CMAS freediving Commission

FREEDIVING INDOOR / OUTDOOR

INTERNATIONAL JUDGE COURSE INFO & OUTLINE

10 JANUARY - 12 JANUARY, 2020

SINGAPORE
CMAS International Indoor / Outdoor Freediving (Apnea) Judge Course will be held in Singapore, from 10 January to 12 January 2020.

The course will have both Theoretical and Practical parts. The theory session will cover the details of the rules and procedures of related CMAS Freediving (Apnea) Competitions. The practical part will be done as part of a series of mock competitions, both indoor and outdoor. The successful participants will be accepted as Main Judge assistants in the competitions. The conditions of the course as written on the CMAS web page (http://www.cmas.org/114-28634.php?commission=apnea) are as follows:

The course will be given by Apostolos Bellos, Director of Cmas Freediving Commission

According to CMAS:

The course can be International Judge Course (IJC) and/or Judge Assistant Course (JAC),
The course is organized under the authorization of CMAS (and CMAS Free diving Commission),
The instructor is a CMAS International Judge appointed by CMAS for the course,
The course outline has been approved by CMAS Free diving Commission prior to the course.
The candidates should be selected by the local federation and proposed to CMAS.
First theoretical training of candidate judges (CJs) will be done with the judge assistants to be used in the competition.
The CJs will also attend to the practical issues in a competition.
The instructor will follow the CJs at all phases, and it will make written exams for the CJs.
At the end of the theoretical and practical process the instructor will propose who has succeeded the course as the International Judge for the approval of BoD.

Finally the candidates who passed successfully the course should practice as a Main Judge assistant in a CMAS International Championship, and be approved by the Main Judge of that championship.
SECTION Theory
Program is going to be announced on site

SECTION-II: Hands-on Practice Sessions

As for the practical parts of the course, all the participants are expected to attend all the technical, organizational and safety meetings. The competition and athlete registrations and announcing the results procedures will also be followed by all the candidates. Moreover, the candidates will be appointed in some suitable positions in the championships. The details given in the lectures will be experimented during the competitions.

SECTION-III: Evaluation

The evaluation process will be completed by both observations and paper exam.

Course location

The course will take place in Singapore from 10-12 January 2020.

The Pool competition will be held at Bukit Merah Swimming Complex with the address of 3500A Bukit Merah Central, Singapore 159837.
The Depth competition will be organised at Lazarus Island, in the Southern Island cluster of Singapore

Technical Meetings will take place on site that the location of the competitions.

COST OF THE COURSE

EUR240 or SGD 360: without flights nor accommodation

CONTACT

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Singapore, an island city-state off southern Malaysia, is a global financial center with a tropical climate and multicultural population. With a land mass of only 721.5 km², it is home to almost 6 million people.

Singapore is one-and-a-half degrees north of the equator, lying entirely between the 1st and 2nd parallels. Singapore's climate is classified as tropical rainforest climate, with no true distinct seasons. Owing to its geographical location and maritime exposure, its climate is characterized by uniform temperature and pressure, high humidity and abundant rainfall.

The temperature hovers around a diurnal range of a minimum of 25 °C (77.0 °F) and a maximum of 33 °C (91.4 °F).
Diving information
The island state has focused mainly on pool-freediving events with the abundance of available pool facilities. Hosting one of the busiest ports in the world and major shipping channels, depth freediving is difficult to find with the exception of hiding the sheltered bays among the southern island.

![Temperature and Visibility Conditions]
- Air Average Temperature: 32°C
- Water Temperature: 29°C - 30°C
- Current: None or light
- Visibility Conditions: 5 meters

Accommodation
Accommodations are relatively easy to find with an abundance of hotels and backpacker options.

Coming to Singapore:
By air: Singapore Changi Airport (SIN)