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# PREFACE

Dear Mr. President,

Ostend, with its central position on the Belgian coastline, derives its title 'Queen of Seaside Resorts' from its rich and royal cultural and architectural past.

Our profile depicts us as the most important Belgian city by the sea, with a city center of great significance both economically and touristically. Ostend is home to approximately 70.000 inhabitants. During the touristic summer season this number almost triples to 200.000 people staying in Ostend. Our city offers permanent entertainment and leisure to its inhabitants and its many visitors. Ostend boasts a large number of events with various sports and socio-cultural activities.

In Ostend we strongly invest in quality sports infrastructure, which makes us a generally recognized city of sport. Our recreation and sports strategy is not only focused on our inhabitants of all ages and all layers of society. It also caters to people with a holiday home here, to tourists and to the inhabitants of our neighbouring towns and villages. It includes a wide array of opportunities to engage in sports going from physical education and recreational sports for all to sports leagues and professional sports at the highest level. Our goal is giving people the opportunity to participate in sports lifelong by creating a customized and organized quality sports offer.

In 2014 we were rewarded by various authorities for our inclusive and varied sports policy. Ostend won a number of titles and awards for initiatives such as our adapted programme for senior citizens, the cooperation between the city and its local sports clubs and the 'Sportkans' project which allows underprivileged youths to participate in the regular sports offer.

Based on our current and future sports strategy and our continuous investments in quality sports infrastructure, we would like to present our candidature for the title of European City of Sport 2017.

This title would signify an important acknowledgement of our permanent efforts to achieve our goal: to give all layers of the population the opportunity of sports participation under the best conditions.

Furthermore we are certain that Ostend can offer an added value for other European cities and for ACES, sharing our views on sport, our goals and the means by which we want to achieve them.

Johan Vande Lanotte  
Mayor

Arne Deblauwe  
Alderman for Sport



# EXECUTIVE SUMMARY

Seeing as Ostend already is an event city and also a central city, it also has all the assets for bearing the title of European City of Sport.

One can find an **extensive range of sports infrastructure** in the city. It meets the demands of elite as well as recreational athletes. Currently, we are the only Flemish city which has 3 sports clubs (soccer, volleyball and basketball) achieving on the highest level. A number of sporting venues are situated on royal locations and are part of our historical heritage e.g. sports hall "De Koninklijke Stallingen" (The Royal Stables), the Royal Yacht Club Ostend, Ostend Tennis Club and Wellington Racetrack. This racetrack is unique in its kind, as a 9-hole golf-course was realized in its center.

The beach in front of the Hotel Thermae Palace is an esteemed location to organize sporting events.

Thanks to our geostrategic location by the sea, the infrastructure for water and beach sports is very well developed. Moreover safe swimming is guaranteed in eleven areas manned by life-guards. Small sailing boats and windsurfers can make use of De Spuikom, a 94 hectares large (artificial) lake. Lots of playgrounds, sports squares, skateboard ramps and petanque/boules courts can be found in all parts of the city. Non-affiliated sportsmen and -women enjoy the numerous trails for hiking, cycling, mountain bike, and running.

The municipal sports infrastructure is **easily accessible**, open 7 days a week, **affordable** and **accessible to all age groups and also**

**to all socially disadvantaged groups**. Both clubs and individual athletes have the opportunity to practice sports. Ostend clubs use municipal sports facilities free of charge for youth training programmes.

No less than 28.112 people are members of our 170 sports clubs, which provide a variety of 56 different sports. Children benefit from special youth programmes in 80 clubs, whereas 55 clubs provide a programme for senior citizens. Several clubs also provide training programmes for disabled athletes. Within all of our sports clubs, more than 3.800 volunteers together contribute in making the sports clubs attractive for all.

Ostend is famous as the **event city by the sea**. Several event agencies, sports federations and sports clubs, prefer our city as a location to organize national and international sports events.

The city offers **a sports and exercising programme for all age groups and for disadvantaged groups**. Numerous sporting initiatives **promote health and integration**.

Unique is the project "Sportkans" which, during the sporting season, gives 572 underprivileged youths the opportunity to practice sports in different sports clubs. In various neighbourhoods a locally based community (sports) project was set up. Special attention is also given to stimulating fair play in a structured way. All elite sports clubs have a community programme. An inclusion coach helps people with disabilities find their way to a sensible leisure pursuit.

”

*In our city, 54,8% of the population exercises every week.*

We have been communicating actively regarding our bid for the title of European City of Sport. The logo corresponds to the existing logo of “Heroos”. Heroos is a community project and theme that promotes all exercise activities. To us every sports-practicing inhabitant of Ostend (Oostende in Dutch) is a hero, regardless of his or her performance. Lots of promotion channels will be used to announce our candidacy to the general public and the organized civil society.

The intense cooperation of all supra-local actors, provides a solid base for the development of an appealing sports strategy, for attracting sporting events, and for starting up and carrying through a number of sports programmes.

The title of European City of Sport gives Ostend the opportunity to adopt and promote the worthwhile values and objectives of ACES to the sports active population. First of all to the local population, with all its age-groups and disadvantaged groups, but also to the equally important people from outside Ostend like students, people with a holiday home, tourists and inhabitants of neighbouring towns.



## OSTEND, SPORT CITY BY THE SEA

Ostend is a medium sized Belgian city with all the assets of a large city. The "City by the Sea" combines the irresistible attraction of the sea and the variety of a bustling city effortlessly. Our calendar is packed with events, which demonstrates that Ostend is very much alive and buoyant. Both inhabitants and tourists enjoy a wide variety of cafes and restaurants, museums and attractions and facilities for games and sport. Our rich maritime and royal past is evident throughout the city which makes Ostend into a rightly proud and attractive location.

### ACCESSIBLE CITY BY THE SEA

Ostend is one of the Flemish "central cities", and is situated in the middle of the coastline, 35 km away from the Dutch border and 30 km from the French border. Cities like Amsterdam, Brussels, Cologne, London, Luxemburg, Paris, Lille and Rotterdam are situated within a range of 300 km and are easily accessible by railway and motorway. There is also an international airport available with connections to several European cities.





Originally, Ostend was a settlement East ('Oost' in Dutch) of the former island 'Ter Strep'.

In those early times, forces of nature joined a part of the island with the mainland, leading to Ostend becoming a small harbor in the 15<sup>th</sup> century. The harbor flourished, facing silts, sieges and turbulent times and survived splendidly.

From 1601 till 1604 a war took place between the catholic troops of Filips II and archdukes Albrecht and Isabella, and the protestant troops of the Dutch (Maurits) and the English.

Ostend sided with the protestant troops. The Spanish troops and their allies besieged Ostend for three years in order to subdue the city to the authority of the Spanish command.

In the 18<sup>th</sup> century the city prospered even more due to the 'Oostendse Compagnie', a fleet trading with the Far East. Under the reign of Emperor Joseph II, Ostend became a free port, highly accessible and cosmopolitan.

The tourist industry in Ostend began in 1784 on the 'Large Beach' (the stretch of beach between the Casino and the Thermae Palace hotel), when a certain William Hesketh was given permission to open a pavilion to sell refreshments to the many bathers and seaside visitors. In the beginning of the 19<sup>th</sup> century the importance of Ostend grew and soon the first bathing carts appeared on the beach. Around 1850 Ostend was already becoming attractive to the European aristocracy which led to

the construction of the Brussels-Ostend railway connection and the establishment of the ferry service to Dover.

**”** *Ostend, evolving into a real seaside resort, soon became a favorite destination for the Belgian Royal Family.*

The wife of King Leopold I, Louise-Marie, died in Ostend. But it was mainly King Leopold II who loved staying in Ostend and taking walks on the promenade and the beach. He left his distinctive mark on the development of Ostend as an international seaside resort for the upper class. All along the city evidence of this royal interest can still be seen.

The two world-wars of the 20<sup>th</sup> century ended the years of the belle-epoque in Ostend. After world-war II, Ostend developed into a modern seaside city where progress and innovation were essential. The image of the city transformed extremely: old buildings made way for modern apartment buildings and innovative projects e.g. the City Hall, the Casino and the postal building. The motorway was extended right into the city center. Tourism now is no longer reserved for the elite: Ostend heartily welcomes everybody!

The cityscapes still display the influence of king Leopold II with our Casino, the Royal villa, the Royal and Venetian Galleries, the Royal Stables, the Wellington Racetrack, ... Ostend, city by the sea, proudly holds her title "Queen of the seaside cities" The accessible heritage is cleverly integrated in the sporting possibilities and for the organization of sporting events.

## ECONOMIC AND TOURISTIC ATTRACTION

Being one of the 13 Flemish “central cities”, Ostend caters to a large area concerning employment, education, tourism, welfare, leisure and healthcare. The city’s shopping center provides amply for a large part of the region.

Ostend plays a significant economic role, thanks to its geostrategic location and the proximity of the North Sea: the busiest European sea route. We provide companies and organizers with all modern infrastructure and facilities to develop their activities. Ostend is investing in a future as energy port, with attention to blue energy (re-usable energy from the sea e.g. wind, wave and tidal energy), and houses numerous innovative initiatives for clean technologies (like science park Greenbridge).

## TOURIST CITY WITH AN ALL-YEAR ROUND OFFERING OF EVENTS

Ostend derives its strong touristic image from the combination the city and sea. The touristic sector gives a significant added value to the reputation and economical position of the city. The importance of tourism is shown in the annual accounts: the sector has a turnover of over 400 million euros ( $\pm$  5.600 euros per inhabitant) with almost 2 million overnight stays and over 3 million day trips every year. There are also about 7.000 holiday homes. The “population” increases to up to 200.000 people on top days.

If we compare the recipe for success of Ostend (city and sea) to a delicious menu, some undeniable quality ingredients stand out:

### SEA:

beach with supervised zones, fishing boats,  
marina and maritime atmosphere

### CULTURE:

mix of present and past, arts and heritage

### SPORT:

broad selection of sports for all

### EVENTS:

mix of appealing activities and experiences

### OUTDOOR RECREATION:

cycling and hiking or strolling around in a green environment,  
within an attractively landscaped public space.

### LIFESTYLE:

shopping, restaurant business, cuisine and nightlife.



**”** Famous people like the impressionist painter James Ensor and soul legend Marvin Gaye, were inspired by the magic of the City by the Sea.

There’s always lots to do in Ostend, with its year-round holiday atmosphere. Authentic architecture, a vibrant culture and appealing performances in the Kursaal and De Grote Post, are woven into the fabric of the city.

Well worth visiting are the school ship Mercator, museum ship Amandine, Mu.ZEE (museum by the sea), the city museum, the Ensor House, the Royal Galleries, Fort Napoleon, archaeological site Walraversijde and the Japanese garden.

Above all, Ostend is known as the “Event City by the Sea”. A wide range of cultural and sporting events is presented every year, e.g. Ostend at Anchor (an authentic maritime event), Theatre by the Sea, Paulusfeesten festival, Ostend Film Festival, Winterijs (indoor ice skating), Kites festival, Oostende Koerse (horseraces), ....

## ALL KINDS OF PEOPLE ARE HAPPY INHABITANTS

In 2015, Ostend had 70.699 inhabitants. According to forecasts, the population will grow up to 71.388 inhabitants in 2020. The increase of the population will go on in the years ahead. Ostend has 17,1% youths, whereas the average for the province of West-Flanders is 20,4%. However, the proportion of youths is higher in Ostend than in other coastal towns. Commonly, the coast accounts for more elderly citizens than other Flemish towns. 1 out of 3 inhabitants are over the age of 60. Needless to say this causes specific challenges regarding welfare, housing, and of course sport and healthcare.

While 92% of the population are Belgian citizens, the amount of foreign citizens is increasing. 130 different nationalities are living in Ostend, and 14% of the inhabitants does not have Belgian citizenship at the time of birth.

## DEPARTMENT OF SPORTS: READY TO FACE CHALLENGES (AND SEEK OPPORTUNITIES)

Ostend is a vibrant city in motion, with a heart that beats for sport. It is our mission to create opportunities for lifelong sports participation for all social groups, and this in the best of circumstances.

**”** *In our strategic sports programme, particular attention goes to both elite sports and sport-for-all.*

In this respect, we do of course take into maximum account the features (demography, location, tourism, ...) as well as the assets of the city. Every year, top-class sport events are organized, and clubs as well as individual athletes take part in high-level competitions. At the same time, we continue to develop customized activities at a recreational level. More and more, special attention is devoted to sports projects for the underprivileged.

The sports department executes the municipal policy for sports and exercise. The municipal swimming pool and the coastal lifeguard services, have an individual organization structure.

The sports council represents the Ostend sports clubs, and is strongly involved as advisory body for the municipal sports policy.

## CITY REPRESENTATIVES

### Alderman for Sport

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### Head of the Sports

#### Directorate

#### Administration for child care, youth, education and sports

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### Chairman sports council

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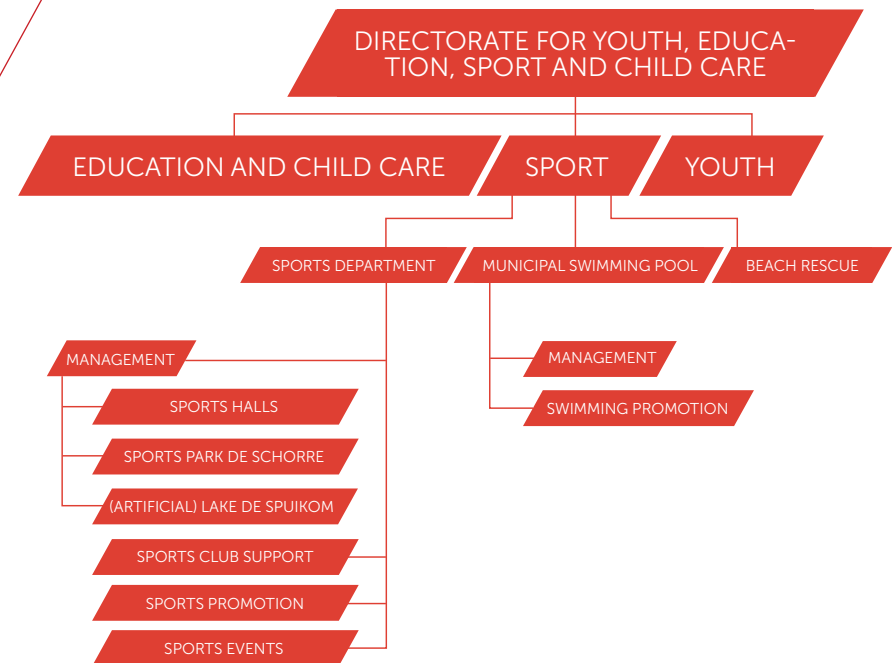
### Mayor of Ostend

Johan Vande Lanotte  
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### Head of the Sports Department

#### Mr. V-Arena

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# QUESTIONS ACES EUROPE

## VARIOUS SPORTS INFRASTRUCTURE

### POSITIONING

The organization of varied and appealing sports opportunities of high quality, requires ample and accessible infrastructure for sports and exercise in different neighbourhoods.

The available infrastructure must meet the specific demands of all types of exercise. Both recreational sports, physical education of children and competition and elite sports must find the facilities they need. Attention has to be given to both individual and organized sport for all age-groups, and the participation by target groups and socially disadvantaged groups. It is also important to keep track of and react to actual trends and the changing patterns in society. Furthermore, focus should also lie on the numerous amounts of tourists and people who own a holiday home, and who wish to make use of the sporting infrastructure and the offer of sport facilities near the beach and the sea.

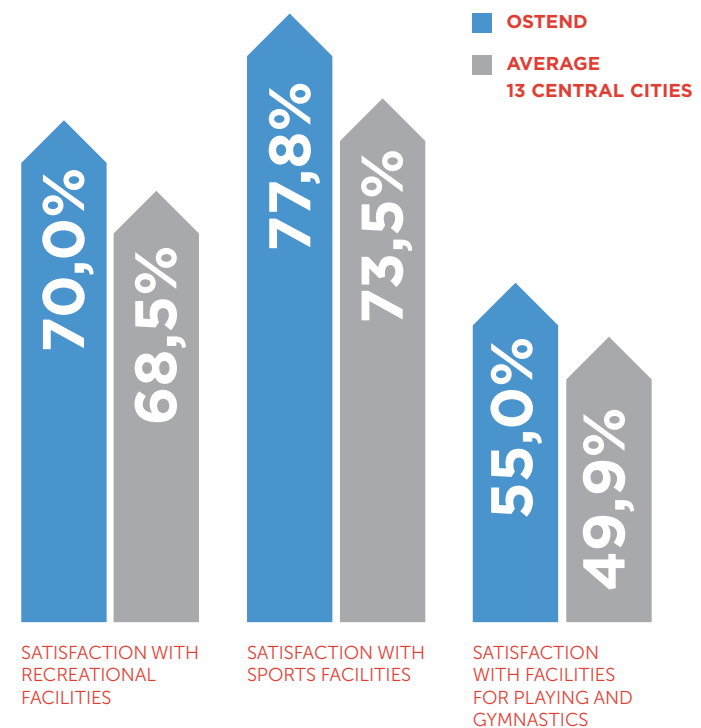
Over the years, the city council substantiated numerous sporting facilities. Some of them are own achievements, others carried out by funded private initiatives.

Also numerous gyms and sports halls were built by schools.

Several sports facilities and fitness centers rose by private initiative.

Ostend achieves a high score in opinion polls on satisfaction concerning sports and playing infrastructure.

(source: City monitor 2014)



Index 1: Summary satisfaction with offer of recreational, sports and playing facilities

## SUMMARY OF PRESENT INFRASTRUCTURE

### ELITE SPORTS INFRASTRUCTURE

**”** *Ostend is currently the only central city in Flanders with three professional top teams (soccer, volleyball and basketball) performing in the highest national league.*

- Basketball hall Sleuyter Arena is home to basketball club BC Oostende. This basketball temple seats 5.000 spectators and can also be used for other (sporting) events.
- Soccer stadium Albertpark is home to soccer club KV Oostende, which was promoted to premier league in 2014. The stadium accommodates 8.000 spectators. A substantial part of the gallery will be demolished and reconstructed to meet present-day standards before the end of the year.
- Volleyball club Hermes Ladies Oostende re-entered the highest level of competition in 2008. They regularly play European competitions in sports hall Mr. V-Arena.
- Zwaantjes Rollerclub (inline skating) is well-known in the international skating competition. In 2014, a 200 meters mundialtrack was constructed in their stadium Keignaert-stadion for the organization of the world championships inline skating.





### OPEN AIR SPORTS ACCOMODATION

- Lots of athletes make use of sports park De Schorre with its 55 hectares of space. In this sports park you can find 22 soccer fields including 9 fields for training youth players from KV Oostende, one artificial grass field, one baseball and American football field, and one cricket field.  
Cycling is also well represented with an outdoors circular track, a BMX-trail and mountain bike course. An archery club and 3 clubs for dog sports are also located in the park.
- The soccer center of Union Zandvoorde is located in the city district of Zandvoorde.
- Sports stadium Verhellestadion is fully developed as a modern center for athletics.
- Ostend has two tennis centers: Oswherlu and Ostend Tennis Club, where soon padel fields will also be constructed.
- Hockey players enjoy their sport on the artificial grass of Éclair hockey club.
- Golf players practice their swing on the courts of Wellington golf club (9 holes), situated inside the track of the historical Wellington Racetrack.
- Archery is practiced on the fields of Balboogmaatschappij Sint-Joris, Handboogmaatschappij Willem Tell and Hoofdgild Sint-Sebastiaan Oostende.

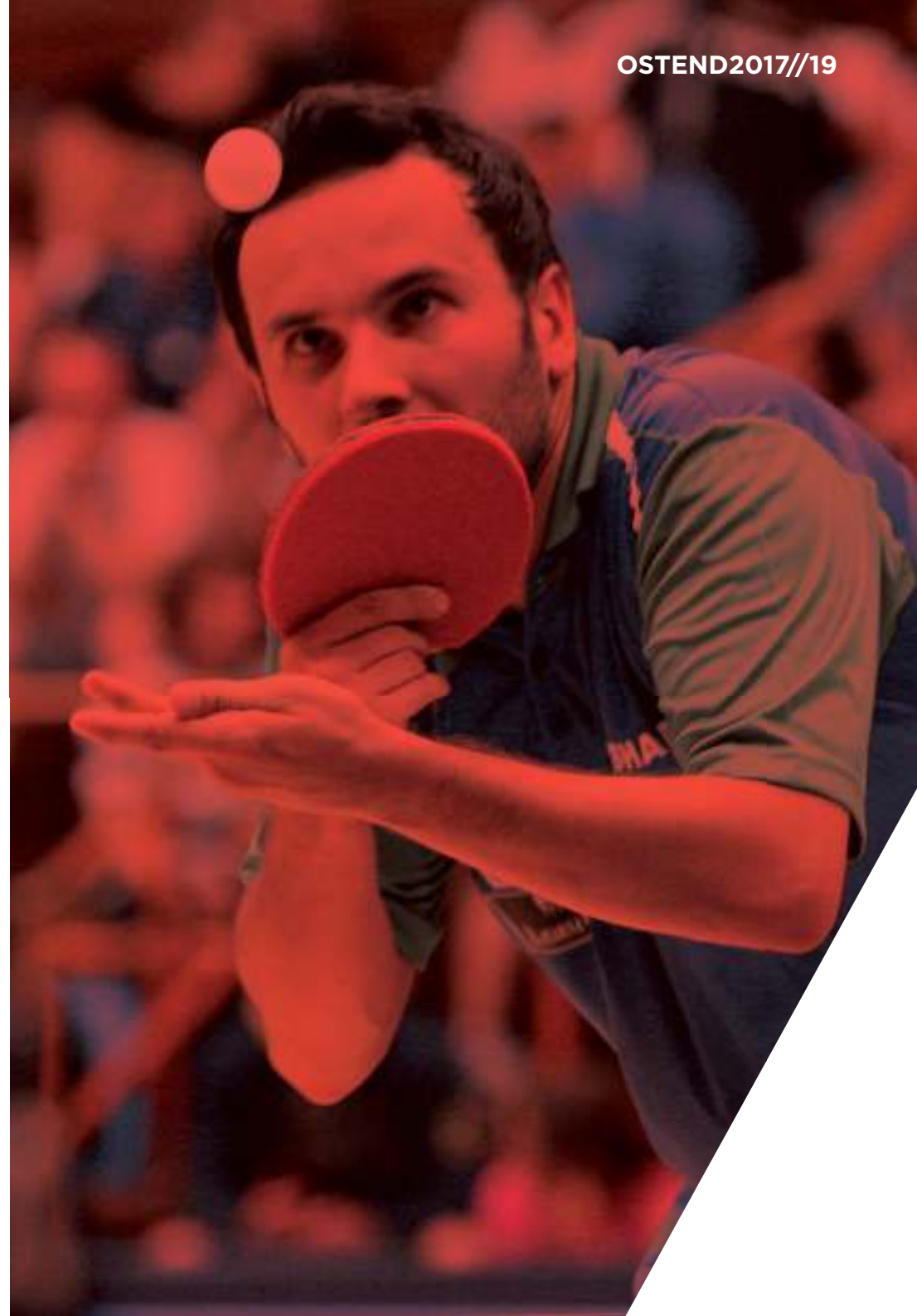


### MULTI-PURPOSED SPORTS HALLS

- Five multipurpose sport halls are situated on Ostend territory. In sports hall De Koninklijke Stallingen (Royal Stables), we have a basketball hall and a multipurpose hall. Two wings were specifically developed for boxing, judo and gymnastics. In sports hall De Spuikom we also have facilities for speleology climbing. Alongside a multipurpose hall, sports hall De Veiling also has facilities for indoor skating. A hall equipped for elite gymnasts can be found in sports hall Mr. V-Arena.
- Several sports clubs also find their ways to the multipurpose halls which are located on different school sites and/or which are created by private initiatives: Sint-Andreas, Vrij Technisch Instituut and Fizix.

### INDOOR SPORTS

- In the various city districts several clubs for gymnastics, dance, fighting sports,... find their ways to the local multipurpose sports halls. Those halls often form part of a local school or community center.
- Table tennis club TTC Zandvoorde is located in city district Zandvoorde.
- Dancing is practiced in our 3 ballet schools Marie Ellen, Rose d'Ivry and Gevada.
- Private initiatives constructed the squash center Ostend Squash Club and bowling centers Ostend Bowling Club and Airport Bowling Club.
- In cooperation with the local police, the Rifle range by the sea "Schietstand aan zee" was built in order to facilitate firearms practice (pistols and rifles).





### GYMS

As more and more inhabitants and tourists value a healthy way of life, they regularly visit one of the 5 gyms: Basic Fit, Easy Fit, Get Fit, Iron Gym and JIMS Oostende.

### SWIMMING FACILITIES

The municipal swimming pool has an indoor Olympic swimming pool, a relaxation space and an outdoor pool with sun-bathing area.

It has a multipurpose hall that is home to a weight lifting club.

### BEACH AND WATERSPORTS FACILITIES

- Ostend has a 9 km stretch of beach of which twelve zones have lifeguards to ensure safe swimming.  
In front of the Wellington Racetrack, the beach zone has been transformed to a sports beach with a beach house, where lots of sports events are organized, next to regular surfing and sailing activities.
- A strip of the beach is reserved for kite and wave surfers.
- Club houses of the 3 sailing clubs: catamaran club Ostend Sailing and Racing Club, Royal Yachting Club Ostend and Royal North Sea Yacht Club, are situated in the proximity of the sea.
- Outside of the summer season, Blokart competitions (beach sailing) are held on the beach.
- Water stretch De Spuikom is the place to be for windsurfing and sailing small boats.





Two sea scouting clubs train on the water, as well as sailing clubs Inside-Outside, Watersport Oostende Spuikom and the navy sailing club.

Kayak club 'De Waterratjes' (the waterrats) also trains on the Spuikom.

- The canal Ostend-Bruges is ideal for rowing. Recently, a new club house and boat sheds were constructed for rowing club Koninklijke Roei en Nautische Sport Oostende (KRNSO - Royal Rowing & Nautical Sports).

### EXERCISE TRACKS

- All necessary facilities for individual, non-affiliated athletes and recreational athletes were created within the city territory. Lots of facilities for hiking, jogging and cycling are situated on the "Groene Lint" (Green Ribbon), a green loop surrounding the city center.
- Jogging circuits are at hand in various districts. To help improve the health of our elderly, fitness facilities were installed and bicycle pedals were attached to the resting benches of park "Leopoldpark".
- The paved promenade stretching from Ostend all the way to neighbouring town Middelkerke, is perfectly suited for cycling, walking or jogging along the sea.
- The mountain bike trail in sports park De Schorre is part of a 33 km long mountain bike route. The park also contains a fit-o-meter.



- Starting in the Keignaert stadium, a signposted skating route makes its way all through the polders and along the sea.
- Various signposted walking and cycling routes can be found in Ostend.

### PLAYGROUNDS AND SPORTS SQUARES

- In designing the (outdoor) public areas, special attention is paid to develop properly equipped playgrounds and sports squares in the various districts of Ostend.  
Those public squares are located on 50 different sites. 14 of them are specifically designed for 3 on 3 basketball, soccer and tennis, whereas 37 of them have playground equipment.
- On various locations, we have a total of 202 courts for petanque.

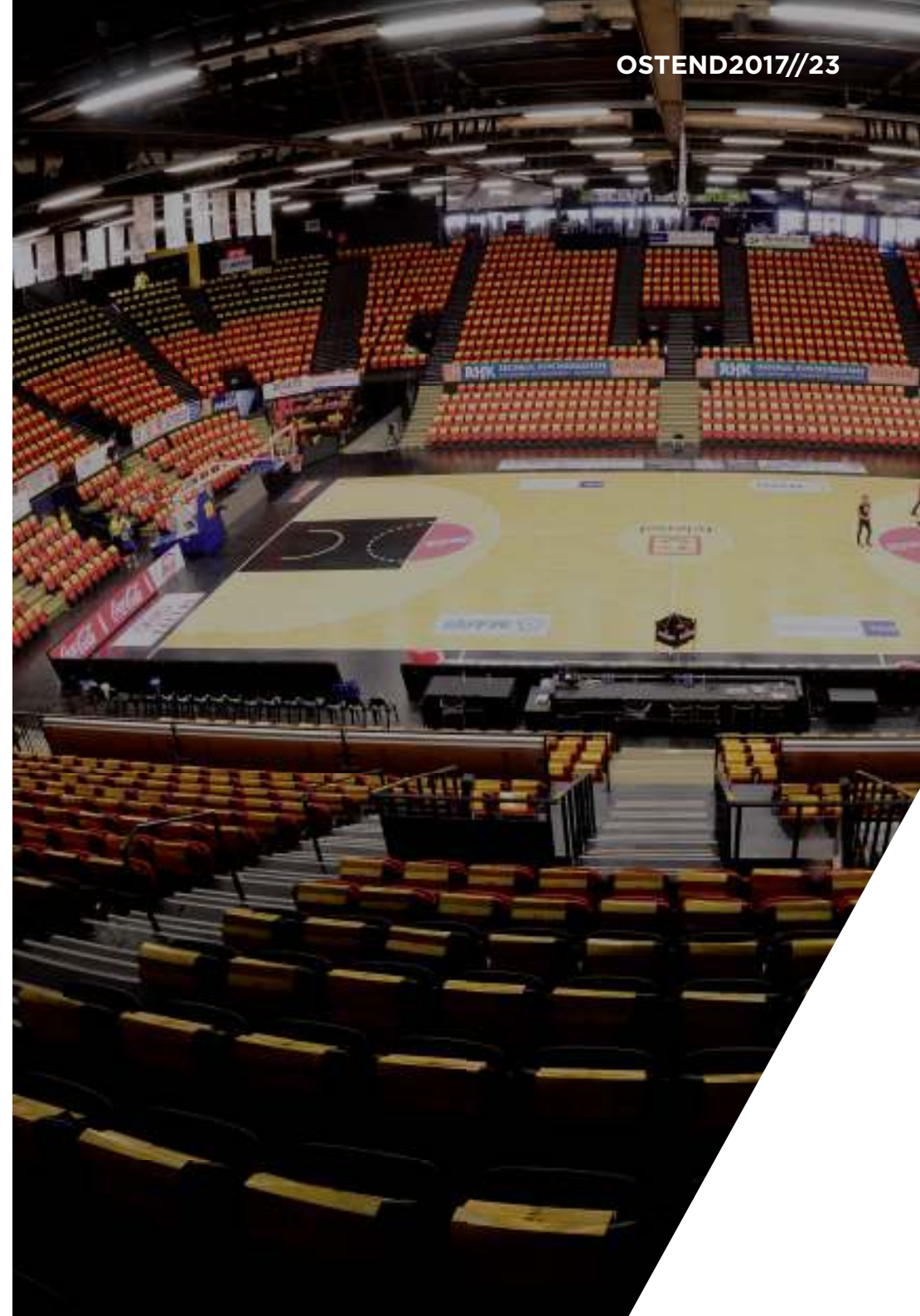
### SKATING FACILITIES

- Skate bowl De Velodroom, an attractive skate park, was realized in park Maria-Hendrikapark.
- Skating facilities can be found on 6 different outdoor locations.
- Youngsters can practice and improve their skills in indoor skate hall De Veiling.



TYPE OF FACILITY	SPORTS	NUMBER
TOP LEVEL SPORT FACILITIES	Albertpark (soccer)	1
	Sleuyter Arena (basketball)	1
	Keignaertstadion (inline skating)	1
	Wellingtonrenbaan (horse races)	1
OUTDOOR FACILITIES	Soccer fields	26
	Baseball field	1
	Cricket field	1
	American Football	1
	Tennis courts	22
	Hockey field	1
	Archery stand	3
	Athletics arena	2
	Golf course	1
CYCLING	Cycling track	1
	BMX track	1
	Mountain bike trail	1
INDOOR FACILITIES	Multipurpose sports hall	7
	High-level gymnastics hall	1
	Fitnessclub/gym	6
	Sports hall	33
	Dance hall	3
	Skating hall	1
	Boxing hall	1
	Regular gymnastics hall	2
	Power sports hall	1
	Dojo (judo hall)	2
	Petanque hall	2
	Bowlingcenter	2
	Archery hall	3
	Shooting hall	2
	Table tennis hall	1
	Squashcenter	1
WATER SPORTS FACILITIES	Sailing club	5
	Rowing club	1
SWIM FACILITIES	Outdoor swimming pool	1
	Indoor swimming pool	2
BEACH SPORTS FACILITIES	Beachhouse with sports beach	1
	Beach with lifeguards	12
SKATE-FACILITIES	Skatebowl	1
	Skate locations	5
NEIGHBORHOOD PLAYGROUNDS AND SQUARES	3 on3 basketball fields	10
	Petanque court	202
	Soccer fields	11
	playgrounds	43

Index 2: Overview facilities for sports and play



OVERVIEW INVESTMENTS 2013-2014-2015

We maintain an annual investment programme for sports and recreational infrastructure. Aged infrastructure is systematically renovated or improved. Replacement of worn out sports material is the rule. All over the city new current day sports and recreational areas are created. Indoor facilities are built.

**2013**

- Establishing neighbourhood playgrounds
- Development of artificial grass hockey field
- Replacement of sports floor in sports hall De Koninklijke Stallingen
- Signposting sports park De Schorre
- Paving bowl-curves of BMX-track (fase 1)
- Replacement of music system and electronic score-board sports hall De Koninklijke Stallingen
- Refurbishment of soccer stadium for premier league soccer
- Refurbishment of sports hall Mr. V-Arena
- Replacement of sports equipment in sports centers

**2014**

- Establishing neighborhood playgrounds
- Renovation programme soccer stadium Albertpark
- Renewal of artificial grass sports field Guldensporenlaan
- Establishing a canteen for soccer club KV Oostende youth
- Refurbishment Verhelle athletics stadium
- Installation artificial grass soccer pitch sports park De Schorre

- paving bowl-curves BMX-track (fase 2)
- demolition works old changing rooms sports park De Schorre (fase 1)
- replacement sports equipment in sports centers

**2015**

- Establishing neighborhood playgrounds
- Renovation project soccer stadium Albertpark
- Building clubhouse and boat sheds rowing club KRNSO
- Building clubhouse and indoor archery stand club Willem Tell
- Demolition works old changing rooms sports park De Schorre (fase 2)
- Replacement scoreboard sports hall De Spuikom
- Establishing ball-catchers sports park sports park De Schorre
- Replacement sports equipment in sports centers

YEAR	CITY	SPORT	%
2013	10.682.423 euros	270.135 euros	2,53%
2014	11.381.285 euros	941.973 euros	8,28%
2015	15.343.875 euros	2.220.969 euros	14,47%
AVERAGE 2013-14-15	12.469.194 euros	1.144.359 euros	9,18%

index 3: Overview investments 2013-2014-2015



### OVERVIEW PLANNED INVESTMENTS 2016-2017

The city council depends on the advice and partial funding of the Flemish agency for monuments & architectural heritage for several scheduled building projects.

Thus, refurbishing the current swimming pool and adding a new recreational pool was contemplated for several years. Recently, this option was rejected as it is impossible to keep the pool open and operating during refurbishment.

**”** *So, currently we are preparing to build a new municipal swimming pool. Construction works will be starting in 2017.*

Currently, we are waiting for the approval and financial input of the Flemish agency for monuments & architectural heritage before renovating sports hall De Koninklijke stallingen and transforming the old water tower into a climbing hall.

A new sports hall will be built in the Maurits Sabbestreet on the site of the school there. This year, planning and licenses will be complete. Building work will be starting in 2017.

Table tennis club TTC Drive needs new accommodation after its current location, a former hotel school, was sold. A new indoor sports hall will be built next to the existing Mr. V-Arena. Building works are due to start in 2017.

In sports park De Schorre, a second artificial grass field will be established and the cricket club will obtain a new cricket mat.

A new location is provided for sailing club Ostend Racing and Sailing Club on the beach of Oosteroever. Next to new accommodation for sailors and surfers, a new club house will also be built.

Before the end of this year, several new neighbourhood playgrounds will be established in various districts. In spring we start in district Konterdam, and in autumn in the district of Raversijde, on the beach facing holiday center Vayamundo, and on the “Mariakerkeplein” in district Mariakerke. Plans are being made to build a new playground in the new allotment “t Baanhof”.

Finalisation of the Green Ribbon (green loop surrounding city center) will provide even more cycling pleasure.

### OVERVIEW EXPLOITATION SPORTING FACILITIES

#### 2013-2014-2015

The budget for the exploitation of municipal sporting facilities is shown in the table below. The mentioned amounts include maintenance, small reparations and energy costs, but not staff expenses.

YEAR	CITY	SPORT	%
2013	18.398.549 euros	890.208 euros	4,3%
2014	30.050.600 euros	2.645.558 euros	8,8%
2015	27.154.580 euros	1.482.573 euros	5,5%
AVERAGE 2013-14-15	25.154.580 euros	1.672.780 euros	6,6%

Index 4: Overview exploitation sporting facilities 2013-2014-2015

### SPORTS DEVELOPMENT PLAN

We applied the principles of strategic planning in drawing up the multi-annual plan for the period 2014-2019.

The 3 organization objectives of the city council were stipulated as follows:

- Ostend is a clean and attractive city that people are proud of and where they feel safe.
- Ostend is a vibrant city with opportunities for all. The city provides a customer-oriented and accessible service.
- Ostend is a well organized city where quality is a respected value.

The organization objectives were divided into main policy objectives. The following objectives apply specifically to planning, realization, management and maintenance of sporting facilities:

- The city invests in participation as a tool for community development, social cooperation and diversity. This includes the involvement of inhabitants and of sports clubs (by means of the sports council) in pointing out shortcomings of and in formulating proposals for new sports facilities.

- The city presents an attractive, diverse, complementary and accessible leisure offer for both inhabitants and visitors. In order to achieve this, Ostend needs ample sporting facilities to meet the needs of all age-groups and target-groups.
- The city provides quality sporting facilities, customized to the needs of target groups.

This implies paying constant attention to keeping the sports facilities safe and hygienic, in order to ensure that sports can always be practiced in the highest quality of conditions. When establishing and running these facilities, the use by target groups must always be taken into account.

### OVERVIEW TOTAL SPORTS BUDGET 2016 IN RELATION TO THE OVERALL CITY BUDGET

**”** *The total sports budget, containing staff expenses, exploitation expenses and investment costs together with the subsidies, amounts approximately to 4,4% of the total city budget.*

YEAR	CITY	SPORT	%
2013	133.846.600 euros	4.235.023 euros	3,16%
2014	146.162.726 euros	7.130.353 euros	4,87%
2015	146.319.339 euros	7.576.774 euros	5,17%
AVERAGE 2013-14-15	142.109.555 euros	6.314.050 euros	4,40%

Index 5: Overview total budget sport



## ACCESSIBLE SPORTS FACILITIES

### POSITIONING

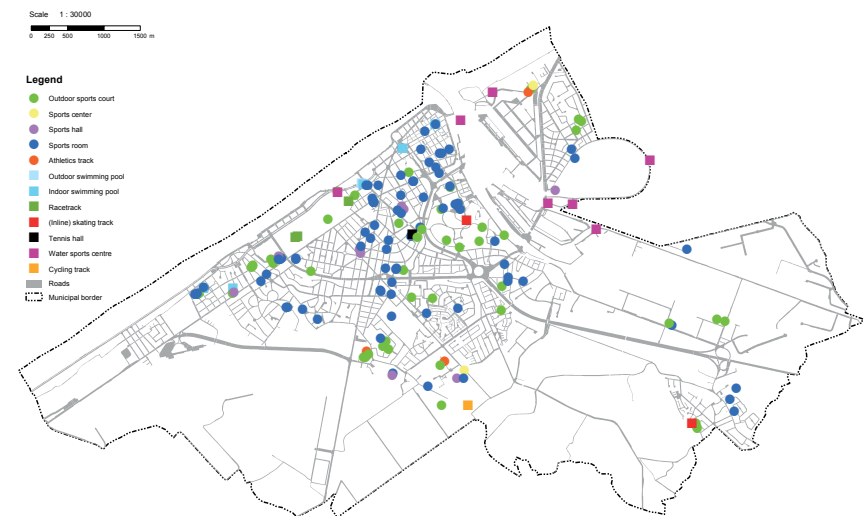
Accessibility of sports facilities is the alpha and omega of the sports-for-all philosophy. In this respect it is vital that items concerning accessibility get the attention they deserve, e.g.

- Accessibility: are the sports facilities easily accessible?
- Availability: can the facility be used in various ways?
- Clarity: is all information and signing understandable to everybody?
- Affordability: are the tariffs affordable to everybody?



### ACCESSIBILITY

The various sports facilities are spread all over the different districts of the city. All facilities are easily accessible by bicycle, car and public transport.



Index 6: Overview locations of sporting facilities

#### AVAILABILITY

Ample facilities and sufficient time to exercise are mandatory to all athletes.

**”** *7 days a week, municipal facilities are open to the public and clubs.*

At the beginning of a new season, each sports club is asked about their needs. Based on this information, a usage calendar for the new season is drawn up along with regulations that register the usage priorities for the different users. Specific problems concerning the calendar are solved by adjusting them internally.

In the run-up to a new policy term, a questionnaire is drawn up in partnership with the sports council. This questionnaire gauges the specific long-term needs for each branch of sports. The priorities of this survey are registered in a sports memorandum which is the base for realizing new sports facilities in this period. By doing so, the expansion of the sports park has been realized in the past. During this legislature the following projects, amongst others, are scheduled: the realization of a new sports hall, the construction of a new dojo (judo hall) and the building of a new swimming pool.

Municipal facilities can also be used by non-organized athletes e.g. people playing tennis, badminton, squash, basketball and futsal.

#### ACCESSIBILITY

All facilities are easily accessible. All sports centers have attendants who are responsible for opening and closing the facility. We also have a system of key management, so clubs can make use of the facility even in the absence of the attendants. We also attempt to make all facilities accessible for athletes with disabilities.

#### UTILITY

All municipal facilities are fully suitable and deployable to different kinds of sports, within the limits of their dimensions. The bigger sports halls are regularly used to organize sporting events.

#### CLARITY

These days, information is often provided through digital means. Potential users can find all information on our facilities online on [www.oostende.be/sport](http://www.oostende.be/sport).

We also pay special attention to ample and clear signposts to the various sports halls. In cooperation with sports clubs, a signposting plan was developed for the 55 ha large sports park De Schorre. The location of all sports infrastructure can be found on our website, so that each visitor can easily find his or her way to our sports facilities.

### AFFORDABILITY

Tariffs to use the municipal facilities are kept low, so local athletes can exercise and organize competitions in ideal financial circumstances. On top of this, Ostend clubs use municipal facilities free of charge for youth training and competition.

Ostend sports clubs which train in private and more expensive facilities, get financial compensation.

## SPORTS CLUBS

### **POSITIONING**

Activities of local sports clubs are the backbone of local sporting events. Concerning the degree of participation, they score a high point as an association with regard to other leisure sectors. Sports clubs are of great social importance. Together, they are active on a daily basis for at least 40 weeks a year, on different locations and with a wide range of sports possibilities. They keep youths off the streets, providing them with sensible leisure activities.

Volunteers represent a most valuable asset in the organization of sports clubs. They are active in the board as well as in the daily organization and they support events. In a recent survey, we asked clubs about the number of volunteers, the number of club members and the competition level of the athletes and teams. A large number of clubs responded to this survey.



INVENTORY OF CLUB ACTIVITIES

” Ostend has 170 active sports clubs of which 71 focus on youth, 55 have activities for senior citizens, and 11 provide customized exercise for disabled athletes.

” There is a huge diversity: no less than 56 different sports.

Padel will be added to this list in 2016.

Top 5 sports with most active athletes are: fitness, sailing and surfing, gymnastics, soccer and basketball.

Top 5 most frequently played sports are: fitness, ball sports, water and beach sports, gymnastics and racket sports.

Various sports clubs and individual athletes compete at divers levels. Lots of Ostend clubs have teams or athletes achieving on the highest levels in both national and international competitions. KV Oostende (soccer), BC Oostende (basketball) and Hermes ladies Oostende (volleyball), are classical ball sports clubs which compete at the highest level. In sports like inline skating, athletics, sailing, tennis, gymnastics, swimming and kite surfing, Ostend athletes also excel.

From the survey of Ostend sports clubs, we learn interesting facts and figures:

	TEAM SPORTS		INDIVIDUAL SPORTS	
LEVEL OF COMPETITION	Number of clubs	Number of teams	Number of clubs	Number of teams
INTERNATIONAL LEVEL	9	26	26	214
NATIONAL LEVEL	26	92	35	731
REGIONAL LEVEL	23	78	27	885
PROVINCIAL LEVEL	21	186	21	1.113
LOCAL LEVEL	41	41	15	561

Index 7: Overview level of competition of sports clubs

INVENTORY VOLUNTARY ACTIVITY

A lot of volunteers are active in our sports sector. To map out the importance of volunteers, clubs were asked to take part in a survey.

” The results of our survey show how many volunteers are motivating people to exercise.

Clubs have an average of 22 voluntary staff. That means that we have approximately 1 volunteer for every 5 athletes. When comparing the number of volunteers to the total population of Ostend, we see that over 5% of inhabitants volunteer in the sports sector.

Research shows that over 3.800 volunteers are active in our sports clubs, of which about 800 as member of the boards and 757 as coach or coordinator. Besides that, over 500 voluntary staff help out with daily club matters. 1.700 occasional helpers are of the utmost importance in the organization of events.

	COMPENSATION	NO COMPENSATION	TOTAL
BOARD MEMBERS	49	754	803
SPORTS-TECHNICAL SUPPORT	487	270	757
SUPPORTING FUNCTIONS	159	382	541
OCCASIONAL VOLUNTEERS	128	1.584	1.712
TOTAL	823	2.990	3.813

Index 8: Overview number of volunteers in sports clubs

The major part of our volunteers does not get any financial compensation. Belgian law allows to pay volunteers an amount of 32,71 euros/day, with an annual maximum of 1.308,38 euros/year. The major part of non-rewarded volunteers are situated in boards and among occasional helpers. Less than 10% of them get a financial compensation. One out of three volunteers who help out on a regular base, as well as two thirds of all coaches, receive financial compensation.

In order to retain volunteers and to attract new ones, it is important to value their commitment and show appreciation for all the work they do.

% CLUBS	TYPE OF VOLUNTEER POLICY
55%	Classical approach
20%	Little bit extra
8%	Active volunteer policy
17%	No policy

Index 9: Overview type of sports club volunteer policy

55% of all sports clubs maintain a predictable and classical approach. They aim mainly on recruitment via campaigns with flyers, newsletters and social media, network of affiliations, parents of young athletes. Despite this hardly innovative approach, most clubs succeed in motivating volunteers with alternative compensations: free drinks, discounts on participation fees, t-shirts or goodie bags, an occasional meal or feast.

1 out of 5 clubs (20%) prefer another approach. These clubs understand how important the input and support of volunteers is. They are convinced that involving volunteers in the club policy increases their dedication towards the club. From time to time, these clubs organize a team-building and show how much they appreciate all efforts made. Some clubs give their volunteers the possibility to evolve and retrain. Another obvious proof of gratitude is an explicit "thank you" from the members of the board.

A minority of respondents (8%) has an active and valuable volunteer strategy. Most of them are major clubs. They handle the recruitment, the motivation and constant involvement of the volunteers in these clubs in a professional and structural way.

These clubs have a clear vision and mission, both of which are communicated to all volunteers. Involvement of volunteers is made possible by means of working groups and regular meetings. Besides that, they present a clear image of expectations. This way, volunteers can estimate which task suits them best to support their club. Some clubs even stimulate growth of their staff.

17% of all clubs do not have an active volunteer policy.

The city council has launched several initiatives to promote voluntary work. We take part in the week of the volunteers, maintain a general database of volunteers, and organize several volunteer contact days. A unique opportunity to unite volunteers and to discuss certain topics.

Training sessions are organized regularly.

No less important is the annual Ostend Sports Celebration in which sports clubs can put outstanding volunteers in the spotlight.

## SPORTING INITIATIVES AND EVENTS

### POSITIONING

**”** *Ostend, Event City by the Sea, is one of the most important event cities in Belgium.*

Sporting events are strong marketing tools and attract both a lot of tourists visiting for one day and tourists spending one or more nights in our city.

It makes Ostend an all-year-round vibrant city where people love to live and stay.

The City monitor shows us that 47,6% of the population visit sporting events, whereas the average in other central cities is 45,3%.

### SPORTING INITIATIVES AND EVENTS

#### ORGANIZED BY THE CITY

The sports department strongly supports all sports initiatives with a long-term and/or permanent character that focus on all age groups.

Play villages for young children, the Matinee kadée project (indoor play and sports afternoons), sports camps, school sports and De Speelcompagnie (supervised activities during school holidays) are part of the municipal sports programme.

A wide range of sports is provided during daytime and in evenings for adults and senior citizens.



A lot of sports federations, event companies and Sport Vlaanderen, the Flemish governmental sports agency, are welcomed in the City of Sport by the Sea to organize elite sports events and sports events for all. This is possible thanks to the amount of sporting facilities and accommodation to stay over.

The European Judo Championships took place in the refurbished Media Center in 1997. Those were glorious days for Belgian judokas, as no less than 9 of them won a medal in this championship.

**”** *In 2001, our Wellington Racetrack was chosen to organize the World Championships cross-country running.*

The Belgian Championships cross-country running were held in the refurbished sports park for several consecutive years.

Since many years, sports hall De Koninklijke Stallingen is home to the biggest European table tennis tournament: ITT Ostend Masters.

In the same sports hall, the Fliffies Cup, a part of the world cup for trampolining and tumbling, was organized several times. Quite a lot of major cycling and inline skating events took place in Ostend, e.g. European and World Championships inline skating, European Championships cycling, the Tour of Belgium cycling and the Eneco-tour cycling.

The annual Speed Contest of the North Sea near the Ostend fish auction, attracts thousands of motor cycling fans every year.

The Sleuyter Arena was used for the Davis-cup tennis and as anchor place for the Final Four Euro Challenge FIBA, and also for the pre-selections of Euroleague basketball.

Frequently, the neighbourhood of the Royal Galleries has been chosen as finish for the Marathon of the Coast, Run Ostend and the Mountain Bike Classic. Games of the World Championships Beach Volley were also organized in this unique setting. The annual Kites International festival is known everywhere, but stops this year after 30 years of success.



There is an impressive list of beach and water sports events such as the World Championships Blokart (beach sailing), the Megabeachvolleyballfestival, the Coastal tour and Kriebelhappening by Sport Vlaanderen (Sports Flanders), Sea of sports by Stichting Vlaamse Schoolsport (foundation for Flemish school sports), Beach soccer Koninklijke Belgische Voetbal Bond, Belgian Championships Life Saving Tour and numerous beach volley, rugby, hockey, tennis and soccer tournaments.

Every year in January, there are thousands of participants for the refreshing New Year’s dive in the North Sea.

In the summer months, thousands of spectators enjoy the horse races on the Wellington racingtrack. During the World Championships soccer in Brazil 2014, all matches of our national soccer team were shown on a large screen here. Thousands of spectators enjoyed watching these matches and the entertainment on the side.

Regularly, major sail and windsurf competitions are held on the sea and on the Spuikom e.g. North Sea Cup, Sailing for Ostend, Flemish Dune race ....

The annual happening Ostend at anchor is the place to be for fans of maritime heritage.

LEVEL SPORTS EVENT	2013	2014	2015	2016
INTERNATIONAL	21	23	18	19
NATIONAL	22	21	15	18
FLEMISH	28	21	21	28
PROVINCIAL	44	48	41	41
LOCAL	26	26	30	33
TOTAL	141	139	125	139

Index 10: number of sport events at competition level

CONFERENCES, SEMINARS AND TRAINING

Every year, the two-day sports conference, organized by Vlaams Instituut voor Sportbeheer en Recreatiebeleid (Flemish Institute for Sports Management and Recreation Policy), takes place in a different province. In 2011 this conference was held in the Ostend Kursaal with the theme “Local sports policy: let’s work it together”.

Various trainings for staff and boards of sports clubs are organized yearly in cooperation with Dynamo and Sportac. In previous years, the following items were on the agenda: global club functioning, policy, communication, accountancy, fiscal matters, funding, employment, insurance, volunteer work, and legislation.

To improve the quality of our local supervisors of youth sports, we attract the Vlaamse Trainersschool (School for Flemish Coaches) to organize training courses on all kinds of sports. In the past, this was already the case for the training of recreational sport managers, youth sports coordinators and for various modules in different branches of sport.

We work together on a regular base with universities and private partners to organize training courses on nutrition for athletes, motivating athletes and coaching with the M-factor.

Every year, the department of youth organizes several training courses for playground animators.

Furthermore in cooperation with the West-Flemish training center for firefighters and life-guards (Wobra), every year the training for life-guards at sea and different recycling days are held.

#### OVERVIEW OF NATIONAL AND INTERNATIONAL SPORTING EVENTS (2013 -2014 -2015)

MONTH	EVENTS	2013	2014	2015
JANUARY	New Years's dive (swimming)	x	x	x
	Gala van de Gouden Schoen (best soccer player)	x		
FEBRUARY	Belgian Open Blokart Championships (blokart)		x	x
MARCH	Recreational tournament (badminton)	x	x	
	Indoorcircuit (inline skating)		x	x
	Oostende-Brugge Ten Miles (athletics)	x	x	x
	Treasure Cup (American Football)	x	x	x
	Sirene Cup I (soccer)	x	x	x
	Belgian Championships cross country (athletics)	x		
APRIL	Vlaamse Duinen Race (windsurfing)	x		x
	Slalom Oostende (racing)	x	x	x
	Internationaal Paastornooi (soccer)	x	x	x
	Nationale ZZ-Cup skeeleren nationaal (inline skating)	x		
	European Championships basketball police (basketball)	x		
	Internationaal kusthengeltornooi (sea fishing)	x		
	EK Twirling (twirling)		x	
MAY	North Sea Cup (windsurfing)	x	x	x
	North Sea Trophy (soccer)	x	x	x

MONTH	EVENTS	2013	2014	2015
	Triathlon Oostende - Bredene (triathlon)	x	x	x
	Dover Strait Race (sailing)	x	x	x
	Polders Trophy (soccer)			x
	Cathedrals of the Sea (sailing)	x	x	x
	Sirene Cup II (soccer)	x	x	x
	Belgian Championships inline skating (inline skating)	x		
	International swimming tournament (swimming)			x
	European Controllers Cup (soccer)		x	
	Sailing for Ostend (sailing)	x	x	x
	Openingsregatta Draken (sailing)		x	x
JUNE	Dansand (dance)		x	
	OBK SB20 (sailing)	x		
	Snelheidsprijs van de Noordzee (motorraces)	x	x	x
JULY	Rising Stars 10.000 \$ tornooi (tennis)	x	x	x
	Catchgala (combat sports)	x	x	
	Flanders International Lifesaving Competititon (life guard swimming)	x	x	x
JULY/AUGUST	Oostende Koerse (horse races)	x	x	x
AUGUST	CIC World Championships Roller Speed Skating (inline skating)	x		
	ITT & Ostend Masters (table tennis)	x	x	x
	Youth chess tournament (chess)	x	x	x
	Grote Prijs van Vlaanderen (inline skating)	x	x	x
	OBK draken (sailing)	x	x	
	Flanders Cup (BMX)	x	x	x
	Gouden Pijl (archery)	x	x	
	Belgian Championships children (windsurfing)	x	x	x
	National soccer tournament ladies (soccer)			x
	Belgian Championships open water swimming (swimming)	x	x	x
	National scholierentornooi (soccer)	x	x	
SEPTEMBER	Europe - Spirou zeilwedstrijd (sailing)		x	
	International waterpolo tournament (waterpolo)	x		
	International volleyball tournament (volleyball)		x	
	ZZ-Cup skeeleren national (inline skating)		x	
	Marathon Oostende (athletics)	x	x	
	OBK Europe (sailing)	x	x	x
	OBK IRC (sailing)	x	x	x
	Ostend Fire Games		x	x
NOVEMBER	Plassendale Cup (rowing)	x		
	BK A Masters (ropeskiipping)	x	x	
DECEMBER	Internationaal Sinterklaastreffen (motorraces)		x	x
		43	44	33

OVERVIEW OF NATIONAL  
AND INTERNATIONAL SPORTING EVENTS (2016-2017)

MONTH	EVENTS	2016	2017
JANUARY	Nieuwjaarsduik (swimming)	x	x
FEBRUARY	European Blokart Cup (blokart)		x
MARCH	Recreational tournament (badminton)	x	
	Indoorcircuit (inline skating)	x	x
	Oostende-Brugge Ten Miles (athletics)	x	x
	Treasure Cup (American Football)	x	x
	Sirene Cup I (soccer)	x	x
APRIL	Vlaamse Duinen Race (windsurfing)	x	x
	Slalom Oostende (racing)	x	x
	ZZ-Cup skeeleren nationaal (inline skating)	x	x
	Internationaal kusthengeltornooi (sea fishing)	x	x
MAY	North Sea Cup (windsurfing)	x	x
	North Sea Trophy (soccer)	x	x
	Triathlon Oostende-Bredene (triathlon)	x	x
	Dover Strait Race (sailing)	x	x
	Oostende Equestrian Festival (horse riding)		x
	Cathedrals of the Sea (sailing)	x	x
	Sirene Cup II (soccer)	x	x
	Open North Sea Cup Karate (karate)		x
	Sailing for Ostend (sailing)	x	x
JUNE	OBK SB20 (sailing)	x	
JULY	Rising Stars \$ 10.000 tournament (tennis)	x	x
	Catchgala (combat sports)	x	
	Flanders International Lifesaving Competititon (swimming)	x	
	Color Run (athletics)	x	
	European Championships Lifesaving (swimming)		x
	Doelschieten 50/30 meter outdoor (archery)	x	x

MONTH	EVENTS	2016	2017
JULY/AUGUST	Oostende Koerse (horse races)	x	x
AUGUST	Etixx tournament (soccer)	x	
	ITT & Ostend Masters (table tennis)	x	x
	Youth chess tournament (chess)	x	x
	Flanders Grand Prix (inline skating)	x	x
	OBK draken (sailing)	x	x
	Flanders Cup (BMX)	x	x
	Gouden Pijl (archery)	x	x
	Belgian Championships windsurfen (children's windsurfing)	x	x
	Belgian Championships open water swimming	x	x
	National scholierentornooi (soccer)	x	x
	Rio House (activities in the context of the Olympics)	x	
SEPTEMBER	Europe - Spirou zeilwedstrijd (sailing)	x	x
	International waterpolo tournament (waterpolo)	x	x
	OBK Europe (sailing)	x	
	Ostend Night Run (athletics)	x	
	ONZK IRC (sailing)	x	
OCTOBER	BBC Youth Cup (blokart)		x
NOVEMBER	Plassendale Cup (rowing)	x	x
DECEMBER	Fusion FunCup (futsal)	x	x
	Internationaal Sinterklaastreffen (motorraces)	x	
		40	37

### RETURN ON INVESTMENT

The city council does not aim at a specific direct return on investment. On the contrary, the council provides financial and logistic expenses to attract events. In many cases, municipal facilities can be used free of charge.

Thanks to these events the number of one-day visitors and over-night stays increases.

This also increases the income of the local hotel and catering industry, and helps tourists discover Ostend as a touristic and shopping city.

Surveys have shown that a visitor spends an average of 50 euros/day.

Knowing that a lot of events continue for several days, and attract thousands of athletes and visitors the financial return for local tradespeople will be enormous.

On top of that, local business is supported because organizers have their flyers and posters printed here, and need catering and transportation for participants and spectators.







## SPORT AND EXERCISE AS A REMEDY

### POSITIONING

A general culture of exercising is more and more included in the areas of interest of our society. The Flemish government has incorporated exercise and healthy nutrition in its health objectives. Exercising is no longer seen as a goal, but as a means to develop a healthy lifestyle and to stimulate social integration. Next to a better health and physical condition, discipline and responsibility are sharpened, and willpower and social skills are promoted. On top of this, sport has a positive effect on the ethics and morals of its practitioners.

Ostend sports clubs with youth programmes, signed a declaration of intent to provide a quality sports offer in an drugfree environment, and to never discriminate against youngsters because of race, status, financial status or for reasons of sport.

### HEROOS, SPORT AND EXERCISE FOR EVERY INHABITANT OF OSTEND!

The department of sport has already made a lot of efforts to stimulate as many people as possible to start practicing sports. In 2015, we started the project Heroos. Whether you are a member of a sports club, or you exercise daily, or you ride your bike every now and then, or you go swimming every week ..., every Ostend inhabitant (OOS from "Oostende") who exercises is a hero (HER) to us.

All Heroos are united in one big community. Because sport is not only healthy, exercising together can be a remedy against loneliness, or can help with integration or boost community projects.

We launched the website [www.heroos.be](http://www.heroos.be) for this project. To promote it, a specially designed logo is used.

#### IMPROVEMENT OF HEALTH

Ostend was awarded the title of healthy city.

In order to develop campaigns for health and exercise, we have been working together closely with the Flemish institution for health promotion and prevention of diseases (VIGeZ) and the local health consultative body Bruges-Ostend.

**”** *Thus, the project “every step counts”, encouraged the population to adopt a healthy lifestyle and to literally take 10.000 steps a day.*

In service centers and meeting centers, the use of the active nutrition triangle was promoted, and information was given concerning a healthy lifestyle and exercising.

In cooperation with Sports Flanders and the provincial administration, physical condition tests are organized every year. This is conducted with a mobile lab of the recognized examination center Mensana. Athletes can get a medical screening. They also get the possibility to have a stress test done. Programmes for oncology rehabilitation are presented in the

Royal Villa, with motion advice, power training, psychological assistance, and nutritional advice. The project Move To Improve stimulates people who suffer from obesity, diabetes and high blood pressure, to move.

Several companies invest in a healthy lifestyle for their employees. Daikin Europe NV, the major private employer in Ostend, has a Bravo-team that promotes exercising and healthy nutrition. Several sports teams are active within this company.

In cooperation with University College West-Flanders (HOWEST), the city council started a vitality project for its personnel, and organized a week of health.

Employees also get the opportunity to participate in the sports programme “sports during daytime”, for only 5 euros/year.

Overweight children between the ages of 6 and 12 years, can participate in the scientifically supported project MOVE XL. There are weekly exercise sessions which also pay attention to a healthy nutrition. Also, it has 6 sessions in which parents are actively involved in the prevention and treatment of obesity. In these sessions, parents are also given suggestions concerning daily education and exercising.

Next to the existing projects, we have the following projects in the pipeline for 2017:

- Performing heart screenings for young Ostend athletes.
- Presenting information sessions concerning healthy lifestyles in all districts.
- Organizing information sessions about first aid for sports attendants.
- Exercising according to reference.

IMPROVING INTEGRATION

Sport is the most important and accessible leisure activity for youths.

” The Sportkans project is an important initiative that allows underprivileged youths to practice sports on a weekly base in various sports clubs, without facing a (financial) threshold.

The membership fee is integrally refunded.  
35 local sports clubs are take part in this project.

” In 2015, 572 underprivileged youths could join a sports club thanks to this project.

AGE	2013	2014	2015
2,5 - 5 YEARS	65	74	77
6 - 9 YEARS	187	197	175
10 - 14 YEARS	188	224	218
15 - 19 YEARS	135	119	102
TOTAL	575	614	572

Index 11: Overview number of Sportkans participants in the sports clubs

Financial screening of the families is carried out centrally by de Wegwijzer (a municipal service).

This is an open house where everyone with questions/concerns about education and leisure can come for information. The attention particularly goes to families with low incomes. It is a unique and successful operation for referral and single point of contact. People get a wide range of information and there is no threshold.

An employee of the municipal sports department helps the candidates in choosing a sport.  
The most often chosen sports are: soccer, gymnastics, dance, combat sports and swimming.

All Ostend youths up to the age of 19, who are a member of a sports club, get a refund of maximum 10 euros. In 2015, 1.433 youths were refunded.

Youth organizations Arktos and Habbekrats provide several sports activities in the different neighbourhoods of Ostend, in order to help youths integrate through sports e.g. neighbourhood-ball (buurtsport) and “I like to move it”.

IMPROVING FAIR PLAY

Sports clubs who sign and publish the Panathlon charter, get higher subsidies. Most Ostend sports clubs mention the Panathlon charter on their website.

In the municipal sports newsletters and in the sports offer, we regularly pay attention to supra-local initiatives concerning fair play.

For example, the project 'Time-out against bullying' was recently put in the spotlight.

Next year, all clubs and schools will be asked to promote fair play. Every sports coach and teacher will be asked to nominate the pupil who shows the most fair play. All nominees will be awarded on the Day of Fair Play.

#### SPORTS OPPORTUNITIES FOR DISADVANTAGED GROUPS

Athletes with disabilities are welcomed in a lot of local sports clubs. To help these athletes find a suitable and customized sports offer, the sports council edits a guidebook every year. An inclusion coach helps disabled athletes find suitable leisure time activities.

The sports department provides a wide range of sports for people with a physical disability in the project "Para-sport during daytime". The following sports are available: swimming, archery, table-tennis, minigolf, horse riding, petanque, bowling, badminton, old carnival games and yoga. For these para-sports, we work closely together with revalidation hospital BZIO.

In the Duinhelm center, people with intellectual disabilities find a range of different sports to enjoy in the evenings.

The annual sports happening "Sport eens anders" (Sport in a different way) provides a wide range of sports for athletes with intellectual disabilities, and is a very popular highlight.

Every year, bicycle riding courses are organized in cooperation with welfare organization for ethnic-cultural minorities "Samen Divers" (Together Divers).



Underprivileged youths get sporting opportunities via the project Sportkans.

An education consultant helps out in emergency situations with difficult children during activities in the municipal summer school. He supports and helps the supervisors in dealing with children with disabilities.

High-level sports clubs pay a lot of attention to various underprivileged groups via community-activities:

- Soccer club KV Oostende fully supports the project Homeless Cup.

In this project, socially vulnerable people train every week in sports hall De Koninklijke Stallingen, guided by social street workers.

If they respect the appointments, they receive a sports outfit and free transport to the games of the Belgian Homeless Cup. An elder and more experienced player is appointed as godfather of the project.

Participants are also invited to the home games of soccer club KV Oostende. This way, the team of social street workers increases the social and physical well-being of the target group by means of sport.

- Every year, basketball club BC Oostende supports the financial project Fun for Kids, that allows underprivileged youths to go on a sporting holiday in The Belgian Ardennes.

Both clubs take part in the project Playing For Success. This is a project for pupils between the ages of 9 and 14, suffering from low self-image and self-esteem, lack of motivation, problems at home, social or emotional problems. In the playing for success center, pupils are coached by a team of teachers, trainees, volunteers and elite athletes. Every participant gets an intensive schedule to eliminate gaps in language, mathematics and ICT. These youths are stimulated in a natural way to practice those skills they did not master at school. These positive experiences improve their attitude and motivation towards studying. It also increases their self esteem and boosts their confidence.

- Volleyball club Hermes Ladies recently chartered a bus to allow refugees living in a shelter, to attend a home-game.

The three clubs strongly invest in funding and supporting social projects: e.g. charity project Damiaanactie, Soccer For Life, collection of toys, Special Olympics, guide dogs, breast cancer awareness project Pink Ribbon, Kom op tegen Kanker (Fight Cancer) and others.

All of the above sport clubs and the municipal department of sports, have several projects on social employment.

Activities in the pipeline for 2017:

- Coordinating and promoting of highest-level clubs' community activities.
- Follow-up of participants of "Sportkans" by a social coach.
- Starting-up soccer and basketball for athletes with disabilities.





## SPORTS OPPORTUNITIES FOR AGE-GROUPS

### **PRESCHOOLERS**

Surveys show that children in this age group don't play as much as they used to do, and their movement abilities are practiced insufficiently.

So, the city council provides several activities in all districts.

We have playgrounds and sports squares in every neighbourhood.

In various sports halls, children's play towns are set up during school holidays. In every neighbourhood, De Speelcompagnie (supervised activities during school holidays) offers a day-filling programme packed with sporting and creative activities.

On Sundays in winter, municipal accommodations welcome preschoolers with project Matinee Kadee: playing and sporting paradises, horse around afternoons, play parties in the swimming pool and inside playing activities.

### **CHILDREN AND YOUNGSTERS**

Children's play towns and Matinee Kadee are also open to young children.

The activities of De Speelcompagnie (supervised activities during school holidays) are also adapted for this age group.

Several sports camps are organized during school holidays, in cooperation with local sports clubs.

On Wednesdays, numerous introductory sessions and games are organized during school sports afternoons.

Every year we organize a day of playing outside.

Pupils from secondary schools can try out various sports in clubs, with the Sports after School Passport.

The Sports Compass project tests the sporting skills of youths, in order to help them choose a sport.

## ADULTS

On weekdays we provide a wide range of exercise possibilities for this age group in various neighbourhoods: the project Sports during daytime, 35 hours a week, offers a variety of 25 different types of sport. People can randomly choose activities with a 10-session permit.

By starting the project "Sports evening", we now also provide activities in the evening.

Several street running competitions of the Ostend Running Criterion are organized in all neighbourhoods.

We also provide physical condition tests every year.

## SENIOR CITIZENS

"Sportelen" is the overall term for sport activities for this age-group. In 2014 and 2015 we were awarded for our offer of "sportel"-activities with the title of Super Sportel City. This offer can be consulted in our Sportel Guide.

All interested senior citizens can join in with the activities of Sports during daytime.

Our various services and community centers also provide sports offers. There are however large discrepancies regarding the possible options, the frequency and the turn-out for the various activities. Most popular are dancing, petanque and yoga, followed

by gymnastics and Tai Chi Chuan. Outside sports like walking and cycling have become less popular with this age group, because of the variety of new sports.

Several socio-cultural clubs invest in sporting activities. They more or less provide the same activities as the community centers, but they reach different participants.

We have 12 active clubs with an average of 4 to 5 activities on an ongoing basis. An average activity has 15 to 20 participants, which is a little less than the activities provided by community centers. Walking and cycling are the most popular pursuits in these clubs, followed by petanque, bowling, dancing and gymnastics. These clubs also strive for innovation and experiment with less known sports such as kubb, aquabics or Tai Chi Chuan.

## EDUCATIONAL TRAINING FOR COACHES.

It is important that the quality of the sports offer in clubs improves. In cooperation with the Vlaamse Trainersschool (School for Flemish Coaches), we organize educational training on a regular base.

Coaches who pass the exams, get refunded via the subsidy reglementation.

Coaching clinics are also organized frequently.

## SPORTS PARTICIPATION

### POSITIONING

Previously, athletes had to go to a sports club in order to exercise. Nowadays, people are more demanding and like to determine themselves when, how often, and in what way they exercise. A direct result of this, is the success of various fitness centers. The sports department started up several exercising projects for all age groups.

### EXERCISING IN SPORTS CLUBS

**” 28.112 athletes are active in an organized way in Ostend, of whom 18.615 are members of a regular sports club (66%).**

AGE	NUMBER OF MEMBERS	%
0 - 5 YEARS	1.015	5%
6 - 11 YEARS	3.282	18%
12 - 19 YEARS	3.139	17%
20 - 54 YEARS	7.485	40%
+ 55 YEARS	3.694	20%
TOTAAL SPORTCLUBS	18.615	100%

Index 12: Overview number of members regular sports clubs.

When we also consider the fitness centers, the number of club athletes is significantly higher. Nearly 10.000 people, mostly adults, are member of one of the 5 Ostend fitness centers.

AGE	NUMBER OF MEMBERS	%
12 - 19 YEARS	267	3%
20 - 54 YEARS	5.879	62%
+ 55 YEARS	3.434	36%
TOTAL FITNESS CLUBS	9.497	100%

Index 13: Overview number of members of fitness clubs

### SPORTS-ACTIVE POPULATION

It is quite a challenge to estimate how many people are sports-active. Being active is more than merely practising sports, broadly speaking. The definition varies from study to study. Therefore it is important to have a definition in mind when interpreting the figures of active people.

In an analysis on sports participation in Flanders, performed by professor Jeroen Scheerder et al. (the university of Louvain), a broad definition of actively participating in sports is applied: an activity of motion with a sporting character, in a moment of leisure time, that has no utilitarian character. In this study, a person who rides his bike to do some shopping, is not considered sports-active. They don't take into account the compulsory sports lessons in schools.

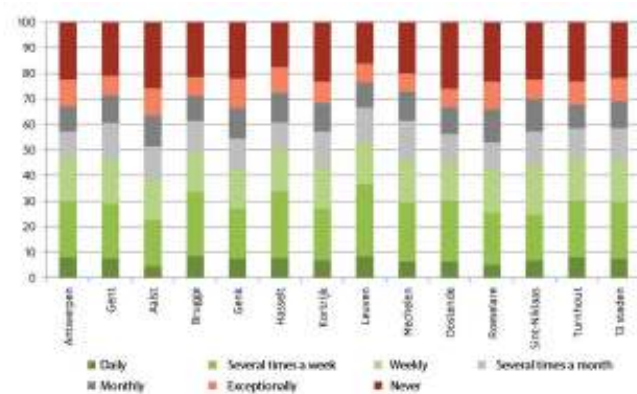
The study concludes that 63% of the Flemish population is sports-active in their leisure time, but they don't impose additional criteria such as frequency, intensity or organization. Consequently, this value can be used as a maximum concerning sport-active inhabitants of Ostend.

In 2014, the City monitor (<http://www.stadsmonitor.be>) carried out a survey concerning sports participation of the population. In this survey, the part of the population who regularly practised sport in the past 12 months, was mapped out.

Next answers were possible in the survey: (1) never, (2) rarely, (3) monthly, (4) several times a month, (5) weekly, (6) several times a week, and (7) daily. Only people who answered weekly, several times a week or daily, were considered regular athletes.

These figures are interesting because they also allow us to examine the situation in the other 12 central cities.

The figures of sports participation in Ostend, equal the average of the 13 central cities and show that 45,2% of the inhabitants exercise at least once a week.



Index 14: Overview frequency of sports participation (City monitor 2014)

We must point out that in the -18 group, only youngsters starting from the age of 16 were questioned, whereas sports participation is high in the rest of this age group.

There was too little response in the age groups of -18 years, 18-24 years and 25-34 years, to obtain reliable figures. We do get more reliable figures if we correct the figures with the average figures of the 13 central cities.

**”** In Ostend, 54,8% of the population exercises weekly or more frequently.

#### INITIATIVES THAT PROMOTE EXERCISING

Besides the already mentioned sports opportunities for all age groups, we plan extra activities in 2017.

#### **PRE-SCHOOLERS**

It is important to keep on organising children's play villages and De Speelcompagnie (supervised activities during school holidays) during the holiday months.

We are prolonging the project Matinee Kadee permanently.

Motion schools have started up in all neighbourhoods. In these schools, the methods of Multimove are applied, for it is important that children develop their basic motoric skills before they settle down to one particular sport. Agility skills of 3- to 8-year olds are refined by using twelve crucial basic movements. As these movements are not related to a particular sport, the child does not need to stick to one sport. This way, children can discover which sports they like most.

## CHILDREN AND YOUNGSTERS

The offer of school sports on Wednesdays and the “play outside day” once a year is maintained. Also several multi-sports camps are organized during school holidays.

In the schools, project “Olympic Ostend” is being prepared. In this project, gymnastics teachers will organize standardized tests. Pupils can score gold, silver or bronze. The total scores finally result in a gold, silver or bronze medal.

All participants are invited to the sports market. Here, most Ostend sport clubs provide information on their sports, and additional sports tests are organized.

A mobile sports offer is set up in the neighbourhoods.

## ADULTS

The comprehensive sporting programme “Sports during daytime” is maintained.

We also strive to extend the sporting offer in the evenings with more different sports.

## SENIOR CITIZENS

The projects of seated gym and walking gym will be applied in all districts.

Also the projects “Sports during daytime” and petanque will be promoted in all districts.

## PROMOTION OF NON-AFFILIATED SPORTS PARTICIPATION

The numerous opportunities for non-affiliated sports participation will be highlighted more. Use of our various walking and jogging trails, cycling and mountain bike routes, fit-o-meter and swimming pool, will be encouraged.

A lot of series of start-to-sport will be launched throughout the year: e.g. walk, run, swim, bike, mountain bike and fitness.





## COMMUNICATION

### POSITIONING

In order to announce our candidacy for European City of Sport 2017 to inhabitants, visitors, tourists as well as sports clubs, we are creating a joint approach with various partners. All target groups will repeatedly and efficiently be approached thanks to our communication plan.

### COMMUNICATION PLAN

#### VISUAL IDENTITY - THE LOGO

To gain a recognizable identity in communication, a clear and dynamic logo is designed with following characteristics:

- The appeal, the font, the "coat of arms" shape and the masked super hero have been chosen in accordance to the existing logo of community project "Heroos", which is already well-known to all inhabitants involved in sports.
- The colours red, white and blue refer to sporting dynamism, with blue referring to our unique location by the sea.
- The name "Oostende" stands prominently in sight, as is "candidate European City of Sport 2017".
- The date "2017" is written in the identical font as it appears on sports outfits.
- The lower part of the logo is characterized by lines that refer to the lines on sports fields.
- Next to clear references to sport, the logo contains other elements that characterize Ostend:

- The wavy water from the North Sea, the center of attraction to which Ostend thanks its rise.
- In the middle of the upper end, next to the shape of a sailboat and a kite, "Lange Nelle" is portrayed. Lange Nelle is our 65 m high lighthouse.
- A sailing boat can be seen on the left, as sailing and other watersports are omnipresent in Ostend.

#### MAXIMUM VISABILITY TOWARDS CITIZENS AND VISITORS

Prominent visibility in the streetscape, in and around sporting facilities and on events, is a vital part of the communication plan. Means of communication that catch the eye most will be:

- The image of the candidacy will be shown in the city center and on strategic points along the access roads to Ostend.
- Flags with the logo will be hung out on all municipal flagpoles.
- On flags and banners, the candidacy will be accentuated on the numerous big and small sporting events in the city.
- Promotional banners will be found in all major sporting facilities.
- The candidacy will be promoted via roll-up constructions and floor- and window-stickers in stores.

In order to reach every citizen, we will actively communicate. One of our main communication channels is our two-monthly municipal magazine "De Grote Klok", which has an edition of

40.000 copies and reaches every single person who lives or stays in Ostend. Detailed information on our candidacy will be published in this magazine. It will be almost impossible not to be informed of our desire to hold the title of European City of Sport 2017, as we will also make use of the many on- and offline communication means Ostend has to offer. We will enter into partnerships with regional and national press, should Ostend become European City of Sport 2017.

### **COMMUNICATION THROUGH SPORT CLUBS**

The city frequently communicates with all 170 Ostend sport clubs on sports policy and sports-related items. The boards of sports clubs will be encouraged to use the logo of the Ostend candidacy in all their means of communication and to forward all mails concerning this candidacy to their members.

### DIGITAL COMMUNICATION TECHNOLOGIES

Since many years, Ostend has been a trendsetter in digital communication and has won awards for its innovative approach. The candidacy will be promoted and explained on our website, specifically via [www.oostende.be/europesesportstad](http://www.oostende.be/europesesportstad). Furthermore, all available digital means will be applied to reach the target public via the most appropriate channels, e.g. E-letters, Facebook, Instagram, Twitter, information screens.

In order to bring the candidacy in the spotlight even more, a short promotional film can be watched on our Facebook, Youtube and Vimeo account. This video is distributed to all Ostend sports clubs to display on their website and to share via social media.



## RELATIONS WITH LOCAL AND SUPRA-LOCAL SPORT ACTORS

### POSITIONING

In order to plan, develop and execute the sports policy, it is necessary to develop and maintain good mutual relationships with several local and supra-local governmental and sporting companies and educational institutes. These actors provide an input for the development of a target group policy, realization of sport infrastructure, organization of events and research on specific sport themes.

### COOPERATION WITH LOCAL AND SUPRA-LOCAL ORGANIZATIONS

**”** *A number of sports federations choose Ostend to organize national and international competitions and events. Several provincial training centers were started in the past. Amongst others, this was the case for gymnastics and cycling.*

We maintain good mutual relationships with a lot of event agencies to attract sport-for-all events and -competitions.

**”** *Also the Belgian Olympic Committee (BOIC) is regularly involved. In the Olympic year 2016, we will build a Rio House on the Ostend beach in collaboration with them.*

We realized our cycling track and BMX-track with financial support from the Royal Belgian Cycling Federation.

Financial input from governmental authorities is important to our sporting activities.

Sport Vlaanderen (formerly BLOSO) partly took care of the budget for the functioning of the municipal sports department and the compensations for sport staff members. They provide annual campaigns to promote sport. In cooperation with them, we organized events like a coastal promotion tour, a Megabeachvolleyballfestival, the Sport Ribbon and Focus on sport.

The provincial sports service financially supported the realization of the sports hall for gymnastics, the artificial grass pitch for hockey and the boat shed for the rowing club. This agency also was co-organizer of numerous events and sporting initiatives like Sea of Sports and Ostend Adventure.

Together with Sport Vlaanderen, the coastal sports departments united in burensportdienst Sport Overleg Kust (SOK, neighbouring sports departments consultation coast). They discuss mutual and specific problems and together organize the coastal running criterion.

In cooperation with the foundation for Flemish School Sports, we invest in the promotion of sports and game activities for all school children from elementary and secondary schools and all types of special education.

We participate in study-groups organized by the Flemish Institute for Sports Management (ISB). Together with them, we organized in 2011 a congress in the Kursaal on local sports policy (local sports policy: let's make it work together)

We cooperate with the Flemish institution for health promotion and prevention of diseases (VIGeZ) and the local health consultative body Bruges-Ostend (LOGO) to elaborate initiatives and campaigns on healthy lifestyle and exercising.

Cooperation with welfare organization for ethnic-cultural minorities "Samen Divers" (Together Divers), resulted in various sports projects with and for ethno-cultural minorities.

We have partnership agreements with a number of colleges and universities for apprenticeships, e.g. bachelor in sports educations and master in physical education and in sports management. For their final projects, students carry out a number of studies.

#### COOPERATION WITH THE INTERNATIONAL CHESS FEDERATION AND THE INTERNATIONAL PANATHLON CLUB

In cooperation with Flemish chess federations and the organisation "Go for Grandmaster", the chess project Top Talent was introduced in schools. In 4 local schools, pupils from the 3<sup>rd</sup>, 4<sup>th</sup> and 5<sup>th</sup> grade are given an introduction to chess, under the directions of a chess master and chess godfathers. Chess-minded teachers are being trained to become chess coach level C. Every year, an outdoor chess tournament for schools is organized on the beach promenade.

There is no Panathlon Club in our province. The principles of the international Panathlon Club are incorporated in the Panathlon

declaration on ethics in youth sports. Local clubs which sign this declaration, are rewarded with extra subsidies via the quality criterions of the subsidy rules.

#### COOPERATION WITH LOCAL COMPANIES

The Economic House functions as a point of contact for local companies and improves economic life in Ostend. The company QMBT is specialized in programming the humanoid robot ZORA, which is deployed during revalidation exercises in hospitals and retirement homes, and also for detection of falling. Recently, the company invested in a new building for the assembly of robots. In 4 years time, the company has grown into a company with a staff of 24 people. This company is also active in The Netherlands, France, Germany, Switzerland and Finland and recently also in Japan, Australia and the United States.

**”** *200 robots are deployed in retirement homes, hospitals and schools worldwide.*

#### EUROPEAN CITY OF SPORT AS A SIGNBOARD FOR THE STARTING OF PARTNERSHIPS

The title of European City of Sport, will put Ostend on the map, and without any doubts this will promote and strengthen cooperation with supra-local sport actors and other Cities of Sport.





The title will also form a solid foundation to implement various exercise- and sports-projects, in cooperation with other municipal departments (tourism, youth, senior citizens, social issues, integration, education,...).

Event agencies and sports federations will find their way more easily to Ostend to continue present events or to start up new (international) sport events, because of the title.

Currently, the first discussions have been started on the possible organization of following events:

- World Championships cross country cycling
- World Championships paracycling

- European Equestrian Festival
- European Championships inline skating

These events will generate extra overnight stays and will increase the sales records of local commerce and the hotel and catering industry.



## PROFILING AS EUROPEAN CITY OF SPORT

### POSITIONING

A lot of social values are implemented in playing sports. There is a high level of synergy with the Aces' targets and values. By playing sports in one's leisure time, one has a goal to aim for. This reaches from willingness to achieve to the improvement of health. By playing sports together or competing against each other, a sense of community is formed. Learning fair play is essential. But most important of all is enjoyment in exercise.

### PURSUING FOR THE ACES TARGETS

### ENJOYMENT IN EXERCISE

**”** *It is our mission to encourage the population to lifelong exercise.*

It is important that participants experience a lot of enjoyment in exercise. Without this enjoyment, they will soon drop out.

This enjoyment is vital even to elite athletes, to help them persist in a demanding work-out, in order to achieve.

Therefore it is crucial that all coaches and people in charge, are made aware of the vital aspect of enjoyment in exercise. A positive approach lets athletes flourish and is the key to a long-term commitment to sports.

In the sports offer for various age- and underprivileged groups, we value the slogan "Participation is more important than winning".

Following projects are fine examples of this slogan:

- Children's play villages

- Matinee Kadée
- De Speelcompagnie
- Sports camps
- Sports after school
- Sports during day-time
- Sport evenings

### WILLINGNESS TO ACHIEVE

Athletes have an inner drive to achieve something. A competitive athlete strives to achieve outstanding results.

The goals of recreational athletes are to incorporate sports in their leisure time and to strive for a healthy lifestyle. Once started, they often become more and more ambitious. A start-to-run athlete aims to be able to finish a 5 km endurance, a golfer aims to reach the hole in less hits and a tennis-player tries to improve his forehand through training.

To get results can help an athlete to develop a sense of self-esteem and activates the will to achieve and to continue exercising.

**”** *Ostend high-level athletes get a high-level subsidy. Olympic athletes receive extra financial support in the Olympic year.*

The sports department organizes some competitive events:

- Triathlon;
- Ostend Running Criterion.

We organize the annual sports celebration. This is a homage to all athletes and teams who achieved national and international titles in the past year.

### SENSE OF COMMUNITY

Playing and exercising together is universal. In most cases, you exercise with someone or compete against someone. During the game, no distinction is made between races or religions, and social positions are of no importance.

**”** *Exercising together gives a feeling of belonging to something, of shared achievements and it creates a positive feeling of togetherness.*

A number of sports projects for underprivileged groups stimulate a sense of community:

- Sports during daytime for athletes with disabilities;
- Sport evenings for athletes with disabilities;
- Annual sports day for athletes with intellectual disabilities;
- Bicycle lessons.

Hundreds of underprivileged youngsters get the opportunity to join a sport club thanks to the project “Sportkans”.

Ostend elite sports teams and elite athletes play a role as municipal ambassadors to encourage this sense of community.

**”** *Winning a game, achieving a good spot in the rankings and/or delivering top performances, all develop a feeling of pride and a sense of community and gratitude towards the city.*

Sporting projects which encourage a sense of community, also provide integration:

- Neighbourhood ball (soccer);
- Belgian Homeless Cup;
- Playing for Success.

### LEARNING FAIR PLAY

One person’s freedom starts where another person’s freedom ends. As practicing sport mostly happens in groups, it is absolutely necessary to draw lines by means of regulations and to invest in values like tolerance and responsibility. It is also important to show respect towards teammates and opponents and all people involved like umpires, referees, members of boards, coaches and volunteers.

It is also appropriate to respect the infrastructure and all sporting materials.

It is also important that sports clubs recognize the philosophy of the International Panathlon Club and sign the Panathlon Declaration.

### IMPROVEMENT OF HEALTH

More than half of the Flemish population is overweight and lacks exercise. We spend most of our time sitting down. Nevertheless, ample exercise is an important prerequisite for a good health. It is all the more understandable that the majority of athletes states that improvement of health is the most important cause to exercise.

Currently, we have the following health-projects:

- Physical tests for youths;
- Physical tests for adults;
- Vitality programme for municipal staff.

#### SOCIETAL IMPORTANCE OF EUROPEAN CITY OF SPORT

The preparations for, and in the end the attaining of, the title of European City of Sport, will put an added spotlight on exercising and sport for a whole year.

We will focus on all aspects of practicing and experiencing sport e.g.:

- The realization of new sports infrastructure;
- Support of sports clubs;
- Sport-for-all policy for age groups and disadvantaged groups;
- Community policy of highest level sports clubs;
- Attracting and organizing of events;
- Starting projects in cooperation with other municipal departments;
- Cooperation with supra-local sport-actors.

The title will provide opportunities to emphasise the values of ACES on both the political and executive level, and to carry them out to the population.

It will make sure that our sports policy will be put on the map, next to other European Cities of Sport.

With the title of European City of Sport, a sense of solidarity and belonging will be formed concerning exercising and sport. The title will provide the possibility to involve all age-groups, and especially all disadvantaged groups, even more in the sports offer.

#### PLANNED INITIATIVES

Next to presently existing initiatives, the following activities will specifically be launched in 2017:

#### **ENJOYMENT IN EXERCISE**

A number of new projects will be developed in the various neighbourhoods.

We will be starting multimove schools for children and youngsters, and a mobile sports offer will be developed.

For senior citizens, we present programmes on seated and walking gymnastics.

Special attention goes out to inform about the location of fields for petanque and the existence of informal petanque groups. For those groups, a recreational petanque competition will be organized.

#### **WILLINGNESS TO ACHIEVE**

In cooperation with physical education teachers, standardized sports tests will be conducted in different schools.

### SENSE OF COMMUNITY

The efforts of volunteers are essential for the proper functioning of sports clubs and the success of sport events. A volunteer database will be constructed.

Every club will get a chance to nominate its most dedicated volunteer, in order to get honoured on the Celebration of the Volunteer.

We will investigate the possibility of recruiting a social coach for the project "Sportkans" for underprivileged youth.

Different high-level sports clubs will adjust their community policy to one another and promote it more.

### LEARNING FAIR PLAY

In every Ostend sports team and in every Ostend school class, the coach or teacher will indicate the athlete or pupil with the most fair play. These athletes will be honoured on the Day of Fair play.

### IMPROVEMENT OF HEALTH

We are examining the possibility to provide heart screenings for young athletes.

We will be starting "start to" programmes in a number of endurance sports (running, swimming, bike riding, mountain bike) and fitness.

In the neighbourhoods, information sessions on exercising and healthy lifestyles will be given.

Doctors, physical therapists and pharmacists will be asked to promote the municipal sports offer via the project exercise on prescription.

## PLANNED EVENTS AS EUROPEAN CITY OF SPORT

### POSITIONING

Ostend is commonly known as Event City by the Sea. Lots of national and international events are planned in the year of the European City of Sport title. All events will be displaying the logo of European City of Sport.





PLANNED EVENTS IN 2017

MONTH	EVENTS
JANUARY	Belgian championships cyclo-cross
	Nieuwjaarsduik (swimming)
FEBRUARY	Belgian Open Blokart Championships (blokart)
MARCH	Oostende-Brugge 10 Miles (athletics)
	Waterpolo tournament U9 (waterpolo)
APRIL	Treasure Cup (American Football)
	Sirene Cup I (soccer)
	Vlaamse Duinen Race (windsurfing)
	Internationaal kusthengeltornooi (fishing with rod)
MAY	North Sea Cup (windsurfing)
	BK skate (inline skating)
	Sailing for Ostend (sailing)
	North Sea Trophy (soccer)
	Speedo meeting (swimming)
	Dover Strait Race (sailing)
	Triathlon Bredene - Oostende (triathlon)
	UCI Vayamundo World Cup Paracycling Road Oostende (para-cycling)
	Cathedrals of the Sea (sailing)
	Sirene Cup II (soccer)
	Oostende Equestrian Festival (horse riding)
	Open North Sea Cup (karate)
	Openingsregatta Draken (sailing)
JUNE	OBK SB20 (sailing)
	WK obedience (dog sport)
JULY	Rising Stars 10.000 \$ tournament (tennis)
	Doelschieten 50/30 meter outdoor (archery)
	EK Lifesaving Competititon (swimming)
	International Youth Chess Tournament (chess)
JULY-AUGUST	Oostende Koerse (horse races)
AUGUST	ITT & Ostend Masters (table tennis)
	Flanders Youth & Senior Cup (table tennis)
	BK Open waterzwemmen (swimming)
	De Gouden Pijl (archery)

MONTH	EVENTS
	Flanders Grand Prix (inline skating)
	OBK draken (sailing)
SEPTEMBER	Internationaal waterpolo tornooi (waterpolo)
	BK Finn (sailing)
	OBK Europe (sailing)
	OBK IRC (sailing)
OCTOBER	ONZK IRC (sailing)
	BBC Youth Cup (blokart)
NOVEMBER	Plassendale Cup (rowing)
DECEMBER	Internationaal Sinterklaastreffen (motor races)
	Urbano- Thijs Beachrace (mountain bike)
	Fusion Fun Cup (futsal)

PLANNED SEMINARS AND CONFERENCES 2017

Together with the Vlaams Instituut voor Sportbeheer en Recreatiebeleid, we are investigating the possibility to nominate Ostend as guest-city for a seminar/conference with international dimension.

A few projects that were suggested are:

- A meeting of neighbourhood sports organizations in the context of the CATCH-project on the deployment of sport and youth projects as a means, with attendance of 4 European experts.
- An exchange moment of JINT for youngsters and neighbourhood social workers, concerning the organization of neighbourhood sport.
- A meeting of Flemish and Dutch central cities, concerning the organization of neighbourhood sport.

# APPENDICES

## MULTI-ANNUAL PLAN SPORT 2014-2019

### TARGETS CACADE

- Organisation targets
- Main policy targets
- Policy targets
- Plans of action
- Activities

### ORGANISATION TARGETS

- **ORGTARGET 1:** Ostend is a clean and attractive city where people feel safe and of which people are proud
- **ORGTARGET 2:** Ostend is a vibrant city with opportunities for all. The city provides a customer-oriented and accessible service
- **ORGTARGET 3:** Ostend is efficiently organized with quality as a main target

### MAIN POLICY TARGETS

**MPTARGET 23:** The City invests in participation as an instrument for creating sense of community, social cooperation and diversity

**MPTARGET 24:** The City provides an appealing, divers, complementary and accessible leisure-time offer for both citizens and visitors

**MPTARGET 25:** The City provides high-quality leisure-time facilities, customized to the function and target groups

**MPTARGET 27:** The City executes a welfare-policy to guarantee social rights for all citizens

**MPTARGET 28:** The City provides opportunities for education, personal development and access to education and employment for all citizens

### POLICY TARGETS, ACTION PLANS AND ACTIVITIES

**MPTARGET 23:** The City invests in participation as an instrument for creating sense of community, social cooperation and diversity

PTarget 232: Setting up participation paths in the policy preparing and executing fase

- AP 2322: Aimed evaluations and if needed the innovation of the functioning of advisory groups  
**Action 774:** To support the youth council and sports council
- AP 2323: To encourage citizens to play an active role  
**Action 597:** To optimise and maintain the godfathership project for the mountain bike path and running trail

**MPTARGET 24:** The City provides an appealing, divers, complementary and accessible leisure-time offer for both citizens and visitors

PTarget 241: To develop an approachable and high-quality activity and leisure time offer for both citizens and visitors

- AP 2411: To develop a high-quality and integrated own leisure-time offer  
**Action 598:** To organise an exercise and sports offer for preschoolers (LSBVBPO3)

Subactions in the definition:  
Kleuterkriebels (ACT-59801)  
Children's play villages (ACT-59802)  
series of pre-swimming skills (ACT-59803)  
Matinee Kadee (ACT-59804): new

**Action 691:** To develop a differently organized sports offer for children and youngsters (LSBVBPO3)

Subactions in the definition:  
Sports camps (ACT-69101)  
Sports by the Sea (ACT-69102)  
Swimming lessons (ACT-69103)

**Action 692:** To develop a differently organized sports offer for adults (LSBVBPO3)

Subactions in the definition:  
Sport during daytime (ACT-69201)  
Sports evenings (ACT-69202)  
Start to Sport (ACT-69203)  
Organisation of sports days (ACT-69204)  
Swimming lessons (ACT-69205)  
Bicycle lessons in cooperation with the dept. for integration and network integration (ACT-69206)

- AP 2412: To support individuals, organisations and associations in organizing a leisure-time offer.  
**Action 25:** To financially support and stimulate the high-quality activities of acknowledged sport clubs (LSBVBPO1)

**Action 658:** To support the high-quality youth guidance in cooperation with acknowledged local sport clubs (LSBVBPO2)

**Action 662:** To organize educational courses and clinics in order to improve the sports-related staff (LSBVBPO2)

**Action 693:** To financially support the use of private indoor sports facilities for youth sport by local sports clubs

**Action 700:** To provide municipal sports facilities free of charge for the organisation of youth sport by local sports clubs

**Action 701:** To financially support the organisation of competition by local umbrella organisations

**Action 702:** To financially support local high-level athletes who take part in international tournaments

**Action 703:** To financially support the use of sports vouchers for club-affiliated youngsters (LSBVBPO3)

- AP 2413: To develop a leisure time offer in cooperation with third parties

Action 29: To develop a differently organised exercise and sports offer in cooperation with the association without lucrative purpose Sport Promotion Ostend

Sub-actions in the definition:

- Ostend running criterion (ACT-29001)
- Triathlon (ACT-29002)
- Sport After School elementary school (ACT-29003)
- Sport After School secondary school (ACT-29004)
- Sport After School (ACT-29005)

- AP 2414: To make events and participation in leisure-time activities more accessible

Action 240: To organise surveys on obstacles and needs of disadvantaged groups concerning participation in leisure-time offer

Action 604: To develop a differently organized sports offer for persons with a disability, in cooperation with the municipal department for integration, BZIO and various institutes (LSBVP04)

Sub-actions in the definition:

Sport for athletes with a disability in cooperation with the municipal department for integration, BZIO, REZO and institutes (ACT-60401)  
Sports day in cooperation with the municipal department for integration and institutes (ACT-60402)

Action 694: To organize the project Belgian Homeless Cup for the financially underprivileged, in cooperation with the municipal department for safety, social street workers and "Stroatelopers" (LSBVP04)

Action 753: To optimize and continue the project "Sportkans" for financially underprivileged youths (LSBVP04)

- AP 2419: To organise and support events and activities with a supra-local character

Action 603: To organise supra-local sport events in cooperation with overarching sport actors and/or private partners (LSBVP03)

Action 752: To financially support the high quality organisation of supra-local sport events

**MPTARGET 25:** The City provides high-quality leisure-time facilities, customized to the function and target-groups

PTARGET251: To rationalize, optimise and simplify the policy concerning the assignment of facilities.

- AP2512: To optimise the use of leisure-time facilities  
Action 578: To optimise the shared use of existing facilities (multifunctionality)  
Action 579: To develop a customer directed exploiting

PTarget252: To provide ample, safe and accessible leisure-time facilities

- AP 2521: To provide high-quality leisure-time facilities in the open air  
Action 443: To adapt the soccer facilities of the Albertpark in function of the master-plan  
Action 447: To install multipurpose artificial grass-fields in sports park De Schorre  
Action 448: To install a beachhouse on Oosteroever  
Action 605: To install a paved blokart track in sports park De Schorre  
Action 606: To install an appealing and renovated mountain-bike track  
Action 661: To install lights on the BMX-track of sports park De Schorre

Action 704: To harden the bowl-curves of the BMX-track (fase 2)

Action 705: To finalise the controlled access management project to sports facilities (fase 3)

- AP 2522: To provide high-quality indoor facilities  
Action 444: To refurbish the old water tower and equip it as a climbing tower  
Action 445: To refurbish sport hall De Koninklijke Stallingen  
Action 446: To build a new indoor sport hall with adjacent facilities for indoor athletics  
Action 449: To adapt the municipal swimming pool to the current needs concerning recreation and accessibility  
Action 706: Systematically purchasing and replacing sport and gymnastics materials

**MPTARGET 27:** The City executes a welfare-policy to guarantee social rights for all citizens

PTARGET 274: To prepare for the ageing of the population with a customized senior citizens policy

- AP 2741: To develop a broad policy for senior citizens with a focus on diversity  
Action 601: To provide a differently organized sports offer for senior citizens (LSBVP03)

Sub-actions in the definition:

Series of lessons (ACT-60101)  
Senior citizen's sports days in cooperation with Seniors' Advisory Council (SARO) (ACT-60102)  
Sport during day-time (ACT-60103)

PTARGET 277: To provide an affordable and high-quality health-care for all

- AP 2771: To develop a sports and health programme in the neighbourhoods  
Action 659: To develop sports and health programmes in the neighbourhoods (LSBVP03)

Sub-actions in the definition:

Sport project HEROOS (ACT-65901)  
Exercising activities in the neighbourhoods (ACT-65902)  
Information sessions on exercising and health in the neighbourhoods (ACT-65903)  
Providing physical testings

**MPTARGET 28:** The City provides opportunities for education, personal development and access to education and employment for all citizens

PTARGET 281: To support and encourage equal educational opportunities and parental involvement

- AP 2814: To cooperate with or facilitate projects that improve children's integration and self-esteem  
Action 503: To continue the project Move-XL (LSBVP03)  
Act 506: To organise Playing for Succes for youths in danger of falling out of the school system

## INDEX SPORT CLUBS

### OVERVIEW SPORT CLUBS

NUMBER OF SPORTS CLUBS							
AERO SPORT	1	BRASILIAN JIU JITSU	1	GOLF	1	SAILING AND SURFING	5
AIKIDO	1	CAPOEIRA	1	GYMNASTICS	3	SHOOTING	2
AMERICAN FOOTBALL	1	CRICKET	2	HOCKEY	1	SPELEO CLIMB-ING	1
ARCHERY	3	CYCLING	13	INLINE SKATING	1	SQUASH	1
ATHLETICS	3	DANCE	7	JUDO	2	SWIMMING	3
AUTO SPORTS	1	DARTS	6	KARATE	3	TABLE TENNIS	2
BADMINTON	1	DIVING	4	KAYAK	1	TAEKWONDO	1
BASEBALL	1	DOG SPORTS	3	MOTOR RIDING	4	TAI CHI	2
BASKETBALL	12	FISHING WITH ROD	3	OMNI SPORTS	1	TENNIS	2
BILLIARDS	6	FITNESS	5	PETANQUE	4	TRIATLON	1
BLOKART	1	FRISBEE	1	PIGEON SPORTS	1	VOLLEYBAL	10
BMX	1	FUTSAL	8	ROPE SKIPPING	1	WALKING	2
BOWLING	3	GENBUKAN NINPO	1	ROWING	1	WEIGHT LIFTING	1
BOXING	2	HANDBALL	1	SOCCER	25	TOTAAL	170

### OVERVIEW SPORTS

#### IN TERMS OF PARTICIPANTS

SPORTS	NUMBER OF PARTICIPANTS	CLUBS
FITNESS	9.497	5
SAILING AND SURFING	2.106	5
GYMNASTICS	1.936	3
SOCCER	1.630	25
BASKETBALL	1.136	12
DANCE	1.133	7
TENNIS	847	2
SWIMMING	787	3
GOLF	712	1
MOTOR RIDING	646	4
SHOOTING	630	2
CYCLING	571	13
ATHLETICS	552	3
DOG SPORTS	432	3
TABLE TENNIS	423	2
OTHER SPORTS	5.074	79
TOTAL	28.112	170

### OVERVIEW SPORTS IN TERMS OF PARTICIPANTS

SPORTS	NUMBER OF PARTICIPANTS	CLUBS
FITNESS	9.497	5
BALL SPORTS	3.670	57
WATER- AND BEACH SPORTS	2.314	8
GYMNASTICS	1.936	3
RACKET SPORTS	1.809	6
BATTING SPORTS	1.495	6
DANCE	1.133	7
SWIMMING AND DIVING	1.004	7
MOTORISED SPORTS	751	6
OTHER SPORTS	4.503	65
TOTAL	28.112	170

## LISTS OF EVENTS

### OVERVIEW EVENTS ON REGIONAL LEVEL

MONTH	REGIONAL EVENT	2013	2014	2015	2016
JANUARY	Zijspantreffen (motor sport)			x	x
JANUARY	Indoortennistornooi (tennis)		x	x	
FEBRUARY	Meisjestornooi (handball)				x
FEBRUARY	Sprintcriterium (swimming)	x			x
FEBRUARY	Duo race (mountain bike)		x		
FEBRUARY	Vlaams Kampioenschap indoor (inline skating)	x			
MARCH	Demoteamhappening (gymnastics)	x	x	x	x
MARCH	Teamwedstrijd (rope skipping)	x			
APRIL	HMS Vindictivelaan Memorial Run (athletics)		x	x	x
MAY	Wielervedstrijd KVC De Zeemeeuw (cycling)	x	x		x
MAY	Kidifit Cup (soccer)				x
MAY	Beker van Vlaanderen mannen (athletics)		x		
MAY	Flanders Coast meeting (swimming)	x			
JUNE	Jeugdmeerkamp - leeuwtescriterium 1 (athletics)	x			x
JUNE	Vive la France (EK soccer)				x
JUNE	Brazil aan zee		x		
SUMMER	Ostend Cup (swimming)				x
JULY	Kampioenschap van Stene (archery)	x		x	x
JULY	Eastend (motor sport)				x

## OVERVIEW EVENTS ON PROVINCIAL LEVEL

MONTH	EVENTS	2013	2014	2015	2016
JULY	3 on 3 basketbaltornooi (basketball)	x			
JULY	MG Club - Vespentreffen (motor sport)				x
JULY	Beachvolleytornooi (beach volleyball)	x			x
JULY	Tornooi Beachrugby (rugby)			x	
JULY	Lotto Streetsoccer (futsal)			x	
JULY	Strandtornooi (baseball)	x			
JULY	Grote Prijs Stad Oostende (hore sports)	x			
AUGUST	Voetbaltornooi dames (soccer)	x	x		x
AUGUST	Jeugdmeerkamp - leeuwtescriterium 2 (athletics)	x			x
AUGUST	Strandloop VVW Outside (athletics)	x	x	x	x
AUGUST	Beach Petanque Happening (petanque)				x
AUGUST	T-man Roller Bike Parade (inline skating)	x	x		
AUGUST	Eandis open classic Tijdrif (cycling)	x	x	x	
AUGUST	Strandkrachtbaltornooi (krachtbal)	x	x	x	
SEPTEMBER	Q-cup (sailing)				x
SEPTEMBER	Vista Sul Mare (motor sport)				x
SEPTEMBER	Ostende Koerst (cycling)	x	x	x	x
SEPTEMBER	Ostend Night Run (athletics)			x	x
SEPTEMBER	Openwatersportdag NELOS (water sport)	x		x	
SEPTEMBER	Recreantentornooi (baseball)	x		x	
SEPTEMBER	North Sea Challenge (athletics/mountain bike)	x	x		
SEPTEMBER	Bpost bank familiedag (omnisport)			x	
SEPTEMBER	Kust Trail Run (mountain bike)			x	x
SEPTEMBER	Wedstrijd agility (dog sport)	x	x	x	x
OCTOBER	Handbaltornooi dames (handball)		x		x
OCTOBER	Wedstrijd Memorial Marcel Reynaert (swimming)	x			x
NOVEMBER	Vlaamse Cross Cup - Cyclocross veldrijden (cycling)	x	x	x	
DECEMBER	Fun Cup (futsal)	x	x	x	
DECEMBER	Kersttornooi (volleyball)	x	x	x	
DECEMBER	BK Beachrace (mountain bike)	x	x	x	
DECEMBER	Family day Ethias (omnisport)		x		
TBA	Major tornooi (baseball)				x
TBA	Miniemen tornooi (baseball)				x
TBA	Promotiewedstrijd Showdance (dance)				
		28	21	21	28

MONTH	EVENTS	2013	2014	2015	2016
JANUARY	Butterkoekentocht (walking)				x
JANUARY	Indoor boarding tournament (futsal)	x	x	x	x
JANUARY	New Year tournament (dog sport)			x	x
JANUARI	Futsal tournament (futsal)	x			
JANUARI	Youth futsal tournament (futsal)		x	x	
JANUARY	Youth futsal tournament (futsal)		x		x
FEBRUARY	Winter trip - challenge cup trip (walking)	x	x	x	x
FEBRUARY	Mountain bike trip (mountain bike)	x	x		
MARCH	Youth futsal tournament (futsal)		x	x	x
MARCH	Neighbourhood run Hazegras (athletics)	x	x	x	x
MARCH	Youth futsal tournament (futsal)		x	x	
MARCH	Cycling tournament (cycling)			x	
MARCH	Mini skip tournament (rope skipping)		x		
MARCH	Eneco Clean Beach Cup			x	x
APRIL	North Sea run (athletics)	x	x	x	x
APRIL	Youth tournament Thor (handball)				x
APRIL	Lange Nelletocht (walking)	x	x		
APRIL	Open house (golf)				x
APRIL	Youth Tournament Hermes (basketball)		x		
APRIL	Walking with Prince Karel and Ensor (walking)	x		x	x
APRIL	Walking day 20 <sup>th</sup> Week of the Sea - Middenkust (walking)				x
APRIL	Sint-Jans run (athletics)	x	x	x	x
APRIL	Hermes run (athletics)	x	x	x	x
APRIL	Soccer tournament SV - CIBO (soccer)			x	
MAY	Soccer tournament for West-Flemish referees (soccer)				x
MAY	Time trial (cycling)				x
MAY	Sunset ride moto (motor sport)		x		
MAY	Youth tournament De Roos (soccer)	x			
MAY	Volleyball tournament STEVO (volleyball)	x	x		
MAY	Lillies of the valley soccer tournament (soccer)	x			
MAY	Thai- en Kickbox gala (boxing)		x		
MAY	Pupillen tournament Thor (handball)	x			
MAY	Keignaert run (athletics)	x	x	x	x
MAY	Grand Prix Steense Vrienden (cycling)			x	
JUNE	Lighthouse run (athletics)	x	x	x	x



MONTH	EVENTS	2013	2014	2015	2016
JUNE	Finales recreavolley RVO (volleyball)	x	x	x	x
JUNE	Evening criterion Sport- en Feestcomitee Konterdam (cycling)	x	x	x	x
JUNE	Friends' trip WSV De Stormvogels (walking)	x	x		
JUNE	Soccer tournament airport Ostend (soccer)	x		x	
JUNE	Urban Day (parcours)			x	
JULY	Official VTV Criterion tournament (tennis)		x		x
JULY	Police tournament De Kusthond (dog sport)	x	x	x	x
JULY	Test social behaviour Happy dog (dog sport)	x	x		x
JULY	Summer criterion Ostend on the move (table tennis)				x
JULY	Open Dubbels TC Oswherlu (tennis)	x			x
JULY	Motor meeting Motor- En Toervrienden Ostend (motor races)		x		
JULY	Olympic event Wellingtongolf (golf)				x
JULY	around De Keignaert (walking)	x	x	x	x
JULY	Touristic ride KV Ostend Motor Sport (motor sport)		x		
JULY	Konterdam run (athletics)	x	x	x	x
JULY	Baseline cup (futsal)			x	
AUGUST	Q- CUP sailing tournament (sailing)		x		x
AUGUST	Duiveltjes tournament Royal Soccer Club Ostend KVO (soccer)	x	x	x	x
AUGUST	Provincial championship (petanque)	x			x
AUGUST	1 <sup>st</sup> Stormvogel trip (walking)				x
AUGUST	Provincial championship relay (athletics)		x		
AUGUST	Floorball championship (sport for the disabled)		x		
AUGUST	Trip Ostend Vespa Club Oostende (motor riding)		x		
AUGUST	Dwars door Mariakerke-Raversijde (athletics)	x	x	x	x
AUGUST	Grand Prix Cafe Sportwereld (cycling)	x		x	
AUGUST	QTS Trophy (basketball)	x	x	x	
AUGUST	Beachsoccer/Beach tennis tournament (soccertennis)	x			
AUGUST	Volleyball tournament Hermes volley Ostend (beach volleyball)	x	x	x	x
AUGUST	Schoration (duathlon)			x	
SEPTEMBER	Provincial championships Vrije Zwemmers Ostend (swimming)				x
SEPTEMBER	Rond de Nieuwe Koerswijk (athletics)	x	x	x	x
SEPTEMBER	Langen Avond MTB-toer (mountain bike)	x			
SEPTEMBER	Beachsoccer World Deafs Day (beach soccer)	x			
SEPTEMBER	Volleyball tournament Hermes Ostend (volleyball)	x	x		
SEPTEMBER	Dwars door het Westerkwartier (athletics)	x	x	x	x
OCTOBER	Youth tournament Handball club Thor (handball)				x
OCTOBER	Futsal tournament Fusion Oostende (futsal)	x	x	x	

MONTH	EVENTS	2013	2014	2015	2016
OCTOBER	Youth futsal tournament ZVC Opex (futsal)	x	x		
OCTOBER	Mass jogging Jogging team de Olifant (athletics)	x	x	x	x
OCTOBER	North Sea trip KV Ostend Motor Sport (motor sport)			x	
NOVEMBER	Provincial Championship (rope skipping)			x	
NOVEMBER	Chouffetocht MTB (mountain bike)	x	x	x	
NOVEMBER	Tour trip for MTB (mountain bike)		x	x	
NOVEMBER	Trial tournament (motor sport)	x	x	x	
DECEMBER	Winter coastal tour MTB (mountain bike)	x	x		
DECEMBER	Sylvester VTT MTB (mountain bike)	x	x		
DECEMBER	Walking trip Ostend with christmas lights (walking)			x	x
		44	48	41	41

OVERVIEW EVENTS ON LOCAL LEVEL

LOCAL EVENTS	2013	2014	2015	2016
Corrida van 't Sas (athletics)	x	x	x	x
Ladies@thepool (swimming)				x
Pamperbanktornooi (futsal)			x	
Paper lanterns walk (walking)		x		
Table tennis tournament (table tennis)	x	x	x	x
Regional relay race (athletics)		x		
Opening sailing season (sailing)	x	x	x	x
Futsal tournament social street workers (futsal)	x		x	
Youth happening SKOG (soccer)				x
Ballet 'Hanneke en Grietje' (dance)				x
Easter dive (swimming)			x	
Sire billiards tournament (billiards)				x
Trophy Jean Vandecasteele (table tennis)				x
Gymnastics and Drum show (gymnastics)	x	x	x	x
Neighbourhood run Nieuwe wijk Stene (athletics)	x	x		
Ploeg van 't dorp (soccer)	x			x
Petanque tournament Petanque club Steense Dijk (petanque)				x
Dwars door Ter Zee (athletics)				x
Gymnastics show KOTV (gymnastics)	x	x	x	x
Dance show Gevada (dance)		x	x	
Lady's Ride (motor riding)				x
Playful street run (athletics)	x			

LOCAL EVENTS	2013	2014	2015	2016
Ensor run (athletics)			x	
Kids triation (triathlon)		x	x	
Champion of champions (billiards)	x	x	x	x
Golf in the park (golf)	x	x		
Zeepaardjesrit (cycling)				x
Outdoor soccer tournament Deweert (soccer)				x
Dog search trip (dog sport)	x	x	x	
Soccer tournament Heilig Hartschool (soccer)	x			
Neighbourhood festivities and mini-soccer tournament (soccer)	x	x	x	x
Skip show (rope skipping)			x	x
Gymnastics- and dance show Zeester (gymnastics)	x	x	x	x
Sports happening Duinhelm (cycling/walking)	x			
Dance show M'tjes showcase (dance)	x	x	x	x
Lodo's street run (athletics)	x	x	x	x
Soccer tournament Buurtbal Habbekrats (soccer)			x	x
Cycling event AG EOS (cycling)				x
Big Jump (swimming)	x		x	
Cargo bike trip 'langs het Groen Lint' (cycling)		x		
Sextets Tournament (petanque)	x			
Fan day KV Oostende (soccer)			x	x
Grand prix Freddy Naert (petanque)				x
Grand prix Stad Oostende (petanque)	x			x
Whale boats race (rowing)	x	x	x	x
Sailing for Children (sailing)				x
Cycling with Johan (cycling)	x			
Youth day KVO (soccer)	x	x	x	x
I Like to move it (omnisport)		x	x	
Youth circuit PFV en finals cup newspaper of W-FI (petanque)				x
Walking trip baker's customers (walking)		x		
Fietseling (cycling)		x	x	
Nazomerrit (cycling)				x
Fusion Family Day (futsal)			x	x
Open club day Hermes (volleyball)			x	
Swimming tournament Ter Zee (swimming)	x		x	
Halloween walk (walking)		x		
Duo- Duathlon (duathlon)		x	x	
Sinterklaas run (athletics)	x	x	x	
	26	26	30	33

## SPORTS PROMOTION PLAN 2016

### EXERCISE AND HEALTH PROJECTS

04.01 - 31.12.2016 Heroos  
01.09 - 30.09.2016 Month of the sports club

### PRE-SCHOOLERS

#### Children's play villages

08.02 - 11.02.2016 Play village February holidays - Mr. V-Arena  
31.10 - 03.11.2016 Play village autumn holidays - sports hall De Spuikom

#### Matinee Kadee

10.01.2016 Romping afternoon (Municipal swimming pool)  
17.01.2016 Indoor Sports village (De Koninklijke Stallingen)  
24.01.2016 Indoor play day (De Spuikom)  
31.01.2016 Romping afternoon (Municipal swimming pool)

#### De Speelcompagnie (supervised activities during school holidays)

08.02 - 12.02.2016 February holidays activities (Duin en Zee)  
04.04 - 08.04.2016 Easter holidays activities (various districts)  
04.07 - 24.08.2016 Summer holidays activities (various districts)  
31.10 - 04.11.2016 Autumn holidays activities (Duin en Zee)

### CHILDREN AND YOUNGSTERS

#### Sports camps

08.02 - 12.02.2016 Multi circus sports camp  
08.02 - 12.02.2016 Skate camp  
29.03 - 01.04.2016 Multi combat sports camp  
29.03 - 01.04.2016 Move XL sports camp  
04.07 - 08.07.2016 Multi beach sports camp  
08.08 - 12.08.2016 Olympic sports camp  
22.08 - 26.08.2016 Urban move sports camp  
31.10 - 04.11.2016 Multi gymnastics sports camp

#### Outdoor play-day

13.04.2016 Outdoor play-day

#### Matinee Kadee

10.01.2016 Romping afternoon (Municipal swimming pool)  
17.01.2016 Indoor Sports village (De Koninklijke Stallingen)  
24.01.2016 Indoor play day (De Spuikom)  
31.01.2016 Romping afternoon (Municipal swimming pool)

## De Speelcompagnie (supervised activities during school holidays)

08.02 - 12.02.2016	February holidays activities (Duin en Zee)
04.04 - 08.04.2016	Easter holidays activities (various districts)
04.07 - 24.08.2016	Summer holidays activities (various districts)
31.10 - 04.11.2016	Autumn holidays activities (Duin en Zee)

## School sports elementary school

06.01.2016	Netball (Sint-Andreas school)
13.01.2016	Netball (sports-hall De Spuiikom)
20.01.2016	Dodgeball (Sint-Andreas school)
27.01.2016	Water polo (Municipal swimming pool)
03.02.2016	Handig en voetig met de bal (ball games) (De Koninklijke Stallingen)
17.02.2016	Squash initiation (Ostend Squash Club)
24.02.2016	Swim Ostend to the Top (Municipal swimming pool)
09.03.2016	Relay race (lake Spiegelmeer)
16.03.2016	Spring promenade (sports park De Schorre)
20.04.2016	Skate Ostend to the Top (Keignaertstadion)
27.04.2016	Sea of Sports 1 <sup>st</sup> and 2 <sup>nd</sup> grade (Duin en Zee)
10.05.2016	Sea of Sports 3 <sup>rd</sup> up to 6 <sup>th</sup> grade (Sports beach)
11.05.2016	Cycling happening (sports park De Schorre)
12.05.2016	Frisbee (Mr.V-Arena)
13.05.2016	Athletics combined events (Jozef Verhellestadion)
18.05.2016	4x4 soccer (sports park De Schorre)
08.06.2016	Sport je Fit: Apotheose (De Koninklijke Stallingen)
09.06.2016	Run Ostend to the top (sports park De Schorre)
09.09.2016	Duin en Zee cross (Duin en zee)
09.09.2016	Zanocross (Zandvoorde)
10.09.2016	Beach jogging (Sports beach)
10.10.2016	Bosjes-run (Maria Hendrikapark)
10.10.2016	Back-up date Running Criterion
11.10.2016	Fun in the Pool (Municipal swimming pool)
11.11.2016	Swim happening (Municipal swimming pool)
12.12.2016	Gymnastics land (De Koninklijke Stallingen)
12.12.2016	Unihockey (sports center De Spuiikom)

## School sports secondary school

17.02.2016	Mini soccer (sports center De Spuiikom)
24.02.2016	Badminton (sports center De Koninklijke Stallingen)
02.03.2016	Mini soccer (sports center De Spuiikom)
13.04.2016	Soccer 7-7 (sports park De Schorre)
27.04.2016	Baseball (sports park De Schorre)
07.05.2016	Sea of Sports (sports beach)
18.05.2016	Cycling happening (track sports park De Schorre)
09.09.2016	Run Ostend to the top (sports park De Schorre)
09.09.2016	Beach jogging (sports beach)
09.09.2016	Zanocross (Zandvoorde)
10.10.2016	Duin en Zee Cross (Duin en Zee)
10.10.2016	Bosjesrun (Maria-Hendrikapark)
10.10.2016	Back-up date Running Criterion
11.10.2016	Netball (Ensor school)
11.10.2016	Mini soccer (sports center De Spuiikom)

## Sports after School in cooperation with SVS period 04.01 - 13.05.2016

Monday:	Swimming, Squash, BBB, Step Aerobics, Soccer, Speleology, Spinning,
Tuesday:	Mix martial arts, Grappling, Boxing
Wednesday:	Swimming, Squash, Fitness, Total Workout, Table tennis, Diving, Brazilian Jiu Jitsu, Spinning, American football, Jiu Jitsu
Thursday:	Swimming, Fitness, Squash, Spinning, Soccer, Step Aerobics, Golf initiation, Body Shaping, Capoeira
Friday:	Swimming, Squash, Fitness, Diving, Brazilian Jiu-Jitsu, Jiu Jitsu, Mix martial arts
	Swimming, Fitness, Aerobics, Squash

## Sports snack

11.04 - 17.06.2016	District Vuurtorenwijk
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## Physical tests

20.02.2016	Physical tests
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## **ADULTS**

### Sports during daytime

Monday:	Yoga (easy), fitness, BBB, zumba, yoga (dynamical), fitball, badminton, step & shape and aqua fitness
Tuesday:	Swimming, table tennis, self defence, kiko (qi gong) en total workout
Wednesday:	Silhouette training, pilates (gentle) and pilates (dynamical)
Thursday:	Easy fit challenge, vale gym (gentle), vale gym (dynamical), dans je fit (dance), Indoor cycling and line dance
Friday:	Body fit, tai chi chuan (1-2), tai chi chuan (3-4), pilates, badminton and dance workout

### Sports evenings

Thursday:	Aqua spinning and circuit training
Friday:	Self defence

### Sports by the Sea

01.07 - 31.08.2016	Sports during daytime
01.07 - 31.08.2016	Sports evenings
11.05 - 31.08.2016	Guided bicycle tours

### Seated fitness

14.04 - 30.06.2016	OC Ter Yde (district Raversijde)
01.09 - 16.12.2016	Prolongation and expansion (with reservation)

### Ostend krolfs!

04.05 - 31.08.2016	Vogelzangpark (district Westerkwartier Vlaams-Plein)
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### Physical tests

27.02 en 03.03.2016	Lactate threshold testing
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### Ostend Running criterion

06.02.2016	Corrida van 't Sas Slijkens
06.03.2016	Oostende - Brugge Ten Miles
26.03.2016	Wijkloop Hazegras
02.04.2016	Noordzeeloop
16.04.2016	Hermesloop
23.04.2016	Sint-Jansloop
06.05.2016	Keignaertloop - GP Jean Vandecasteele

27.05.2016	Dwars door Ter Zee
10.06.2016	Vuurtorenloop
01.07.2016	Konterdamloop
06.08.2016	Schorreloop
12.08.2016	Dwars door Mariakerke - Raversijde
19.08.2016	Strandloop vastgoedbox & VVW Outside
03.09.2016	Kust Trail Run
07.09.2016	Rond de Nieuwe Koerswijk
16.09.2016	Dwars door het Westerkwartier
24.09.2016	Ostend Night Run
08.10.2016	Mass-Jogging Meubelen De Olifant

#### Sports days municipal staff

06.09.2016	Slow bicycle tour, fast bicycle tour, promenade,...
12.09.2016	

#### Start to Sport

04.09 - 25.09.2016	Start to Mountainbike
18.04 - 27.06.2016	Start to Bike

### SENIOR CITIZENS

#### Sports during daytime

Monday:	Yoga (easy), fitness, BBB, zumba, yoga (dynamical), fitball, badminton, step & shape and aqua fitness
Tuesday:	Swimming, table tennis, self defence, kiko (qi gong) and total workout
Wednesday:	Silhouette training, pilates (gentle) en pilates (dynamical)
Thursday:	Easy fit challenge, vale gym (gentle), vale gym (dynamical), dans je fit (dance), Indoor cycling and line dance
Friday:	Body fit, tai chi chuan (1-2), tai chi chuan (3-4), pilates, badminton and dance workout

#### Sports evenings

Thursday:	Aqua spinning and circuit training
Friday:	Self defence

#### Sports by the Sea

01.07 - 31.08.2016	Sports during daytime
01.07 - 31.08.2016	Sports evenings

#### Seated fitness

14.04 - 30.06.2016	OC Ter Yde (district Raversijde)
01.09 - 16.12.2016	Prolongation and expansion (with reservation)

#### Ostend krolft!

04.05 - 31.08.2016	Vogelzangpark (district Westerkwartier Vlaams-Plein)
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#### Sportelen

19.05.2016	E-Bike riding school
07 & 09.06.2016	E-Bike riding school
16.06.2016	Sportel day
09.2016	Petanque Tournament

### UNDERPRIVILEGED GROUPS

#### Sports during daytime for people with disabilities

22.01.2016	Swimming
25.02.2016	Archery
22.03.2016	Table tennis
21.04.2016	Mini golf
24.05.2016	Horse riding
23.06.2016	Petanque
22.09.2016	Bowling
20.10.2016	Badminton
24.11.2016	Old Carnival games
22.12.2016	Yoga

#### Exercise in a different way

30.08.2016	Exercise in a different way
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#### Sports evenings for people with disabilities

14.01 - 16.06.2016	Multi sports
08.09 - 15.12.2016	Multi sports

#### Playing for Succes

09.03 - 11.05.2016	Cooperation with BC Oostende
12.10 - 07.12.2016	Cooperation with KV Oostende

#### Belgian Homelesscup

04.01 - 30.06.2016	
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### MOVING AND SPORTS EVENTS

20.03.2016	Clean Beach Cup
22.04 - 08.05.2016	Week of the Sea
27.04.2016	Sea of Sports 1 <sup>st</sup> and 2 <sup>nd</sup> grade (Duin en Zee)
07.05.2016	Sea of Sports (sports beach)
07.05 - 08.05.2016	Watersports day BLOSO
10.05.2016	Sea of Sports 3 <sup>rd</sup> up to 6 <sup>th</sup> grade (sports beach)
28.05 - 29.05.2016	Triathlon (Action 29)
01.06 - 31.08.2016	Expo Fan perception
10.06 - 10.07.2016	European championships soccer
11.06.2016	Sports market
03.07.2016	Colour Run
05.08 - 21.08.2016	Rio House
05.09 - 16.12.2016	Olympic Minimum & Fair play (schools)
24.09.2016	Ostend Night Run

#### Celebrations

29.01.2016	Celebration Laureates Running Criterion (Action 29)
11.03.2016	Feest van de Sport (Action 120)
11.06.2016	Apotheosis school sports

### EDUCATION

04.05 en 12.03.2016	Multimove
24.03.2016	Time management and working efficiently in sports clubs

## COLOFON

<b>Composition</b>	City Council Ostend – Department of Sports
<b>Photography</b>	Peter Beyen, Rudy Declerck, Alain Hast, Christine Laplasse, Robin Reynders, Andy Vandamme, Rik Verburgh, Zora Robotics, City of Ostend.
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