

## **Canada Games Meeting- May 28th, 2017**

### **Communications:**

Human interest stories. Competed in multiple games.  
Encourage social media- social media guides given out- be smart with social media  
Be positive on social media- be informed about what you are posting  
Share to stories with communications

Need to register all of our core team athletes by June 14. We might need to add extras after this time if they make it and not on core team.

**DO NOT LOSE YOUR ACCREDITATION.**

Accreditation allows access to all sporting events and the public transit.

**Print off the team NS agreement. Must be signed by all athletes.**

**Need to be in before curfew. If you are late you lose your pass.**

Pep Rally- July 8 Parade square. Parents are welcome and get a small gift. 1-3

Can watch all the events online.

Gear will arrive end of June/first of July. I will pick up the gear. Pep rally will be a time to make the exchange. Athletes are not allowed to wear the gear until the pep rally.  
There are no extras.

Medal ceremonies- must wear team NS jacket. **Cannot trade jacket until the end of the week.**

### **Travel:**

Need to have a gov't issued ID to travel.

Our team travel direct. Depart 8:00 am on July 27

Return Aug 5 9:30 am

**This might change.**

Luggage bags will be provided in advance of departure and must be used.

**Athletes must bring specified bags. Cannot bring extra gear.**

3 types- personal luggage, equipment to room and others to the venue.

All Athletics gear goes right to the venue. We need to find all of our equipment at the airport. That equipment will go on a truck. It will take 30 min to get to the athletes village. The track is at the same location.

**TAG all equipment!!!**

Need to tell Tracy if you need boxed lunches for your competition. We are on site however, so feeding areas will be close.

All residences have air conditioning. Be ready to be sleeping in bunk beds.

Med clinic 5 min away.

You cannot take out food from the cafeteria. There is specific times for meals but always open for grazing. Dietary restrictions on registration. Make sure to include if it makes you sick.

Water is available and you will be given a water bottle to get water from tanks.

Polyclinic- priority is given to the athletes. Taping will occur there. Venues will have some services. No parents are allowed in the area. Everyone is a volunteer.

**Bring your provincial health card to the games!**

**Consent for medical coverage is done during registration.**

**No Kin tape.** They can apply it but you need to bring the tape. You can make an apt to get taped.

Ice baths are not available.

If injured, an athlete cannot return to play until a "return to form play" is issued.

Random doping will be done. Make sure to be clean what is on the list.

Large Festival at the Forks which is downtown. Coaches lounge in Athletes village. Curfew pertains to coaches. Need to have someone keep track of the athletes.

There might be changes to the competition. Mission staff will let us know if it changes.

Need to book practice time for the track. Coaches will need to book this. Make sure to let them know if you are going to cancel the time.

Males and females are on separate floors. Must book meeting times. The rooms are not in the same areas of residences.

**Tickets are available through ticketmaster.**

Know the environment you are going into. It is going to be hot and humid. Keep hydrated and know the geography. Think about your meal plans and know the times you are competing. It is going to be a very dry and warm summer in Winnipeg. Adjust to the time zone before you go to the games. Know how you will deal with distractions. It is a multi sport event so you need to be prepared for everything. Be prepared to cheer on other T and F athletes but also other sports.

**61 days left until the opening ceremonies.**