



CANADIAN ULTIMATE CHAMPIONSHIPS 2019

2019 CUC Itinerary and Manual
For Coaches, Parents and Athletes



Introduction

- To help with planning around the largest and season ending event known as the Junior Canadian Ultimate Championships, we have put together an event guide to help coaches and parents with plans and event information.

This will include (but is not limited to) instructions on communicating with bus drivers, formally introducing chaperones to teams, the Emergency Action Plan info, what to do on Sunday upon arrival in Edmonton, and other pertinent details.

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Check List for Parents

- What to send with your child and what sorts of concerns need to be addressed on this trip? We've made it easy for you... please make sure the essentials listed below are covered!
 - Sunscreen (athletes are in the sun for the entire day)
 - Hats (teams have hats but make sure there are extras)
 - Cleats
 - Team Uniforms and Gear (you can't play without them)
 - Toiletries (toothbrush, toothpaste, deodorant, etc.)
 - Money for meals
 - ID in case of emergency (coaches have the medical forms)
 - Bathing Suit (in case of hotel pool)
 - Any special medications or epi-pens
 - PLEASE NOTE – DO NOT BRING SNACKS WITH NUTS OF ANY KIND ON THE BUS – WE HAVE ALLERGIES**

Planning between bus drivers and coaches:

- Head coaches should get together each evening at the hotel after their team meetings and meet with the drivers for the 3 buses. This communication between bus drivers and coaches should include plans for the next day such as location, exact address if possible and time you would like to leave venue as well as any meal stops or excursions requiring shuttle service.

When travelling between Winnipeg and Edmonton, please note we are trying to keep to the following schedule:

- 45 minute stop in Regina to change drivers, use washrooms and grab a snack
- 45 minute stop in Lloydminster on the Saskatchewan and Alberta border for washrooms and snacks

- Return Trip – All buses will leave after the finals. Teams will stop on the way out of town for dinner and also to wash up before the ride home. This stop will be a full 1 hour.

Hotel Information

- **Check In:** Saturday, Aug. 10
- Check Out:** Wednesday, Aug. 14
- Location:** Edmonton, Alberta, Canada
- Hotel:** Sawridge Inn, 4235 Gateway Blvd, Edmonton Alberta. Breakfast each day is included.

Event Information/ Website Link :

<http://cuc.canadianultimate.com/secure/cuc-edmonton/junior-divisions/>

Emergency Action Plan (EAP) For Parents, Coaches, Chaperones and Athletes

Please read below for instructions on emergencies on the bus:

- A head coach should attend to the emergency
- The parent chaperone should inform the bus driver that there is an emergency, ask the driver to pull over and then rejoin the head coach (bring the buses first aid kit)
- The assistant coach will keep the athletes calm, out of the way and source additional incident information from the athletes
 - If this is a minor concern, administer aid, have the driver resume operations, inform Sean from the office by cell phone and re-evaluate at the next stop.
 - If this is a major concern, work with the driver to call 911 or source support by dialing 0 from any cell phone or bus phone and work with first aid dispatchers to resolve the issue until medical personnel arrive.

Please read below for instructions on emergencies at the hotel:

- A head coach should attend to the emergency
- The parent chaperone should inform the hotel front desk that there is an emergency, ask the front desk for assistance and then rejoin the head coach, even if hotel help is not present (bring the hotels first aid kit)
- The assistant coach will keep the athletes calm, out of the way and source additional incident information from the athletes
 - If this is a minor concern, administer aid, inform Sean from the office by cell phone and re-evaluate every hour for the next 3 hours (or more for head injuries).
 - If this is a major concern, work with the hotel and chaperone to call 911 or source support by dialing 0 from any cell phone or bus phone and work with first aid dispatchers to resolve the issue until medical personnel arrive.
 - The closest hospital to the hotel is:

Grey Nuns Hospital (Open 24 hours)
1100 Youville Dr W Northwest, Edmonton, AB T6L 5X8
albertahealthservices.ca
(780) 735-7000

Please read below for instructions on emergencies at the playing venue:

- A head coach should attend to the emergency
- The assistant coach will first seek a parent to assist the head coach, then leave the fields to find the nearest Ultimate Canada representative.
 - There may be a walkie talkie and a rep at the score table
 - If not – the assistant can head directly to the central medical tent for assistance
 - If this is a minor concern, administer aid, inform Sean from the office by cell phone and re-evaluate every hour for the next 3 hours (or more for head injuries). Please take direction and support from the on-site and event medical staff
 - If this is a major concern, the head coach should do their best to keep things stable until the medical staff from Ultimate Canada arrive on the field and can take over. The head coach should remain with the player and medical team while the assistant coach takes over with the team.
 - The playing venue is located at:
Ivor Dent Sports Park, 50 St NW, Edmonton, AB T6X 1A4
 - The closest hospital to the venue is:

Grey Nuns Hospital (Open 24 hours)
1100 Youville Dr W Northwest, Edmonton, AB T6L 5X8
albertahealthservices.ca
(780) 735-7000

In Case of Emergencies You May Also Text or Call MODS Board Member (and parent) Heidi Grieser at (204)794-9383

Saturday, August 10th (all times are approximate and at the coach's discretion)

6:30 to 7am: Athletes arrive at Walmart on Taylor at 6:30 am and begin loading team buses. Chaperones who are taking the bus will be introduced to the coach and players of the team they are chaperoning by that coach before departure.

7:30am: Buses depart Walmart on Taylor.

12:30pm: Stop in Regina for food and bathrooms, bus drivers switch.

1:15pm: Buses leave Regina

6pm: Buses arrive in Lloydminster and stop for food and bathrooms.

7pm: Buses depart Lloydminster and drive to Edmonton.

10pm: Buses arrive in Edmonton; coaches check into hotels while the athletes wait on the buses and then once check in is complete, they will give kids their room keys and assignments. PLEASE NOTE – We are checking in late. Athletes should move quietly to their rooms to avoid complaints from other guests.

10:30pm: Coaches have a meeting with the bus driver to discuss plans for Sunday. Including where they need to go by bus and when.

11pm: Coaches do room check to ensure all athletes are in their room and heading to bed. Coaches inform players when they need to be awake and ready.

Sunday, August 11th (all times are approximate and at the coach's discretion)

Morning: All athletes should be up early Sunday despite the late check in, please make an effort to get your free breakfast before the kitchen closes.

Afternoon: Follow plans discussed between coaches from the previous evening. Coaches will decide how they want their team to bond and prepare before dinner and opening ceremonies that night. Athletes are not excused for family or personal excursions on Sunday.

4pm to 6pm: Coaches may leave or spend time in their room, chaperones are in charge of kids. This time can be adjusted according to team dinner/evening plans. Be sure to inform chaperones when they will be needed for the evening so they can plan around that time.

***** When chaperones take over for the 2 hour respite at the end of the day, the coaches will gather their team, introduce the chaperones, and ensure that everyone has the necessary contact numbers. Coaches will inform the chaperones where they can be found in case of emergency and then the chaperones will take over.**

6:30pm: Coaches and teams will meet in the lobby to address plans for dinner, the opening ceremonies and the feature match that night. Buses should have been informed by coaches the previous night about the shuttle needs for Sunday evening.

10pm: Coaches meet with their team back at the hotel to discuss plans for next day, including departure time from hotel, departure time from fields, departure time for dinner (location and time decided during meeting) and team meeting for the next day. Coaches can talk about expectations and any other needs for the day.

10:45pm: Coaches meet with bus drivers to discuss plans for next day including morning shuttle time and dinner plans for the evening. Include time and place of dinner so they can prepare accordingly.

11pm: Coaches do room checks, make sure all athletes are in their respective rooms and are getting ready for bed.

Monday, August 12th (all times are approximate and at the coach's discretion)

7am to 9am: Athletes eat breakfast and meet back in the lobby to depart for fields. Coaches will have given the times to athletes the night before.

9am or earlier- dependant on first game time: Arrive at fields. Athletes are the coach's responsibility while at the fields. Parents may offer to help, but that is unofficial and completely at the head coach's discretion.

3 to 5pm: Depart from fields after last games and based on bus and team schedules. Coaches may choose to stay with their athletes to watch other games if they want to (scouting, development or spirit).

Evening: Plans that were discussed the previous evening between all coaches and the bus drivers occur – this includes dinner and any team outings. Coaches can ask chaperones to take over for the evening if they need coverage for two hours at the hotel.

8 to 9 pm: Coaches meet with their team to discuss plans for the next day, including departure time from hotel, departure time from fields, departure time for dinner (location and time decided during meeting) and team meeting for the next day. Coaches can talk about expectations and any other needed info for the day.

Following the Team Meeting: Coaches meet with bus drivers to discuss plans for the next day including morning shuttle time and dinner plans for the evening. Include time and place of dinner so they can prepare accordingly.

10pm: Coaches do room checks, make sure all athletes are in their respective rooms and preparing for bed.

Tuesday, August 13th (all times are approximate and at the coach's discretion)

7am to 9am: Athletes eat breakfast and meet back in the lobby to depart for fields. Coaches will have given the times to athletes the night before.

9am or earlier- dependant on first game time: Arrive at fields. Athletes are the coach's responsibility while at the fields. Parents may offer to help, but that is unofficial and completely at the head coach's discretion.

3 to 5pm: Depart from fields after last games and based on bus and team schedules. Coaches may choose to stay with their athletes to watch other games if they want to (scouting, development or spirit).

Evening: Plans that were discussed the previous evening between all coaches and the bus drivers occur – this includes dinner and any team outings. Coaches can ask chaperones to take over for the evening if they need coverage for two hours at the hotel.

8 to 9 pm: Coaches meet with their team to discuss plans for the next day, including departure time from hotel, departure time from fields, departure time for dinner (location and time decided during meeting) and team meeting for next day. Coaches can talk about expectations and any other needed info for the day.

Following the Team Meeting: Coaches meet with bus drivers to discuss plans for next day including morning shuttle time and dinner plans for the evening. Include time and place of dinner so they can prepare accordingly.

10pm: Coaches do room checks, make sure all athletes are in their respective rooms and preparing for bed.

PLEASE NOTE – Tuesday evening the coaches and drivers will need to source out a plan for the last day. One which includes shuttles to the fields in the morning and then uninterrupted rest for the drivers until we leave Edmonton (this means no shuttle service during the morning or afternoon and athletes will remain at the main venue all day).

Coaches and drivers should also plan to:

- Stop somewhere leaving Edmonton so the teams can eat
- Stop somewhere leaving Edmonton so teams can wash up
- Plan to stop in the same places on the way home as on the way out

Wednesday, August 14th (all times are approximate and at the coach's discretion)

6am to 7:30am: Athletes eat breakfast and meet back in the lobby to depart for fields. Pack all luggage and put it on the bus, make sure the things they need for games are taken out. Check out of hotel rooms.

9am or earlier- dependant on first game time: Arrive at fields. Athletes are the coach's responsibility while at the fields.

Morning and afternoon: Games are played. When the last game between the 5 teams is done, buses will depart from Edmonton and do the same two stops on the way back. It is a program philosophy not to leave any buses or teams behind and to support the event and other athletes through to the completion of the finals.

When teams leave Edmonton, one coach will text/email someone from the office and the parents will be notified by email from the office that they have left Edmonton. Players are responsible for texting their parents once the buses arrive in Regina and as they get closer to notify their parents of the buses estimated arrival time to Winnipeg.