



*“Connecting Lives”*

## **Guide to Entry**

INTERNATIONAL CHILDREN'S  
WINTER GAMES  
JANUARY 26-31, 2011

# Contents

Kelowna International Children’s Winter Games 2011 .....	3
Timeline for participation .....	3
Games Schedule.....	3
Classification Description .....	4
Guidelines .....	4
Registration .....	5
Payment .....	5
Hospitality.....	6
Accommodations.....	6
Parental Consent, Release and Waiver of Liability.....	8
Transportation .....	8
Sports Parameters .....	9
Alpine Skiing .....	10
Cross Country Skiing.....	11
Curling .....	12
Figure Skating.....	13
Hockey.....	15
Speed Skating .....	17
Snowboard.....	18
Guide to Entry into Canada Requirements .....	19

# **Kelowna International Children's Winter Games 2011**

The International Children's Winter Games (ICWG) will be held from January 26 – 31, 2011 in Kelowna, British Columbia, Canada.

The Games will bring together athletes and coaches from cities around the world to Canada connecting lives and communities. In keeping with the International Children's Statues and Mission, the Games will enable, develop, and advance the meeting, understanding, and friendship of young athletes from different countries around the world and promote the Olympic Ideal. This is the first International Children's Winter Games to be held in North America.

Welcome to Kelowna, British Columbia! Welcome to Canada!

## **Timeline for Participation**

**2 August 2010** • Invitations sent

**11 August 2010** • Online registration active

**15 October 2010** • ICG participation fee deadline • Registration deadline

**30 November 2010** • All accreditation papers, consent & waiver forms from cities

## **International Children's Winter Games Schedule January 26 – 31, 2011, Kelowna, British Columbia**

**26 January 2011** • Arrival of Delegations • Registration/Accreditation • Technical Meetings

**27 January 2011** • Sports Practice • Mayor's Reception • Opening Ceremony

**28 January 2011** • Competitions • Cultural Visits and Activities

**29 January 2011** • Competitions • Cultural Visits and Activities

**30 January 2011** • Competitions conclude • Closing Ceremony

**31 January 2011** • Departure of Delegations

## Classification Description

**Each city delegation may consist of maximum 28 participants and minimum of 7 participants (4 athletes). A city participating in hockey may bring a full delegation of 28, plus 17 (including goalies) for hockey. The Hockey Coach/Staff (3 maximum) must be included in the 5 permitted coach positions.**

### Participants (Delegates: up to 21)

- Participants must be 12 – 15 years old to participate. ICG statutes state that the participating children must be 12 years old by January 1 2011 (the year of the games) and must not turn 16 years old during the year of the games (December 31, 2011)
- Participation ONLY in those sports registered in and each participant must be supervised by the city coaches
- Special age restrictions apply to hockey participants. See sport technical manual

### Sports Coaches (Delegates: up to 5)

- Sports coaches will be the lead contact for their nominated sport at the event
- They have responsibility for ensuring the welfare of their participants at the event
- If there are athletes of both sexes in a delegation, each city must ensure that its delegation of coaches and head of delegation also consist of both sexes

### Head of Delegation (Delegates: 1)

- The Head of Delegation is the main contact with the Organizers during the Games
- They will be responsible for ensuring the cities' registration and organization during the Games

### City Representative/VIP (Delegates: 1 Free of charge, others at visiting city's expense)

- As a City Representative/VIP, this individual will gain access/tickets to the VIP events during the International Children's Games.
- They will be allocated accommodation at the VIP hotel.
- There is an opportunity for a visiting city to fund additional City Representatives. They will need to be registered and paid for before 15 October 2010. The visiting city or the visiting individual is solely responsible for the cost associated for their attendance. A VIP Games package will be available for purchase to all additional attendees.

### Other Delegation Members

Other delegation members, such as parents, chaperones, etc. may attend the Games at their own expense.

## Guidelines

Please find guidelines for participation in the International Children's Winter Games in Kelowna January 26-31, 2011 below:

- At least 1 male coach if male participants
- At least 1 female coach if female participants
- There must be one coach responsible for each sport
- One coach must be nominated Head Coach
- Insurance is the responsibility of the visiting City
- Cities are kindly asked to seek balance between numbers of male / female participants (in general) if possible

# Registration

Registration becomes active (August 11 2010) for those cities that have paid the International Children's Games (ICG) Committee the required registration fee and have been confirmed as eligible to participate by the ICG Committee. Following confirmation, you will be sent the necessary registration instructions by the Kelowna Games registration staff. At time of registration, please provide your city's head of delegation name and contact information.

Participation and Registration steps:

1. Invitation received by visiting City from the Kelowna Games
2. Visiting City pays the ICG Committee the required participation fee
3. ICG Committee confirms visiting city's eligibility to participate with host city
4. Host City sends registration information and password to visiting city
5. Visiting city registers for the games at host cities website (online)
6. Host city confirms registration

# Participation Fee

## Currency

The currency in Canada is the Canadian Dollar.

Upon receiving the formal invitation letter for participation, each visiting city will be required to pay a registration fee of **250 Euros** to the International Children's Games Committee before starting the registration procedure. The payment of the registration fee must be done only by **bank transfer**.

## Method of Payment

Name: Executiv-Komitee d. International Children's Games  
Heidelberger Landstr. 270  
D-64297 Darmstadt, Germany

Account Number: 4024176

Bank: Sparkasse Darmstadt  
Rheinstr. 10-12  
D-64297 Darmstadt

IBAN Number: DE17 5085 0150 0004 0241 76  
BIC Number: HELADEF1DAS

## NOTE

- All remittance handling fees must be covered by the remitter.
- Payment of registration fees is **mandatory prior to** beginning the registration process.

## Costs

Upon arrival, City Representatives/VIPs will be requested to guarantee their hotel rooms by credit card. Any additional room costs incurred by participants, (e.g. additional room guests, telephone calls, room service, internet services) are the responsibility of the visiting city and must be settled with the hotel before departure.

# Hospitality

During the International Children's Winter Games, cost-free days for the City Representative, Head of Delegation, Coaches and Participants have been scheduled as follows:

Official Welcome: January 26, 2011 2:00 pm (Pacific Standard Time)

First Meal: Lunch January 26, 2011

Last Meal: Breakfast January 31, 2011

# Accommodation

Accommodation will be provided for the following nights:

26 January 2011 – 30 January 2011, with departure on 31 January 2011

## **Participants, Coaches and Head of Delegation:**

All Participants, Coaches and Head of Delegation will be billeted with host families in our community (note the exception below). Through billeting, delegates will be provided with a secure, caring, and quality environment while attending the Games. By welcoming you to our homes, you will have the best food, bedding, shower, laundry, and transportation support possible while experiencing our great Canadian and Western hospitality.

Billeting will be provided on the following basis:

- billeting will commence on Wednesday, January 26 and the last night will be Sunday, January 30
- host families will undergo an assessment and accreditation process to ensure the safety and comfort of the visiting delegates
- host on average at least two delegates per household
- provide choices (as much as possible) for billeting i.e. with an athlete in the same sport or with a family of a similar ethnic background, or with a family that speaks the same language
- the host family will provide breakfast and transportation to either the sport venue or shuttle bus connection
- pick up the athlete and/or coach at the end of each nights festivities and take them home
- demonstrate the world famous Canadian hospitality and provide a real opportunity for visiting participants to experience Canadian Culture

The boys and girls hockey teams and their coaches will be housed in "dormitory" accommodation at local Kelowna schools.

For those visitors and other city guests wishing to stay at the Delta Grand Okanagan at their own cost, a special Games rate has been secured for ICG Visitors. To access the block of rooms secured for the Games please contact our Games travel agent Ms. Joy McGinnis or visit the Delta Grand Okanagan's website at: [joy.mcginis@mytravel.ca](mailto:joy.mcginis@mytravel.ca) or call toll free 1-888-861-8001 or 1-250-861-8000, local 7305.

Delegations arriving at the Kelowna International Airport sign in with a Games Ambassador at the "YVR Welcome Connection Centre", and then take a shuttle to the Delta Grand Okanagan Hotel. Delegations arriving by highway will go directly to the Delta Grand Okanagan Hotel to register at the "Delta Welcome Connection Centre". You will be introduced to your Canadian billet family at the Delta Grand Hotel.

## **City Representative**

To make your stay as enjoyable as possible we have secured the Delta Grand Okanagan Resort and Conference Centre as our Host Games Hotel. All city representatives and the ICG Technical Committee members will stay at the Delta Grand Okanagan. The Delta Grand Okanagan is in the heart of Kelowna's downtown district and within walking distance to several of our sport and cultural venues or within a 15-20 minute bus ride. The Delta Grand

Okanagan will also be the site for the Games village, Games meals, technical meetings, Connection2011 – business forum, hospitality suite and the Mayor’s Reception.

A limited number of VIP Guest Packages will be available for VIP guests wishing to participate in the tours and activities of the Games. Please check our website for VIP Package details and costs: [www.kelowna2011.com](http://www.kelowna2011.com).

You may request to extend your city’s accommodation pre or post games. In this case, please note that any relevant costs to the Kelowna Organizing Committee must be paid before your delegation’s arrival in Kelowna. It should also be noted that participants who extend their accommodation may be lodged elsewhere for the extra nights. If you wish to stay additional nights or arrive early please contact our Games travel agent Ms. Joy McGinnis at [joy.mcginnis@mytravel.ca](mailto:joy.mcginnis@mytravel.ca) or call toll free 1-888-861-8001; or, visit the Delta Grand Okanagan’s website at: [Delta Grand Okanagan](http://Delta Grand Okanagan).

# Parental Consent, Release, and Waiver of Liability

Participants must submit a signed consent form by 15 October 2010. This consent form gives organizers permission for:

## Photography/Film

Photographs will be taken during the 2011 International Children's Winter Games and used by all official partners of the International Children's Winter Games in all global media, e.g.:

- ❖ Press
- ❖ TV
- ❖ Internet

## Medical

Declaration of all medical conditions, .e.g.: Medication(s), Allergies, etc.

Parents/Guardians are to sign their consent for the Waiver of Liability, as well as their consent for the Head of Delegation to authorize the medical treatment of participants, should it be required. This form will be downloadable from the [kelowna2011.com](http://kelowna2011.com) website.

## Code of Conduct for Athletes/Coaches

The International Children's Games are committed to the highest standards of sport and expect all athletes to honour sports and International Children's Games regulations. Athletes and Coaches attending the Games must accept and adhere to this standard. Any violation of these standards may result in disqualification or removal from the Games.

# Transportation

**Arrival:** 26 January 2011

**Departure:** 31 January 2011

Transportation upon arrival will be provided from the Kelowna International Airport to the Delta Grand Okanagan for delegations arriving on January 26, 2011 and will be available from the Delta Grand Okanagan to the airport on January 31, 2011 for those delegations leaving on that day. Delegations arriving and departing outside of this timeline will be responsible for arranging their own transportation, and the associated cost, to and from the Kelowna International Airport.

Each Games day, billeting families will provide transportation to and from their homes to the Delta Grand Okanagan and/or the appropriate sporting or cultural event venue as required. All other transportation during the Games will be provided using busses and a shuttle service.

The transportation service will transport delegates to and from the sporting venues (including Telemark, and Big White), cultural evening events, and the Delta Grand Okanagan, will be available for all athletes, coaches, city representatives, and head of delegations.

Big White Ski Resort is a 1 hour drive northeast of Kelowna and Telemark Cross Country Ski Club is a 1 hour drive west of Kelowna. All of the other sporting and cultural event venues are either within walking distance from the Delta Grand Okanagan or within a 15 – 20 minute bus ride.

Teams may rent their own transportation at their own cost during the Games.

## Sport Parameters

We strongly suggest that all registering cities participate in one team sport although this is not mandatory.

An athlete may not participate in two or more sports.

Your city may compete in as many events as the size of your delegation permits.

In order to respect the International Spirit of the Games, the organizers reserve the right to balance the sports to represent an international variety of participation.

Thee organizers reserve the right to limit the total number of participants in individual events, if necessary.

For more Sport detail and information review the individual Technical Handbooks available at:

[www.kelowna2011.com](http://www.kelowna2011.com)

## Code of Conduct

- ❖ Enjoy yourself
- ❖ Play competitively but fairly
- ❖ Respect yourself and your team-mates
- ❖ Respect your country, city, and supporters
- ❖ Respect the ICG Games
- ❖ Respect the Referees and other competition officials
- ❖ Respect the other teams, their officials, and their supporters

# 1. Alpine Skiing

See the full Handbook for more information.

## Competition Rules

- Competitions are run in accordance with FIS rules. Detailed rules are available at [www.fisSKI.com](http://www.fisSKI.com)
- Certified helmets are mandatory for all training and competitions
- Each city may enter a maximum number of 4 girls and 4 boys and a minimum of 2
- Children must be 12 by January 1 the year of the Games and not turn 16 the year for the Games (December 31)

There will be the following competitions:

- Alpine Giant Slalom (GS)
- Ski Cross

## Format

- Alpine Giant Slalom - Two runs with the best run to be scored
- Ski Cross - One Timed run for seeding into Heats. Heats will be used to determine final results.

## Technical Meeting

The Technical Meeting will be held on the January 26, 2011; time and location to be announced. All Coaches are required to attend.

## Equipment

- All competitors must wear helmets
- All Competitors must provide their own equipment such as snowboards, boots, clothing, helmets etc.
- See website to view full equipment list

## Disputes

Any disputes during competition will be addressed by the Jury of Appeal.

## Presentation of Medals:

GOLD – For individual ranking first in the competition  
SILVER – For individual ranking second in the competition  
BRONZE – For individual ranking third in the competition

## Medical

First Aid Service will be available on site.

**Venue** - [Big White Ski Resort](#) is located in the Okanagan Valley, just 56 km from Kelowna. Big White is blessed with sunny weather, dry powder, and a mild average temperature of -5C (23F).

## 2. Cross Country (Nordic) Skiing

See the full Handbook for more information.

### Competition Rules

- Each city may enter a maximum of 4 girls and 4 boys and a minimum of 2
- Children must be 12 by January 1 the year of the Games and not turn 16 the year for the Games (December 31)
- Each city may enter a maximum of two teams for the relays (boys, girls or mixed team: 2 girls and 2 boys)
- There will be the following competitions:
  - 3.5 km Classic Technique
  - 3.5 km Free Technique
  - 4 \* 3.5 km Free Technique Relays

FIS Classic technique includes the diagonal techniques, the double poling techniques, herringbone techniques without a gliding phase, downhill techniques, and turning techniques. Single or double-skating is not allowed. Turning techniques comprise steps and pushes in order to change directions. Where there is a set track, turning techniques with pushing are NOT allowed. This will also apply to competitors skiing outside of the set track.

Further explanation of rules can be found at:

[www.fis-ski.com/uk/disciplines/telemark/telemark-rules.html](http://www.fis-ski.com/uk/disciplines/telemark/telemark-rules.html)

### Equipment

- Participants will provide their own equipment (skis, shoes, poles)
- See website to view full equipment list

### Presentation of Metals

GOLD - For individual and teams ranking first in the competition

SILVER - For individual and teams ranking second in the competition

BRONZE - For individual and teams ranking third in the competition

### Medical

A First Aid Service will be on site during the race.

### Technical Meeting

The Technical Meeting will be held on the January 26, 2011; time and location to be announced. All Coaches are required to attend.

**Venue** - [Telemark Cross Country Ski Club](#) located 9km above the Glenrosa interchange, on the road to Crystal Mountain, 1 hour from downtown Kelowna.

### 3. Curling

See the full Handbook for more information.

#### Competition Rules

- Each city may enter a maximum of up to 2 full teams only (1 boy and 1 girl), in either division. For example, it may be one partial girl's team in novice, and one full boy's team in competitive, two full competitive teams or two complete or partial novice teams.
- Children must be 12 by January 1 the year of the Games and not turn 16 the year for the Games (December 31)
- The competition will take place under WCF rules

#### Basic Rules and Objective

Each player has two stones and the players will alternate playing against the opposing team players. The objective in Curling is to push a 44 pound (20-kilogram) stone down the playing area called "the Sheet" that is between 14.17 -15.58 feet wide (4.32-4.75 meters) and 146 feet (42.50 meters) long. At each end of the Sheet are concentric circles that are 12 feet (3.65 meters) in diameter and are called "the House" which is the scoring area. The House is made up of three concentric circles that surround a center circle, which is called the Button and is the exact center of the House. The goal for each player is to slide the round 44-pound stone or "rock" down the ice and into the House to score points.

Further explanation of rules can be found at: <http://www.worldcurling.org/rules-and-regulations>

#### Equipment

Participants are responsible for supplying their own equipment (shoes and brooms). Players in the novice division may borrow equipment but must request this equipment in advance by contacting the ICG Kelowna Curling event organizer by January 1<sup>st</sup>. See website for contact information and to view a full equipment list.

#### Presentation of Medals

GOLD - For the teams finishing first in the Main or Developmental Divisions  
SILVER - For the teams finishing second in the Main or Developmental Divisions  
BRONZE - For the teams finishing third in the Main or Developmental Divisions

#### Medical

A First Aid service will be available on site.

#### Technical Meeting

The Technical Meeting will be held on January 26, 2011; time and location to be announced. All Coaches are required to attend.

**Venue** - [Kelowna Curling Club](#), 551 Recreation Avenue, Kelowna B.C.

## 4. Figure Skating

See the full Handbook for more information.

### Competition Rules

- Each city may enter a maximum number of 2 girls and 1 boy
- Children must be 12 by January 1 the year of the Games and not turn 16 the year for the Games (December 31)
- Each event shall consist of two parts:
  - Short Program of maximum length of 2 minutes 30 seconds
  - Free Skating Program of 3 minutes 00 seconds for Girls, and 3:30 minutes for Boys ( + or – 10 seconds)
- A Gala will be held on the final date with a maximum length of 2 minutes 30 seconds

### Format

The competitions and Gala will take place in an indoor skating rink 85' x 200' (NHL dimensions).

### Equipment

- All participants are expected to bring their own music on CD or digital media
- All costume and skates to be supplied by participant
- See website to view full equipment list

### Rules

#### Short Program Singles

The Short Program for Girls' Singles shall consist of the following elements:

- a) Axel Paulsen or Double Axel Paulsen
- b) Double or triple jump immediately preceded by connecting steps not repeating a jump from a)
- c) One jump combination consisting of two double jumps or one double and one triple jump; both jumps may not repeat a jump from a) or b)
- d) Layback or sideways leaning spin (minimum of six (6) revolutions)
- e) Spin combination with only one change of foot and at least one change of position (minimum of five (5) revolutions on each foot). The minimum number of revolutions required in a position is two (2). In case this requirement is not fulfilled, the position is not counted
- f) One spiral sequence consisting of at least two (2) spiral positions. The spiral sequence has to be according to the remarks in the ISU Technical Rules Single & Pair Skating 2006. A spiral position in order to be counted must be held for at least three (3) seconds.
- g) One step sequence with full utilization of the ice surface (straight line, circular or serpentine)

The Short Program for Boys' Singles shall consist of the following elements:

- a. Axel Paulsen or Double Axel Paulsen
- b. Double or triple jump immediately preceded by connecting steps not repeating a jump from a)
- c. One jump combination consisting of two double jumps or one double and one triple jump, both jumps may not repeat jump from a) or b)
- d. Camel or sit spin (minimum of six (6) revolutions). Change of foot is optional. No flying entrance.
- e. Spin combination with only one change of foot and at least one change of position (minimum of five (5) revolutions on each foot). The minimum number of revolutions required in a position is two (2). In case this requirement is not fulfilled, the position is not counted.
- f. Two step sequences of a different nature with full utilization of the ice surface (straight line, serpentine, or circular).

## **Free or Long Program Skating Program Singles**

A well balanced Free Skating program for Singles must contain:

- a) Maximum of 6 jump elements for Girls and a maximum of 7 jump elements for Boys, one of which must be an Axel type jump and there may be up to three (3) jump combinations or sequences. Only one jump combination can contain three (3) jumps. A jump sequence can contain any number of jumps, but only the two most difficult jumps will be counted. Only two (2) jumps with two and a half (2 1/2) or three (3) revolutions can be repeated either in a jump combination or in a jump sequence.
- b) There must be a maximum of three (3) spins of a different nature, one of which must be a spin combination (minimum of ten (10) revolutions) and one a flying spin with no change of position and no change of foot (minimum of six (6) revolutions). In spins, the minimum number of revolutions required in a position is two (2). In case this requirement is not fulfilled, the position is not counted. Number of changes of foot in the spin combination is optional.
- c) There must be a maximum of one (1) step sequence or one (1) spiral sequence consisting of at least two (2) spiral positions for both Boys and Girls. A spiral position in order to be counted must be held for at least 3 seconds.

## **Technical Meeting**

The Technical Meeting will be held on January 26, 2011; time and location to be announced. All Coaches are required to attend.

## **Presentation of Medals**

GOLD – For skater ranking first in the competition  
SILVER – For skater ranking second in the competition  
BRONZE – For skater ranking third in the competition

## **Medical**

First Aid Service will be available on site.

**Venue** – [Capital News Centre](#), 4105 Gordon Drive, Kelowna, B.C.

## 5. Hockey

See the full Handbook for more information.

**Note: There are no International Hockey rules for divisions under 16 years of age; therefore Hockey Canada Bantam age rules will apply. In the interest of creating an international tournament the organizing committee is limiting registration to one total team per city.**

For more guiding rules, see “Sport Parameters” on Page 9 of this Guide.

For a full explanation of Hockey Canada’s rules visit: [www.hockeycanada.ca/index.php/ci\\_id/58611/la\\_id/1.htm](http://www.hockeycanada.ca/index.php/ci_id/58611/la_id/1.htm)

### Format

Teams may consist of a minimum of 13 / maximum of 17 players, including goalies. The Hockey Coaching/Staff, (maximum 3), must be included in the overall 5 permitted coach positions, refer to page 4 for more information. One hockey team total per city only.

- Boy’s Team: 8 Bantam Level 13 & 14 yrs. (12 yrs olds accepted)
- Girl’s Team: 6 Teams 13 & 14 yrs. (12 yrs olds accepted)
- If two teams are involved in a tie score, see below
- Boy’s Tournament Style: 3 Game Round Robin with Semi Final and Medal Round Championship Games
- Girl’s Tournament Style: 3 Game Round Robin with Medal Round Championship Games

### Ties

Points are awarded as follows:

- 2 points for a win
- 1 point for a tie
- 0 points for a loss

### Ties in overall standings after the round robin series are settled as follows:

1. Team who won the game between the two tied teams will place higher (head to head).
2. If two or more teams are still tied, the team with the best goal average will place higher. The goal average is determined by dividing the total number of goals for and against into the total number of goals for. (Example: goals for 10, goals against 4, percentage is  $10/14 = .714$ )
3. Least number of penalty minutes in the games between the tied teams.
4. Least penalty minutes in all round robin games.
5. Coin toss.

### In the semi-finals and finals:

Should two teams be tied at the end of regulation time in a playoff game a 5 minute sudden victory four on four overtime period will be played. A team may only be short handed one player due to penalties in this period. If still tied, a shoot out will take place as follows:

1. At the conclusion of regulation time there will be a two minute break. Teams will not change ends at any time during the overtime/shoot out.
2. During this break, the head coaches shall provide to the game referee the names and numbers of 5 players who will be utilized if a shoot-out becomes necessary. The visiting team will shoot first. There will be no changes allowed to this list once submitted.
3. After a five man shoot out, if still tied, then a sudden victory shoot out shall begin. The first five shooters may not shoot again until all other players have had a turn.

**As this is the first year of Hockey at the International Children’s Games, it is important for all potential teams to review the full rules as per the Hockey Canada Rule book:**

[www.hockeycanada.ca/index.php/ci\\_id/58611/la\\_id/1.htm](http://www.hockeycanada.ca/index.php/ci_id/58611/la_id/1.htm)

**Note:**

- Body contact is allowed at the Boy's Bantam level. No body checking in Girl's hockey allowed.
- Penalties will be called by the on ice official only.
- Each team will do their best to ensure victory but this must be done in the spirit of sportsmanship and fair play. Any deliberate or repeated non –co-operation or non- compliance with the spirit of this rule may result in game or tournament ejection by the offending player.

**Technical Meeting**

A Technical Meeting will be held on January 26, 2011; time and location to be announced. All coaches are required to attend.

**Equipment**

- Participants are responsible for supplying their own \*team jerseys and equipment as per the Official Case/Rule Book of Hockey Canada.
- See website to view full equipment list

**Required Hockey Equipment**

- C.S.A. approved facial protector (full cage or full visor)
- Mouth guard is mandatory for all players, including goalies
- C.S.A. approved throat protector (collar or bib type)
- Athletic support cup/jock (male)
- Athletic Jill (female)
- Hockey pants
- Shoulder pads
- Elbow pads
- Shin/knee pads
- Hockey gloves
- Hockey socks
- Skates
- Numbered Jersey (Dark & Light) with 3 inch stop sign on back
- Hockey Stick
- Shin pad tape & tape for stick

**Presentation of Medals**

GOLD - For team ranking first in the competition

SILVER - For team ranking second in the competition

BRONZE - For team ranking third in the competition

**Medical**

A First Aid Service will be available on site.

**Venues -** [Memorial Arena](#), 1424 Ellis Street, Kelowna, B.C.  
[Rutland Twin Arena](#), 645 Dodd Road, Kelowna, B.C.

## 6. Speed Skating (Short Track)

See the full Handbook for more information.

### Eligibility and Team Composition:

- 2 male, and 2 female athletes
- 1 Coach, 1 Manager (opposite genders)
- Children must be 12 by January 1 the year of the Games and not turn 16 the year for the Games (December 31)
- Athletes will compete with those of the same gender except in the case of relays

### Entry Submissions

Skaters will be seeded into same gender/combined age groups divisions using their season best 500m time. Teams are required to submit their times on the entry document.

### Course

NHL size surface (85' x 200') will be used with a 111.12m track.

### Events

- 500m and 1500m
- 2000m or 3000m relay comprised of 4 skaters

### Relay Format

- Relays will be categorized based on teams of four skaters:
  - Top 16 times will be seeded in Division A
  - Top 17-32 skaters will be seeded in Division B

### Technical Meeting

The Technical Meeting will be held on January 26, 2011; time and location to be announced. All coaches are required to attend.

### Equipment

- Athletes are responsible for providing their own equipment
- All skaters are required to wear helmets (ISU approved), Kevlar bib-like neck protectors, cut resistant gloves, knee pads, and shin guards in addition to a team racing suit
- Timing Equipment: Manual timing will be used. Electronic timing will not be provided
- See website to view full equipment list

### Presentation of Medals:

The Following Medals will be awarded:

GOLD - For individual and teams ranking first in the competition

SILVER - For individual and teams ranking second in the competition

BRONZE - For individual and teams ranking third in the competition

### Medical

A First Aid Service will be available on site.

**Venue** - [Capital News Centre](#), 4105 Gordon Drive, Kelowna, B.C.

## Snowboard

See the full Handbook for more information.

### Competition Rules

- Competitions are run in accordance with FIS rules. Detailed rules are available at [www.fisSKI.com](http://www.fisSKI.com)
- Each city may enter a maximum number of 4 girls and 4 boys and a minimum of 2
- Children must be 12 by January 1 the year of the Games and not turn 16 the year for the Games (December 31)

### Format

- Slopestyle - Two runs with the best run to be scored.
- Snowcross - One timed run for seeding into Heats. Heats will be used to determine final results.

### Equipment

- All competitors must wear helmets.
- All Competitors must have their own equipment such as snowboards, boots, clothing, helmets etc.
- See website to view a full equipment list

### Technical Meeting

The Technical Meeting will be held on January 26, 2011; time and location to be announced. All Coaches are required to attend.

### Presentation of Medals

GOLD – For individual ranking first in the competition  
SILVER – For individual ranking second in the competition  
BRONZE – For individual ranking third in the competition

### Medical

First Aid Service will be available on site.

**Venue** - [Big White Ski Resort](#) is located in the Okanagan Valley, just 56 km from Kelowna. Big White is blessed with sunny weather, dry powder and a mild average temperature of -5C (23F).

# GUIDE TO ENTRY INTO CANADA: Entry into Canada

## Passports and Visas

### International Visitors to Canada

International visitors to Canada (not US citizens or US permanent residents) must carry a valid passport and, if required, a visa. Citizens from the United Kingdom, France, Germany, Japan, the Republic of Korea, Australia, and some other countries do not require a visa to enter Canada. Visit the [Citizenship and Immigration Canada](#) website for a complete list of countries whose citizens require visas to enter Canada.

All other visitors should contact their Canadian embassy or consulate to learn what documents are required. Contact information for Canadian embassies around the world can be found at the [Foreign Affairs Canada](#) website.

Visitors are advised that if they are travelling through a third country, they may also need visas or other documents for that country.

If you are required to have a visa, we advise you to include the Games invitation with your application, ensure that all of your application information is accurate and complete and to submit your application(s) at your earliest convenience.

### United States Visitors to Canada

Effective January 23, 2007, the Western Hemisphere Travel Initiative (WHTI) requires everyone entering or re-entering the US by air to show a passport or a NEXUS card at a NEXUS kiosk at designated airports.

On June 1, 2009, the US government will implement the land and sea phase of WHTI. The rules require that most travellers entering the United States at sea or land ports-of-entry have a passport, passport card, or [other travel documents as approved by the Department of Homeland Security](#).

### WHTI-Compliant Documents:

- Passport
- [US passport card](#): Only valid for re-entry into the United States at land border crossings and sea ports-of-entry from Canada, Mexico, the Caribbean region, and Bermuda.
- Trusted traveller cards (NEXUS, SENTRI or FAST)
- State-issued enhanced driver's license
- Enhanced tribal card (when available)
- US military identification with military travel orders
- Merchant mariner document when travelling on official maritime business
- Native American tribal photo identification card
- Form I-872 American Indian card

For further information, please visit [travel.state.gov](#).

### Requirements for Children Entering Canada

If you are travelling with children, you must carry identification such as a birth certificate, proof of citizenship, or student visa for each child under 18 years old. Divorced parents who share custody of their children should carry copies of the legal custody documents. Adults who are not parents or guardians must have written permission from the parents or guardians to accompany the children. When travelling with a group of vehicles, parents or guardians should travel in the same vehicle as the children for border crossing.

Customs officers are often looking for missing children and may ask questions about the children travelling with you.

### **Immunizations and Vaccinations**

No special immunizations or vaccinations are required to visit Canada. If you're travelling with children, it's always a good idea to ensure they are up-to-date on routine childhood immunizations before international travel. Contact a qualified health professional in your area for more advice. For current travel health information, visit the [Public Health Agency of Canada](#) website.

### **Customs and Duty Free**

#### **Prohibited and Restricted Items by Canada Customs**

To learn more about Canadian customs regulations, visit the [Canada Border Services Agency](#) website.

Many agricultural items are restricted or have prohibited entry to Canada. Canadian law requires that you declare all agricultural products you bring into Canada to customs officers when you arrive, whether by land, sea, or air. Permission is required to import plants to Canada, with the exception of houseplants from the United States. The [Canadian Food Inspection Agency](#) provides more information.

Handguns and weapons, such as mace and pepper spray, are prohibited from being brought into Canada. Additionally, some fruits, vegetables, eggs, meats, dairy products, and plants from other countries cannot be brought into Canada. For more information, please consult the [Canada Border Services Agency](#) website.

#### **Gifts**

Gifts valued at \$60 or less each may be brought into Canada duty-free and tax-free. If you bring in gifts worth more than \$60, they will be subject to duty on the excess amount. Alcoholic beverages, tobacco products, and advertising materials do not qualify as gifts.

#### **Alcohol and Tobacco Products**

You can bring in limited quantities of alcohol if you meet the minimum age requirements of the province or territory you enter Canada in (see below). These items must accompany you on your arrival.

Minimum ages for the importation of alcoholic beverages are 18 for Alberta, Manitoba, and Quebec and 19 for Yukon, Northwest Territories, Nunavut, British Columbia, Saskatchewan, Ontario, Nova Scotia, New Brunswick, Prince Edward Island, and Newfoundland and Labrador.

You can import *only one* of the following amounts of alcohol free of duty and taxes: 1.5 l of wine; 1.14 l of liquor; a total of 1.14 l of wine and liquor; or 24 x 355 ml cans or bottles (a maximum of 8.5 l) of beer or ale.

You are allowed to bring into Canada duty free: 200 cigarettes; 50 cigars or cigarillos; 200g of manufactured tobacco; or 200 tobacco sticks.

For more information on bringing in alcohol and tobacco to Canada, please visit the [Canada Border Services Agency](#) website.

#### **Duty-Free Limits for International (not US residents) Visitors Returning Home**

International visitors outside the US should consult with customs officials in their home countries to determine their duty-free limits.

### **Duty-Free Limits for US Visitors Returning Home**

American residents returning to the US after 48 hours can take back \$800 US worth of merchandise duty-free, every 30 days. This may include 1 l of alcohol (provided the resident is 21 years or over), 200 cigarettes or 100 cigars, not of Cuban origin. If you are travelling as a family, you may combine your personal exemptions for visits over 48 hours.

If your stay is less than 48 hours, or if the \$800 US allowance, or part of it, has been used within the previous 30 days, an exemption of \$200 US is allowed, including 150 ml of alcohol, 150 ml of perfume and no more than 50 cigarettes or 10 cigars, not of Cuban origin.

If you plan to bring back articles as part of an exemption, they must be for personal or household use. These articles must be carried with you and declared. Duty charged varies according to the country the article was made in and the type of article. No prohibited or restricted items are permitted across the border.

For more information on US border-crossing and duty requirements and limits, please visit the [U.S. Customs](#) website.

### **Customs Offices**

You can locate the nearest customs office by visiting the [Canada Border Services Agency website](#), or by calling the Border Information Service (BIS). Call toll free in Canada: 1.800.461.9999. Outside Canada, call 204.983.3500 or 506.636.5064 (long-distance charges apply).

### **Airlines and Airports**

Canada's major airline is [Air Canada](#), providing air transportation nationally and internationally to more than 150 destinations. Other airlines also offer service to and within Canada.

[Kelowna International Airport](#) (YLW), located in Kelowna, is the major international airport for the Central Okanagan Interior of British Columbia.

Direct flights connect the major cities of the globe with the larger Canadian airports, and frequent connecting flights will help you get to any Canadian destination efficiently.

Direct flights from most major US air terminals take you to many Canadian cities including Victoria, Vancouver, Calgary, Edmonton, Regina, Winnipeg, Thunder Bay, London, Toronto, Ottawa, Montréal, Québec City, Saint John, Halifax, and Yarmouth.

### **Air Travel and Security**

For a complete guide to Canada's airlines, please visit the [Transport Canada](#) website. Use the [CATSA airport search tool](#) to search for Canadian airports from coast to coast.

To learn more about Canadian airport security guidelines, please visit the [Canadian Air Transport Security Authority](#) (CATSA) website.

**Accessibility**

Travellers with disabilities in Canada have more options and resources for exploring the country than ever before.

Visit [Canada's Persons with Disabilities Online](#) website for information on accessibility in Canada and to use the handy [Accessible Travel and Tourism Information Finder](#).

For details about accessible transportation in Canada and links to resources for travellers with special needs, please visit the [Access to Travel](#) website.

**Embassies and Consulates**

Canada hosts numerous embassies, consulates, and high commissions that provide assistance to foreign travellers. If you need help with documentation (for example, replacing a lost passport or extending a visa) or assistance dealing with legal, medical, or emergency matters, contact your country's diplomatic mission or consular office in Canada.

- **International Travellers to Canada Contacting your Consulate in Canada**

To search a directory of consular offices across Canada by country of origin, visit the [Foreign Affairs Canada](#) website.

- **US Travellers to Canada Contacting a US Consulate in Canada**

American travellers can access information and services regarding passports, foreign births, customs requirements, taxes and social security by contacting a US consulate in Canada or by calling 1.800.529.4410 (toll free). To search for US embassies, consulates, and diplomatic missions in Canada, visit the [U.S. Department of State](#) website.