

# LABRADOR WINTER GAMES 2016



## ATHLETES HANDBOOK

# Overview of Labrador Winter Games

The Labrador Winter Games are held every three years since 1983. As a sporting and cultural event, the Labrador Winter Games are truly unique to the province. This uniqueness is not only restricted to the diversity of the sports involved, but extends to the cultural diversity and age range of the participants. The sports at the Games include traditional activities such as Dog Team Races and Northern Games, and standardized sports such as Volleyball and Table Tennis. The Games not only provide the opportunity for the distinct cultures of the region to come together and participate, but also provide the opportunity to be truly competitive with other communities. This year we have 23 Communities competing!

Some of the potential awards include:

## **The Labrador Cup**

The Labrador Cup is awarded to the community team that accumulates the most points overall in the required events. To compete for the Cup, teams must participate in all the mandatory events, and four of the optional events.

## **Most Outstanding Athletes- Electoral District (Male & Female)**

The MOA-ED award is presented to the individual male and female athletes from each of the four electoral districts which would include Cartwright – L'Anse Au Clair, Labrador West, Lake Melville, and Torngat Mountains. These athletes demonstrate outstanding athletic ability, team spirit, and attitude toward the Labrador Winter Games. These athletes will be considered for the Most Outstanding Male and Female Athletes of the Games.

## **Most Outstanding Athletes of the Games (Male & Female)**

The MOA award is presented to the male and female athletes from those selected as MOA of the four electoral districts. These individuals demonstrate outstanding athletic ability, team spirit, and attitude toward the Labrador Winter Games.

**Most Spirited Team** Presented to the community demonstrating tremendous team spirit not only toward their own team, but with competing teams and the organizing committee also.

**Most Improved Team** Awarded to the community who shows the greatest improvement in point standings from the previous Games in which they competed.

**Best Dressed Team** Awarded to the team having the most traditional, original and functional uniform.

# Community Code of Conduct

Participation in the Labrador Winter Games is a privilege. Participants selected to represent their community are expected to conduct themselves in a mature and sportsmanlike manner from the moment they are selected, until their return from the Games. Team members should wear their community colors with pride and carry their name with honor never participating in any activities which may bring their community or region into disrepute.

The Code of Conduct established by the Games Association outlines the standard of behavior that is expected of Labrador athletes, community coordinators, volunteer organizing committee members and Games staff. Failure to adhere to the standard will result in disciplinary action to those involved.

## **Respect for Others**

The Labrador Winter Games Association supports equal opportunity for all, and forbids discriminatory practices. Labrador Athletes are expected to treat others with the utmost respect at all times. Comments or behaviors which are disrespectful, abusive, racist, sexist or offensive in any way will not be tolerated.

## **Fair Play in Sport**

The Labrador Winter Games Association strongly embraces the fair play philosophy of the Canadian Spirit of Sport Foundation, opposes any form of cheating and encourages community coordinators to promote the fair play concepts to their athletes. All participants are expected to compete to the best of their ability, be gracious in victory and defeat, and abide by the Fair Play Codes established by the Spirit of Sport Foundation for Athletes, Coaches and Parents (See Appendix B)

## **Drugs and Doping**

The Association strongly opposes the use of substances and methods banned by the Canadian Centre for Ethics in Sport and encourage the community leaders and coordinators to promote the concept of drug-free sport to all athletes.

## **Alcohol and Tobacco**

The consumption of alcohol by minors is strictly prohibited at all times during the Labrador Winter Games. A minor found in possession of alcohol will have the items immediately confiscated, and will be subject to further discipline as outlined in the disciplinary procedures.

Adults will not be under the influence of alcohol at any time while performing official duties as a participant at these Games.

Adults will refrain from smoking in the athlete accommodations and at all indoor games venues throughout the week.

# Transportation

Athletes from North Coast communities will fly by charter to Happy Valley Goose Bay on Saturday, March 12<sup>th</sup>, 2016 and return Sunday March 20<sup>th</sup>, 2016. Communities from the South, Straits and West of Central region will drive as teams to the event.

Ground Transport consists of 4 vans and a cargo truck for arrival and departure day dedicated to transporting Charter flight teams to Registration and Barracks. 4 vans operating on a schedule for the remainder of the week as Ground Transport. The purpose of this transport is to provide athletes competing in events transport to and from their registered events. Athletes competing in events will be given priority for transport each day. Running General transport between barracks and events will be second priority. Ground Transport is operating hours are between 7:20am and 9:40pm.

Ground Transport will not be dispatched outside of transport schedule unless Athlete participating in event.

***If LWG transport is required, Coordinators/Athletes should be fully aware of event registration times and transport schedule to ensure of transport timing to prevent missed starts.***

Coordinators are responsible to gather their athletes for transfers to airport ontime to catch flights. In the event someone is not located for the transfer to airport, it is the responsibility of the Coordinator.

## TRANSPORTATION SCHEDULE

### WELCOME TO THE 2016 LABRADOR WINTER GAMES !!!

EVENTS	VENUES
Arena Ball Hockey	EJ Broomfield Arena (EJB)
Badminton	Labrador Training Centre (LTC)
Cross Country Skiing	Birch Brook Ski Club (BB)
Darts	Royal Canadian Legion (RCL)
Dog Team Race	Terrington Basin (TB)
Labrador Concert	Lawrence O'Brien Arts Centre (LOAC)
Labrathon	Terrington Basin (TB)
Movie Night	Arcturus Theatre, 5 Wing Goose Bay
Northern Games	EJ Broomfield Arena (EJB)
Northern Duathlon	Birch Brook Ski Club (BB)
Snowmobile Race	Snowmobile Race Track (RT)
Snowshoe Biathlon	Birch Brook Ski Club (BB)
Snowshoe Races	Mealy Mountain Collegiate Sportsplex (MSP)
Table Tennis	Labrador Training Centre (LTC)
Target Shooting	LHFA Shooting Range (Range), North West River Highway
Volley Ball	Mealy Mountain Collegiate (MMC)

#### NOTES:

- 1 To read the schedule, start at the left and continue right until you reach your desired venue or select the venue and time you desire and then work left to where you are.
- 2 If you have any problems with the schedule, call Labrador Winter Games Ground Transportation at 896- .
- 3 Busses/minivans will pick up/drop off athletes housed in Barrack Bldgs. 307, 360, 361, 476 and 479.
- 4 The dining hall is located on the base at Allied Mess Hall, Bldg. 560
- 5 It is your own responsibility to be at the venues in plenty of time to participate in your event. The minivans will depart on time. Make sure you or your team members are ready to go as the minivans will not wait for anybody who is late.
- 6 If you miss the last bus after one of the social functions, contact the local taxi company at 896-3311 - they will be happy to look after you (**at your own expense**).
- 7 Opening Ceremonies - Busses will depart Allied Mess Hall, Bldg. 560 --- at 6:30 PM
- 8 Athletes' Banquet - own transportation to Dining Hall
- 9 Mini Vans will moving athletes to/from airport on Arrival or Departure days. Minivans will have limited hours shuttling between Dining Hall and Barracks on Arrival. No Minivans will be shuttling between Dining Hall and Barracks on Departure Day.

***Time Table revised 29 February 2016***

# Registration:

At the intersection of Harvard Street & Kittyhawk Road, Building 407 Saturday 8am- 8pm.  
Sunday 8am-4pm.

Teams arriving Happy Valley Goose bay should proceed to Registration Building as a Team to register.

Registration includes:

- Register Guns/ Guns will be taken and stored for the remainder of Games
- Snowshoe sized and stamped
- Receive ids and athlete kits
- Receive Barrack Assignments and keys

***If an athlete is not arriving with team but at later date Coordinator must make HQ aware of date and time of arrival for registration that will take place at HQ office.***

# Accommodations

Teams will be assigned accommodations at the Athletes Village, DND Barracks, when they arrive and register in Happy Valley Goose Bay. Access to the Athletes Village is restricted to Team members only.

There is 24 hour security detail in all barracks blocks. Hourly checks will be done. Personal effects of individuals entering or departing could be searched at any time. Photo ID tags issued at registration must be worn at all times, and are checked for entrance into the barracks as well as for access to entertainment nights and food services.

Athletes will be issued room keys. These keys are the responsibility of the Athlete for the duration of the week. All keys are to be collected by Team Coordinators and returned as a group to Security and counted prior to departure.

## **Curfew**

Minor participants will adhere to the curfew of 11.00pm with quiet time set for midnight throughout all accommodation areas.

Any minor or adult returning to the accommodations after curfew will be held at the entrance for report, and signed in by the coordinator. Further disciplinary action may be taken after consultation with security and accommodation staff.

It should be noted that individual coordinators, who are ultimately responsible for their athletes, may set their own earlier curfew times.

## **Bathrooms and Showers**

Gender specific Communal Bathrooms and Showers (individual stalls) are in all barrack blocks.

## **Guns/ Ammunition**

Absolutely no guns or ammunition are to be brought into the barracks. Should ammunition be found there are Amnesty Ammunition boxes found outside most barracks for disposal.

There may be laundry facilities in some barracks blocks, more information on specific amenities including emergency numbers will be provided upon Registration.

Athletes are expected to make their own beds upon arrival. Sheets, pillow and one blanket is provided.

# Checklist

## Checklist:

- ❖ Towels
- ❖ Flipflops for communal bathroom
- ❖ Flashlight
- ❖ Extra blankets if needed.
- ❖ All toiletries/ soaps/ shampoos etc.
- ❖ MCP

***ALL ARENA EVENTS SHOULD PLAN FOR WARM CLOTHING. THERE IS NO HEAT AT THE ARENA DUE TO SYSTEM PROBLEMS.***

## Mandatory Events

### Target Shooting

- Valid Possession and Acquisition License (PAL)/Firearms Acquisition Certificate (FAC) card
- Rifle, equipped with an open V-type rear sight and single solid front post

### Northern Games

- Protective clothing – long sleeves, pants for Over the Rope
- Shorts for Seal Crawl
- Wool socks and gloves (optional) for Seal Crawl

### E.J. Broomfield Memorial Labrathon

- Valid Possession and Acquisition License (PAL)/Firearms Acquisition Certificate (FAC) card
- Rifle, equipped with an open V-type rear sight and single solid front post
- Snowshoes as per the official Labrador Winter Games snowshoe template
- Mukluk or deerskin footwear

### Snowshoe Race

- Snowshoes as per the official Labrador Winter Games snowshoe template

### Snowshoe Biathlon

- Valid Possession and Acquisition License (PAL)/Firearms Acquisition Certificate (FAC) card
- Rifle, equipped with an open V-type rear sight and single solid front post
- Snowshoes as per the official Labrador Winter Games snowshoe template

### Northern Duathlon

- Cross country skis
- Ski boots
- Ski poles
- Snowshoes as per the official Labrador Winter Games snowshoe template
- Appropriate footwear
- Warm up suit
- Appropriate race gear
- Ski wax

#### Cross Country Skiing

- Cross country skis
- Ski boots
- Ski poles
- Ski wax

#### **Optional Events**

##### Snowmobile Race

- CSA approved helmet
- CSA approved face-plates or goggles
- Gloves or mitts

##### Arena Ball Hockey

- One piece composite hockey sticks
- Hockey helmets
  - Goalies must wear a helmet with a cage
  - Athletes under 16 must wear a helmet with a cage
- Gloves made of non-slip material
- Regulation Goalie ice hockey equipment (optional)
- Protective cups, eye glasses, shin pads, knee pads, elbow pads (optional)

##### Badminton

- Appropriate badminton attire
- Non-dark soled footwear
- Badminton racquet

##### Volleyball

- Proper gym footwear
- Track pants or shorts
- Numbered uniform

##### Darts

- Darts

#### Table Tennis

- Appropriate table tennis attire – not white, not multi-coloured stripes

#### Henry John Williams Memorial Dog Team Race

- Dogs
- Komatiks measuring at least 7 feet long and 2 feet wide

# Food Services

## Mess Hall Meal Schedule

Saturday, March 12, 2016	Supper	4:30-7:00pm
Sunday, March 13, 2016	Breakfast Supper	6:30am-12:00pm 4:30-7:00pm
Monday, March 14, 2016	Breakfast Supper	6:30am-12:00pm 4:30-7:00pm
Tuesday, March 15, 2016	Breakfast Supper	6:30am-12:00pm 4:30-7:00pm
Wednesday, March 16, 2016	Breakfast Supper	6:30am-12:00pm 4:30-7:00pm
Thursday, March 17, 2016	Breakfast Supper	6:30am-12:00pm 4:30-7:00pm
Friday, March 18, 2016	Breakfast Supper	6:30am-12:00pm 4:30-7:00pm
Saturday, March 19, 2016	Breakfast Supper	6:30am-12:00pm 5:00pm (Athlete's Banquet)
Sunday, March 20, 2016	Breakfast	6:30am-12:00pm

**\*\* Teams are responsible for their own lunches, most events have concessions, however in the event an event does not, it is the responsibility of Coordinators to ensure Athletes are fed. Also note, while some barracks have microwave, fridges, etc. some do not. Most Restaurants close at 8pm. It is wise to bring snacks for evenings beyond supper schedule.**

## Restaurant Listings

Tim Horton's  
220 Hamilton River Road  
896-5666  
6:00am-11:00pm (dine in)  
24 hour drive-thru

Pizza Delight  
91 Hamilton River Road  
896-8338  
11:00am-11:00pm Sunday-Thursday  
11:00am-1:00pm Friday and Saturday

El Greco  
133 Hamilton River Road  
896-3473  
4:00pm-1:00am

Burger King  
90 Hamilton River Road  
896-5190  
7:00am-9:00pm Monday-Friday  
8:00am-7:00pm Saturday and Sunday

Subway  
11 Loring Drive  
896-9777  
7:00am-11:00pm Sunday-Thursday  
9:00am-11:00pm Friday and Saturday

Hong Kong  
345 Hamilton River Road  
896-2558

Bentley's  
97 Hamilton River Road  
896-3585  
11:00am-9:30pm

Cosy Corner  
6 Grand Street  
896-7052  
10:00am-8:00pm Tuesday-Friday  
10:00am-7:00pm Sunday and Monday

Robin's Donuts  
Goose Bay Airport  
896-0354  
7:00am-9:00pm

Jungle Jim's  
382 Hamilton River Road  
896-3388  
7:00am-10:00pm

A&W  
11A Loring Drive  
896-4554  
8:00am-8:00pm Monday-Saturday  
9:00am-8:00pm Sunday

Mary Brown's  
1 Churchill Street  
896-2157  
11:00am-10:00pm

KFC  
337 Hamilton River Road  
896-5777  
11:00am-7:00pm Sunday-Thursday  
9:00am-11:00pm Friday and Saturday

Mariner's Galley  
25 Loring Drive  
896-9301  
6:00am-9:00pm

Trapper's Cabin and Bar  
1 Aspen Drive  
896-9522  
5:00pm-11:00pm

Don Cherry's  
380 Hamilton River Road  
896-3351  
8:00am-2:00pm, 5:00pm-10:00pm

## Lost and Found

There will be a lost and found available at the Barracks and the E.J. Broomfield Arena.

## Medical

First aid services will be available at each venue for minor injuries. Situations deemed more serious will be referred to the local hospital.

In the temporary athlete accommodations there will be first aid kits but no infirmary. Therefore if anyone becomes sick or is injured they must contact the Security Office for transportation to the local hospital for assessment. If a youth is not well enough to stay in the athlete's accommodations the coach and or guardian will be consulted regarding alternate arrangements.

During the registration process, all athletes will complete a basic medical form. These forms will only deal with issues that could impact the rendering of first aid during LWG events. Examples are allergies and any other relevant preexisting medical conditions. A member of the LWG Medical Committee will be available to discuss any issues prior to the athlete's first event. The LWG Committee will not be responsible for any injuries resulting from non-disclosed medical information.

The LWG Committee has obtained liability insurance for the Games. Athletes and coaches should also investigate the level of medical insurance coverage provided by their personal insurance company and any group coverage to ensure adequate coverage.

## Emergency Numbers

RCMP: (709) 896-3383

Ambulance: (709) 896-2100

Military Police: 896-6900 ext 7111

5 Wing Fire Department: 896-6900 ext 7333

Serco Customer Service: 896-6900 ext 6946







# Practice Schedule

Shooting Range for all shooting sports. Target Shooting/ Biathlon/ Labrathon All guns will be at range and limited ammunition provided.

Sunday, March 13, 2016

2:00-4:00pm

Birch Brook Skiing

Saturday, March 12 and Sunday March 13, 2016

Birch Brook Snowshoeing

Sunday, March 13, 2016

10:00am-4:00pm

Monday, March 14, 2016

10:00a,-2:00pm

Training Centre Table Tennis

Sunday, March 13, 2016

2:00-4:00pm

## Snowff. Games Mascot!



Hi I'm Snowff! I'll be out and about during Games week! Looking forward to meeting you all!

## Social Media



When posting to social media accounts, be sure to use the  
hashtag **#LWG2016!**

We'd love to see your pictures and videos!

**Proud Supporter of the 2016 Labrador Winter Games**



# Sponsors

