

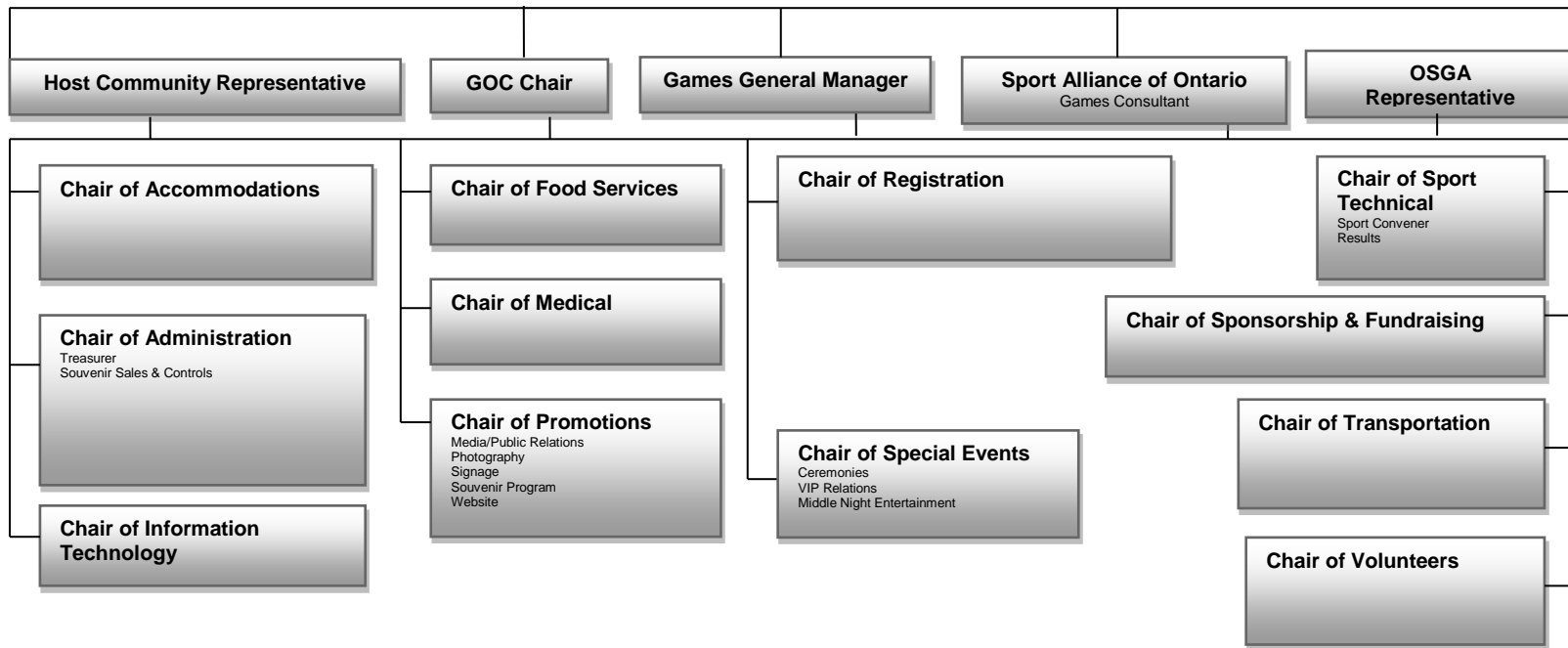
Appendices – Ontario 55+ Games

		Page
Appendix A	Critical Dates for 2014-2015 Ontario 55+ Games Bid Process	1
Appendix B	Sample Games Organizing Committee Structure	2
Appendix C	Hosting Grant Approved Expenditures	3
Appendix D	Sample Budget – Ontario 55+ Winter Games	4
	Sample Budget – Ontario 55+ Summer Games	
Appendix E	Ontario 55+ Winter/Summer Games Participant Numbers	5
Appendix F	Sport Technical Information – Ontario 55+ Winter Games	6-15
Appendix G	Sport Technical Information – Ontario 55+ Summer Games	16-33
Appendix H	Venue Evaluation Form	34
Appendix I	Meal Requirements and Guidelines	35
Appendix J	Ontario 55+ Games Travel Policy	36
Appendix K	Requirements for French Language Services	37

Appendix A - Critical Dates for the 2014-2015 Ontario 55+ Games Bid Process

Task	Summer 2014	Winter 2015
Letter of Intent Due	February 3, 2012	July 13, 2012
Bid Submission Due	April 30, 2012	October 1, 2012
Site Review	June 2012	November 2012
Official Announcement	August 2012	February 2013
Event Dates	August 2014	February 2015

Appendix B – Proposed Games Organizing Committee Structure



Appendix C – Hosting Grant Approved Expenditures

The Hosting Grant provided by the *sportalliance* may only be used to cover the following expenses:

NOTE: The items below are listed in order of priority in keeping with the *sportalliance's* efforts to ensure the Games are athlete focused. The Host Municipality is therefore responsible to allocate the Grant in accordance with this list of priorities.

1. Transportation, accommodations and meals for athletes, coaches, managers and officials;
2. Facility Rental for Competition Venues
3. Medical and preventative care;
4. Provision of non-capital, technical requirements and equipment as outlined by the Provincial Sport Organizations;
5. French translation of promotion and public information;
6. Registration software for athletes, coaches, managers and officials;
7. Special events including Opening Ceremonies, VIP Reception and medal presentations;
8. Volunteer management – i.e. Uniforms, meals, etc.
9. Promotion and communication purposes related to the Games
10. Payment of General Manager's salary and expenses of Games Organizing Committee, volunteers and staff;
11. Administration expenses – postage, telephone, supplies, insurance, etc.

Appendix D - Sample Budget – Ontario 55+ Summer & Winter Games

***Please note this budget is simply a guideline and is subject to change based on the individual community.*

Income	Summer	Winter
Provincial Contribution	\$ 150,000	\$200,000
Participant Revenues	\$ 180,000	127,500
Registered Non-Participants Revenues	\$ 12,500	12,500
Municipal Contributions (Cash/In-Kind)	\$ 60,000	75,000
Sponsors	\$ 30,000	30,000
Middle Night Revenue	\$ 5,000	5,000
Other Revenue	\$ 20,000	20,000
TOTAL INCOME	\$ 457,500	\$470,000
Expenses	Summer	Winter
Meals & Accommodation	\$ 180,000	200,000
Staffing	\$ 90,000	\$90,000
Administration and Finance	\$ 30,000	40,000
Ceremonies & Events	\$ 70,000	40,000
Marketing	\$ 10,000	10,000
Sponsorship and Fundraising	\$ 5,000	5,000
Sport Technical	\$ 30,000	30,000
Transportation	\$ 30,000	40,000
Medical	\$ 5,000	5,000
Volunteers	\$ 7,500	10,000
TOTAL EXPENSES	\$ 457,500	\$470,000
LEGACY (DEFICIT)	\$0	\$0

Appendix E – Ontario 55+ Games Maximum Participant Numbers*

Ontario 55+ Winter Games

Core Events	Participants	Teams
Alpine Ski	36	
Badminton	72	36
Curling	80	20
Duplicate Bridge	72	18
Ice Hockey	340	20
Nordic Skiing	50	
Skating, Prediction	30	
Table Tennis	60	30
Ten Pin Bowling	92	18
Volleyball	224	28
Total Core	1056	

Ontario 55+ Summer Games

Core Events	Participants	Teams
Bid Euchre	68	34
Contract Bridge	60	30
Cribbage	68	34
Euchre	68	34
5 Pin Bowling	164	28
Carpet Bowling	48	24
Floor Shuffleboard	52	26
Golf	128	
Walking	100	

Special Status Events	Participants	Teams
Pickleball	88	43
Slo-pitch	128	8
Cycling	40	
Total Core & Special Status	1012	

Optional Events	Participants	Teams
Bocce	28	14
Darts	78	39
Horseshoes	28	14
Lawn Bowling	72	28
Tennis	112	56
Swimming	56	
Total Optional	374	

*Maximum participant numbers are subject to change

Appendix F – Ontario 55+ Winter Games Facility Requirements

Sport: Alpine Skiing

Status: Core

Maximum number of participants: 36

Specifications	Minimum Standards
Field of Play (i.e. gym dimensions, height of ski hill, floor type, # of courts, wall colours, accessibility, etc)	<ol style="list-style-type: none"> 1. The ski slope should have a minimum 150 metre vertical drop. 2. The facility shall have a clearly indicated start and finish line. 3. The facility should not have any obstructions which are dangerous to participants on the course.
Storage Requirements	
Equipment Requirements (to be provided by GOC)	<p>Timers</p> <p>Gates</p>
Other (additional information that does not relate to items above)	

Sport: Badminton

Status: Core

Maximum number of participants: 72

Specifications	Minimum Standards
Field of Play (i.e. gym dimensions, height of ski hill, floor type, # of courts, wall colours, accessibility, etc)	The facility must have well marked, regulation size badminton courts (minimum of four). Courts should have space in between and at each end.
Storage Requirements	
Equipment Requirements (to be provided by GOC)	1. Regulation badminton nets are required (minimum of four) 2. Yellow plastic birds shall be used in the competition.
Other (additional information that does not relate to items above)	Participants are responsible for providing their own rackets and/or other personal equipment.

Sport: Curling

Status: Core

Maximum number of participants: 80

Specifications	Minimum Standards
Field of Play (i.e. gym dimensions, height of ski hill, floor type, # of courts, wall colours, accessibility, etc)	The facilities shall have a minimum of ten (10) sheets available to complete the round robin and playoffs in the allotted time
Storage Requirements	
Equipment Requirements (to be provided by GOC)	A set of rocks for each sheet.
Other (additional information that does not relate to items above)	Curlers are permitted to use an extender curling stick, if required. Curlers will likely bring their own but GOC may consider having some available.

Sport: Duplicate Bridge

Status: Core

Maximum number of participants: 72

Specifications	Minimum Standards
Field of Play (i.e. gym dimensions, height of ski hill, floor type, # of courts, wall colours, accessibility, etc)	An air-conditioned, well illuminated room, large enough to accommodate 20 regulation size card tables (approx. 36" square). It must be in an enclosed room - no access to general public
Storage Requirements	
Equipment Requirements (to be provided by GOC)	<ol style="list-style-type: none">1. 20 regulation size card tables (approx. 36" square).2. 1 new deck of standard bridge playing cards for each board in play3. Duplicate Boards (at least 30)4. Player/Table assignment forms (one per team)5. ACBL Convention Sheets (one per competitor)6. Scoring Travelers (one per board)7. Pencils
Other (additional information that does not relate to items above)	

Sport: Hockey

Status: Core

Maximum number of participants: 340

Specifications	Minimum Standards
Field of Play (i.e. gym dimensions, height of ski hill, floor type, # of courts, wall colours, accessibility, etc)	4 (minimum) regulation size arenas (ice surface 190ft x 85ft.) Regulation markings
Storage Requirements	Equipment storage/drying room required for the attending teams in a secure area either at the arena or local hotel(s)
Equipment Requirements (to be provided by GOC)	Pucks standard regulation ice hockey goal nets Electronic scoreboard and time clock Zamboni for ice re-surfacing
Other (additional information that does not relate to items above)	

Sport: Nordic Skiing

Status: Core

Maximum number of participants: 50

Specifications	Minimum Standards
Field of Play (i.e. gym dimensions, height of ski hill, floor type, # of courts, wall colours, accessibility, etc)	<ol style="list-style-type: none">1. The facility should have a clearly marked start and finish line.2. The facility should be free from any obstructions which are dangerous to participants on the course.3. Trails must be a minimum of five metres wide and five kilometers long.4. All trails shall be machine groomed.5. A heated chalet should be nearby for participants to warm up between races.
Storage Requirements	A secure space for participants to store their skis.
Equipment Requirements (to be provided by GOC)	Stopwatches
Other (additional information that does not relate to items above)	

Sport: Prediction Skating

Status: Core

Maximum number of participants: 30

Specifications	Minimum Standards
Field of Play (i.e. gym dimensions, height of ski hill, floor type, # of courts, wall colours, accessibility, etc)	<ol style="list-style-type: none">1. The facility shall be a regulation size arena (minimum 185x85 feet (56.39 x 25.91 metres))2. The facility shall have a clearly marked start and finish line.3. The facility should not have any obstructions on the course that could be dangerous to skaters.
Storage Requirements	
Equipment Requirements (to be provided by GOC)	Stopwatches
Other (additional information that does not relate to items above)	

Sport: Table Tennis

Status: Core

Maximum number of participants: 60

Specifications	Minimum Standards
Field of Play (i.e. gym dimensions, height of ski hill, floor type, # of courts, wall colours, accessibility, etc)	The facility must have the potential to hold 4-6 table tennis tables (9' x 5') while providing adequate regulation spacing.
Storage Requirements	
Equipment Requirements (to be provided by GOC)	<ol style="list-style-type: none">1. Regulation table tennis tables are required (minimum of four)2. Regulation nets are required (minimum of four)3. Regulation table tennis balls (adequate supply).
Other (additional information that does not relate to items above)	

Sport: Ten Pin Bowling Status: Core

Maximum number of participants: 92

Specifications	Minimum Standards
Field of Play (i.e. gym dimensions, height of ski hill, floor type, # of courts, wall colours, accessibility, etc)	An air-conditioned, well illuminated room, with 10 -12 automated lanes if possible.
Storage Requirements	
Equipment Requirements (to be provided by GOC)	
Other (additional information that does not relate to items above)	

Sport: Volleyball

Status: Core

Maximum number of participants: 224

Specifications	Minimum Standards
Field of Play (i.e. gym dimensions, height of ski hill, floor type, # of courts, wall colours, accessibility, etc)	Minimum 2 volleyball courts (18m x 9m), with at least 2 m of space around the perimeter of the court (distance from line to wall). High ceilings.
Storage Requirements	
Equipment Requirements (to be provided by GOC)	<ol style="list-style-type: none">1. The net height will be set at 2.43 metres for both men's 55+ and co-ed 55+ competitions.2. The net height will be set at 2.34 metres for both men and 65+ and co-ed 65+.3. The net height will be set at 2.24 metres for women's competition.4. Balls5. Scoreboards
Other (additional information that does not relate to items above)	

Appendix G – Ontario 55+ Summer Games Facility Requirements

Sport: Five Pin Bowling

Status: Core

Maximum number of participants: 164

Specifications	Minimum Standards
Field of Play (i.e. gym dimensions, height of ski hill, floor type, # of courts, wall colours, accessibility, etc)	An air-conditioned, well illuminated room, with 10 -12 automated lanes if possible.
Storage Requirements	
Equipment Requirements (to be provided by GOC)	
Other (additional information that does not relate to items above)	

Sport: Bid Euchre

Status: Core

Maximum number of participants: 68

Specifications	Minimum Standards
Field of Play (i.e. gym dimensions, height of ski hill, floor type, # of courts, wall colours, accessibility, etc)	An air-conditioned, well illuminated room, large enough to accommodate 20 regulation size card tables. It must be in an enclosed room - no access to general public
Storage Requirements	
Equipment Requirements (to be provided by GOC)	<ol style="list-style-type: none">1. 20 regulation size card (approx. 36" square) tables and chairs.2. 40 new decks of standard playing cards.3. Scorecards, Pens, Results Board.
Other (additional information that does not relate to items above)	

Sport: Bocce

Status: Optional

Maximum number of participants: 28

Specifications	Minimum Standards
Field of Play (i.e. gym dimensions, height of ski hill, floor type, # of courts, wall colours, accessibility, etc)	<ol style="list-style-type: none">1. The Bocce facility should have a minimum of 6-8 courts.2. The court is an area approximately 12' wide by 60' long. Although this is the recommended court size, variations are acceptable provided foul lines and inbound markers are clearly established.3. The playing surface should be reasonably flat and level and can consist of packed dirt, fine gravel or short grass.
Storage Requirements	
Equipment Requirements (to be provided by GOC)	<ol style="list-style-type: none">1. A set of bocce balls consisting of eight large balls, which may be a composition of wood or metal and of equal size (half of which are of a different colour or pattern).2. Smaller "object balls" (sometimes called a "pallino" or a "jack"), which must be a colour visibly distinct from both bocce ball colours.
Other (additional information that does not relate to items above)	

Sport: Carpet Bowling Status: Core

Maximum number of participants: 48

Specifications	Minimum Standards
Field of Play (i.e. gym dimensions, height of ski hill, floor type, # of courts, wall colours, accessibility, etc)	1. The facility must be well illuminated and large enough to appropriately space 12 -16 Carpet Bowling carpets. Carpets should be have approximately 6' of space between and approximately 6-10' at each end.
Storage Requirements	
Equipment Requirements (to be provided by GOC)	1. 12-16 regulation size Carpet Bowling carpets (30' (9.14 metres) long x 6' (1.83 metres) wide) 2. 4" indoor biased carpet bowls (only). One set of bowls per carpet is required. A set includes one jack and two sets of 8 bowls (different colours).
Other (additional information that does not relate to items above)	

Sport: Contract Bridge

Status: Core

Maximum number of participants: 60

Specifications	Minimum Standards
Field of Play (i.e. gym dimensions, height of ski hill, floor type, # of courts, wall colours, accessibility, etc)	<ol style="list-style-type: none">1. The facility must be well illuminated and large enough to appropriately space 20 regulation size card tables.2. The facility should be air-conditioned.3. It must be in an enclosed room - no access to general public
Storage Requirements	
Equipment Requirements (to be provided by GOC)	<ol style="list-style-type: none">1. 20 regulation size card tables (approx. 36" square).2. 40 new decks of standard bridge playing cards3. Scorecards, pens, etc.
Other (additional information that does not relate to items above)	

Sport: Cribbage

Status: Core

Maximum number of participants: 68

Specifications	Minimum Standards
Field of Play (i.e. gym dimensions, height of ski hill, floor type, # of courts, wall colours, accessibility, etc)	An air-conditioned, well illuminated room, large enough to accommodate 20 regulation size card tables. It must be in an enclosed room - no access to general public
Storage Requirements	
Equipment Requirements (to be provided by GOC)	<ol style="list-style-type: none">1. 20 regulation size card tables (approx. 36" square).2. 20 new decks of standard playing cards.3. 20 standard cribbage boards with pegs.4. Scorecards, pens, etc.
Other (additional information that does not relate to items above)	

Sport: Cycling

Status: Special Status

Maximum number of participants: 40

Specifications	Minimum Standards
Field of Play (i.e. gym dimensions, height of ski hill, floor type, # of courts, wall colours, accessibility, etc)	<ol style="list-style-type: none">1. 5km & 10km routes are required.2. It is suggested that a route is chosen without stop signs or lights if possible. Spotters are to be used along the entire route. The route should be free from any obstructions which are dangerous to participants on the course.3. It is suggested that a park or bike path be used where possible.4. The course should have a clearly indicated start and finish line.
Storage Requirements	A secure place for participants to store their bikes when not competing.
Equipment Requirements (to be provided by GOC)	<ol style="list-style-type: none">1. Route markers (pylons, signage, etc.)2. Stop watches
Other (additional information that does not relate to items above)	Shade for participants at start line (if necessary).

Sport: Darts

Status: Optional

Maximum number of participants: 78

Specifications	Minimum Standards
Field of Play (i.e. gym dimensions, height of ski hill, floor type, # of courts, wall colours, accessibility, etc)	<ol style="list-style-type: none">1. 15 – 20 dart boards with lighting2. The length of “throw” is 7’ 9 ¾” feet (2.93 metres) from the face of the board and a suitable mark should be made on the floor. This mark should be three (3) feet (0.91 metres) long running parallel to the board and the face of the line nearest the board is considered the toe line and must not be over-trodden.
Storage Requirements	
Equipment Requirements (to be provided by GOC)	<ol style="list-style-type: none">1. A dart should have a sharpened point made of steel, a barrel to give a good grip for the fingers and a paper, feather or molded plastic flight.2. Dartboards which are divided by wires into twenty equal segments, each numbered from One to Twenty. The board should be fixed at a height of five feet, eight inches from its centre point to the floor. It should be firmly fixed so that its centre point is five feet eight inches above the ground, with the twenty division uppermost. An imaginary line running through the middle of the twenty division to the floor should be vertical.
Other (additional information that does not relate to items above)	

Sport: Euchre

Status: Core

Maximum number of participants: 68

Specifications	Minimum Standards
Field of Play (i.e. gym dimensions, height of ski hill, floor type, # of courts, wall colours, accessibility, etc)	An air-conditioned, well illuminated room, large enough to accommodate 20 regulation size card tables. It must be in an enclosed room - no access to general public
Storage Requirements	
Equipment Requirements (to be provided by GOC)	<ol style="list-style-type: none">1. 20 regulation size card tables (approx. 36" square).2. 20 new decks of standard playing cards.3. Scorecards, Pens, Results Board.
Other (additional information that does not relate to items above)	

Sport: Floor Shuffleboard

Status: Core

Maximum number of participants: 52

Specifications	Minimum Standards
Field of Play (i.e. gym dimensions, height of ski hill, floor type, # of courts, wall colours, accessibility, etc)	<p>An air-conditioned, well illuminated room, large enough to accommodate 12-16 regulation size courts 12-16 Courts which should be have approximately 6' of space between and approximately 6-10' at each end. The court shall measure 52' in length and 6' in width. The playing surface shall be concrete. <i>(or suitable artificial material)</i></p> <p>The playing area shall be 39' in length or that area of the court from the baseline to baseline.</p>
Storage Requirements	
Equipment Requirements (to be provided by GOC)	<ol style="list-style-type: none">1. A set of standard discs in 2 colours for each2. Scorecards, Pens, Results Board.
Other (additional information that does not relate to items above)	Participants will likely bring their own cues. GOC should have some available as a backup.

Sport: Golf

Status: Core

Maximum number of participants: 128

Specifications	Minimum Standards
Field of Play (i.e. gym dimensions, height of ski hill, floor type, # of courts, wall colours, accessibility, etc)	Regulation course which includes par 3, 4 & 5 holes – an executive length course is not acceptable. Tees for ladies and men’s divisions will be designated based on the course.
Storage Requirements	A secure space for participants to store their clubs overnight is an asset.
Equipment Requirements (to be provided by GOC)	A motorized golf cart must be used by all players (extra fee charged to participants)
Other (additional information that does not relate to items above)	Course must have a club house with access to food and beverage and locker rooms

Sport: Horseshoes

Status: Optional

Maximum number of participants: 28

Specifications	Minimum Standards
Field of Play (i.e. gym dimensions, height of ski hill, floor type, # of courts, wall colours, accessibility, etc)	<ol style="list-style-type: none">1. Layout of a Court: A court will occupy a level area of at least 50 feet (15.24 metres) in length (in a north-south direction if possible) by at least ten (10) feet (3.05 metres) in width and consists of two pitchers boxes, each six (6) feet (1.83 metres) square with a stake in its exact centre. The pitchers boxes shall be located in such a manner that their front edges are parallel and the stakes are 40 feet (12.19 metres) apart in the middle of the total area. The stakes must be 14" above the ground.2. The pit should be free of growth and suitably soft enough to make it acceptable for competition.3. The sand in the pit should be of consistent height and level at the beginning of the competition.
Storage Requirements	
Equipment Requirements (to be provided by GOC)	Players are allowed to bring their own horseshoes provided they are regulation. GOC should have horseshoes available as a backup.
Other (additional information that does not relate to items above)	

Sport: Lawn Bowling

Status: Optional

Maximum number of participants: 72

Specifications	Minimum Standards
Field of Play (i.e. gym dimensions, height of ski hill, floor type, # of courts, wall colours, accessibility, etc)	8-12 greens The minimum size for green width is twelve (12) feet. (3.66 metres)
Storage Requirements	
Equipment Requirements (to be provided by GOC)	<ol style="list-style-type: none">1. A set of bowls includes bowls that are 4 ¾ to 5 ¾ inches and diameter with a maximum weight of 1.5kg and a jack that is 2 ½ inches in diameter and 0.2 to 0.3kg. Many participants will bring their own bowls but the GOC should have some available as a backup.2. Measuring device (callipers)
Other (additional information that does not relate to items above)	

Sport: Pickleball

Status: Special Status

Maximum number of participants: 88

Specifications	Minimum Standards
Field of Play (i.e. gym dimensions, height of ski hill, floor type, # of courts, wall colours, accessibility, etc)	The facility must have well marked, regulation size pickleball courts (minimum of four). A regulation court is 20' x 44'. Space is required between courts for safety.
Storage Requirements	
Equipment Requirements (to be provided by GOC)	<ol style="list-style-type: none">1. Regulation nets are required (minimum of four) - badminton net lowered to start at ground level2. Regulation pickleball balls (adequate supply). – approx. 3” diameter plastic whiffle ball3. Participants are responsible for providing their own pickleball rackets.
Other (additional information that does not relate to items above)	

Sport: Slo-Pitch

Status: Special Status

Maximum number of participants: 128

Specifications	Minimum Standards
Field of Play (i.e. gym dimensions, height of ski hill, floor type, # of courts, wall colours, accessibility, etc)	<ol style="list-style-type: none">1. Minimum 4 diamonds2. Home plate- rubber or other suitable material measuring 2 feet by 3 feet. All bases must be secured in a proper manner.3. Bases will be 55 feet. Distance from home to second base through the pitching mound is 77 feet and 9 inches. The pitching box will be between 35 to 40 feet from home plate.4. There will be a scoring line (extended first base line) drawn from home plate.
Storage Requirements	
Equipment Requirements (to be provided by GOC)	<ol style="list-style-type: none">1. An Easton "incrediball" or appropriate "low impact" ball for the age group will be used.2. A safe-t-base is to be used at first.
Other (additional information that does not relate to items above)	

Sport: Swimming

Status: Optional

Maximum number of participants: 56

Specifications	Minimum Standards
Field of Play (i.e. gym dimensions, height of ski hill, floor type, # of courts, wall colours, accessibility, etc)	<ol style="list-style-type: none">1. The swim meet must take place in a 25 metre rectangular pool. Minimum 4 lanes.2. It is strongly recommended that there be qualified lifeguards on hand during the event.
Storage Requirements	
Equipment Requirements (to be provided by GOC)	Sufficient stopwatches for the number of lanes being used. (or appropriate electronic timing device)
Other (additional information that does not relate to items above)	

Sport: Tennis

Status: Optional

Maximum number of participants: 112

Specifications	Minimum Standards
Field of Play (i.e. gym dimensions, height of ski hill, floor type, # of courts, wall colours, accessibility, etc)	<ol style="list-style-type: none">1. The facility must have well marked, regulation size tennis courts, sufficient courts for each division. Approximately 6-8 courts.2. Courts may be of different type bases; however, a division should play on the same type of court throughout the tournament.
Storage Requirements	
Equipment Requirements (to be provided by GOC)	Yellow coloured tennis balls
Other (additional information that does not relate to items above)	Shade for participants while not competing

Sport: Walking

Status: Core

Maximum number of participants: 100

Specifications	Minimum Standards
Field of Play (i.e. gym dimensions, height of ski hill, floor type, # of courts, wall colours, accessibility, etc)	<ol style="list-style-type: none">1. Can use either a track or a walking trail for the 3km and 1.6km walks.2. Most tracks are 400 metres, therefore, 7 ½ laps = 3km.; 4 laps = 1.6km., 2 ½ laps = 1km3. The facility should have a clearly indicated start and finish line.4. The facility should be accessible and should not have any obstructions on the course.5. Any track surface is acceptable however it must be clearly communicated to the participants
Storage Requirements	
Equipment Requirements (to be provided by GOC)	Stopwatches
Other (additional information that does not relate to items above)	Nordic Walking uses two specially designed poles to work the upper body while walking. Like cross-country skiing, the poles are used by the arms to match each stride the person takes. Participants will bring their own poles.

Appendix H – Venue/Sport Evaluation Form

NOTE: Please complete one form for each sport that is included under the Sport Technical Information – Minimum & Ideal Standards for the respective set of Games that your community is bidding to host. Contact the Sport Alliance of Ontario for an electronic version (Word) of this document.

Sport:	
Facility Name	
Facility Address	
Facility Description	Field Of Play Detail (size, # of lanes, floor type, ceiling height, etc)
	Equipment Available in Community (score clocks, nets, etc)
	# of Changerooms
	Accessibility (including entrance into the venue, access to field of play, washrooms, meal location)
Existing Club/Program for this sport	YES / NO
Distance from Accommodations	

Appendix I - Standardized Meal Requirements and Guidelines

Guiding Principles:

- Provide a variety of foods throughout competition
- Food rich in whole grains, vegetables and fruit
- The following is a guide so feel free to suggest some alternatives to the items below

BREAKFAST

Food Group	Category	Minimum Requirements	Examples
Vegetables & Fruit	Fresh Fruit	2 Choices	Bananas, Oranges (or Fruit Salad = 2 choices)
	100% Fruit Juices	2 Choices	Orange, cranberry, apple
Grain Products	Bread Products	2 Choices	Whole wheat bread and bagels, low fat trans fat free bran muffins
	Cereal	2 Choices	Oatmeal, Shredded Wheat, Granola
Milk & Alternatives	Milk, yogurt	2 Choices	1% Milk, low-fat yogurt, soy beverage
Meat & Alternatives	eggs	1 Choice	Scrambled, Poached or boiled eggs

LUNCH

Food Group	Category	Minimum Requirements	Examples
Vegetables & Fruit	Fresh Fruit	1 Choice	Apples, Melon
	100%Fruit Juices	1 Choice	Apple, Grape
	Vegetables	1 Choice	Carrots, Salad
Grain Products	Sandwich bread/wraps*	1 Choice	Whole wheat, whole grain breads, buns, wraps, pita bread, roti
	Snack bars	1 Choice	Cereal Bar, nut-Free Granola
Meat & Alternatives	Sandwich fillings	3 choices (1 vegetarian)	Vegetarian (should contain a protein source ie., hummus & grilled veggies, egg sandwich), Ham, Turkey, chicken, light tuna
Milk & Alternatives	Milk, yogurt	2 choices	1% Milk, low-fat yogurt, soy beverage

DINNER

Food Group	Category	Minimum Requirements	Examples
Vegetables & Fruit	Vegetables	2 Choices	Steamed broccoli, Garden Salad
	100% Fruit Juices	1 Choice	Orange, Cranberry
Grain Products	Rice/Potato*	1 Choice	Brown rice, whole wheat couscous, mashed potatoes, whole wheat pasta
	Bread	1 Choice	Whole Wheat Rolls, whole wheat bread, pita, naan
Meat & Alternatives	Meat*	2 Choices (1 vegetarian)	Chicken, roast beef, Egg, Tofu, vegetarian chili, bean salad
Milk & Alternatives	Milk	1 Choice	1% Milk, soy beverage
	Dessert	Optional	Yogurt, fruit salad, trans fat free oatmeal cookies

Appendix J – Ontario 55+ Games Travel Policy

In accordance with the Ontario 55+ Games Travel Policy, the Host Community must adopt the following policy:

Participants are eligible for travel over 200kms return measured by Mapquest (from the host community to a central point of the participants home district). Travel will be reimbursed at a rate of \$0.035/km. It is the responsibility of the District Association to submit travel reimbursement requests for all members at one time to the Host Community.

Example – If 100 participants travel from Ottawa to Toronto, 400kms one way.
Each person is eligible for $800\text{km} - 200\text{km} = 600\text{kms} \times .035 = \21.00
The District must submit a travel expense for $100 \text{ participants} \times \$21.00 = \$2,100$

A chart will be provided to the host by the OSGA which will outline the distance from each district and the calculation of each district's per participant travel subsidy.

The GOC must make the necessary travel arrangements to pick up participants at the closest airport, train station and/or bus terminal.

Appendix K – French Language Requirements

Note that it is the responsibility of each committee chair to ensure that the French Language Service Requirements are implemented for their specific area of responsibility. The GOC Chair and SAO Games Consultant will have overall responsibility to ensure the implementation of these guidelines.

The program must be referred to in both official languages in all public documentation:

Ontario 55+ Games - Jeux de l'Ontario des 55+
Ontario 55+ Summer Games - Jeux d'été de l'Ontario des 55+
Ontario 55+ Winter Games - Jeux d'hiver de l'Ontario des 55+

The following Materials must be made available in French and English:

- Province wide media releases
- Logos
- Invitations to Special Events (ie – Opening Ceremonies & VIP Receptions)
- Programs for Special Events
- Components of the Opening and Closing Ceremonies including Athletes & Officials Oath, National Anthem
- Bilingual representative available for the duration of the Games to assist with translation requirements
- Signage Medals
- Medals

The following materials do not need to be translated but must indicate 'If any of the following information is required in French please contact....' and in a visual place on the materials:

- Registration package and forms
- Officials Games Programs and/or Participant Handbooks
- Website
- Promotional Materials (including posters, flyers, etc)
- Tickets
- Identification Passes

For any materials that are not listed above please contact the Sport Alliance of Ontario for clarification.