

How do I get from my zone to the games?

* External bus transportation is available to all registered participants (athletes, coaches & chaperones) from outside of 100km of the Host community. Athletes within 100km get to the Games on their own, but once there can use the internal bussing system to move about the host community to their Village, food centre, sport venue & entertainment activities

Where do I stay, can my parents stay with me?

* No, parents do not stay with Games participants. Athletes are housed in Games 'villages' (local schools) with coaches & chaperones. Villages are gender-specific. Parents & spectators must arrange their own accommodation locally.

Are my meals provided?

* Yes, beginning with supper on Thursday Feb 4th and ending with brunch on Sunday Feb 7th, athletes receive meals every day through the host community. Breakfast & supper will be at a large Food centre, and lunches will be provided at their competition venue.

Where do I collect my uniform from?

* Each athlete will receive an ASRPWF piece of apparel identifying them as a team member from their zone. They'll receive this item from their coach following Zone Coaches meetings scheduled for Jan 25th, 2010. Note: this item is not their competition uniform

Where can I get the games schedule?

* Coaches will receive their draft Competition schedule & enough Participant Handbooks for their team at the Zone Coaches meetings to be held on January 25th

Is there an emergency telephone number?

* Each Zone will be assigned a Chef de Mission – that person can be contacted to pass along a family message in the case of an emergency. Their cell number will be in the Participant Handbook that each athlete will receive. Also, the Participant Handbook will contain important phone numbers, including the Games Mission office in the event someone needs to be reached