

# Athlete Guide

# TEAM QUÉBEC 2018-2019



**PATINAGE QUÉBEC**

[WWW.PATINAGE.QC.CA](http://WWW.PATINAGE.QC.CA)



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## Team Québec Registration

Skaters who will qualify for Team Québec during the Sectional "A" Championships next November must complete their registration as per the schedule posted on our website. **Please note that only one chaperone per skater will be allowed in the registration room.**

⇒ Registration process:

1. **Reception:** Confirmation of your qualification for Team Québec;
  2. **Clothing:** fitting and ordering the clothing for Team Québec
  3. **Picture:** An official Team Québec picture will be taken with your vest
  4. **Online registration:**
    - Register on UPLIFTER\* and complete the 2 Forms from Skate Canada (Short and Free program)
    - Register on AMILIA\* (information for Patinage Québec)
- \* It is important to have you passwords with you if you were on Team Québec last season.
5. **Payment:** Make payment for registration for Team Québec in full (including the clothing and the registration for the 2019 Skate Canada Challenge).
  6. **Accommodation:** Confirm reservation for accommodation for the 2019 Skate Canada Challenge
  7. **Code of conduct:** Please sign and return the Team Québec Code of conduct

### IMPORTANT:

Please expect between 1 to 1.5 hours to complete your registration.

Please have the following documents with you:

- ⇒ Skate Canada membership number
- ⇒ Health insurance number
- ⇒ Details for both programs
- ⇒ Information on your music
- ⇒ Complete coordinates
- ⇒ Your doctor's contact information
- ⇒ Your information for AMILIA and UPLIFTER (passwords and email address)
- ⇒ The name of the coaches who will accompany you during the 2019 Challenge (important because the accreditation of coaches will be based on the information entered on the Forms in AMILIA and UPLIFTER).

Skaters aged 19 years or younger:

A skater who is 19 and younger must obligatory be accompanied by a parent or tutor to complete the medical Form and Discharge of Liability.

The fees payable to Patinage Québec includes your accommodation, your transportation, access and snacks at the skaters' lounge\*, the presence of team leaders who are dedicated to skaters, etc.

\* Please note that the snacks offered are mainly for the skaters as extra and do not replace a meal. Parents are welcome to get a coffee. An early morning service is also possible.

## **Patinage Québec fees**

⇒ Pre-Novice Category:

Fees of **\$475.00** (plus taxes and administration fees) payable at registration. You can pay these fees by check, credit card or cash.

⇒ Novice to Senior Categories:

Fees of **\$700.00** (plus taxes and administration fees) payable at registration. You can pay these fees by check, credit card or cash.

⇒ Member of the National Team Senior

Members of the Senior National Team don't have any registration fees to pay for Team Quebec and for registration at the National Competitions.

Please note, that in the event a skater qualify in two different categories, she/he will only have to pay only once, the higher of the two fees for Patinage Québec. However, the skater will have to pay the fees for Skate Canada for both categories.

## **Optional Category**

When the number of eligible skaters for Canadian Championships is not reached, Skate Canada make some categories optional for the Challenge. If a skater decides not to participate in the Skate Canada Challenge because her/his category is optional, she/he must advise Patinage Québec during registration to Team Québec and pay the same fees for Patinage Québec as the others. **No discount is granted for optional categories.**

The optional categories are:

- Novice Pair
- Junior Pair
- Senior Pair
- Senior Dance

## Skate Canada fees

### ⇒ Skate Canada Challenge

The registration fees for this competition must be paid at registration to Team Québec during Quebec Sectional "A" Championships. See costs below:

- Single: \$300,00
- Pair and Dance: \$225.00 per skater (\$450.00 per team)

### ⇒ Canadian Championships

If a skater qualifies for the Canadian Championships during the Skate Canada Challenge, the registration fees must be paid on site at the Team Québec's room:

- Single: \$300.00
- Pair and Dance: \$225.00 per skater (\$450.00 per team)

## Clothing

Skaters are required to purchase the winter coat, the vest and the leggings for girls and pants for boys. The camisole for girls and sweater for boys are optional purchases. Skaters will be able to purchase the clothing at the same time as registering for Team Québec:

- ⇒ Winter coat: **\$175.00 (plus taxes and service charges);**
- ⇒ Vest: **\$75.00 (plus taxes and service charges);**
- ⇒ Leggings/Pants: **\$50.00 (plus taxes and service charges);**
- ⇒ Camisole/Sweater: **\$25,00 (plus taxes and service charges).**

The winter coat, the vest and the leggings/pants must be worn at all times by athletes during their participation at National competitions (Skate Canada Challenge and Canadian Tire National Skating Championships). Skaters who participated in International Competitions **cannot wear their Skate Canada vest at any time during the competition**. Fines will be given to skaters who do not respect this rule.

### Fines gradations:

- ⇒ 1<sup>st</sup> time : warning;
- ⇒ 2<sup>nd</sup> time : \$100.00;
- ⇒ 3<sup>th</sup> time: \$200.00;
- ⇒ 4<sup>e</sup> time: more serious disciplinary measures will be applied.

## Transportation

### Pre-departure check-list

Before your departure, make sure to do a checklist and include the following items:

- ⇒ Team Québec vest, leggings/pants and winter coat;
- ⇒ Skates, guards and a towel to wipe your skates;
- ⇒ Two copies of your music (three if possible);
- ⇒ Music for an exhibition number (for Canadian Championships, Senior category only);
- ⇒ Practice and competition outfits;
- ⇒ Enough money for your meals (3 good meals per day for the duration of the competition);
- ⇒ Health insurance card (RAMQ);
- ⇒ Skate Canada membership number (current season).

### 2019 Skate Canada Challenge and 2019 Canadian Tire National skating Championships (air transport)

Rally point in front of the Air Canada terminal

#### Instructions:

- ⇒ You must arrive at the airport at least 3 hours before the departure time of your flight (the list of flights will be available on our website).
- ⇒ Check regularly the departure time of your flight within 24 hours of your departure. Also check the Patinage Québec website to see if there are any changes planned.
- ⇒ Meet the team leader for your group.
- ⇒ Make sure to note the time and location of the boarding gate that the team leader will tell you.
- ⇒ Meet at check-in. Since your luggage could get lost, we strongly suggest that you keep your skates, costumes and music in your carry on.
- ⇒ When you get to the boarding gate, make sure to notify your presence to the team leader for your group. Then, go to the boarding gate for the time mentioned by the team leader.
- ⇒ The team leader will be the last to go through security.

#### Tips for your luggages

- ⇒ Remove all previous airline tags.
- ⇒ Apply labels inside and outside your luggage with your addresses (permanent and destination).
- ⇒ Keep your medication, valuable items (cameras, jewellery, electronics, money, etc.) in your carry-on luggage as well as your competition outfits, your music and your skates.
- ⇒ For the departure and return, you have to carry your skates yourself. Note that skates are permitted in carry-on luggage, but plan overweight and storage space if you decide to store them in your main luggage.

#### Standards for luggages

- ⇒ Please refer to the Canadian Air Transport Security Authority website:

<http://www.acsta.gc.ca/accueil>

### **Parents obligations for transportation**

- ⇒ Skater aged 13 and under:

A skater aged 13 and under **MUST** be accompanied by a parent. If the parent cannot be present, she/he may appoint another adult and must inform Patinage Québec. .

- ⇒ Skater aged 14 and over:

A skater aged 14 and over, do not need to be accompanied by a parent during transportation.

### **Accommodation**

Patinage Québec is responsible to reserve the required rooms for skaters. If a coach wishes to rent a room at the official hotel, it is his or her responsibility to inform Patinage Québec before the deadline.

To do so, he/she needs to complete the Room Reservation Form available on Patinage Québec website and send it to *Elie Sigouin* by fax at: 514-252-3170 or by email at [esigouin@patinage.qc.ca](mailto:esigouin@patinage.qc.ca) before:

2019 Skate Canada Challenge: **October 31, 2018**

2019 Canadian Tire National Skating Championships: **November 21, 2018**



2019 Skate Canada Challenge		
Who	Arrival date	Departure date
Pre-Novice ladies	Monday, November 26	Friday, November 30
Pre-Novice men	Wednesday November 28	Sunday December 2
Pre-Novice Pairs	Tuesday November 27	Saturday December 1
Pre-Novice Dance	Wednesday November 28	Sunday December 2
Novice ladies	Monday November 26	Friday November 30
Novice men	Monday November 26	Friday November 30
Novice Pairs	Tuesday November 27	Saturday December 1
Novice Dance	Monday November 26	Friday November 30
Junior ladies	Wednesday November 28	Sunday December 2
Junior men	Thursday November 29	Monday December 3
Junior Pairs	Tuesday November 27	Saturday December 1
Junior Dance	Wednesday November 28	Sunday December 2
Senior ladies	Thursday November 29	Monday December 3
Senior men	Tuesday November 27	Saturday December 1
Senior Pairs	Tuesday November 27	Saturday December 1
Senior Dance	Thursday November 29	Monday December 3

## Parents obligation for accommodation

### ⇒ Skater aged 17 or under:

A skater aged 17 or under **MUST** be accompanied by a parent. If the parent cannot be present, he may appoint another adult (other than an athlete) and must send a signed written consent between the parent and the other adult to Patinage Québec.

If two skaters decide to share a room, a parents or responsible adult must still be present for the duration of the skaters stay at the hotel.

### ⇒ Skater aged 18 and over:

A skater aged 18 and over do not need to be accompanied by a parent.



## **Fees for the room**

⇒ Sharing with another skater:

If a skater decides to share a room with another skater, he must provide the name of the other skater during Québec Team registration and the room will be paid entirely by Patinage Québec.

⇒ Sharing with a family member or other:

If a skater decides to share his room with a family member or his/her coach, Patinage Québec will reimburse 50% of the cost for the room only. Please note that you will have to pay the total amount at your arrival at the hotel and upon your return you need to send us the invoice in order to get the 50% reimbursement.

## **Method of payment and refund**

⇒ If sharing a room with another skater:

If a skater decide to share a room with another skater, she/he must give the name of the other skater at registration to Team Québec and the room will be paid in full by Patinage Québec.

⇒ If sharing a room with a family member or other:

If a skater decide to share a room with a family member or her/his coach, Patinage Québec will reimburse 50% of the cost for the room only. However, you must pay the amount in full at arrival at the hotel and send us a copy of the invoice when you return to get the 50% refund.

**\* Non-accommodation expenses shown on the invoice will be at the parent's expense.**

⇒ Reimbursement by Patinage Québec

In order for Patinage Québec to refund you 50% of the accommodation, you must provide a copy of the hotel invoice **maximum 30 days after the event**, by email, fax or regular mail to:

**Elie Sigouin**  
Event Coordinator by interim  
4545 Pierre-De Coubertin Avenue  
Montréal, Québec H1V 0B2  
Fax: 514 252-3170  
Email: [esigouin@patinage.qc.ca](mailto:esigouin@patinage.qc.ca)

## Curfew (MANDATORY)

It is mandatory to inform one of the team leader when a skater has social activities outside of the hotel. It is also mandatory to respect the following curfew:

During the competition		After the competition	
13 years and under	9:00 pm	13 years and under	11:00 pm
14 to 15 years old	10:00 pm	14 to 15 years old	Midnight
16 to 18 years old	11:00 pm	16 to 18 years old	1:00 am
19 years and over	Midnight	19 years and over	2:00 am

## Nutrition

- ⇒ A good nutrition help to maintain a good physical and mental health;
- ⇒ Please note that the snacks offered at the Skater's lounge do not replace a meal, it is a complement or extra to have something to eat for those who have early morning practices.
- ⇒ Avoid trying new foods;
- ⇒ Eat at regular time just like you would do at home;
- ⇒ Make sure not to skip any meal, it is better to eat lightly than not eat at all.
- ⇒ Eat at restaurants you know or that appear clean;
- ⇒ Drink plenty of water;
- ⇒ Maintain the same eating habits when travelling as at home.

## Practices attendance

It is mandatory to advise the person responsible at the skater's lounge if you decide not to attend a practice. Especially if the practice is early morning or late evening.

## Team Spirit «Be proud, as a team»

Show your best side and mutual support:

- ⇒ You represent Team Québec, your club, your region, your Federation and your Section, be proud.

## Canadian medallists show 2019 Canadian Tire Skating Championships

Information regarding the Canadian medallist show will be communicated to skaters, parents and coaches as soon as available by Skate Canada.

### Medias and Interviews

- ⇒ Make sure to be accompanied by the public relations officer or a team leader from Team Québec and/or your coach;
- ⇒ Wear your Team Québec attire;
- ⇒ Be polite;
- ⇒ Maintain your composure;
- ⇒ Listen carefully to the questions;
- ⇒ Give brief but, complete answers;
- ⇒ Stick to your own business (skating, your performance, your training, etc.);
- ⇒ If you don't know the answer, tell the journalist, and offer to find it for him or her;
- ⇒ Always tell the truth;
- ⇒ Never be sarcastic, and do not try to outwit the journalist;
- ⇒ Answer the questions, directly but, by sticking to your messages;
- ⇒ If necessary, ask them to repeat the question;
- ⇒ Use simple language;
- ⇒ Avoid jargon;
- ⇒ Stick to the facts;

**WARNING:** Everything you say before, during and after the interview may be quoted and attributed to you. It is therefore important to stick to the facts;

- ⇒ Avoid commenting on judges' decisions;
- ⇒ Never express a negative or personal opinion about results, especially if they are disappointing.

## Doping Test

- ⇒ It is important not to leave the arena before the end of the free program event, without making sure you know which candidate was chosen for the doping test.
- ⇒ A team leader from Team Québec will be there by your side at all times;
- ⇒ Athletes are selected after the final results are announced;
- ⇒ The gold medal winner(s) and one other skater among the same category are selected for the doping test;
- ⇒ Organizers randomly select the position, not the name, of the skater who will be required to undergo testing;
- ⇒ Information regarding these tests and the name of the selected athletes is posted on the door of the medical center;
- ⇒ The test involves 11 steps and the team leader of Team Québec must be present for each step:
  - The athlete is notified of the screening session;
  - A collection vessel is selected;
  - A urine sample is collected;
  - A partial sample is collected;
  - A pre-packaged sample collecting kit is selected;
  - Recording of the shipping container's code number;
  - Urine sample division and packaging;
  - Verification of pH and specific gravity;
  - Recording of substances taken;
  - Completing the Doping Control Form;
  - Completion of the testing process.
- ⇒ For further information on doping:

**Canadian Centre for Ethics in Sports (CCES)**

Phone (toll free) : 1-800-672-7775

Website : [www.cces.ca](http://www.cces.ca)

Email : [info@cces.ca](mailto:info@cces.ca)

## Contact Persons

### Head office

Elie Sigouin                      Phone: 514-252-3073, ext. 3473  
Email: [esigouin@patinage.qc.ca](mailto:esigouin@patinage.qc.ca)

### Team Québec and Event Director

Rémi Gibara                      Phone: 418-806-7204  
Email: [remi.gibara@patinage.qc.ca](mailto:remi.gibara@patinage.qc.ca)

### Athletes' Representative – Patinage Québec Board of Directors

Carolane Soucisse              Phone: 418-806-7204  
Email: [carolane.soucisse@patinage.qc.ca](mailto:carolane.soucisse@patinage.qc.ca)

### Team Leaders – Team Québec for the 2018-2019 Season

Rémi Gibara, Team Québec and Event Director  
Elie Sigouin, Team Québec and Event Coordinator by interim

Diane Baril  
Marthe Beaudoin  
Carole Bellerose  
France Bisson  
Marina Capistran  
Ginette Charbonneau  
Hélène D'Amour  
Lyne Desgagnés  
Linda Guérin  
Jocelyne Lalande  
Maryse Laliberté  
Claudette Larouche  
Laurent Longpré  
Anna-Marie Marx  
France Renaud  
Rhéa Grütter  
Jean-François Touchette

## INFORMATION

All information such as Guides and Rules of Conduct, will be posted on Patinage Québec's website, under **Membres/Athlètes/Équipe du Québec** at [www.patinage.qc.ca](http://www.patinage.qc.ca).

Information such as transportation, accommodation, will be posted under **Compétitions/Nationales/then choose Défi 2019 or Championnats Canadiens** at [www.patinage.qc.ca](http://www.patinage.qc.ca).



### Quoi faire lorsqu'un membre de la famille fait une gastro-entérite?

**Nettoyer à l'eau savonneuse, et par la suite, désinfecter\* une fois par jour les robinets, le cabinet de toilette et le siège, la table à langer, les jouets ou tout autre objet pouvant être contaminé.**

\* Pour désinfecter, mélanger une partie d'eau de Javel 5% à 10 parties d'eau.

Document produit à partir d'une idée originale de l'Agence de la santé et des services sociaux de Chaudière-Appalaches

### Comment se laver les mains?



**Ce qu'il faut savoir...**



**sur la gastro-entérite**

Agence de la santé  
et des services sociaux  
de Laval  
**Québec**  
Direction de santé publique

### Qu'est-ce qu'une gastro-entérite?

Une gastro-entérite est une inflammation de l'estomac (gastro) et de l'intestin (entérite). Elle peut être causée par une bactérie, un virus ou un parasite.

### Quels sont les symptômes?

Les symptômes les plus fréquents sont : diarrhées, nausées, vomissements et crampes abdominales avec parfois de la fièvre et du sang dans les selles. Ces symptômes persistent de 2 à 3 jours, mais peuvent durer une semaine ou plus.

### Comment peut-on l'attraper?

- Par des mains mal lavées et ayant été en contact avec des selles ou des objets contaminés
- Par des mains, des surfaces ou des objets contaminés avec les selles d'une personne infectée
- Par la consommation d'eau provenant d'un puits contaminé par des matières organiques ou par des ruisseaux, lacs, rivières, sources, etc.
- Par des aliments contaminés en raison d'un entreposage, d'une conservation ou d'une manipulation inappropriés. Certains aliments sont plus à risque de contamination. Par exemple : viandes mal conservées ou mal cuites (rosées ou saignantes), lait non pasteurisé, fruits et légumes non lavés, œufs crus ou peu cuits ainsi que les préparations sans cuisson qui en contiennent (lait de poule, mayonnaise maison, meringue, etc.).
- Par contact avec certains animaux (oiseaux, poissons, reptiles, etc.) ou lors de l'entretien de leur habitat (aquarium, cage, litière, etc.)
- Par la consommation d'eau et/ou d'aliments contaminés en voyage, dans certains pays
- Par les pratiques sexuelles qui peuvent comporter un risque accru de transmission

### Comment se protéger et protéger les autres?

#### Se laver les mains fréquemment

Le lavage des mains s'avère le moyen le plus efficace d'éviter la transmission des infections et de prévenir les gastro-entérites.



#### Pourquoi se laver les mains?

Il est important de se rappeler que la maladie se transmet par les selles de la personne atteinte et que ses mains, si elles sont contaminées, peuvent servir de véhicule de transmission de la maladie.

#### Comment se laver les mains?

Il est important d'effectuer un lavage efficace. S'essuyer les mains sur un linge humide ne suffit pas. Pour être efficace, un bon lavage des mains prend **au moins 15 secondes**. La durée de frottage doit être prolongée à 45 secondes au moins, si la peau et les ongles sont visiblement souillés.



#### Quand se laver les mains?

- Avant de manipuler des aliments ou des ustensiles de cuisine
- Avant de manger
- Après avoir préparé de la nourriture, particulièrement s'il s'agit de viandes crues ou de volaille
- Après l'utilisation des toilettes
- Après avoir changé un enfant de couche ou l'avoir accompagné aux toilettes
- Après avoir touché un animal, avoir nettoyé son habitat (aquarium, cage, litière, etc.) ou avoir manipulé de la nourriture pour animaux
- Après avoir manipulé des déchets
- Après avoir éternué ou s'être mouché
- Chaque fois que l'on juge nécessaire

