



15<sup>th</sup> edition  
MAY 18-21  
**2023**

# Participant's Handbook





# 15TH EDITION OF THE FIRST NATIONS EDUCATION COUNCIL INTER-SCHOOL GAMES



## Important Dates

|  |  |
|--|--|
| <b>February 3<sup>rd</sup>, 2023</b>               | Due date for the <b>Delegation Registration Form</b> and for 2000\$ depot  |
| <b>February 11<sup>th</sup>, 2023</b>              | Start of room reservation at Travelodge Québec hotel   |
| <b>March 11<sup>th</sup>, 2023</b>                 | Due date for room reservation at Travelodge Québec hotel   |
| <b>March 31<sup>st</sup>, 2023</b>                 | Due date for: <ul style="list-style-type: none"><li>- List of participants</li><li>- Registration form for each individual athlete</li><li>- Registration form for each individual chaperone</li></ul> |
| <b>April 14<sup>th</sup>, 2023</b>                 | Due date for rooming lists   |
| <b>April 28<sup>th</sup>, 2023</b>                 | Due date for validations of registrations and billing. After this date, all reserved rooms and meals will be billed, even for absentees.   |
| <b>May 17<sup>th</sup>, 2023</b>                   | Delegation arrivals  |
| <b>May 18<sup>th</sup> to 21<sup>st</sup> 2023</b> | <b>2023 FNEC Inter-school Games</b>  |
| <b>June 21<sup>st</sup>, 2023</b>                  | Due date for payments regarding the 2023 Inter-school Games  |

## Introduction

We are pleased to present you with the *Participant's Handbook* for the 15<sup>th</sup> edition of the First Nations Education Council (FNEC) Inter-school Games.

This document contains what you need to know to take part in this annual sporting event.

If you have any questions, contact David Gill, Games coordinator, at [dgill@cepn-fnec.com](mailto:dgill@cepn-fnec.com), or at 418-842-7672.

## FNEC Inter-school Games

Launched in 2008, the FNEC Inter-school Games bring together several hundreds of students between the ages of 10 and 18, at the end of each school year. This event gives athletes and their coaches the opportunity to take part in friendly competition in various disciplines including track and field, floor hockey, basketball, volleyball, and starting in 2022, obstacle course racing.

In addition to encouraging students to stay in school, the Games promote perseverance and healthy lifestyle habits including physical activity and good nutrition.



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Since the Games began, organizers have noted a continual increase in the number of school sports teams. The high level of preparation among students in the competitions is a testament to their hard work and commitment throughout the school year. Coaches and athletes all agree that this event fills an important need among First Nations communities!

### Eligibility Criteria

#### Age and grade level:

- The FNEC Inter-school Games are **reserved** for students **between the ages of 10 and 18 as of May 17, 2023**, and in Grades 5 and 6 and Secondary I to V.
- Students enrolled in college or adult education are not eligible, even if they are 18 years of age or under.

#### Note:

Any team that contravenes this regulation will be disqualified and every game in which the athlete in question played will be recorded as a loss.

#### The FNEC Inter-school Games are for students in:

- FNEC-member communities with schools.
- FNEC-member communities without schools.
- FNEC-member communities whose schools do not offer all grade levels.



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*Students attending an **elementary or secondary school** outside their community can participate in the FNEC Inter-school Games, but they must obtain permission from the FNEC representative for their community prior to registering.*

- Non-member communities that want their schools to participate.  
*In the event that we would need to limit the number of registrations, registrations from FNEC-member communities will take priority over those from non-member communities.*

### Registration Approval

How to register in the FNEC Inter-school Games:

#### **For FNEC-member communities with schools**

All registration applications must be approved and signed by the community's FNEC representative before being officially submitted.

#### **For FNEC-member communities without schools or whose schools do not offer all grade levels**

Students wanting to participate in the Inter-school Games must be community members and their application must be approved and signed by the FNEC representative for their community. These students will automatically be registered under the band council banner.

#### **Non-member communities**

Communities who want to take part in the Inter-school Games but are not members of the FNEC must obtain approval from their band council chief who must sign their registration form.

### Supervisors, Chaperones and Coaches

One chaperone per group of six students is required.

Supervisors, chaperones and coaches must watch over and take care of the participants they are responsible for around the clock and ensure their safety.

Supervisors, chaperones and coaches must fill out their own registration form and submit it along with the school's registration form by **March 31st, 2023**.

Supervisors, chaperones and coaches must provide their cell phone number so we can reach them during the Games and give them instructions during sports competitions if necessary.

Chaperones who wish to do so will have the chance to participate in the 5km trail race.

Please note that the accompanying persons who participate in the competitions must ensure that the supervision of their youngsters is not compromised.

### Accommodation



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Due to the high number of pre-registrations, we will be unable to accommodate all participants on campus at Laval University. We have made arrangements with a hotel nearby, the Travelodge Québec, to accommodate the remainder of participants.

### **Student residences at Laval University:**

- FNEC-member communities who filled out and sent the declaration of intent by the 5<sup>th</sup> of December 2022 have been identified and assigned accommodation in the Laval University residences.
- These will be **double occupancy rooms**, no exceptions.
- Please indicate on your rooming list if you would like an additional room to store your equipment or food, or to hold meetings.
- **By Friday the 14<sup>th</sup> of April, 2023**, you must send in your rooming list, assigning each participant to a room.

### **Travelodge Québec:**

- FNEC-member communities who have not filled out the declaration of intent by the 5<sup>th</sup> of December 2022, as well as all non FNEC-member communities will stay at Travelodge Québec.
- Reservations at Travelodge can be made starting on February 11<sup>th</sup> 2023.
- A section of the Travelodge Québec has been reserved for the Inter-school Games and will be kept until March 11<sup>th</sup>, 2023:
  - 95 rooms with 2 double-sized beds (4 occupants per room) at 149\$ + taxes per night
  - 66 rooms with 1 queen-sized bed (2 occupants per room) at 120\$ + taxed per night
- **Each delegation, through their Chef de Mission, is responsible for the reservation of their rooms by sending an e-mail to [groupe@travelodgeqc.com](mailto:groupe@travelodgeqc.com), between February 11<sup>th</sup> and March 11<sup>th</sup> 2023.**
- All costs related to accommodation at Travelodge Quebec are the responsibility of the community.
- **By Friday 14<sup>th</sup> of April**, you must transfer the list of the occupants assigned to each room, to the hotel.

### **Meals**

Eleven meals are offered to you during the event, from Thursday morning (breakfast) to Sunday noon (lunch).

The meals will always be provided under a large tent near the PEPS.

Please note that Wednesday's supper is not provided.



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### **Transport**

This year, delegations must travel from one place to another in the city of Québec. For this reason, we ask that each delegation be independent regarding local transportation. If you hire one or more buses (or other type vehicle for the smaller delegations), one of these must be available for the duration of the Games, to transport the participants from one place to the other.

Here are a few examples of trips that you are responsible for:

- Travelling from the hotel to Laval University, mornings and evenings (for delegations staying at the hotel);
- Travelling from Laval University to the Galeries de la Capitale, on Thursday night for a special event;
- Travelling between Laval University (or the hotel) to Lac Beauport, on Saturday morning for the trail race.



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**Registration Fees**

Registration fees includes participation in the FNEC Inter-school Games, meals served on Laval University campus, and where applicable, accommodations in Laval University student residences.

Registration fees for **FNEC-member communities** are:

- **\$220** per participant, supervisor, chaperone or coach staying in Laval University residences.
- **\$145** per participant, supervisor, chaperone or coach staying at Travelodge hotel or elsewhere (accommodation at your expense).

Registration fees for **non-member communities** are:

- **\$195** per participant, supervisor, chaperone or coach staying at Travelodge hotel or elsewhere (accommodation at your expense).

**Note:**

Seeing as **FNEC-member communities** pay an annual membership fee, their registration fees for the Inter-school Games are lower than those for non-member communities.

Delegations staying at the hotel, whether they are FNEC members or not, must make their own reservations and cover the cost of their stay.

**Payment**

A **\$2,000 deposit is required upon registration**, on **February 3<sup>rd</sup>, 2023**, to secure your participation in the Inter-school Games.

**Cheques are payable to:**

**First Nations Education Council**

**Subject: 2023 FNEC Inter-school Games**

You have until **Wednesday, June 21<sup>st</sup>, 2023**, which is one month after the event to pay your registration fees in full.



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### Team Sports

Participants in the FNEC Inter-School Games can participate in two team sports, no matter the age group. Please note that from now on, we no longer limit participation to a single team sport.

### Age Groups

10–12-year-olds

13–15-year-olds

16–18-year-olds

### Team Sports

| Basketball   | Volleyball  | Hockey cosom                                       |
|--|---|--|
| <b>All age groups</b><br>(boys and girls)  | <b>All age groups</b><br>(boys, girls and <b>mixed*</b> ) | <b>All age groups</b><br>(boys and <b>mixed*</b> ) |
| *If mixed volleyball or floor hockey teams are registered, the rules will be determined accordingly. |   |  |

### Sports Team Registration Information

- Starting in 2023, we are making an important change in 10-12 volleyball in order to promote longer exchanges and make the game more fun. This category will be playing mini-volleyball, which means:
  - Matches will be played 4 vs 4
  - It will be played on a badminton sized court on a 2-meter net
  - The second contact must be caught and thrown in one fluid motion
  - Three contacts must be played before sending the ball to the opposite side
 These changes only apply to the 10-12 age group. Other age groups play regular volleyball. For more information on mini-volleyball, [click here](#).
- Age groups cannot be changed after **Friday, March 31st, 2022**, regardless of the sport.
- It is possible for the same player to participate in up to two sports at a time. However, this will inevitably cause some scheduling conflicts. The minimum number of players must be respected for each match. Therefore, coaches must have substitute players for every multi-sport player on their team.
- We are aware that the team’s line up might change over the course of time, but you must ensure that any changes or additions do not affect the age group in which the team is registered because this has an impact on the number of officials required, the schedule of competitions, as well as the translation, revision, and printing of documents.





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- A team can only play one player a year older than the age group in which it is registered; for example, a 13-year-old on a team registered in the 10–12-year-old age group.
- Even though the number of registrations is beyond our control, we would ideally like to have three teams per age group in the same sport to make for better competition. If only one or two teams are registered in a category, the sports consultant will contact these teams to discuss the available options.

**Track and Field**

Participants can choose any number of track and field events from the ones offered.

As of 2023, the 10-12 age group is divided into three independent categories, one for each age as of May 17<sup>th</sup>, 2023. This will allow athletes of 10, 11 and 12 years of age to compete with other athletes of more similar physical development level. There will be independent podiums for each age.

Furthermore, in 2023, the Laval University track will be undergoing maintenance. Therefore, the 100m and 4 x 100m relay will be held on a synthetic surface and not on an official track. This also explains why the 200m and 400m events will not be held this year.

**Age Groups**

|                          | 10-year-olds  | 11-year-olds | 12-year-olds | 13–15-year-olds | 16–18-year-olds |
|--------------------------|---|--------------|--------------|-----------------|-----------------|
|                          | <b>All age groups<br/>(boys and girls)</b>  |              |              |                 |                 |
| <b>Individual events</b> | <b>100 m</b><br><br><b>Long jump</b><br><br><b>Shot put</b><br><br><b>Trail Race (3.5 to 5km)</b> |              |              |                 |                 |
| <b>Team event</b>        | <b>4 x 100 m relay*</b>   |              |              |                 |                 |

\* Each school can enter a **maximum of 2 teams** of the same gender and age group in the **4 x 100 m relay**.



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**Obstacle Course Racing (Ancestors' Challenge)**

A “supersized” version of the Ancestors’ Challenge will now be presented as an event at the Inter-School Games. The format will be eliminatory, that is, the number of participants will decrease as the competition progresses.

**Age Groups**

10-year-olds    11-year-olds    12-year-olds    13–15-year-olds    16–18-year-olds

| <b>Age Groups</b>  |  |
|--|--|
| 10-year-olds    11-year-olds    12-year-olds    13–15-year-olds    16–18-year-olds |  |
| <b>All age groups</b><br>(boys and girls)  |  |
| <b>Day 1</b><br>(Exact day to be determined)                                       | <b>Qualification Round</b><br><br>(Participants show up at any time and are allowed a maximum of two tries to achieve the fastest possible timed performance)                        |
| <b>Day 2</b>   | <b>Semi-Finals</b><br><b>Finals</b><br><br>(The 4 best participants of the qualification round are invited to the semi-finals. The 2 best then meet in the final, for each category) |



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**Rules of Conduct**

**RESPECT**

- No form of violence, bullying or vandalism is tolerated.
- Language must be appropriate and polite at all times.
- Mutual respect is essential between FNEC employees, officials, supervisors, chaperones and coaches, as well as participants.

**CLEANLINESS of the site**

- All areas must be kept clean at all times: PEPS, residences, Laval University campus, etc.
- Supervisors, chaperones and coaches must remind their participants to put garbage in garbage cans after meals and snacks.
- We ask for your cooperation in keeping all areas clean during the FNEC Inter-school Games.

**ACCOMMODATION**

- Curfew is set at 10:00 p.m. and at 10:30 p.m. on Saturday.
- Laval University will be staffed by security officers around the clock to ensure the safety and well-being of everyone. Their instructions must be heeded.

**SUPERVISORS, CHAPERONES and COACHES**

- Supervisors, chaperones and coaches from each community must make sure that all members of their delegation conduct themselves appropriately and that there are no disorderly disturbances on or off Laval University campus.
- Supervisors, chaperones and coaches are under obligation to watch over, take care and ensure the safety of the participants they are responsible for around the clock.

**SMOKING, VAPING, CONSUMPTION of ALCOHOL, DRUGS, FOOD and BEVERAGES**

- Smoking and vaping are strictly forbidden in the PEPS and the student residences.
- Consumption of drugs or alcohol is forbidden at all times. Anyone who violates this rule will be immediately ejected and will never be allowed to return to the Inter-school Games.
- Consumption of energy drinks is not tolerated.



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- Food and beverages are not permitted on the sport's courts.

### **FNEC and PEPS EQUIPMENT LOANS**

- Sports equipment is available on loan.
- To borrow equipment, you must fill out a loan form available at the information office.
- You will be billed for the estimated value of any unreturned equipment.

### **SECURITY**

- Laval University is responsible for night security at the student residences and the PEPS; however, the FNEC also has someone in charge of security. If there is an incident or a problem, you will be directed to this person who will analyze the situation with you before a final decision is made with the project officer in charge of the FNEC Inter-school Games.

### **ATTENTION**

- Communities agree to take full responsibility for any damage or disturbance caused by a member of their delegation, and to reimburse any repair costs related to the incidents.
- Depending on the seriousness of the incident, the community in question may receive a penalty and a one-year suspension from participating in the Inter-school Games.

### **Cancellation Policy**

April 28<sup>th</sup>, 2023 is the final deadline for making changes to your list of participants. On this date, your bill will be "final", which means you will be billed, even for athletes who are absent.

Please note that if you have accommodation off campus, your contract with your accommodation's establishment must be upheld. The FNEC does not claim responsibility for any cancellation fees billed by the establishment.

If you cancel your delegation's participation in whole between February 3<sup>rd</sup> and April 28<sup>th</sup>, 50% of the \$2,000 deposit you made at the time of registration will be reimbursed. If you withdraw after April 28<sup>th</sup>, you will lose your security deposit in full.

We ask that you respect all deadlines and refrain from making any changes once you have completed your registration because this can have a major impact on the organization of the event (schedule of competitions, finding referees and scorekeepers, printing documents, etc.).



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**Parental Consent Form and Medical Information**

This form must be filled out by the parents or guardians of each participant, and submitted by **Friday, March 31<sup>st</sup>, 2023**, so that the medical information of each participant is readily available in case of an emergency.

**The participant's age as of May 17<sup>th</sup>, 2023, which is the first day of the FNEC Inter-school Games, must be indicated on the form.** This enables us to place them in the correct age group.

**Health Insurance Card**

Participants, supervisors, and coaches must have their health insurance card with them during the FNEC Inter-school Games:

1. in case of a medical emergency;
2. as proof of age if requested (e.g. by an opposing team).