

# GUIDE to the GAMES

PRINCE GEORGE 2022  
BC SUMMER GAMES  
July 21 - 24



BRITISH  
COLUMBIA



CITY OF  
PRINCE GEORGE



Lheidli T'enneh



Black  
Press  
Media



We respectfully acknowledge the unceded ancestral lands of the Lheidli T'enneh, on whose land we live, work and play.



BC GAMES  
PRINCE GEORGE  
2022 SUMMER

SPIRIT  
LIVES  
HERE

NJAN  
TSEN  
GHUNA

# Lheidli T'enneh First Nation

## A BRIEF HISTORY

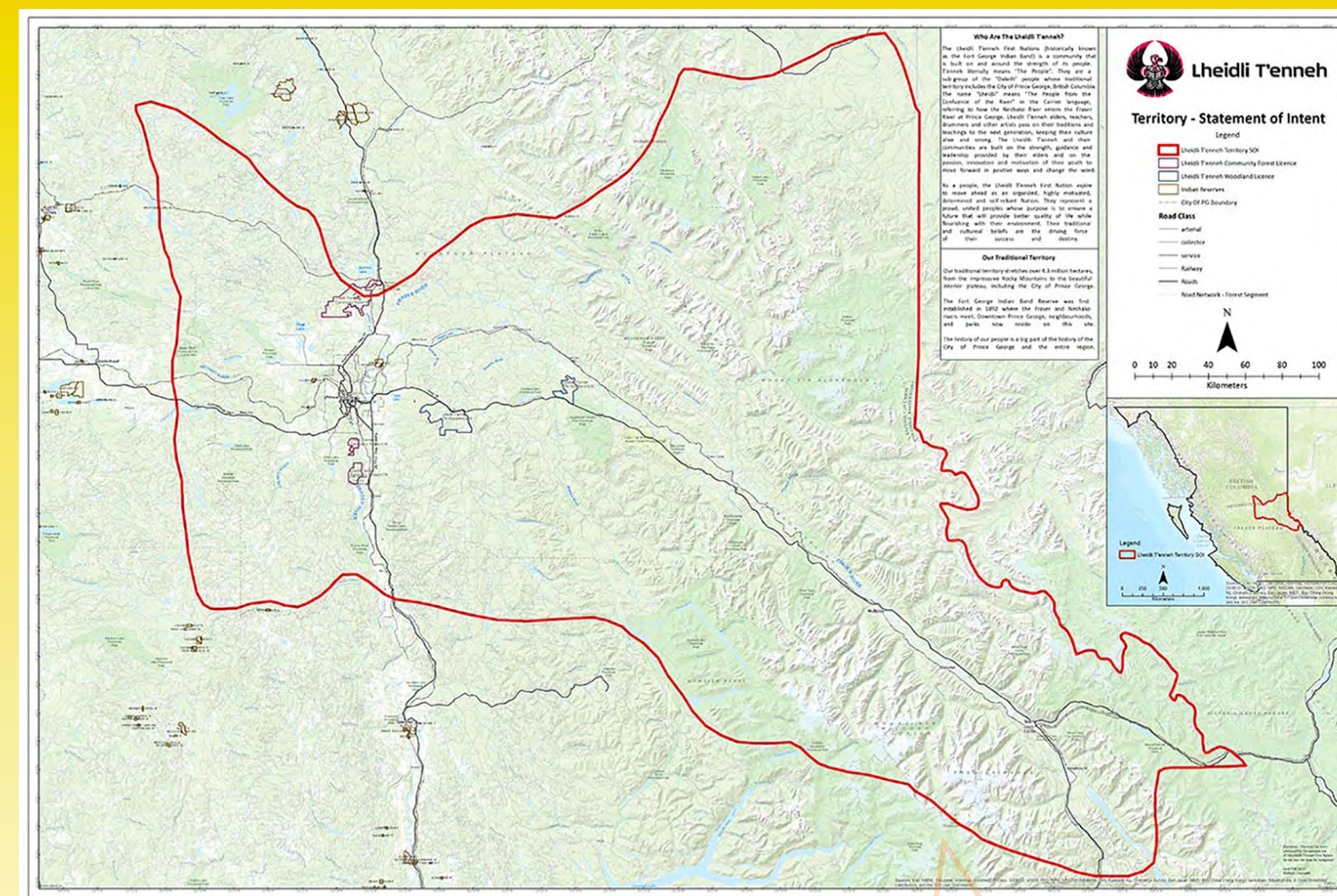
The Lheidli T'enneh people are of Dakelh origin from the confluence of the two rivers. The Nee Incha Koh (Nechako River meaning river with strong undercurrents) and the Lhta Koh (Fraser River, meaning big mouth river).

Lithic evidence suggests that the Lheidli T'enneh First Nation has occupied the land around Prince George for over 9000 years. The governance system in the past was through the Balhats (Potlach), a community involved process which provided for participatory decision making. Today, an elected Chief and Council provides leadership for the nation supported by Administration.

The Balhats were also utilized for specific purposes such as coming of age, marriages, death and the sharing of wealth and food. Within the Dakelh communities there are several clans and sub-clans, and each had a male (Dene zah) and a female (Tseke zah) head person. The Lheidli T'enneh Clans are Frog (Lasilyoo), Grouse (Utsut), Beaver (Tsa) and Bear (Sus). In the past, there was also a medicine person who was held in high standing within the community. This person dealt with the physical, mental and spiritual well-being of community members.

To learn more about the Lheidli T'enneh First Nation please visit:  
[www.lheidli.ca](http://www.lheidli.ca)

The Lheidli T'enneh people welcome all participants to our territory.



Lheidli T'enneh

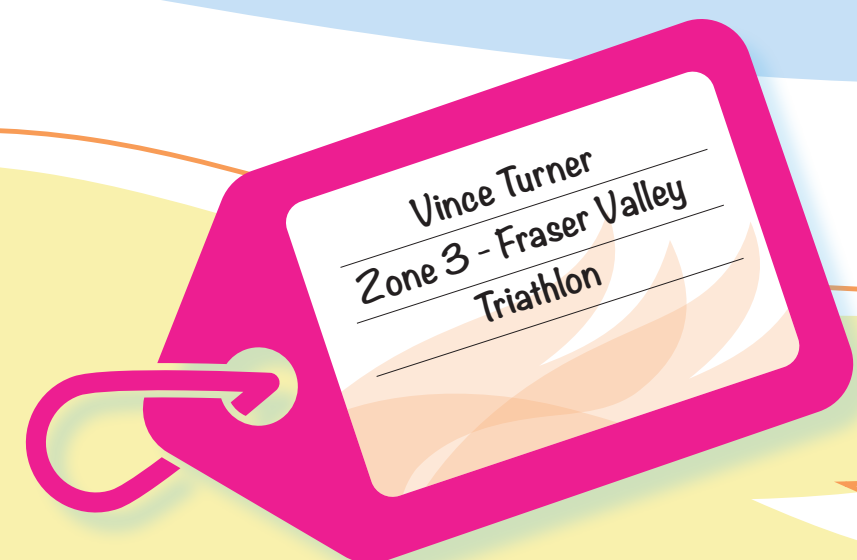
# CHECK LISTS

## GAMES PREP

- ☐ Read this **Guide to the Games**
- ☐ Read **BC Games Code of Conduct and Games Conditions of Entry Waiver**
- ☐ Access the BC GAMES PARTICIPANT WEBSITE using the login information sent to you by mail to complete the following mandatory Games submissions:
  - Complete the **MEDICAL/ALLERGY FORM** by **July 8 at 4:00 pm.**
  - Complete the **CULTURE OF THE GAMES COURSE** by **July 13 at 4:00 pm.**
  - Print your **TRAVEL ITINERARY** details for your journey to and from the Games.
- ☐ Share your story by completing the **PARTICIPANT BIOGRAPHY**
- ☐ Visit **BCGAMES.ORG** and follow us on social media!

## WHAT TO PACK?

- ☐ Printed travel itinerary
- ☐ Face mask
- ☐ BC Vaccine Card  
(in case needed in the community or en route to the Games)
- ☐ Emergency contact number
- ☐ Sleeping bag and pillow
- ☐ Personal items (towel, soap, toothbrush, ear plugs, bathing suit, etc.)
- ☐ Summer/warm weather clothing (hat & sunscreen)
- ☐ Refillable water bottle
- ☐ Money for extra snacks during travel and at the Games, as well as for souvenirs
- ☐ Make sure to clearly identify all your personal belongings!



BC Games-issued luggage tags will be sent to you by mail. You are allowed ONE checked bag (max 30lbs) plus your sleeping bag and pillow (packed together), and a carry-on (backpack). Some sports are permitted additional luggage for sport-specific equipment. Pack your carry-on accordingly as you will not have access to your checked bags until you reach your accommodation site. Be sure ALL bags are labelled with your NAME, ZONE, SPORT, and HOMETOWN.

## CONTACTS

Have questions? See the FAQ'S page at [bcgames.org](https://bcgames.org).

Need more info? Contact information can be found in sport Technical Package.

**BC GAMES SOCIETY**  
**250-387-1375**  
[participantreg@bcgames.org](mailto:participantreg@bcgames.org)

**AT THE GAMES:**  
**GAMES INFORMATION CENTRE**  
**250-564-5422**

**LOST ITEMS?**  
Check lost & found at the Games Information Centre.  
**250-564-5422**

# HEALTH PROTOCOLS

As the Prince George 2022 BC Summer Games will bring together people from every region of the province, appropriate precautions have been put into place to help minimize health risks. Robust safety measures to ensure the safety of all participants have been developed and implemented in consultation with provincial and local public health officials and in partnership with the host society and venue owners.



## Personal Health Toolkit

[Source: BCCDC Your Personal Tool Kit](#)

There are many tools that can help protect you and your teammates from COVID-19 and other communicable diseases.

It is up to each participant to make use of these tools to ensure we keep one another safe while at the Games.



COVID-19 vaccines – Staying up to date with your vaccines, including booster doses, will give you the best protection against serious illness from COVID-19 and its variants.



Masks – The Games are a mask-friendly environment. Except for when required, wearing a mask is a personal choice. No one should be made to feel as though they are being judged for said choice – respecting one another's personal comfort levels is imperative. Wear a mask in places where it is required.



Clean hands – Wash your hands with soap and water or use hand sanitizer often, such as before eating and after being in public spaces or after handling shared objects.



Monitor yourself – Before you come to the Games, consider completing the [BC COVID-19 Self-Assessment](#) to ensure you feel healthy enough to travel. While at the Games, continue asking yourself these questions each morning. It is important to monitor your health and talk to your coach if you are feeling unwell.

# TRAVEL

## PRINCE GEORGE OR BUST

View your personal travel itinerary through the BC GAMES PARTICIPANT WEBSITE, accessed using the login information sent by mail. If you have lost your password or have not received your letter by July 5, contact [participantreg@bcgames.org](mailto:participantreg@bcgames.org).

Your travel itinerary outlines how you will get to Prince George and back home again. Please read it thoroughly and print a copy for quick reference.

If you miss your bus or flight, it is your responsibility to get yourself to the Games, at your own expense.

Some participants may have opted out of Games travel and will be travelling as “Own Travellers”. Please contact your zone coach or Provincial Advisor regarding sport-specific drop-off times and expectations, to ensure appropriate supervision.



## TEAM TRAVEL

To ensure the safety and supervision of athletes during travel to and from the BC Games, zone teams travel together on Games transportation (buses/flights) throughout the province, departing from and returning to central locations. This ensures that every athlete is supervised by an accredited adult (head coach, assistant coach, or adult supervisor) from the time they board a bus/flight until the time they arrive at their destination.

Participants must provide their own transportation to/from the selected pick-up/drop-off location(s). It may be the case that assigned pick-up/drop-off location(s) are not the closest to a participant's home, however, they must be adhered to for the safety and proper supervision of athletes.

## PREPARE FOR A LONG TRIP

All participants travelling on BC Games transportation are scheduled to arrive in Prince George on Wednesday, July 20. To arrive on time, you may begin and/or end your journey late at night or early in the morning.

Pack a meal for your travel to Prince George, as you may not have an opportunity to stop for food en route to the Games.

This travel schedule can be very tiring, so plan to get plenty of rest prior to departure and use the travel time to prepare, mentally and physically, for the Games experience.

## GAMES RELEASE FORM

To ensure the safety of athletes, any athlete departing the Games early (i.e., Saturday evening) must complete a Games release form so that their coach and Provincial Advisor are aware. Release forms can be obtained from coaches or Provincial Advisors. Release forms are not necessary for departures on Sunday. See more details about leaving Games accommodation on page 9.

## GETTING AROUND PRINCE GEORGE

Buses will take you to your sport venue, meals, and other transfers. Refer to the Bus & Meal Schedule distributed at Games-time. It is critical that you are at your pick-up location at the designated time so that you don't miss the bus.

Officials will be serviced by the volunteer courtesy car service to and from accommodation sites and sport venues. Please contact the courtesy car dispatch at Games-time to plan and book your rides in advance. The Games Information Centre's phone number will be on the back of your Games accreditation badge – use this number to book your ride.

## TRAVEL HOME

All Games departure transportation will occur on Sunday, July 24. Please refer to your Bus & Meal Schedule, as well as your personal travel itinerary for details. Departure plans may vary by sport. Participants travelling home on charter flights will board flights from the Holding Area. Do not travel directly to the airport as the public terminal is not being used. Parents picking up their athletes in Prince George at the end of the Games can make plans to pick up athletes from the Closing Celebration.



# ABOUT PRINCE GEORGE

Prince George is proudly located on the unceded traditional territory of the Lheidli T'enneh, stretching over 4.3 million hectares. Lheidli means, "where the two rivers flow together" and T'enneh means, "the people."

It's called the Goldilocks Principle: when something is so well balanced that we say, "it's just right." For Prince George, it's the precise blend of urban and wilderness: not too busy, not too remote, where wildlife wanders among man-made monuments, and scarcely treaded mountains draw wild wanderers onward. We are proud to welcome you to our just-right city, nestled among thick forests and converging rivers - welcome to British Columbia's beating heart.

With a population of just over 76,000, Prince George is centrally located in the province's interior at the junction of Highway 97 and Highway 16. Our city is the major service centre for northern BC. Situated at the confluence of the Nechako and Fraser Rivers, we are surrounded by lush rolling foothills of coniferous forests that steadily creep upwards to the Rockies to the east, and the coastal mountains to the west.

Our northern city is a mecca for outdoor enthusiasts, with 120 parks within city limits. A ten-minute drive in any direction brings visitors to hiking and biking trails, fishing spots, and swimming holes. In fact, there are over 1,600 lakes and rivers within an hour of Prince George!

## FRIENDS & FAMILY



## HOW TO GET HERE

**AIR** - As the portal to the north, [YXS airport](#) is a hub to three major airlines with direct flights daily from Vancouver and other flights to Edmonton, Calgary, and communities across Northern BC.

**ROAD** - Located at the crossroads of Highway 97 and 16, Prince George is an approachable destination - no matter the direction our travelers come.

**TRAIN** - From the Rocky Mountains to the Pacific Ocean, VIA Rail's Skeena Rail line is a unique, scenic mode of travel through untouched wilderness and backcountry.

## WHERE TO STAY

Prince George has more than 2100 rooms, ranging from Five Star Presidential Suites to economy rooms. All properties provide in-room WIFI, are within 15-minutes from the Prince George Airport, and many options are located close to sport venues. The Coast Prince George Hotel by APA is proud to be the Host Hotel for the 2022 BC Summer Games, check their availability at: [Coast Prince George Hotel by APA](#).

Other accommodations can be found through [Prince George Accommodations](#).

**CONNECT WITH TOURISM PRINCE GEORGE:**  
#101 1300 First Avenue, Prince George  
250-562-3700  
[tourismpg.com](http://tourismpg.com)  
[info@tourismpg.com](mailto:info@tourismpg.com)

## THINGS TO DO

Our city is ready to entertain you, no matter if you want to play hard, relax, or just take in the beauty of Prince George.

Home to hundreds of local retail stores, Downtown Prince George offers a diverse range of merchants from fashion boutiques, home decor, hobby shops and everything in between. Whether you're on the hunt for a popular name brand or local treasure, Prince George's broad range of shops promises you'll find something to take home.

Prince George has thrilling cross-country, all-mountain and downhill mountain biking, you can ride through beautiful, pristine forests. Visitors seeking a northern challenge can ride the trails at Pidherny recreation site or the extensive network at Otway with trails for all skill levels.

We're surrounded by countless streams, lakes, and rivers that range in size from tiny trickling creeks to massive reservoirs. Rainbows are the primary target for most anglers in the region but grayling, burbot, whitefish, bull trout and other char species can also be caught.

Bring the people of the past to life and discover the traditions and history of the local Lheidli T'enneh people, homesteaders, gold miners and railroaders of yesterday. Unravel the history of the region with ten distinct interpretive centres located around Prince George and Northern BC, operated by [Northern Routes](#).

### TOURISM PRINCE GEORGE

If you want some help choosing something to do, check out our Tourism PG Bites, Flights, and Sites Trail at [tourismpg.com/passport/](http://tourismpg.com/passport/).

If you have more questions, we'll help you experience the best of our northern city - whether you're here to refuel, rejuvenate, or reconnect.

# PARTICIPANT REGISTRATION

Provincial Sport Organizations are tasked with registering participants who qualified for the Games.

Participants will receive a letter by mail (via Canada Post) with further information regarding their participation in the Games. This letter will contain details on how to access the BC GAMES PARTICIPANT WEBSITE. The letter will also be accompanied by BC Games luggage tags. Be sure to label all your luggage.



Each participant **MUST DO** the following on the BC GAMES PARTICIPANT WEBSITE prior to the Games:


- Set their password
- Agree to the BC Games Waiver and Code of Conduct
- Complete the Medical/Allergy Form by July 8 at 4:00 pm
- Review demographic information (address, etc.)
- Review health information and resources
- Complete the Culture of the Games Course by July 13 at 4:00 pm (see page 18)
- Print travel itinerary

Also on the BC GAMES PARTICIPANT WEBSITE, participants **CAN DO** the following:

- Correct or supplement their demographic info (address, spelling of their name, school Indigenous ancestry, add an email address etc.), if necessary
- Download their Certificate of Participation
- Review, print, or download Games information
- Reserve Opening Ceremony tickets for family and friends

If you have not received your letter by July 5, please contact the BC Games Society office ([participantreg@bcgames.org](mailto:participantreg@bcgames.org))

# ARRIVALS AND PARTICIPANT ACCREDITATION

Zones 2, 3, 4, 5 & 8-South (arriving by bus)	Zone 7 & 8-North (arriving by bus) Zone 1 & 6 (arriving by flight)	Own Travellers (parent drivers)
<ul style="list-style-type: none"><li>The bus will take you directly to your accommodation site.</li><li>One of the zone coaches will complete the accreditation process for all coaches and athletes on the zone team and distribute accreditation badges and Games information.</li></ul> 	<ul style="list-style-type: none"><li>Upon arrival at the Games, you will be taken to a bus arrivals area where you will transfer to a bus that will take you to your accommodation site.</li><li>Upon arrival at your accommodation site, one of the zone coaches will complete the accreditation process for all coaches and athletes on the zone team and distribute accreditation badges and Games information.</li></ul>	<ul style="list-style-type: none"><li>Participants must connect with their zone team coach or Provincial Advisor in advance to coordinate their arrival at the accommodation site.</li><li>Officials travelling to the Games on their own will be accredited at their Games accommodation.</li></ul> 

Those not staying in Games accommodation should contact their Provincial Advisor for information about how they will be accredited.

Accreditation badges are required to access Games venues and contain important Games details.

## ACCREDITATION BADGE

You must wear your Games badge at all times in order to access your accommodation site, food venue, events, buses, and other services.



## SPORT SCHEDULE

Provides the times and locations of your sport competition and practices.



## BUS & MEAL SCHEDULE

Provides a schedule of your meals and when buses will transport you while at the Games.



## GAMES KEEPSAKES

Each participant will be provided with a keepsake from the Games.



# GAMES ACCOMMODATION

**All Games participants under the age of 19 must stay in Games accommodation.**

Schools in Prince George have been converted into suitable dormitories for an enjoyable Games experience, thanks to the tireless work of volunteers and a collaborative partnership with School District 57 Prince George. Dorm room assignments are done by sport, zone, and gender.

**A foam mattress will await all Games participants – don't forget to pack your sleeping bag and pillow!**



## SUPERVISION

Head coaches, assistant coaches, and adult supervisors are expected to travel on Games transportation with their athletes, must stay in Games accommodation with their team, and are expected to supervise throughout the Games. Head coaches, assistant coaches, and adult supervisors, along with each individual athlete, are responsible for the actions of their team.



## ACCESS TO ACCOMMODATION

Only participants assigned to a particular accommodation site are permitted access to dorms, and then ONLY to their assigned dorm room. Please respect the privacy of others and do not enter rooms not assigned to you.

Friends or family staying in other accommodation options will not be permitted into accommodation sites or dorm rooms.



**Curfew** is 11:00 pm for all participants, including adults. Some coaches may establish an earlier curfew. All participants staying in Games accommodation must have their Games badge scanned as a safety check before curfew. Failure to have one's accommodation badged scanned by curfew may result in disciplinary action.



## LEAVING ACCOMMODATION

Participants staying in BC Games accommodation are expected to remain in accommodation for the duration of the Games. Anyone who removes themselves from BC Games accommodation prior to the completion of the Games will no longer be eligible to compete, have meals, or take Games transportation back home.

Participants who finish competition prior to the final day of the Games may remove themselves from Games accommodation by having their Provincial Sport Organization Representative complete the Games Release form (see page 5 for details).



## SECURITY

All Games accommodation sites are security-controlled 24-hours per day for your protection. Anyone violating BC Games accommodation rules will be subject to disciplinary action.

Sport venues are serviced by security volunteers during all scheduled practice and competition times.

While security and other volunteers will be available to assist you, you are responsible for your belongings at sport venues and in Games accommodation.

# MEALS

While at the Games, participants will be provided with nutritious and well-rounded meals so they can perform at their highest level.

Breakfast, lunch, dinner, and evening snacks are provided for all participants. Breakfast and dinner will be scheduled at a centralized food venue. Lunches will be made available to participants at sport venues.



Have a food allergy or dietary concern? Ensure you complete the Medical/Allergy Form on the [BC GAMES PARTICIPANT WEBSITE](#) by **July 8 at 4:00 pm.**

## MEAL TIMES



Each sport will have specific meal times based on their sport schedule. Refer to the Bus & Meal Schedule for your exact meal and bus pick-up times. Participants are expected to adhere to these schedules and exit food centres accordingly. Significant efforts have gone into ensuring the meal schedule allows for maximum health and safety for all participants.

## CONCESSIONS

Select venues will have food concession services for participants and spectators throughout the Games.

## FOOD ON THE ROAD

Participants are encouraged to pack a meal in case they get hungry on their way to the Games. Dinner will be provided upon arrival at accommodation sites.

## SNACKS

While meals are provided, those who are used to eating snacks between meals may wish to bring some to the Games with them.



## WATER

Water will be available at every sport venue; bring a refillable water bottle to stay hydrated. Bottled water will not be provided to Games participants.



# SPORT INFORMATION

Competition at the BC Summer Games is delivered in partnership with Provincial and Disability Sport Organizations (PSOs and DSOs) and local sport clubs. Provincial Advisors, or PSO representatives, provide oversight and competition standards appropriate for each sport's long term development pathway. Sport Chairs are the local sport club leads who help prepare the venue, train sport volunteers, and implement the event competition.

Most 2022 BC Summer Games sport venues are located within Prince George. Lake-based sports are located in the areas surrounding Prince George.

The venue locations and sport schedules can be found at [BCGAMES.ORG](https://bcgames.org)

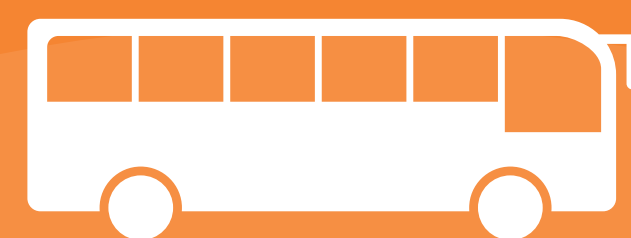


## PRACTICE TIMES

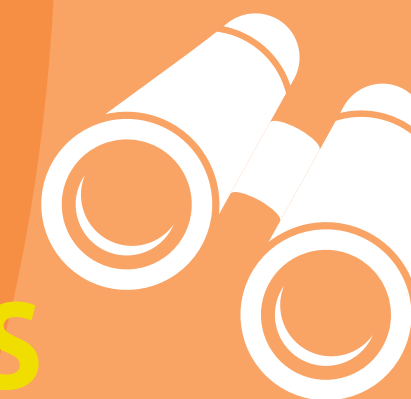
The Provincial Advisor for your sport may have arranged for one or more of the following on Thursday, July 21:

- a full practice at the competition venue for your sport
- a tour of your competition venue
- a clinic or seminar at your competition venue or accommodation site

Refer to your Bus & Meal Schedule and Sport Schedule, which you will receive when you arrive at the Games.



## SPECTATORS



Friends, family, and supporters are an important part of the support system for athletes and coaches. Please display kindness and respect to all Games volunteers and organizers. Be sure to cheer loud and represent your zone by wearing your zone colour.

## COMPETITION

Most competition will begin on Friday, July 22 and will conclude no later than noon on Sunday, July 24. Sport competition schedules are managed by your Provincial Sport Organization.

# MEDICAL

All participants are expected to complete the Medical/Allergy Form prior to arriving at the Games. Access this form through the BC GAMES PARTICIPANT WEBSITE. This form must be submitted by July 8 at 4:00 pm; it cannot be completed at the Games.

Participants are expected to monitor their health while at the Games. If any participant shows symptoms of COVID-19, they are required to notify their coach, who is to contact Medical Services.



## MEDICAL SERVICES

BC Summer Games medical volunteers are responsible for the treatment of all Games participants. A dedicated and caring team of first responders and health care professionals will have an active presence at the Games to address the needs of athletes, coaches, and officials.

### MEDICAL SERVICES INCLUDE:

- On-site medical volunteers at all sport venues during practice and competition times
- Access to physicians, physiotherapists, and athletic therapists

Medical Services will be available throughout the Games. Participants are expected to call ahead. Medical services will be available by telephone for after-hours (non-official training/competition times) medical concerns.

**MEDICAL SERVICES**  
250-564-5422  
[info@bcsummergames.ca](mailto:info@bcsummergames.ca)



**The wellbeing of all participants is important to the BC Games Society and Foundry BC**

Check out Foundry BC's many health and wellness resources

• **FOUNDRY** •



# CEREMONIES AND SPECIAL EVENTS

## PARTICIPANT SPECIAL EVENTS

Friday July 22 & Saturday, July 23 7:00 PM – 10:00 pm

On Friday and Saturday, fun-filled nights have been planned to give you a chance to socialize with your fellow BC Games participants. These events will be packed with activities including music, food trucks, an obstacle course, break out games, a photo booth with the BC Games Torch, and more!

The showcase part of the evening will include a professional hypnotist performing shows at various times throughout the evening, guaranteed to generate laughs!

*Participation in the Participant Special Event including the activities, games, and shows is voluntary. Participation is at each individual's own discretion and risk. Coaches are encouraged to discuss the level of participation with their athletes. Appropriate coach supervision is expected traveling to/from and during the event.*

## OPENING CEREMONY

CN Centre, Thursday July 21, 7:00 PM

Gates Open and pre-show entertainment begins at 6:00 PM

The Opening Ceremony is a memorable experience and kicks off what will be a fantastic four days. The ceremony will feature the “Spirit Lives Here” Prince George theme involving the parade of participants, guest speakers, entertainment, and the lighting of the BC Games Torch. Participants are encouraged to dress in zone colours or full uniform and bring lots of energy to this unique aspect of a multi-sport Games.

The ceremony is indoors in a seated venue with air conditioning. There is no service to store bags or coats.

Participants can reserve seats for their family through the BC GAMES PARTICIPANT WEBSITE\*. Volunteers, spectators, and other members of the general public are welcome to attend this free event. All seating outside of that reserved through the BC GAMES PARTICIPANT WEBSITE is General Admission – please arrive early to ensure entry.

\*Reserved seats are limited to two (2) per family.

## CLOSING CELEBRATION

Sunday, July 24 1:30 pm

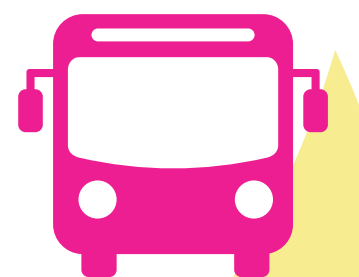
The Closing Celebration will conclude your Games experience. It's a great time to meet up with new friends, thank the volunteers, and celebrate your time at the BC Summer Games.

This street festival style event will begin entertaining participants at 11:30 AM, with the extinguishing of the BC Games Torch happening at 1:30 PM. Participants will begin boarding BC Games transportation upon the conclusion of the Closing Celebration.

**The Closing Celebration is a private event for participants only.**

You must wear your Games accreditation badge to get into all special events.

Please check your Bus & Meal Schedule for Games transportation information to/from these events.

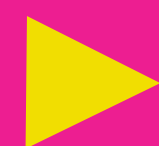


Join us in celebrating the spirit of the Games with the official Prince George 2022 BC Summer Games merchandise collection!

Designed by local volunteers and unique to the 2022 BC Summer Games, the exclusive collection features colours inspired by Prince George's summer sunsets. The tagline, *Spirit Lives Here – Njan Tsen Ghuna* celebrates the surrounding forests and unceded traditional territory of the Lheidli T'enneh and the hearts of athletes, hosts, coaches, and volunteers.

This limited collection is AVAILABLE NOW online\* and will be available for purchase at select venues throughout the 2022 BC Summer Games. More details at <https://www.bcgames.org/gear!>

\* Online orders will only be available for pickup in Prince George at Games-time.



**SHOP NOW**

## Get into the Games with **GAMES WEAR**



Many more  
products available  
in the online shop

# FOLLOW THE ACTION

There are lots of ways to connect with us and follow the action at the 2022 BC Summer Games!

## WEBCASTING

For the first time, you can follow the action through live coverage of the Prince George 2022 BC Summer Games, no matter where you are!

Webcasting coverage of a number of sports will be streamed online at **BCGAMES.ORG**



Stay tuned for the webcast schedule to be released close to Games-time, which will focus on the most meaningful moments from competition!



## JOIN THE CONVERSATION

Follow us on Facebook, Twitter, and Instagram. Use #BCSummerGames and #SpiritLivesHere!

## PHOTOS

Volunteer photographers will be at venues capturing the best moments of the 2022 BC Summer Games. Check out and download all images from our Flickr page. All the best action shots, team photos, medal moments, and more – all made available for FREE!



## ON TV AND IN PRINT

Global BC news programs and [globalnews.ca/bc](http://globalnews.ca/bc) will be featuring special stories and interviews during the Games.

Read all about the Games in print or online through the Black Press network of community papers. Visit [bclocalnews.com](http://bclocalnews.com) for more info.



## GET THE APP

The BC Games App is the home for everything happening at the BC Summer Games! Download it at **BCGAMES.ORG**



# SHOW YOUR ZONE COLOURS!

Just as if you were representing Canada at the Olympics, Special Olympics, or Paralympics you will be representing your Zone at the BC Summer Games! Come prepared to show your **ZONE TEAM PRIDE!**

KOOTENAYS YELLOW	THOMPSON OKANAGAN RED	FRASER VALLEY LIGHT BLUE	FRASER RIVER ORANGE	VANCOUVER COASTAL DARK GREEN	VANCOUVER ISLAND CENTRAL COAST LIGHT GREEN	NORTH WEST PURPLE	CARIBOO NORTH EAST DARK BLUE
ZONE 1	ZONE 2	ZONE 3	ZONE 4	ZONE 5	ZONE 6	ZONE 7	ZONE 8

# OVERVIEW OF EVENTS



## WEDNESDAY - JULY 20

### ARRIVALS

- Participant Arrivals
- Participant Accreditation

## THURSDAY - JULY 21

### PRACTICE

- Practice/Venue Orientation
- Opening Ceremony

## FRIDAY & SATURDAY JULY 22-23

### COMPETITION & SPECIAL EVENTS

- Competition
- Medal Presentations (if applicable)
- Participant Special Event(s)

## SUNDAY - JULY 24

### DEPARTURE DAY

- Competition (if applicable)
- Medal Presentations
- Check out of accommodation
- Closing Celebration
- Charter Buses depart
- Holding Area for those flying home
- Charter Flights depart

# CULTURE OF THE GAMES

The BC Games Society strives to inspire exceptional experiences by creating a positive, respectful, inclusive, and accessible environment. The BC Games Society supports the BC Universal Code of Conduct (BCUCC).

## THE BASIC PRINCIPLES OF THE CULTURE OF THE GAMES ARE FOUNDED IN THE BC GAMES CODE OF CONDUCT

### EVERYONE ASSOCIATED WITH THE GAMES:

- Has the right to participate in an environment that is supportive, positive, respectful, accessible, and that contributes to exceptional experiences.
- Has the responsibility to contribute in a positive way to the experiences of everyone involved in the Games.

### EVERYONE HAS A ROLE TO PLAY!

- Check your own actions and words
- Speak up for yourself and others
- If you see something tell someone

### REMINDERS:

- All athletes, coaches, and officials at the BC Games are expected to conduct themselves in the spirit of fair play and in a responsible manner. This is expected at all times, from the time you board BC Games transportation until you return home.

- You are a representative of your sport; your actions have an impact on you and your sport's future involvement in the Games
- It is important that you show all Games participants and volunteers the same respect you want in return.



### MORE INFORMATION on [bcgames.org](https://bcgames.org)

- Culture of the Games
- BC Games Code of Conduct
- Expectations of Participants
- BC Universal Code of Conduct (BCUCC)



Complete the Culture of the Games Course through the **BC GAMES PARTICIPANT WEBSITE**

## CULTURE OF THE GAMES COURSE

Every participant is required to complete the Culture of the Games Course by July 13 at 4:00pm. Access the course through the BC GAMES PARTICIPANT WEBSITE as outlined on page 7. You are encouraged to review the Code of Conduct and other information noted on this page prior to completing the Culture of the Games Course.

# THANKS COACH

All successful sport experiences start with a coach. Coaches are integral to all sports at the BC Summer Games and the Games simply would not be possible without qualified, committed, and passionate coaches.



All coaches at the BC Summer Games are:

- Screened and approved by their Provincial Sport Organization.
- Committed to pursuing certification from national coaching programs in accordance with their sport's coach development pathway.
- Responsible for supervising their athletes and creating a safe environment at the Games.
- Passionate about their sport and creating opportunities for athletes.

## RECOGNITION

### CERTIFICATE OF PARTICIPATION

Participating in the BC Games is a major accomplishment to be proud of! You can download your certificate through the BC GAMES PARTICIPANT WEBSITE as noted on page 7.

### SCHOOL CREDITS

Did you know that students may be eligible for credits towards secondary school graduation for their participation in the BC Summer Games? Visit the **Ministry of Education and Child Care website** for a list of eligible sports and learn more at [bcgames.org](http://bcgames.org). If eligible, **contact your Provincial Sport Organization to obtain a letter for your credit.**

### BC GAMES LEADERSHIP BURSARY

PRESENTED BY CANADIAN TIRE

Canadian Tire has teamed up with the BC Games Society to recognize youth in our communities who embody excellence in sport, education, leadership, and volunteer activities. Sixteen bursaries will be awarded to athletes (and/or youth coaches and officials).

Complete the online application and tell us why you deserve to receive one of these \$500 bursaries!



**APPLY ONLINE AT  
[BCGAMES.ORG](http://BCGAMES.ORG)  
by July 6 at 4:00 pm**



SPIRIT  
LIVES  
HERE

NJAN  
TSEN  
GHUNA

## We believe in the power of the BC Games

In addition to creating development opportunities for athletes, coaches, officials and volunteers in communities across British Columbia, the BC Games creates lifelong memories, builds new and lasting friendships and fosters a sense of community spirit and pride through sports and volunteerism for countless British Columbians. Get up-to-date coverage on your favourite athletes and latest results in print and online.



**Black  
Press  
Media**

Proud provincial partners of the BC Games  
[bcgames.org](http://bcgames.org) / [blackpress.ca](http://blackpress.ca)

# SPORT PARTNERS

The BC Games Society would like to acknowledge the following organizations for their ongoing partnership and support of the BC Games. The considerable expertise accessed through these partnerships is instrumental in building valuable sport development opportunities through the Games.

