

5th Edition

May 31 - June 3

2012

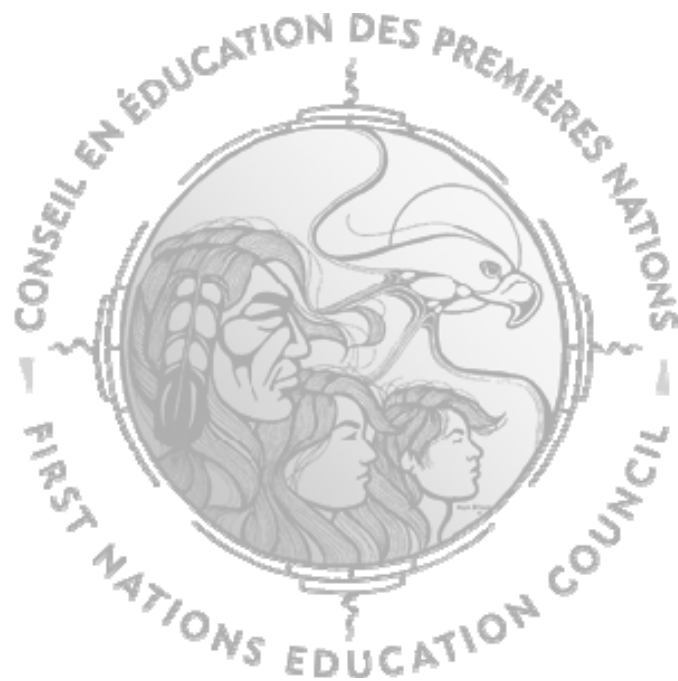
INTER-SCHOOL GAMES

Collège Édouard-Montpetit Longueuil



Participant's handbook

**FIRST NATIONS EDUCATION COUNCIL
INTER-SCHOOL GAMES**



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FIRST NATIONS EDUCATION COUNCIL 5TH EDITION INTER-SCHOOL GAMES



INTRODUCTION

We are pleased to present you with the participant's handbook that will enable you to register your students in the fifth edition of the First Nations Education Council (FNEC)'s Inter-school Games.

This document contains the important information that you will need in order to participate in the Inter-school Games.

If you have any questions, please contact Orania Gros-Louis by phone, at (418) 842-7672, or by email, at ogroslois@cepn-fnec.com.

THE FNEC INTER-SCHOOL GAMES AIM TO

The goal of the Inter-school Games is to encourage the students attending FNEC member schools on their way to academic success.

We invite the communities to use the Inter-school Games as a way of encouraging students to continue their studies. The objective is to create a link between their participation and their academic success.

In addition, the Inter-school Games encourage First Nations youth to adopt a healthy lifestyle, while promoting physical activity and healthy eating in their daily lives.

It's also an excellent initiative that allows students from our schools to meet and interact with new people.

THE INTER-SCHOOL GAMES ARE FOR

The Inter-school Games are for:

FNEC member communities with schools.

The Inter-school Games are for:

FNEC member communities without schools.

The Inter-school Games are for:

FNEC member communities whose schools do not offer all grade levels. The students who attend schools situated outside the community can participate in the Inter-school Games, but they need to receive authorization from the community's FNEC representative.

Note: the FNEC representative will need to authorize all the applications that are submitted to the FNEC.

The Inter-school Games are for:

Non-FNEC-member communities that want their schools to participate.



FIRST NATIONS EDUCATION COUNCIL
5TH EDITION INTER-SCHOOL GAMES



DATES

May 31 - June 3, 2012

PLACE

Collège Édouard-Montpetit
Centre sportif Montpetit
260 Rue de Gentilly Est
Longueuil, Québec J4H 4A4

Telephone: (450) 651-4720
Website: <http://www.college-em.qc.ca>

HOW TO GET THERE

From the Champlain Bridge

Follow the signs for Highway 132 East, take the Roland-Therrien exit , turn right onto Rue de Gentilly and use the Gentilly entrance.

From the Jacques Cartier Bridge

Follow the signs for Highway 132 East to Exit # 11 Roland-Therrien, turn right onto De Gentilly. The entrance of the College is the first stop on the left.

From the Pont-Tunnel Louis-H. Lafontaine

Follow the signs for Highway 132 West, exit at Roland-Therrien, turn right on De Gentilly and use the Gentilly entrance.

From Highway 116

Take Chambly Road towards Longueuil. Turn right on De Gentilly and use the Gentilly entrance.

From Highway 30

Take the Promenades Saint-Bruno exit, follow signs for Route 116 westbound. Follow route 116 to Chambly Road, turn right on Chambly Road, then left on De Gentilly and use the Gentilly entrance.

By Highway 20

Follow the signs for Highway 132 West, exit at Roland-Therrien, turn right onto Rue de Gentilly and use the Gentilly entrance.



FIRST NATIONS EDUCATION COUNCIL
5TH EDITION INTER-SCHOOL GAMES



For its fifth edition, the FNEC is offering three sporting events: basketball, volleyball and floor hockey, as well as track and field in the following three age groups:

AGE GROUPS

<u>Group 1</u>	<u>Group 2</u>	<u>Group 3</u>
10 to 12 year-olds	13 to 15 year-olds	16 to 18 year-olds

SPORTING EVENTS

 Basketball	 Volleyball	 Floor Hockey
All age groups Boys and Girls	All age groups Boys and Girls	All age groups mixed (a minimum of two girls per team is required)



Track and Field

- The **100-metre dash (sprint)** (all age groups)

In this event, athletes sprint along the straightaway.

- The **800-metre race** (group 1)

This is the shortest middle-distance racing event consisting of two laps. It is considered a real mental and physical challenge requiring speed, endurance, stamina and strategy.

- The **1 200-metre race** (groups 2 and 3)

This middle-distance race is three laps of 400 metres each.

- **Long jump** (all age groups)

In this event, athletes jump the furthest possible distance from a fixed mark after running a short distance to gain speed and momentum.



GENERAL RULES

ELIGIBILITY CRITERIA

THE INTER-SCHOOL GAMES ARE FOR:

FNEC member communities with schools.

THE INTER-SCHOOL GAMES ARE FOR:

FNEC member communities without schools.

THE INTER-SCHOOL GAMES ARE FOR:

FNEC member communities whose schools do not offer all grade levels. The students who attend schools situated outside the community can participate in the Inter-school Games, but they need to receive authorization from the community's FNEC representative.

Note: the FNEC representative will need to authorize all the applications that are submitted to the FNEC.

THE INTER-SCHOOL GAMES ARE FOR:

Non-FNEC-member communities that want their schools to participate.

REGISTRATION APPROVAL

Please make sure the following steps are taken for all Inter-school Games registration applications:

1. **For FNEC member communities with schools:** All applications must be approved and signed by the FNEC representative before being officially submitted.
2. **For FNEC member communities without schools or whose schools do not offer all grade levels:** The students who want to participate in the Games must be community members and all applications must be approved by the FNEC representative. In this way, they will automatically be registered under the band council banner.

REQUIRED AGE

The participants must be between **10 and 18 years of age** and must be between the elementary third cycle level and secondary V.

Please check the participants' ages on **May 31, 2012.*

MEDICAL RECORD AND PARENTAL CONSENT FORM

This form must be filled out by the parents or the guardians of each participant. The forms must be submitted before the registration deadline.

*The FNEC produces a confidential document containing all the medical information of each participant, person in charge, and chaperon in case of emergency. It is very important to submit the forms before the deadline.



HEALTH INSURANCE CARD

The participants, people in charge, and chaperons must have their health insurance card with them during the Inter-school Games:

- 1) In case of a medical emergency
- 2) As proof of age if requested (e.g. by an opposing team).

SPORTING EVENTS

Only one player older than the registered age group will be authorized per team. If there are two or more, the team will automatically be placed in the higher age group.

A participant can register in only one event in addition to track and field. In this way, scheduling conflicts are avoided.

*Ideally, we would like to have three teams per age group per event as this creates better competition. However, we have no control over registrations. In the event that there are only two teams registered in a category, the two parties will be consulted to find the best solution. We do not want to prevent the students from participating.

*Once your team is registered in an age group, you cannot change it. We are aware that the team's line up might change during the months preceding the Games, but you must ensure that any changes or additions *that are made do not affect the age group in which the team is registered.*

TRACK AND FIELD

If the registered student cannot attend the events, you can replace him or her with another student of the same gender and in the same age group. No addition will be accepted; only a replacement.

The deadline for all changes is Friday April 27, 2012 at 4 p.m. No changes concerning athletes will be accepted after this date.

PEOPLE IN CHARGE AND CHAPERONS

One chaperon per group of six students is required.

Given the number of classrooms at Collège Édouard-Montpetit, it is important to respect this number of chaperons. If the number of chaperons exceeds the required number, the community will need to make other arrangements for their accommodations.

Important: All people in charge and chaperons must fill out the form created especially for them.



APPLICATION FEE

The application fee for **member communities** is:

- 1) **\$160** per participant and per chaperon

The application fee for **non-member communities** is:

- 2) **\$220** per participant and per chaperon

*In order to organize a major event such as the Inter-school Games, multiple sources of funding are needed. A large portion of the costs related to these Games are paid by the FNEC and the participating communities. This is why we have set the above fees. The FNEC member communities pay an annual membership fee which justifies the lower cost for their application compared to the non-member communities.

This amount includes:

Lodging

There are two options:

- 1- Participants, people in charge and chaperons can sleep in classrooms at the Collège Édouard-Montpetit. They need to bring a sleeping bag and a foam mattress. The showers at the College will be made available to them.
- 2- A selection of hotels will be proposed to those who prefer this type of lodging. A portion of the cost will be paid by the community and the FNEC.

Note: Approximately 20 classrooms accommodating 20 people will be made available.

Food services

All meals will be served in the cafeteria at Collège Édouard-Montpetit.

**MAKE THE CHEQUE PAYABLE TO:
FIRST NATIONS EDUCATION COUNCIL**

IMPORTANT DATES

1) **Registration Deadline: Friday March 30, 2012 at 4 p.m.**

The following forms must be submitted to the FNEC:

- School or Community Registration Form
- Person in Charge - Chaperon Registration Form
- Parental Consent Form and Medical Record
- Team Registration Form (Sporting Events)
- Track and Field Registration Form

2) **Deadline for changes: Friday April 27, 2012 at 4 p.m.**

- This date is your last chance to make changes.
- We estimate that one month before the Inter-school Games, you should be able to know which students will actually be able to participate.
- No change will be accepted past this date.

*We ask you to respect the deadlines, especially where track and field is concerned. Registering each athlete one at a time in the various events and scheduling those events requires a lot of organization. In addition, last minute changes before events cause delays.



RULES OF CONDUCT

ON SITE

The use of drugs or alcohol is forbidden everywhere.

The use of energy drinks is not tolerated.

No form of violence or vandalism is tolerated.

Language must be appropriate and polite.

Mutual respect is essential between the organizers, referees, community chaperons, and participants.

All garbage must be placed IN a garbage can. If it is full, the garbage must be discarded in another garbage can.

All areas, including the washrooms, must be kept clean at all times.

The participants must wear suitable attire.

Curfew is 10 p.m., except on Saturday when the curfew is set at 10:30 p.m.

The Collège Édouard-Montpetit will be staffed by security officers to ensure the safety and well-being of everyone. Their instructions must be heeded.

The chaperons must ensure that the curfew is respected and that all their students are in their classrooms or other sleeping quarters by that time.

The classrooms must be left in the same condition as when they were found. The same applies to the hallways, showers and washrooms.

IMPORTANT

Anyone who has consumed, or consumes drugs or alcohol during the Inter-school Games will be immediately expelled from the Games.

The communities are responsible for any damage caused by anyone from their group or school on the site of the Games. The communities agree to reimburse the costs related to the incident(s).

Depending on the seriousness of the incident, the community involved may receive a penalty and a one-year suspension from participating in the Inter-school Games.



RULES OF THE SPORTING EVENTS

The rules applied during the competitions will be the same as those of the sport federations. They are available on the Inter-school Games website at:

www.inter-schoolgames.com

SUGGESTED FUNDRAISING ACTIVITIES

Related to the environment:

- Canvassing for empty plastic or glass bottles

Related to healthy eating:

- Selling homemade bread (bannock)
- Making a calendar on the subject of health (photos or drawings)

Related to physical activity:

- Organizing a walk-a-thon
- Organizing a small street hockey tournament among parents and students

VIDEOCONFERENCE

Two videoconferences will be held, one in English and the other in French, with the coaches and the people in charge shortly before the Games. The date and time will be communicated to you at a later date.

VOLUNTEERS

If you would like to lend a helping hand during the Inter-school Games (security, score keeping, ground maintenance, etc), do not hesitate to send your name and contact information to the FNEC

REGISTRATION FORMS

In the following pages you will find the necessary documents to complete your registration:

- School or Community Registration Form
- Person in Charge - Chaperon Registration Form
- Parental Consent Form and Medical Record
- Team Registration Form (Sporting Events)
- Track and Field Registration Form

CONTACT INFORMATION

For more information, contact **Orania Gros-Louis** by phone, at (418) 842-7672, or by email, at ogroslois@cepn-fnec.com.

FORMS



COLLÈGE ÉDOUARD-MONTPETIT
MAY 31 - JUNE 3, 2012

SCHOOL OR COMMUNITY REGISTRATION FORM

NAME OF PERSON IN CHARGE		CELLULAR PHONE #	
NAME OF COMMUNITY			
NAME OF SCHOOL		ELEMENTARY <input type="checkbox"/>	SECONDARY <input type="checkbox"/>
TELEPHONE #			
EMAIL			

LODGING

There are two options: classrooms or hotels

Please indicate your preference: Classroom Hotel

NUMBER OF PEOPLE TO BE ACCOMMODATED	
STUDENTS	
CHAPERONS	
TOTAL	

NAME OF CHAPERON	AGE	ROLE		
		TEACHER <input type="checkbox"/>	PARENT <input type="checkbox"/>	OTHER <input type="checkbox"/>
		TEACHER <input type="checkbox"/>	PARENT <input type="checkbox"/>	OTHER <input type="checkbox"/>
		TEACHER <input type="checkbox"/>	PARENT <input type="checkbox"/>	OTHER <input type="checkbox"/>
		TEACHER <input type="checkbox"/>	PARENT <input type="checkbox"/>	OTHER <input type="checkbox"/>
		TEACHER <input type="checkbox"/>	PARENT <input type="checkbox"/>	OTHER <input type="checkbox"/>
		TEACHER <input type="checkbox"/>	PARENT <input type="checkbox"/>	OTHER <input type="checkbox"/>

*Given the number of classrooms, it is important to respect the ratio of one chaperon per group of six students.

*The groups that want to have more chaperons can make inquiries for other accommodations nearby.



GENERAL RULES

ON SITE

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The participants must wear suitable attire.

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The Collège Édouard-Montpetit will be staffed by security officers to ensure the safety and well-being of everyone. Their instructions must be heeded.

The chaperons must ensure that the curfew is respected and that all their students are in in their classrooms or other sleeping quarters by that time.

The classrooms must be left in the same condition as when they were found. The same applies to the hallways, showers and washrooms.

IMPORTANT

Anyone who has consumed, or consumes drugs or alcohol during the Inter-school Games will be immediately expelled from the Games.

The communities are responsible for any damage caused by anyone from their group or school on the site of the Games. The communities agree to reimburse the costs related to the incident(s).

Depending on the seriousness of the incident, the community involved may be penalized as well as suspended from participating in the Inter-school Games.



FIRST NATIONS EDUCATION COUNCIL
5TH EDITION INTER-SCHOOL GAMES



AGREEMENT BETWEEN THE REGISTERED COMMUNITY AND THE FIRST NATIONS EDUCATION COUNCIL

The First Nations Education Council agrees to provide the participants with the proper services as well as the necessary information in order to provide them with an agreeable stay and to enable them to fully benefit from the event.

I _____, representative in charge of the _____ community and _____ school, have read, and agree to respect the rules established by the First Nations Education Council. If anyone from our organization causes any damage, we agree to reimburse the costs related to the incident(s). The chaperons and other people in charge, who are present during the Games, agree to set a good example to the students from their community as well as the other communities in attendance.

PERMISSION TO PARTICIPATE

Name of representative: _____

Community: _____

School: _____

Date: _____

I certify, as a representative of the FNEC on the Band Council, that I have read the FNEC's general rules related to the Inter-school Games and that the information given on this form is correct.



COLLÈGE ÉDOUARD-MONTPETIT
MAY 31 - JUNE 3, 2012

PERSON IN CHARGE – CHAPERON REGISTRATION FORM

The person in charge and all the **chaperons** present at the event must fill out this form.

Person in charge or Chaperon's name	<input type="checkbox"/> Person in charge <input type="checkbox"/> Chaperon		
Birthdate		Email	
Address		Community	
Province		Postal Code	
Cellular Phone #		Health Insurance #	

Hereby:

I _____, confirm being the chaperon for the _____ community, and _____ school.

I promise to take on my responsibilities and set a good example for the youth and other people present at the Inter-school Games.

In addition, I authorize _____, to take necessary measures to obtain appropriate medical or surgical care in the event of an emergency without needing my prior consent to do so.

I also authorize the FNEC and the media in attendance to film or photograph me and use these photos within the framework of campaigns or other projects.

In case of emergency, please notify:

Signature: _____

Date: _____



COLLÈGE ÉDOUARD-MONTPETIT
MAY 31 - JUNE 3, 2012

PARENTAL CONSENT FORM AND MEDICAL RECORD

This information must be submitted before the registration deadline.
We will produce a confidential document containing all the medical information in case of emergency.

Participant's Name			
Address		Community	
Province		Postal Code	
Telephone #		Health Insurance #	
Email		Birthdate	

MEDICAL RECORD

Does your child suffer from or has your child suffered from:

Vision problems, other than glasses	<input type="checkbox"/>	Intestinal problems	<input type="checkbox"/>
Asthma – Respiratory problems	<input type="checkbox"/>	Hepatitis – HIV	<input type="checkbox"/>
Frequent fainting spells	<input type="checkbox"/>	Diabetes	<input type="checkbox"/>
Enuresis (bed-wetting)	<input type="checkbox"/>	Eczema	<input type="checkbox"/>
Tuberculosis	<input type="checkbox"/>	High or low blood pressure	<input type="checkbox"/>
Frequent headaches	<input type="checkbox"/>	Nervous conditions	<input type="checkbox"/>
Blood-related problems (haemophilia, dyscrasia, nose bleeds)	<input type="checkbox"/>	Allergies (insects, food, medication or other)	<input type="checkbox"/>
Earaches	<input type="checkbox"/>	Rheumatism	<input type="checkbox"/>
Heart problems	<input type="checkbox"/>	Epilepsy	<input type="checkbox"/>



**FIRST NATIONS EDUCATION COUNCIL
5TH EDITION INTER-SCHOOL GAMES**



Does your child need to carry an EpiPen or an Ana-Kit because of allergies?

If so, who is authorized to keep and administer this medication? _____

Vaccination up-to-date: Yes No

Specify: _____

Medication being taking currently: _____

Hereby:

I give my child the authorization to participate in the FNEC Inter-school Games that will be held on May 31 - June 3, 2012, at the Centre Sportif Montpetit at Collège Édouard-Montpetit in Longueuil.

I release the FNEC from all liability should an incident occur during this event.

I authorize _____ to accompany (“to chaperone”) my child during this activity.

Moreover, I authorize this person to take necessary measures to obtain appropriate medical or surgical care in the event of an emergency without needing my prior consent to do so. I am aware that I will be notified by the fastest way possible should this authority be used.

In addition, I authorize the FNEC and the media in attendance to film or photograph my child and use these photos within the framework of campaigns or other projects.

In case of emergency, please notify:

Name	
Telephone #	
Relation to participant	
In the event that I am absent from my residence during the activity, please contact the following person:	
Name	
Telephone #	
Relation to participant	

Signature of parent or guardian: _____

Date: _____



Rules for Team Sports

AGE GROUPS AND EVENTS

Only one player older than the registered age group will be authorized per team. If there are two or more, the team will automatically be placed in the higher age group.

A participant can register in only one event in addition to track and field. In this way, scheduling conflicts are avoided.

**Ideally, we would like to have three teams per age group per event as this creates better competition. However, we have no control over registrations. In the event that there are only two teams registered in a category, the two parties will be consulted to find the best solution. We do not want to prevent the students from participating.*

**Once your team is registered in an age group, you cannot change it. We are aware that the team's line up might change during the months preceding the Games, but you must ensure that any changes or additions that are made do not affect the age group in which the team is registered.*

Track and Field Rules

If the registered student cannot attend the events, you can replace him or her with another student of the same gender and in the same age group. No addition will be accepted; only a replacement.

The deadline for all changes is Friday April 27, 2012 at 4 p.m. No changes concerning athletes will be accepted after this date.

It is important to respect the following two dates:

Registration deadline: Friday March 30, 2012 at 4 p.m.

The following forms must be submitted to the FNEC:

- School or Community Registration Form
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- Team Registration Form (Sporting Events)
- Track and Field Registration Form

Deadline for changes: Friday April 27, 2012 at 4 p.m.

- This is the last chance to make changes related to the participants.
- We estimate that one month before the Inter-school Games, you should be able to know which students will actually be able to participate in this sporting event.
- No change will be accepted past this date, or upon arrival at the site of the Inter-school Games.

**We ask you to respect the deadlines and not bring changes to the site of the Inter-school Games. In track and field for example, this will save us precious time. Registering each athlete in the various events requires a lot of organization considering the growing number of athletes and the tight schedule of track and field events.*



First Nations Education Council
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