



ST. JOHN'S
2025
JEUX DU
CANADA
GAMES

WELCOME!

2025 Canada Summer Games Games Overview & Updates

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GAMES PREP PROGRAM

Big thanks to CSI Pacific and Andrew Latham! for
this fantastic partnership

- Webinar 1: Athlete Alumni Panel
- Webinar 2: Arrive Ready to Compete
- Webinar 3: Mental Prep Guide to the Games
- Webinar 4: Games Overview & Updates



TERRITORY ACKNOWLEDGEMENT

Delta is located on the ancestral and unceded Tsawwassen and Musqueam First Nations. We are grateful for the opportunity to be on this shared territory.



AGENDA

Welcome and Introductions

What is the Canada Games?

Mission Staff Overview

Medical Updates

Departures & Arrivals & Departures

Operations & Logistics

Code of Conduct & Expectations of Behavior

Communications Updates

Mental Performance Consultants

Questions!?



GOALS

Introduce you to the **team** behind the team!

Provide you with the **latest and greatest** updates and details

Help you **prepare** for the Games

Get you **excited** for the Games!

**TEAM
BC**



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WHAT IS THE CANADA GAMES?

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CANADA GAMES

- Canada Games take place every two years, alternating between Summer and Winter
- Typically, first exposure for Canadian athletes to a multi-sport Games format
- Last Summer Games were in 2022 in Niagara, Ontario
- Team BC and Host Society manage logistics and operations, including transportation, accommodations, food services, medical etc.
- Very different experience from provincial and national championships (Athlete's Village, transportation, Torch relay, opening/closing ceremonies, entertainment and cultural celebrations, multiple sports and age groups, etc)



2025 CANADA SUMMER GAMES

- August 8 - 25 2025
- Divided into two phases
- Over 4000 athletes, coaches, and managers compete in 19 sports
- Team BC sends a contingent of:
 - 500+ athletes, coaches, managers and technical staff
 - 26 mission staff



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MISSION STAFF OVERVIEW

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TEAM BEHIND THE TEAM

- Team BC Mission Staff is comprised of 26 specialized volunteer sport professionals.
- We work with PSO's before and during the Games to ensure they have all of the details and updates necessary to be best prepared for the Games and for Team BC to have the best possible performance and experience at the Games.



INTRODUCTIONS

LEADERSHIP TEAM

- Jarret Poitras – Senior Manager of Team BC
- Eron Main – Chef de Mission
- Brianna Davey – Assistant Chef de Mission
- David Conlin – Senior Manager of Marketing & Communications

PERFORMANCE

- Gavin Leung - Medical Manager
- Kathy Shahbaz - Medical Support
- Carl Nienhuis – Mental Performance Consultant – Lead
- Geoff Hackett– Mental Performance Consultant
- Cait Leavitt – Mental Performance Consultant



INTRODUCTIONS

COMMUNICATIONS

- Andres Marquez-Velasco – Communications Mission Staff
- Allie Moore – Communications Mission Staff
- Joesphine Delisa – Communications Mission Staff
- Celina Toth – Communications Mission Staff
- Armando Tura – Photographer

OPERATIONS & SPECIAL EVENTS

- Samantha Postle – Operations Assistant
- Tanya Curtis – Special Events Lead



SPORT MISSION STAFF

- Cassie Rimek – Soccer-Male , Soccer-Female
- Charlie Andrews – Basketball-Male, Basketball-Female, Softball-Male
- Emily Vickery – Canoe Kayak, Artistic Swimming, Diving
- Gena Bannerman – Tennis, Volleyball-Male, Volleyball-Female
- Joel Harry – Rugby 7s-Male, Rugby 7s-Female, Golf
- Kyler Nurmsoo – Baseball-Male, Wrestling
- Louise Reid – Sailing, Baseball-Female
- Michelle Linhart – Cycling-Road, Cycling-Mountain, Cycling-Road-Para
- Nadine Barbisan – Box Lacrosse-Female, Box Lacrosse-Male, Beach Volleyball-Male, Beach Volleyball-Female
- Dillon Whitehouse – Swimming, Athletics-Para, Athletics-Special Olympics
- Robyn Hughes – Softball-Female, Athletics



MISSION STAFF ROLE

LEADERSHIP TEAM

- Liaise with Host Society and Canada Games Council, elevate feedback and concerns
- Represent Team BC's interests at Chef meetings (pre and during Games)
- Manage disciplinary matters
- Support Team BC in any competition related disputes
- Lead and support Mission Staff

MISSION STAFF ROLE

SPORT MISSION STAFF

- Assist coaches and managers with administration details (registration, deadlines, technical packages, athlete/coach eligibility, etc.)
- Know the transportation routes and locations to practice and competition venues
- Know practice, training, and competition schedules and ensure that changes are communicated to the manager/coaches immediately
- Attend Mission Staff and Sport Technical meetings
- Provide a tour of the training and competition venues to coaching staff
- Eliminate distractions so coaches can focus on coaching and athletes can focus on competition and having fun!

MISSION STAFF ROLE

SPECIAL EVENTS MISSION STAFF

- Lead for Team BC pep rallies
- Lead for Cheer Squad Breakfast and Coach Reception
- Prepare Team BC cheer kits
- Team BC swag for athletes and coaches
- Support Comms team with contests and sport engagement
- Provide support to Operations and Sport Mission Staff when possible

MISSION STAFF ROLE

COMMUNICATIONS MISSION STAFF

- Deliver the Team BC communications and social media plan
- Media relations – pre, during, and post Games
- Work with PSOs to gather human interest stories and promote the Team BC program
- Management of Team BC website and social media channels
- Share and celebrate results and experiences at Games
- Fun social media campaigns and contests

MISSION STAFF ROLE

OPERATIONS MISSION STAFF

- Manages accommodations & transportation for all of Team BC
- Supports each sport with unique venue needs
- Confirms accreditation with host society
- Set up and management of Team BC Mission Office
- Uniform exchanges and merchandise sales
- Coach administration support at games



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MEDICAL UPDATES

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MEDICAL MANAGER SUPPORT

At Games

- Monitoring* of physical and mental health of Team BC
- Point of contact* for incidents and updates related to management of health and wellbeing
- Polyclinic and venue medical services presence and liaison (and available to be present at appointments if requested)
- Withdrawal-from-competition and return-to-play protocols

*Due to confidentiality, the Medical Manager will **not** be notified with any information if the participants has not given Host medical staff the permission to do so. Instructions to ease this process will be provided prior to St. John's

POLYCLINIC

- Equivalent to an urgent care & sports medicine clinic
Primary care physicians, sports medicine physicians, nurses, athletic therapists, chiropractors, physiotherapists, registered massage therapists*
*RMT is limited and by referral from another Host medical professional only
- Treatment is free of charge
- Appointments can be made in advance by phone or drop-in
 - Athletes can & should typically make their own appointments

VENUE MEDICAL SERVICES

- Pre-competition taping, first-aid, simple stretching can be provided at venue medical services, but cases requiring more complex care may be referred to the Polyclinic
- Priority given to athletes competing next
- Venue medical services are comprehensive
- More details on venue services from Host are TBD
- Kinesiotape must be provided by athletes and knowledge of techniques can't be guaranteed

MEDICAL SUPPORT AND SERVICES

- Host medical team is responsible for any medical decision-making and referrals, including referrals to the hospital, and are fully equipped and competent to do so
- Medical support is focused on athletes compared to coaches and staff
- **Manage your team's expectations for medical care prior to arrival**
 - Booking for treatment may be limited to 1-2 visits if determined required based on consult
 - Specific medical staff cannot be requested
 - Treatment may be limited once an athlete's competition ends
 - There is not capacity for everyone to be using medical services in excess or for wants rather than needs

MEDICAL SUPPORT AND SERVICES

- Services listed below are largely for issues that arise during the games, but not for routine care:
 - Dental Care
 - Vision Care
 - Mental Health
 - Pharmaceuticals
 - Everyone MUST bring their own pre-existing medication in advance, as pharmaceutical services and medications are only provided for situations that arise at the games (and are only free if they are within the approved Host list)
 - Do not share your medication with athletes or other participants, either prescribed or over-the-counter

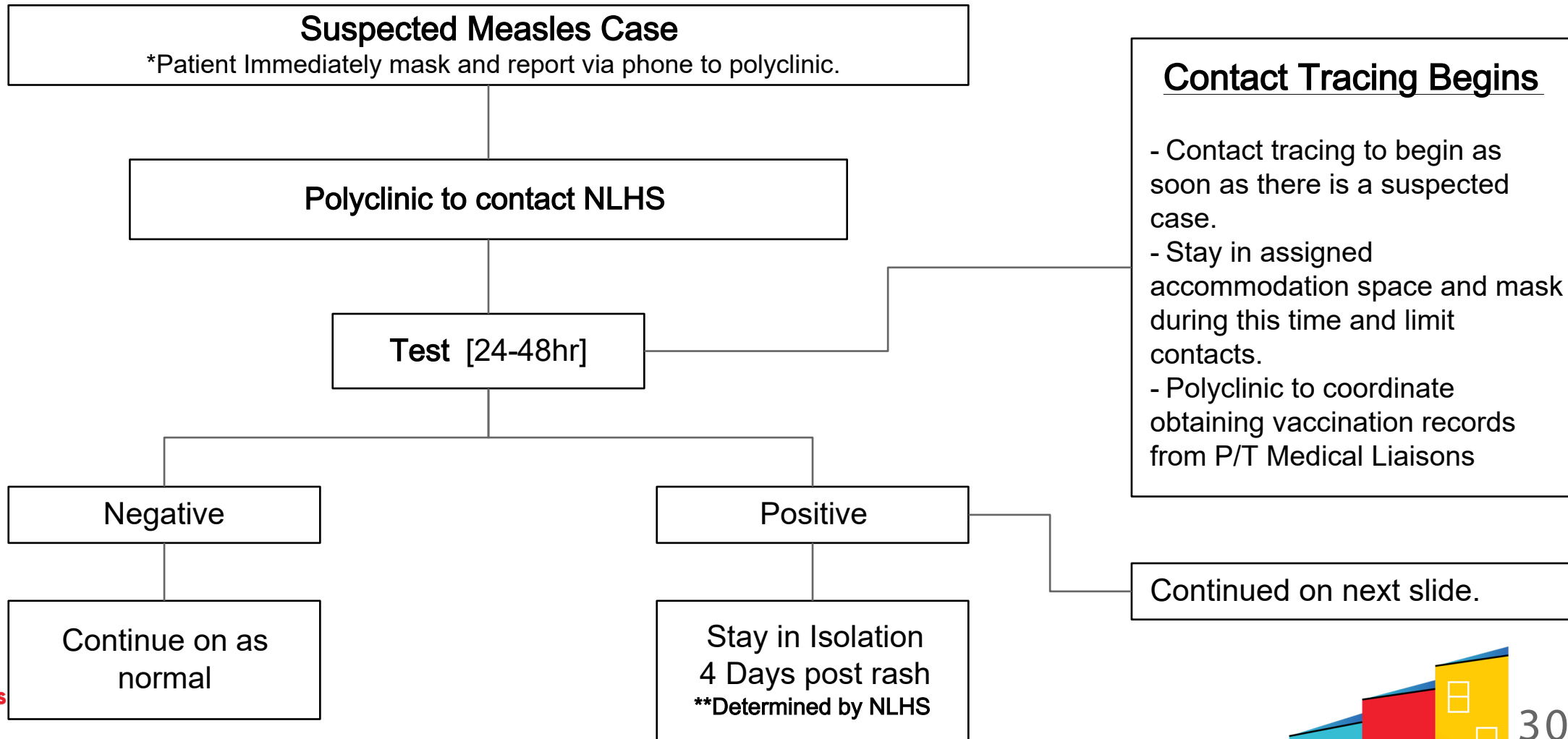
MEDICAL SUPPORT AND SERVICES

- Please remind your teams to be polite to the Host medical staff in the polyclinic and at venue medical services, they are volunteers and are working extremely hard
- Please also encourage athletes to ask for my assistance if/where needed though their Mission Staff
 - If requested, I can briefly meet with your team for an introduction virtually before the Games and/or when you arrive at the Games, so that they feel comfortable asking for help
 - If requested, I can provide educational sessions with a team on a health-related topic of interest

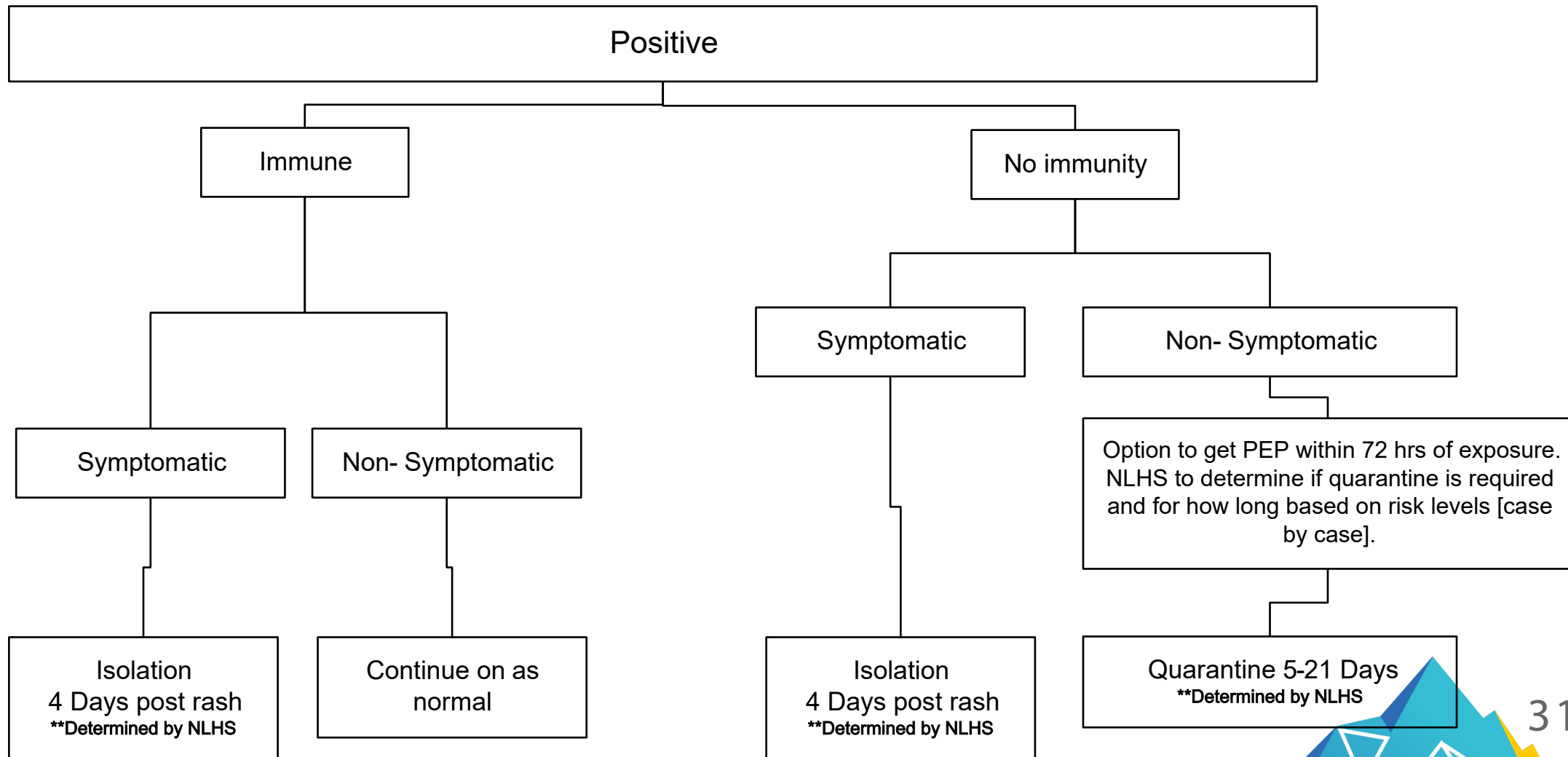
MEDICAL-RELATED PROCEDURES

- Withdraw-From-Competition (WRC)
- Return-to-Play (RTC)
- Drug testing
- Major Injuries
 - Contact me to assist with communication/notification
- Athletes should carry their own medications and interventions (inhalers, epi pens, medications)

Suspected Measles Case



Positive Measles Case



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DEPARTURES, ARRIVALS, DEPARTURES

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TEAM TRAVEL

- Flying on charter flights (2 per week)
- All travel is out of the main domestic terminal at YVR
- PSOs are responsible for getting their athletes/coaches to the airport, and home from the airport upon arrival from the Games
- Volunteers will be at the airport to distribute baggage tags
- All team members should to arrive at the terminal 2 hours in advance of the scheduled departure time (unless arriving from connecting flights)
- Temporary check-in counters for Canadian North to check bags and collect boarding passes
- Teams check in together
- Will be Mission Staff on flight - coaches and managers supervise athletes
- Itineraries will not be provided in advance of departure



TEAM TRAVEL

- Participants must bring their photo ID (same as regular domestic travel)
- Participants are NOT permitted to switch seats as they are loading the plane - important to stick to your assigned seat
- Baggage allowance
 - 1 piece of checked luggage
 - 1 carry-on
 - 1 small bag (i.e. Team BC backpack)
 - Allowable sport equipment – no extras
- What to wear?
 - Team BC shorts (or sweat pants), blue Team BC t-shirt, Jacket
- Don't forget to bring snacks and water for the flight
- Plan accordingly! (Games Prep Webinar for tips)

TEAM TRAVEL

Week 1 SPORTS (TO Games) – August 8th

Plane 1 Airline – Canadian North

- Depart Vancouver (YVR) at 7:00 pm on August 7
- Arrive in St. John's (YYT) at 7:10 am on August 8
- **One fuel stop will occur for a refuel only*

Plane 2 Airline – Canadian North

- Depart Vancouver (YVR) at 7:45 pm on August 7
- Arrive in St. John's (YYT) at 7:55 am on August 8
- **One fuel stop will occur for a refuel only*

TEAM TRAVEL

Week 1 SPORTS (FROM Games) – August 17th

Plane 1 Airline – Canadian North

- **Depart St. John's (YYT) at 9:15 am on August 17**
- **Arrive in Vancouver (YVR) at 1:15 pm on August 17**
- ****One fuel stop will occur for a refuel only***

Plane 2 Airline – Canadian North

- **Depart St. John's (YYT) at 10:00 am on August 17**
- **Arrive in Vancouver (YVR) at 2:00 pm on August 17**
- ****One fuel stop will occur for a refuel only***

TEAM TRAVEL

Week 2 SPORTS (TO Games) – August 16th

Plane 1 Airline – Canadian North

- Depart Vancouver (YVR) at 8:00 pm on August 16
- Arrive in St. John's (YYT) at 8:10 am on August 17
- **One fuel stop will occur for a refuel only*

Plane 2 Airline – Canadian North

- Depart Vancouver (YVR) at 8:45 pm on August 16
- Arrive in St. John's (YYT) at 8:55 am on August 17
- **One fuel stop will occur for a refuel only*

TEAM TRAVEL

Week 1 SPORTS (FROM Games) – August 25th

Plane 1 Airline – Nolinor

- Depart St. John's (YYT) at 10:30 am on August 25
- Arrive in Vancouver (YVR) at 2:20 pm on August 25
- **One fuel stop will occur for a refuel only*

Plane 2 Airline – AeroFlyer

- Depart St. John's (YYT) at 12:30 pm on August 25
- Arrive in Vancouver (YVR) at 5:00 pm on August 25
- **One fuel stop will occur for a refuel only*

ARRIVAL IN ST. JOHN'S

- Sport equipment will be handled by volunteers onto trucks to bring to the Athlete Village
- Athletes collect checked bags and bring with them onto correct bus
- Bus will depart airport and arrive at the athlete village approximately 1 hour from time of landing (village is 15 mins from the airport)
- Sport equipment will then either be transferred to sport venue or placed in Team BC storage area
- Mission Staff and volunteers will instruct athletes on next movements (accommodations, orientations, meals, etc)

Arrivals



Truck from airport will drop off sport equipment to designated sport/venue trucks (Week 1: Lacrosse; Week 2: Lacrosse, Athletics, Golf) which will be parked adjacent to bus mall.



Truck from airport will bring remaining sport equipment to MUN Science Building sea can storage area. Loading/unloading of equipment at Village to be completed by logistics volunteers, and verified by mission staff.



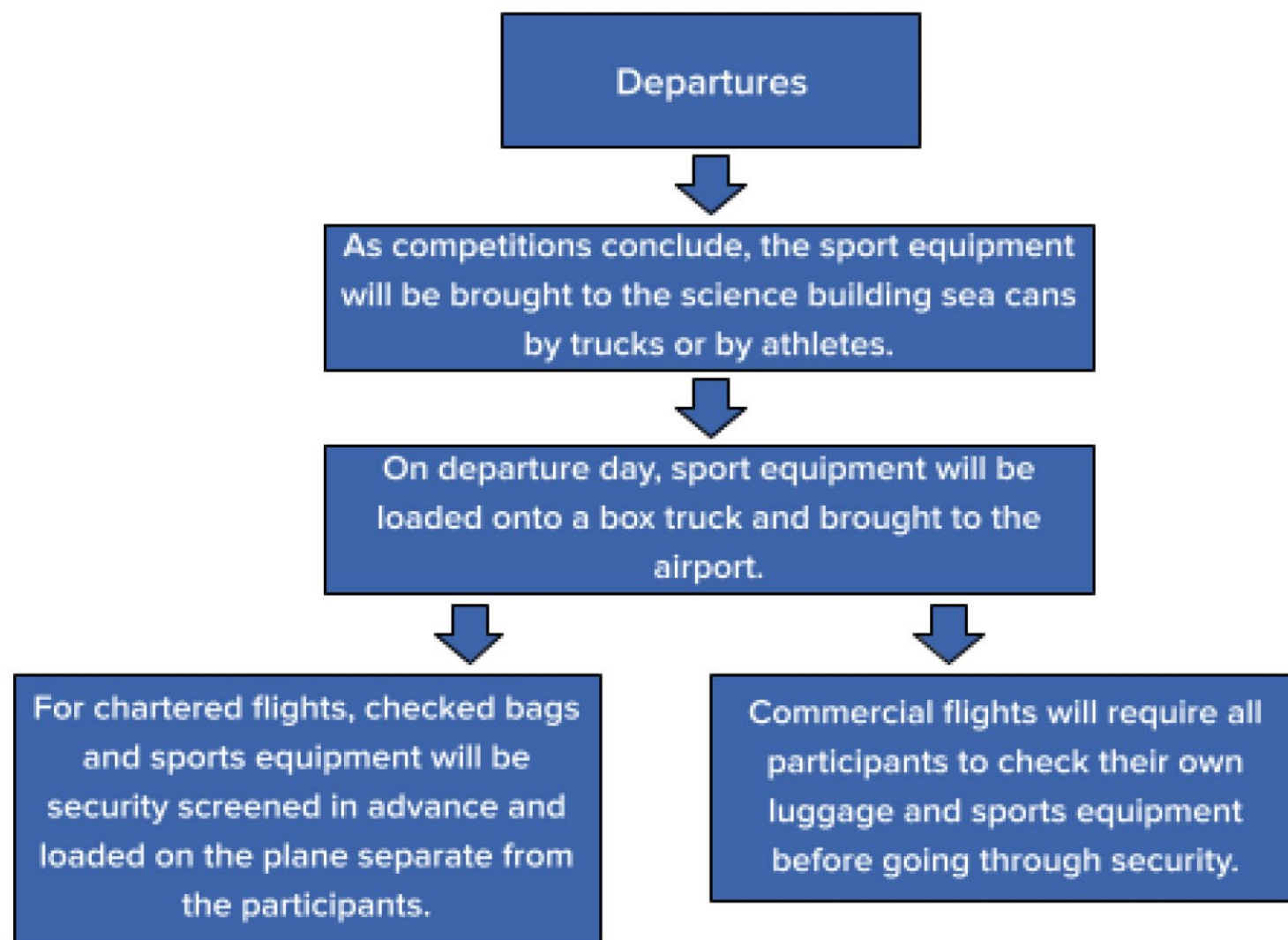
Truck to return to airport.



Sport/venue trucks will bring equipment to respective venues twice per day. Mission staff are to verify all sport equipment before trucks depart from the Village, with mission staff, sport rep(s) and MTO(s) to verify sport equipment upon arrival at the venue.



Volunteers will lock sea cans once all equipment is loaded for the day.



WHAT TO EXPECT??

Arrivals Day

- Excitement of arriving! Embrace the welcome
- Buses ➡ Collecting Luggage ➡ Move in! ➡ Food! ➡ Orientation
- ➡ Meet new friends! ➡ Go to bed!

Day Two

- Feel that jetlag! It will be very real
- Training for most (except women's baseball – week 2 – game vs Team NL!)
- Establish your routine
- Opening Ceremony for Week 1!
- Get to bed!



WHAT TO EXPECT??

Days 3 – 9:

- Preliminary rounds
- Competition
- Medal rounds
- Spectating other sports!
- Sight seeing
- Athlete Entertainment
- Continuing positive and safe behavior
- Visiting family and checking in with home
- Closing Ceremony for week 2!



TURNAROUND DAY

August 17 – Week One Departures

- Room check out: all mission staff make sure teams are moved out & rooms cleaned up. Thorough checks will be completed.
- 9:15AM Charter Flight #1 Departs
- 10:00AM Charter Flight #2 Departs
- Expect departure from village to be EARLY (5:00-6:00AM)

August 17 – Week Two Arrivals

- 8:10AM – Team BC Charter #1 arrives
- 8:55AM - Team BC Charter #2 arrives
- 9:20AM – Bus #1 arrives at village
- 10:25AM - Bus #2 arrives at village

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OPERATIONS & LOGISTICS

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ACCREDITATION

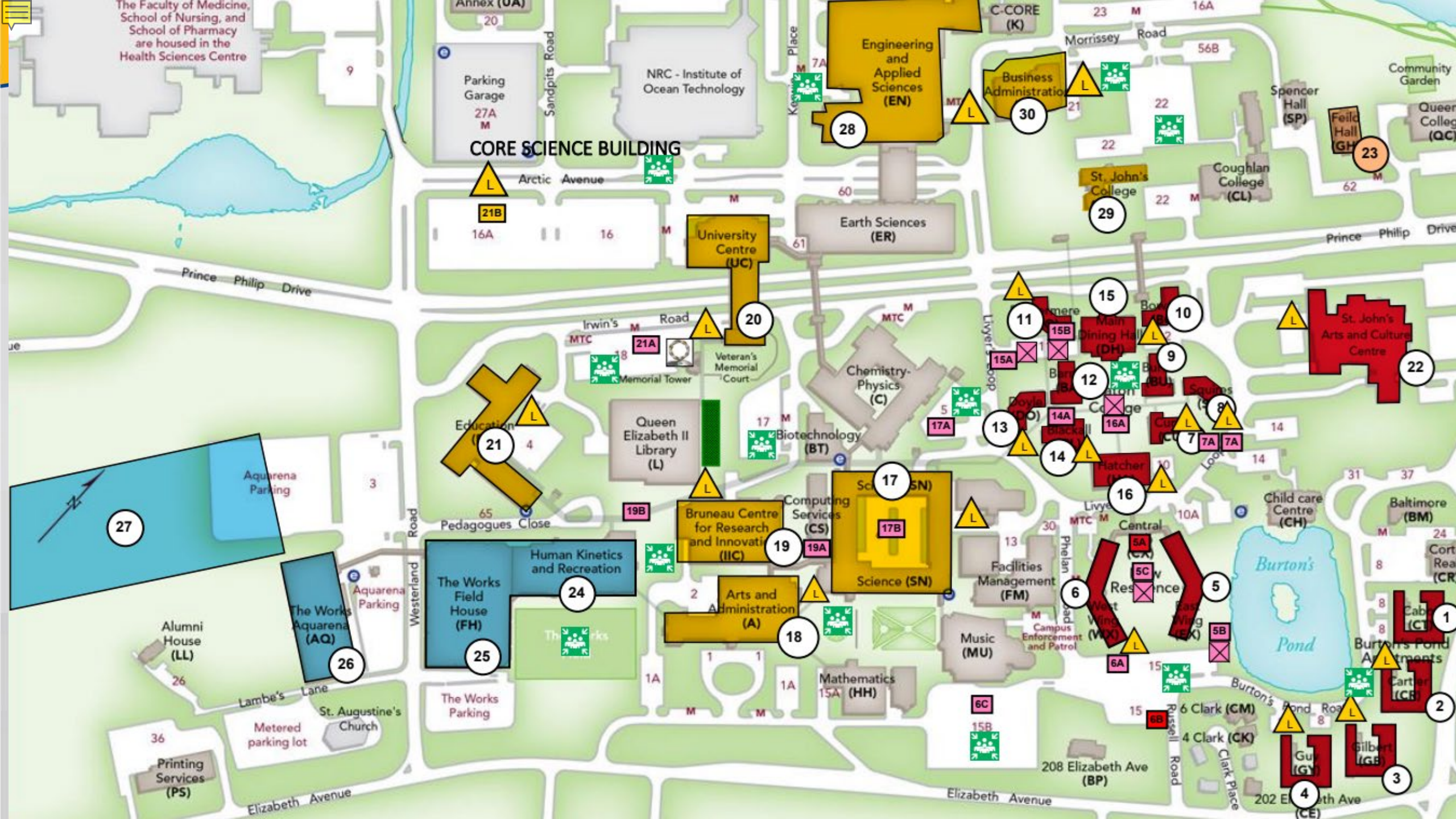


ACCREDITATION

- Provides your access to EVERYTHING
- Essential to keep it with you at all times
- Do NOT lose it!
- Access control is a volunteer's job = there to keep you safe!
- Let your Mission Staff know immediately if you misplace it
- For YOU and YOU only

ATHLETE VILLAGE

- The Village consists of accommodations, dining hall, a Poly-clinic, Mission Staff offices, team meetings spaces, athlete entertainment, coaches lounge, etc.
- The Village Operations Center (VOC) is located at MacPherson College in room CX-200 on the Memorial University Campus.
 - Open 24 hours/day for the duration of the Games
- Questions and concerns can be brought forward to either the Village Services or Village Operations Centre (VOC)
- There are multiple water bottle refill stations throughout the residence and campus



ACCOMMODATIONS

- Your coach will have specific details about which building you are in and who your roommates are
- Respect your roommates and other participants (noise, cleanliness, schedules, etc)
- No switching rooms
- All linens are provided (no need to bring sleeping bags)
- Linen and towel exchanges – details from your Mission Staff
- If any damages happen – you and your PSO will be responsible
- Expectations of behavior are enhanced at accommodations
- Quiet time = 11pm Curfew = midnight
- Security will be in place 24/7



ACCOMMODATIONS SERVICES

Towel Exchange

- Participants can exchange towels on an as needed basis at the Information Desk in Macpherson College. The exchange is towel for towel.

Housekeeping Services

- All units will be cleaned before Arrival Day and on Turnaround Day. There is a predetermined cleaning schedule including general tidy, sanitization of all surfaces/floors, as well as attending to garbage and recycling. This will be provided in the Athlete Handbook.

Laundry Services

- There are card operated laundry services available – cards are available at the Information Desk (\$2 per load for each machine). Participants are responsible for paying for their own laundry and laundry soap. Laundry detergent will be available for purchase at the Information Desk.

ACCOMMODATIONS

- THINGS TO BRING:
- Eye mask
- Ear plugs
- Water bottle
- Shower sandals
- Favorite pillow
- Favorite snacks
- Chargers
- Best behavior!
- (Fans will be provided)



FOOD SERVICES

Location: Hatcher, Gushue Dining Hall, Outdoor Dining Space

Hours of Operation: 6:00am - 11:00pm

- The Dining hall features buffet stations offering various entrées and sides per day, grazing items, cold-serving foods and soup/salad
- Village Grazing will be available in Hatcher (2nd floor) from 3:00pm – 11:00pm
- Venue Grazing will be available in Athlete and Officials' lounges 1 hour before and 30 minutes after
- Participants will be responsible for clearing their dishes / sorting their garbage following their meals

VENUES WITH BOXED LUNCHES

- If participants are going to miss a meal at Athletes' Village, a box lunch service is made available at Athletes' Village prior to their departure
- The Host Society will pre-determine which sports/ P/Ts will be fed at the venue based on the sport schedule and in conjunction with NSO feedback

Venue	Sport
St. Pats Ballpark	Baseball - Men's
Team Gushue Complex	Baseball - Men's
Quidi Vidi Lake	Canoe Kayak
Team Gushue Highway	Road Cycling
Marine Drive	Road Cycling
Downtown St. John's	Road Cycling
Fortis Canada Games Complex	Athletics (Very limited in number)
St. Pats Ballpark	Baseball - Women's
Team Gushue Complex	Baseball - Women's
Glacier Arena	Wrestling

***Sports are dependent on the Sports Schedule and may change*

The following sports/venues are currently planned to use on-site Food Services:

Venue	Sport
Royal Newfoundland Yacht Club	Sailing
Bally Haly Country Club	Golf
Pippy Park	Cycling - Mountain Bike

***Sports are dependent on the Sports Schedule and may change*

GROUND TRANSPORTATION

The Games bus system will transport athletes to/from the Athletes Village and designated competition/practice venues, as per the following:

- The Games athlete bus system is for accredited participants only (no family)

Buses will transport athletes to any training or competition venues within 30 minutes of the Athletes Village.

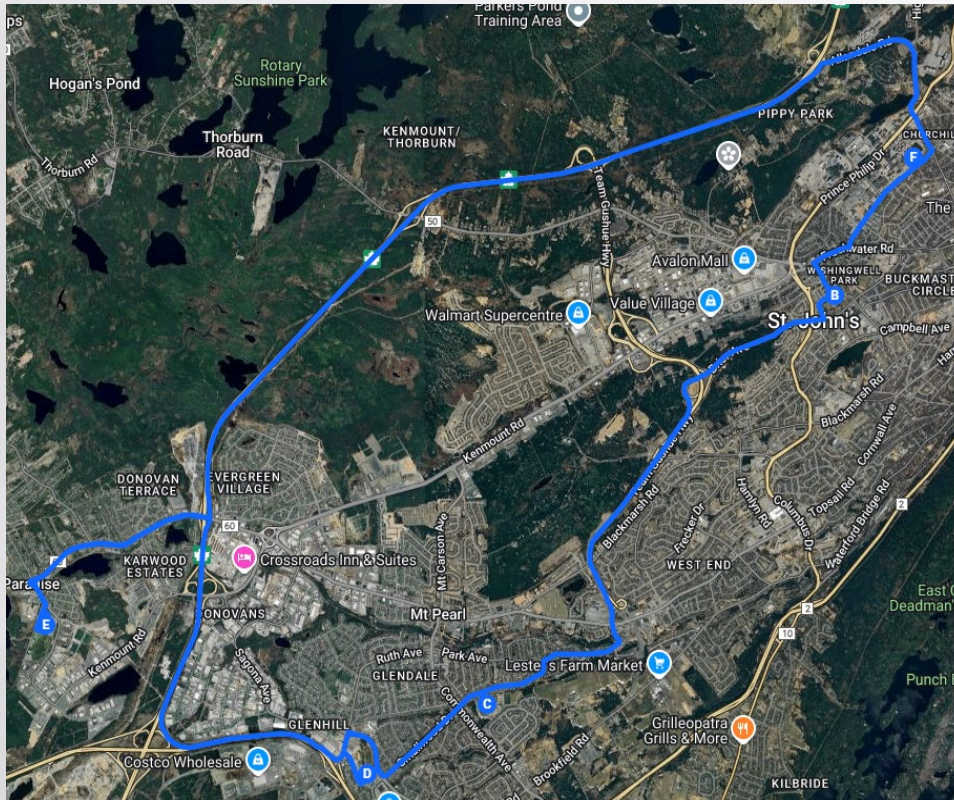
Teams will be transported by school buses for team competitions. Opposing teams will not share transport and will travel on separate buses to compete, except for individual sports.

Athletes **MUST** have their accreditation to load buses

SPECTATING ATHLETE TRANSPORTATION

- There is a spectating athlete shuttle available for participants who wish to spectate other competitions when their schedule allows.
- Games participants can board the shuttles from the athlete shuttle load zone located in the Athletes Village bus loop.
- These buses will be clearly marked as spectating participant shuttles.
- There will be two shuttle loops available, an east and west loop. The loops will change from week to week based on if competitions are happening at that venue during that week.
- Otherwise – ground transportation to other areas of St. John's can include local transit (free with accreditation) or taxi/uber.

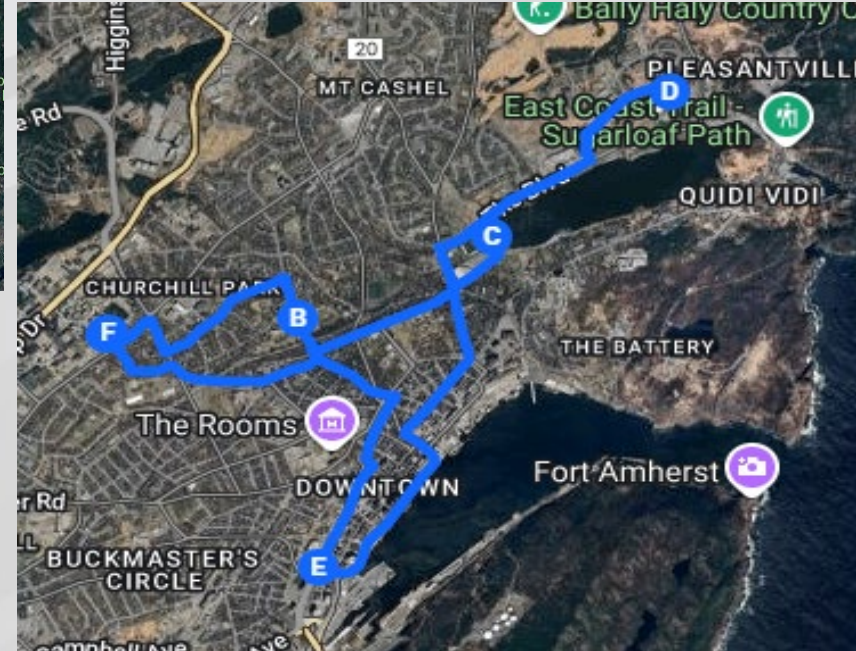
West Loop



Week 1 West Loop: Rugby, Baseball, Lacrosse

Week 2 West Loop: Volleyball, Baseball, Wrestling, Lacrosse

East Loop



Week 1 East Loop: Baseball, Soccer, Softball, Canada Games House

Week 2 East Loop: Baseball, Soccer, Softball, Canada Games House

TICKETED VENUES

The Works - Aquarena

- Artistic Swimming, Swimming, Diving

Caribou Memorial Softball Complex

- Men's & Women's Softball

CBS Soccer Field

Fortis Canada Games Complex

King George V Soccer Stadium

- Men's & Women's Soccer

Glacier Arena

- Wrestling

Green Belt Tennis Club

- Tennis

Swilers Rugby Club

- Men's & Women's Rugby Sevens

TICKETED VENUES

The Works - Field House

- Men's & Women's Basketball

Newfoundland Sports Centre

- Men's & Women's Basketball
- Men's & Women's Indoor Volleyball

Paradise Double Ice Complex

- Men's & Women's Lacrosse

Paradise Park

- Beach Volleyball

St. Pat's Ballpark

Team Gushue Sports Complex

- Men's & Women's Baseball

NON-TICKETED VENUES

Bally Haly Country Club

- Golf

Downtown St. John's

Team Gushue Highway

Marine Drive

- Cycling

Pippy Park

- Mountain Biking

Quidi Vidi Lake

- Canoe-Kayak

Rotary Sunshine Park

- Open Water Swim

Royal NL Yacht Club

- Sailing



CEREMONIAL UNIFORMS

- Provided at no cost – thanks to support from our Provincial Government
- Does not include competition uniforms (provided by PSO)
- Ceremonial Uniform Kit to include:
 - Jacket
 - Hoodie
 - Quarter Zip
 - Sweatpants
 - 3 different t-shirts
 - Indigenous t-shirt
 - Hat
 - Socks
 - Backpack
- Should be in your hands soon!
- Watch for the official unveiling of Team BC's Ceremonial Uniforms on Social Media!

CEREMONIAL UNIFORMS

GUIDELINES:

- **DO NOT** wear your uniforms until travel to the Games or arrival at the Games
- **DO NOT** trade or give away your uniform pieces until after the final competition is over for week 1 sports and not until after the closing ceremony for week 2 sports
- Specific items in the uniform package will be required to be worn for arrivals day, the opening ceremony, for podium wear, for media opportunities, and for the closing ceremony. These details will be confirmed by your coach or Mission Staff

UNIFORM EXCHANGES

- Extra sizes will be available for exchanges to ensure participants are comfortable (for major discrepancies only)
- All exchanges to be done at the Team BC Mission Office through your Mission Staff
- Exchange form will need to be completed
- Items being exchanged must be unworn with tags still on

TEAM BC MERCHANDISE

- We want Team BC supporters to stand out in the crowd and feel like part of the team
- Available for purchase at the Cheer Squad Breakfast and Team BC Mission Office
- Limited Stock - WHILE QUANTITIES LAST!!



TEAM BC PINS!

- The currency of Multi-Sport Games
- All athletes and coaches will get a set of pins at the beginning of their week
- Try to keep some for yourself
- You will get approached by other athletes, volunteers, spectators, and pinheads.
- Social media contests and spectator contests for special edition pins

SCHEDULED ENTERTAINMENT

3:00 - 10:00 p.m.

- Scavenger hunt
- Dog agility / Dachshund Race
- Live music
- Trivia
- Karaoke
- Outdoor movie night
- Bingo
- Movie theatre (Turnaround day)
- Dance party
- Gusty visit

UNSCHEDULED ENTERTAINMENT

8:30 a.m. - 10:00 p.m.

- Recreational lounge (board games/video games)

Sports

Yard games

Live streaming of Games

CHILL ZONE (QUIET SPACE)

8:30 a.m. - 10:00 p.m.

Wellness activities in collaboration with Medical team

- Colouring books
- Fidget tools
- Paint
- Friendship bracelet making area

OPENING & CLOSING CEREMONY

Mary Brown's Centre, 50 New Gower Street, St. John's

Saturday, August 9th - 7:00PM - OPENING

Sunday, August 24th - 7:00PM - CLOSING

- Audience: ~5,000 (including athletes)
- Athlete Village departure: 5:20 (opening), TBD (closing)
- Marshaling venue arrival: 5:30, 5:50, 6:10 PM, TBD (closing)
- Athlete Marshaling: 5:30 to 6:45 PM
- Athlete Parade: Approx 35 minutes
- Full ceremony length. Approx 1 hour & 40 minutes

OPENING & CLOSING CEREMONY TIMELINES

- Bus numbers assigned to PT teams
 - same numbers used for arrival and departure
- Buses load in three waves at MUN Lot #15B to New Gower Street: 5:20 (opening ceremonies)
 - Arrival at SJCC from MUN: 5:30
- Athlete Parade exits SJCC: 6:45pm
- Ceremonies run time: 7:00 - 8:45pm
- Athlete Parade Entry: 7:03 pm
- Departure from MBC to MUN: 8:50 - 9:30pm
- Light grazing will be available on each bus

CANADA GAMES HOUSE

Purpose:

A welcoming space to celebrate, connect and relax throughout the Games.

Location:

St. John's Convention Centre – A central hub and private space for athletes, families, friends and Mission teams

Hours of Operation (subject to change):

Sunday, August 10 – August 23

Open daily from 9:00 a.m. – 5:00 p.m.

Sunday, August 24

Open from 11:00 a.m. – 4:00 p.m. (tentative)

NOTE: Canada Games House will remain open on August 17

PEP RALLY

Week 1 – Saturday, August 9th

Time: 1:30pm-3:00pm

Week 2 – Saturday, August 18th

Time: 3:00pm-4:30pm

Location: Athlete Village (MUN)

Science Building SN2109



Activations:

Photo Booth

Tattoos

Sign Making

Banner Signing

Friendship Bracelets

CHEER KITS

- Foam Fingers
- Blue Corn Horns
- Hand Clappers
- Echo Fans
- Cowbells
- White Long Horns



Cheer kits will be packed and ready for each mission staff to give to their supporters

CHEER SQUAD BREAKFASTS

- FREE breakfast for family and supporters
 - Must RSVP through an online form
 - Prizes and giveaways
 - Chance for families to meet each other and celebrate being at the games!
 - Ask your mission staff for more information
 - Space is limited – FCFS!
-
- Phase 1: August 11th at 8:00am
 - Phase 2: August 18st at 8:00am
-
- Held at the Canada Games House!

COMMUNITY INITIATIVES



Supports the education, health, and well-being of school age children by providing access to food at school at no cost to families.

- Every athlete to bring a loonie for the school breakfast program (every dollar donated = one breakfast!)



Provides support and services to resilient youth and young adults who live in poverty and have limited access to mainstream programs and services.

- Donate personal hygiene products (deodorant, soap, body wash, feminine hygiene products, toothbrushes, toothpaste, etc)

PARTICIPANT HANDBOOK

Participant Handbook

Introduction

Land Acknowledgement

Welcome

About the 2025 Canada Games

Commitment to Safe Sport

Vision, Mission, Values

Volunteer Program, presented by Atlantic Lottery

Meet Our Mascot

Orangestore 2025 Canada Games T...



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CODE OF CONDUCT & EXPECTATIONS OF BEHAVIOR



BEHAVIOUR & EXPECTATIONS

- All participants are under the Team BC Code of Conduct: athletes, coaches, mission staff
- All participants read and agree to the Code during the registration process
- Outlines expectations of behaviour including:
 - Use of social media
 - Treatment of other participants
 - Curfew
 - Zero alcohol, tobacco, and drug use policy
 - Safe Sport
- There are serious consequences for violating the Code of Conduct

VIOLATIONS

- Common infractions
 - Not respecting quiet hours
 - Curfew violations
 - Missing events or medal ceremonies
 - Disrespectful behaviour to staff or volunteers
 - Harassment
 - Alcohol or tobacco / drug use

SANCTIONS

- Minor sanctions
 - Verbal warning
 - Reprimand
 - Loss of privileges
 - requirement for written/verbal apology
- Major
 - Suspension from competition
 - Removal from Games
 - Return home at own expense
- PSO can take further action after Games

DISCIPLINE PROCESS

- Violations will be addressed under the Team BC Code of Conduct and Disciplinary Process
- Includes processes for
 - Reporting
 - Investigations
 - Hearings
 - Sanctions
 - Appeals



SAFE SPORT

Sport environments that are:

- Accessible
- Inclusive
- Respect the participants' personal goals
- Free from all forms of Maltreatment



BC UNIVERSAL CODE OF CONDUCT

- Adopted by all Provincial Sport Organizations
- Aligned with the UCCMS
- Outlines responsibilities and prohibited behaviours
- Applies to all activities associated with a Provincial Sport Organization
- All participants sign the code as part of the registration process



MALTREATMENT

- Harmful behaviours
- Undermine the well-being of individuals
- Result in a lack of safety
- Determined by behaviour, not intent
- Can be physical or psychological
- Can be contact or non-contact



BOUNDARY TRANSGRESSIONS

- Breach of reasonable boundaries
- Inconsistent with duties and responsibilities
 - Private communications
 - Inappropriate sharing of information or images
 - One-on-one meetings
 - Adults rooming with minors
- Grooming often begins with small boundary violations



RULE OF TWO

- All interactions are open, observable, and justifiable
- Two adults present with an athlete
 - E.g. Coach, manager, mission staff
- Avoid one-on-one messaging
 - Send all communications to a group
 - Include another responsible adult
- Can be violated in emergency situation
 - Get permission
 - Document
 - Restore Rule of Two as soon as possible



RESPONSIBILITIES

- All participants are responsible to:
 - Prioritize safety
 - Treat others with respect
 - Demonstrate sportsmanship
 - Foster meaningful inclusion
 - Establish and maintain appropriate boundaries
 - Monitor your own behaviours and behaviours of others
 - Respond to incidents of maltreatment



TEAM BC SAFE SPORT LEAD

- Chef de Mission - Eron Main
- Resource for all of Team BC
- Contact for guidance on:
 - Potential incidents of maltreatment
 - Complaint process
 - Discipline process
 - Safe Sport resources



REPORTING CONCERNS

- If you see or suspect maltreatment or other violations of the Code of Conduct:
 - Contact Team BC Safe Sport lead
 - Report what you saw
- Don't hesitate to ask for guidance



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COMMUNICATIONS UPDATES

TEAMBC.ORG

WE LIVE FOR THIS

COMMUNICATIONS TEAM



COMMUNICATIONS

- Website (teambc.org)
- Social media (@goteambc)
- Photography
- Media and Interviews



ST. JOHN'S
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MENTAL PERFORMANCE CONSULTANTS

TEAMBC.ORG

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MENTAL PERFORMANCE CONSULTANTS

Who?

Where?

What?

But Let's Start With Why...

WHO ARE WE: GEOFF HACKETT

- MHK (Sport Psychology)
- CMPC at CSI-Pacific
- 3rd Canada Games with Team BC
 - Niagara 2022 CSG
 - PEI 2023 CWG



WHO ARE WE: CAIT LEAVITT

- M.SC in Psychology
- RCC, CMPC
- First Canada Games with Team BC



WHO ARE WE: CARL NIENHUIS

- PhD of Human Kinetics
- CMPC, Professor, Husband, Dad
- Team BC MPC:
 - Sherbrooke CSG 2013
 - Prince George CWG 2015
 - Wood Buffalo WCSG 2015
 - Winnipeg CSG 2017
 - Red Deer CWG 2019
 - Niagara CSG 2022
 - PEI CWG 2023



OUR ASSIGNED SPORTS

	GEOFF	CAIT	CARL
Week 1	Baseball (M) Basketball (M) Sailing Soccer (M) Tennis	Beach Volleyball Box Lacrosse (F) Cycling – Road Rugby 7s (M & F)	Basketball (F) Canoe Kayak Softball (F) Swimming Swimming - Para Swimming - Special Olympics
Week 2	Athletics Baseball (F) Diving Soccer (F)	Athletics Athletics - Para Athletics - Special Olympics Box Lacrosse (M) Cycling – Mountain Wrestling	Artistic Swimming Golf Softball (M) Volleyball (M & F)

**TEAM
BC**



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WRAP UP

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KEYS TO A SUCCESSFUL GAMES

- Understand this is about much more than medals!
- Understand and respect you are a part of a BIG team – a Team BC family
- Be respectful and helpful to each other and to other participants and volunteers
- Watch other sports and cheer Team BC on!
- Don't lose focus of healthy self-care (eating, sleeping)
- Yes – strive to achieve personal bests and podium finishes
- Be patient, flexible, and adaptable to things out of your control!
- Listen to coaches
- Be on time – and don't forget your accreditation!
- Have fun!

WHAT YOU CAN DO NOW

- Buy your tickets!
- Browse teambc.org, 2025canadagames.ca and canadagames.ca
- Get social! Follow @GoTeamBC @2025CanadaGames and @CanadaGames across Twitter, Facebook and Instagram
- Sign up for the Team BC newsletter - www.teambc.org
- Keep your eye out for BC flags, noise makers, anything orca- related

DOWNLOAD THE APP!



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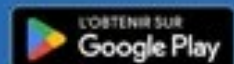
STINGRAY

**MEDIA PARTNER
PARTENAIRE MÉDIATIQUE**



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CANADA GAMES APP!**

**TÉLÉCHARGEZ
L'APPLICATION**



TEAM BC SOCIAL MEDIA



@GoTeamBC

#WEareBC

#GoTeamBC

#SJ2025



Photos and Videos on Flickr and YouTube

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QUESTIONS?



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See you in St. John's!



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