2011 will be considered and paid as extra day.
- Any day less will not be discounted from the regular quota.

### **14. DSISO CAPITATION FEE**

The DSISO Capitation Fee will be €25 per person for all members of the delegation (swimmers, coach and staff)

### **15. PAYMENT FORMALITIES**

The Entry Fee must be paid to:

<b>BANK</b>	Caixa Geral de Depósitos
<b>NIB</b>	0035 0888 00088552030 39
<b>IBAN</b>	PT50 0035 0888 00088552030 39
<b>SWIFT CODE</b>	CGDIPTPL
<b>ADDRESS</b>	Avenida da República, 879 4400-280 Vila Nova de Gaia - Portugal

### **16. ORGANISATION AND INFORMATION OFFICE**

ANDDI-Portugal - ASSOCIAÇÃO NACIONAL DESPORTO DEFICIÊNCIA INTELECTUAL

Rua Prof<sup>a</sup>. Angélica Rodrigues, 46 S/7 – 4400-555 VN Gaia - Portugal

Phone: +351 227 129 138

Mobil phone: +351 918 682 259

Fax: +351 227 129 143

E-mail: [internacional@anddi.pt](mailto:internacional@anddi.pt) / [info@anddi.pt](mailto:info@anddi.pt)

Website: [www.anddi.pt](http://www.anddi.pt)

## ENTRY CRITERIA

Entries may be made by athletes representing or part of Teams (country National Down Syndrome Swimming Organisations) or by Individual athletes NOT travelling or participating as part of a Team.

Athletes and Teams are requested to submit their Entries by e-mail on the Entry Matrix (spreadsheet) provided direct to the Organisers.

The following criteria apply to all athletes.

All Athletes entering the 1<sup>st</sup> DSISO Open European Championships and International Swimming Competition 2011 at Coimbra, Portugal, are required to comply with the Entry Criteria as published in current DSISO Handbook Rules ([www.dsiso.org](http://www.dsiso.org) for download).

In summary the following is to be noted:

- Athlete is to be Registered with DSISO such that the period of Registration INCLUDES the Open European Championships and International Swimming Competition dates (see [www.dsiso.org](http://www.dsiso.org) for details).
- Athletes are to be aged 13 years or over by 31 December 2011.
- An athlete may enter 6 (six) individual events, 1 (one) distance event (800m-Women; 800m-Men) and Relay (Team) events.
- An athlete who enters any 25m event will automatically be excluded from ALL events of 100m or greater except the 100m Individual Medley.
- All Entries MUST be accompanied with a paper (or scanned if e-mail) copy of the Results of the Competition at which the Qualifying Time has been achieved. The Qualifying Time must have been achieved after 1 June 2010.
- *NOTE – Athletes who fail to achieve the relevant Qualifying Time at any stage of the Competition or Championships may be fined by the Organising Committee and barred from further participation until the fine has been paid.*
- 30% of Entry Fee together with the 1<sup>st</sup> Entry details is to be received by the Organising Committee no later than 30<sup>th</sup> June 2011.
- Remaining 70% of Entry Fee (+ DSISO Capitation Fee: 25 Euros) and the signed Code of Conduct is to be received by the Organising Committee no later than 31<sup>st</sup> August 2011.
- ALL athletes are required to sign and submit the Code of Conduct.
- Athletes MUST wear their valid DSISO Registration Card at all times during the event, this will be their Accreditation.

## **NOTES FOR TEAM STAFF**

- All Team Staff will require to submit passport sized photographs by 31<sup>st</sup> August 2011 for Accreditation purposes (NOTE – athletes do not require to submit photographs to organisers).
- All Team Staff are required to sign and submit the Code of Conduct.
- The local authorities do not allow photography within the pool building – therefore ONLY Press, Media and Official Photography will be permitted.
- Individual points will be based on overall rankings.
- No Team Staff will be permitted beyond the door to the Call-Up Room.
- Where an athlete is considered to require to be accompanied by a member of team staff at all times, or if a medical spotter is required, the Deck Access Form (see [www.dsiso.org](http://www.dsiso.org) – Handbook) is to be submitted to DSISO Technical Director no later than 31<sup>st</sup> August 2011. NOTE – If athlete behaviour is deemed to be unacceptable DSISO or the Organisers may bar the athlete from further competition or require a member of team staff to be present at all times.

## 1<sup>st</sup> ENTRY FORM

<b>COUNTRY or INDIVIDUAL</b>	
<b>NAME (if Individual)</b>	
<b>Contact person</b>	
<b>Position in the team*</b>	
<b>Address</b>	
<b>Telephone (incl Country Code)</b>	
<b>Fax</b>	
<b>E-mail</b>	

**\* Position in the Team:**

• Head of Delegation • Team Manager • Medical personnel (Doctor / Physiotherapist) • Coach • Escort

ENTRY NUMBERS	MALE	FEMALE	TOTAL
Number of Swimmers			
Number of Team Officials			
Total of Delegation			

### ENTRY FEE

The 30% of Entry Fee must be paid at the same time as the Entry **no later than 30<sup>th</sup> June 2011** to:

<b>BANK</b>	Caixa Geral de Depósitos
<b>NIB</b>	0035 0888 00088552030 39
<b>IBAN</b>	PT50 0035 0888 00088552030 39
<b>SWIFT CODE</b>	CGDIPTPL
<b>ADDRESS</b>	Avenida da República, 879 · 4400-280 Vila Nova de Gaia · Portugal

a) # Persons:	<input type="text"/>	X Entry Fee (700 EURO)	=	<input type="text"/>	€		
b) # Persons:	<input type="text"/>	X DSISO Capitation (25 EURO)	=	<input type="text"/>	€		
c) # Persons:	<input type="text"/>	X # Extra Nights =	<input type="text"/>	X 100 EUR	=	<input type="text"/>	€
<b>TOTAL DELEGATION PAYMENT (a + b + c)</b>					=	<input type="text"/>	€

Please return this form to ANDDI-Portugal

Before 30<sup>th</sup> June 2011

E-mail: [internacional@anddi.pt](mailto:internacional@anddi.pt)

Fax: +351 227 129 143

## 2<sup>nd</sup> ENTRY FORM

**COUNTRY (or name if individual) –**

**Complete Excel Spreadsheet Entry Matrix for ALL competing swimmers**

Swimmers are requested to submit a short (200 words) personal history for use by Press, Media and Announcing Team

### DELEGATION FORM

#	Family Name	Given Name	Gender	Position In the Team
1				
2				
3				
4				
5				
6				

**Position in the Team:**

• Head of Delegation • Team Manager • Medical personnel (Doctor / Physiotherapist) • Coach • Escort

### SWIMMERS FORM

#	Family Name	Given Name	Gender	Date of Birth	#DSISO license
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					

*If necessary make copies*

**ARRIVAL / DEPARTURE FORM**

**ARRIVAL**

	Date	Time	Flight #	Arriving at	Arriving from
Air					
Train					
Road					

**DEPARTURE**

	Date	Time	Flight #	Departing at	Departing to
Air					
Train					
Road					

**DATE**

**SIGNATURE**

---

**Please return this form to ANDDI-Portugal  
With the Final 70% of the payment  
No later than 31<sup>st</sup> August 2011  
E-mail: [internacional@anddi.pt](mailto:internacional@anddi.pt)  
Fax: +351 227 129 143**

## DSISO Code of Conduct

This Code of Conduct applies to all athletes, Team Staff, National Swimming Organisation delegates, Organizers, Officials and Volunteers and is to be signed by the appropriate individual.

All athletes, team staff, officials, volunteers and members of organising committees are required to conduct themselves such as not to bring into disrepute the sport, any athlete or other individual or DSISO in any way.

Athletes, Coaches, Team Staff and Team volunteers must respect the rights, dignity and worth of every human being and their ultimate right to self determination. Specifically, all persons registered with DSISO, or attending an event promoted by DSISO as a member of a Team or as an Official or as a Volunteer in any capacity are bound by this DSISO Code of Conduct and must treat everyone equally within the context of their activity, regardless of gender, ethnic origin, religion, disability or political persuasion.

Coaches/Team Staff and athletes shall refrain from public criticism of fellow Coaches / Team Staff and of athletes.

Coaches/Team Staff shall not encourage athletes to violate the Rules of the Sport or the Code of Conduct, and shall actively discourage such action.

Coaches/Team Staff and athletes must treat opponents and officials with due respect both in victory and defeat and shall encourage their athletes to behave in a similar manner.

Coaches/Team Staff and athletes shall not smoke when with or in sight of athletes. There shall be a complete No Smoking policy at all events where athletes are present, and at the venue, and in the car park/immediate environs of the venue

Coaches/Team Staff shall not consume alcoholic drinks/beverages so soon before working with athletes that their judgement may be impaired and the smell will still be on their breath. Neither shall they drink off-poolside when remaining as a responsible person in charge of athletes.

Officials, Volunteers and members of the Organising Committees shall not consume alcoholic drinks/beverages so soon before working with athletes that their judgement may be impaired and the smell will still be on their breath.

Unacceptable behaviour by individuals or by teams may result in measures being taken by the Local Organizing Committee and/or the DSISO Executive, including but not limited to withdrawal of venue pass/access privileges and/or disqualification from further competition at the Championship.

Signature ..... Name .....

Team ..... Position .....

Date .....