



**Mississauga
2022**

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Mississauga 2022 Ontario Parasport Games Participant Handbook



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Land Acknowledgement

We acknowledge the lands which constitute the present-day City of Mississauga as being part of the Treaty and Traditional Territory of the Mississaugas of the Credit First Nation, The ho DEE no Sho nee (Haudenosaunee) Confederacy the HUR on WHEN dat (Huron-Wendat) and WHY en dot (Wyandot/Wyandotte) Nations. We recognize these peoples and their ancestors as peoples who inhabited these lands since time immemorial. The City of Mississauga is home to many global Indigenous Peoples.

As a municipality, the City of Mississauga is actively working towards reconciliation by confronting our past and our present, providing space for Indigenous peoples within their territory, to recognize and uphold their Treaty Rights and to support Indigenous Peoples. We formally recognize the ANN ish in A bé (Anishinaabe) origins of our name and continue to make Mississauga a safe space for all Indigenous peoples.



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Office of the Mayor

Personal Message from Mayor Bonnie Crombie



On behalf Mississauga City Council, the City of Mississauga and the citizens we serve, we are honoured to welcome you to the 2022 Ontario Parasport Games.

Having hosted the 2016 Ontario Summer Games as well as the 2018 Ontario 55+ Summer Games, the City of Mississauga has a proud history of presenting high-level sporting events, boasting best-in-class venues and amenities.

The theme of the 2022 Ontario Parasport Games is “More Than Ever”; the return of the Games is here, but this time, it means so much more. From the return of crowds cheering on athletes in person, to the return of competition of Ontario’s finest para athletes across several sport disciplines – we truly do need this exciting event more than ever.

We look forward to thrilling competitions, camaraderie and sportsmanship throughout the Games, and encourage all of you to experience and explore the diversity that the City of Mississauga has to offer.

Hours of training, early mornings, late nights and many sacrifices along the way come to fruition here on this provincial stage. I want to acknowledge the immense dedication of all athletes, and the pivotal support and encouragement of the parents, families, friends and coaches that has led to these Games, with athletes ready to achieve greatness.

I would also like to thank the Games Organizing Committee members and volunteers for their tireless efforts to make the 2022 Ontario Parasport Games a success.

Finally, I wish nothing but success to all the participants. I look forward to watching Mississauga residents and visitors celebrate safely together, showing their support and cheering on the province’s talented para athletes.

Warmest Regards,

Bonnie Crombie, MBA, ICD.D
Mayor, City of Mississauga



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Dear 2022 Ontario Parasport Games Participants,

After years of planning and hard work, the time has finally arrived ... welcome to the 2022 Ontario Parasport Games!

Since its inception, the Ontario Parasport Games has grown to include over 500 participants competing in several sport disciplines. This year, nine sports will take place across the City of Mississauga – the 6th largest City in Canada. Mississauga is the home to world-class facilities, accommodations and destinations that make it unique – and we hope you take the time to explore what Mississauga has to offer.

Although athlete centered first and foremost, the Games are so much more. They are the volunteers, coaches, officials, staff, and performers who are the heart and soul of the Games and whose tireless dedication make the Games and athlete's success possible. As always, the success of the Ontario Parasport Games also relies on the contributions and support of the Ontario Government through its Games Ontario program, as well as our sponsors. We thank them for working with us to create a unique athlete-centered event.

Finally, to the athletes, this is your moment! You are under the spotlight as you compete and strive to exceed your personal best and maybe even bring home a medal! As athletes ourselves, we can attest to the importance of events like the Ontario Parasport Games on your athletic career, whether you continue competing recreationally as a lifelong participant, or strive towards even higher levels of competition (like the Paralympic Games!). Our hope is you take full advantage of this incredible opportunity, meet new friends from across the Province, and leave a lasting legacy as one of Ontario's top parasport athletes. And, when you go back home, share this inspiration with your community, passing on a passion for sport and for the Ontario Parasport Games to yet another generation.

We wish you the very best and good luck!



Susan Stewart
Games Organizing Committee Co-Chair
5x OUA Champion, 2x CIS Champion, 1996 Olympian –
Basketball



Billy Bridges
Games Organizing Committee Co-Chair
4x World Champion, 3x Paralympic Medalist and 5x
Paralympian – Sledge Hockey



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Welcome – Mississauga 2022 Ontario Parasport Games

Welcome Athletes, Assistants, Coaches, Managers and Provincial Sport Organization (PSO) Representatives to the Mississauga 2022 Ontario Parasport Games! We welcome you to explore and enjoy the excitement of what the City of Mississauga has to offer. The return of the means once again uniting Participants from across Ontario and creating unforgettable memories and experiences. The return of the Games is here and it mean More Than Ever.

Every moment more inspiring

Every event more meaningful

Every cheer more powerful

We ask that you be respectful of everyone participating and attending. These are your Games, no matter your race, age, gender identity or expression, ethnicity, sexual orientation, family status, disability, colour, religion, and/or other diverse backgrounds. You are home.

About the Games

The Mississauga 2022 Ontario Parasport Games (May 13 – 15, 2022) is supported by the Ontario Government through its Games Ontario program. In addition to the Ontario Parasport Games, this program delivers and supports multi-sport events, including the Ontario Winter Games, the Ontario Summer Games, the Ontario 55+ Winter Games and the 55+ Ontario. To learn more, please visit <http://www.mtc.gov.on.ca/en/sport/gamesontario/gamesontario.shtml>.

True Sport

Did you know that the Mississauga 2022 Ontario Parasport Games are a True Sport event? Mississauga 2022 is committed to values-based sport and fostering an environment where the True Sport Principles are at the forefront of the Games. The seven True Sport Principles listed below serve as a reminder of the behavior that we ask all Games Participants to respect and embody, on and off the field of play, to ensure positive and memorable experiences for all.

When you see one of these Principles come to life during the Games, share it with us on social media by tagging @truesportpur, @sauga2022games and #TrueSportMoments.



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TRUE SPORT

True Sport Principles

Go For It

Rise to the challenge – always strive for excellence.
Be persistent and discover how good you can be.

Play Fair

Understand, respect, and follow the rules.
Play with integrity – competition is only meaningful when it is fair.

Respect Others

Show respect for everyone involved in creating your
sporting experience, both on and off the field of play.
Win with dignity and lose with grace.

Keep It Fun

Find the joy in sport and share it with others.
Remember what you love about sport and why you play.

Stay Healthy

Always respect and care for your mind and body.
Advocate for the health and safety of yourself and those around you.

Include Everyone

Recognize and celebrate strength in diversity.
Invite and welcome others into sport.

Give Back

Say thanks and show gratitude.
Encourage your sport group to make a difference in the community.

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About Volunteers

Volunteers play a crucial role in the overall success of the Mississauga 2022 Ontario Parasport Games. Over 200 volunteers are committed to creating an unforgettable Participant experience for you. Show your appreciation for their dedication and continued support by thanking every one you encounter. Together, now more than ever.

Sustainability

The City of Mississauga is committed to leading and enabling environmentally responsible behaviours to preserve our environment for the enjoyment and support of current and future generations. Having been given the honour of hosting the 2022 Ontario Parasport Games, the City of Mississauga has implemented various initiatives to reduce the environmental impact of this event. We invite you to join us in making the Games green and sustainable!

What You Can Do

At the Hotel:

Conserve energy: Turn off the lights before leaving for the day

- Did you know that 13.5% of energy used in commercial and institutional buildings goes to lighting?

Conserve energy: Where appropriate, keep air conditioning on low or turned off when not in the room

- You can reduce your energy emissions by 5% just by turning your thermostat down 1 degree

Conserve water: Turn off the tap while brushing your teeth and take shorter showers

- Did you know that turning the tap off while brushing your teeth can save over 20 litres of water a day!

Conserve water and energy: Where appropriate, ask housekeeping to make your bed but not change your sheets

- Did you know that one load of laundry uses about 70 litres of water!



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Divert waste: Separate your waste and put them in the correct waste container

- Did you know that plastic bottles are recyclable but bottle caps are not? Making the effort to separate your recyclables and garbage goes a long way in minimizing the waste that gets sent to landfills.

Sustainable transportation: Walk, cycle, or take public transit when appropriate

- Did you know MiWay buses take 11,000 cars off the road annually!

At the Games:

- **Divert waste**
 - Bring your own reusable water bottle, coffee mug and cutlery! You can refill your water bottles at a water-refilling station at City of Mississauga facilities.
 - Separate your waste and put them in the correct waste container

What the City of Mississauga Is Doing

- Ensuring that both garbage and recycling bins are provided in high-traffic areas
- Providing waste sorting stations in meal areas
- Transporting Athletes with MiWay hybrid buses

Meet the Mascot

PACHI is the head cheerleader of Games Ontario events, all of which highlight Ontario Athletes competing in sports at the Mississauga 2022 Ontario Parasport Games. PACHI also supports the Athletes and Coaches on Team Ontario at the Canada Games. PACHI is a porcupine and like other porcupines, has a visual impairment and difficulty seeing people and objects that are far away.

His white hat and wristbands feature the Games Ontario logo, modelled on the iconic Ontario trillium and highlighted with red, green, and blue:

- Red represents “inspiration” and it’s Team Ontario’s official colour
- Green represents “opportunity”
- Blue represents “community”



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Quick Reference Information

Accreditation

Every Participant will be issued an accreditation badge that will provide them access to their Accommodation Venue, Dining Hall, Bus Transportation, Competition Venue and Participant-only zones. The badge will also identify which zones you have access to and help Access Control volunteers to differentiate between Athletes, Assistants, Managers, Coach and Staff.

It is important that Participants wear the badge at all time during the Mississauga 2022 Ontario Parasport Games to ensure access to their specific Venues. If an accreditation badge is lost, it must be reported to the Provincial Sport Organization Representative immediately. They will then communicate with Games Headquarters via email or phone and Games Staff will verify the credentials of the Participant. They will reprint it and will coordinate with the PSO Representative to pick up the accreditation badge. Phone and email can be found in the Games Headquarters section within the Participant handbook. In addition, delaying the reporting process can affect your access to specific zones throughout the Games.



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Competition Venues

Sport	Venue	Address
5-a-Side Soccer	Paramount Fine Foods Centre – Sportsplex	5600 Rose Cherry Pl, Mississauga, ON L4Z 4B6
Boccia	St. Marcellinus High School – Gymnasium	730 Courtney Park Dr W, Mississauga, ON L5W 1L9
Goalball	Paramount Fine Foods Centre – Community Rink # 2	5500 Rose Cherry Pl, Mississauga, ON L4Z 4B6
Para Athletics	St. Marcellinus High School - Track Field	730 Courtney Park Dr W, Mississauga, ON L5W 1L9
Para Karate	Paramount Fine Foods Centre – Community Rink # 3	5500 Rose Cherry Pl, Mississauga, ON L4Z 4B6
Sitting Volleyball	Frank McKechnie Community Centre	310 Bristol Rd E, Mississauga, ON L4Z 3V5
Sledge Hockey	Iceland Mississauga – Rinks #2 and #4	705 Matheson Blvd E, Mississauga, ON L4Z 3X9
Wheelchair Basketball	Paramount Fine Foods Centre – Gymnasium	5600 Rose Cherry Pl, Mississauga, ON L4Z 4B6
Wheelchair Tennis	Courtney Park Tennis Courts	600 Courtney Park Dr W, Mississauga, ON L5W 1L9



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Competition Schedules

 Mississauga 2022 <small>Ontario Parasport Games Jeux Parasport de l'Ontario</small>		Overview Sport Schedule		
Event	Venue	Fri May 13	Sat May 14	Sun May 15
Opening Ceremony	Celebration Square	18:30		
5-a-Side Soccer	Paramount Fine Foods Centre - Field House (PFH)		10:30-15:00	10:30-15:00
Athletics	St. Marcellinus High School (SMH)		9:30-15:30	
Boccia	St. Marcellinus High School - Gymnasium (SMH)		10:00-16:00	9:30-13:00
Goalball	Paramount Fine Foods Centre - Community Rink #2 (PCR)		9:10-17:50	9:10-12:30
Para Karate	Paramount Fine Foods Centre - Community Rink #3 (PCR)		9:00 - 15:00	
Sitting Volleyball	Frank McKechnie Community Centre (FMC)		9:30-16:00	
Sledge Hockey	Iceland Arena (ICE)	10:00-14:45	10:00-20:15	9:00-13:00
Wheelchair Basketball	Paramount Fine Foods Centre - Gymnasium (PGY)		10:00-16:45	9:00-12:15
Wheelchair Tennis	Courtney Park Tennis Courts	13:00-14:30	9:30-18:30	9:30-16:00



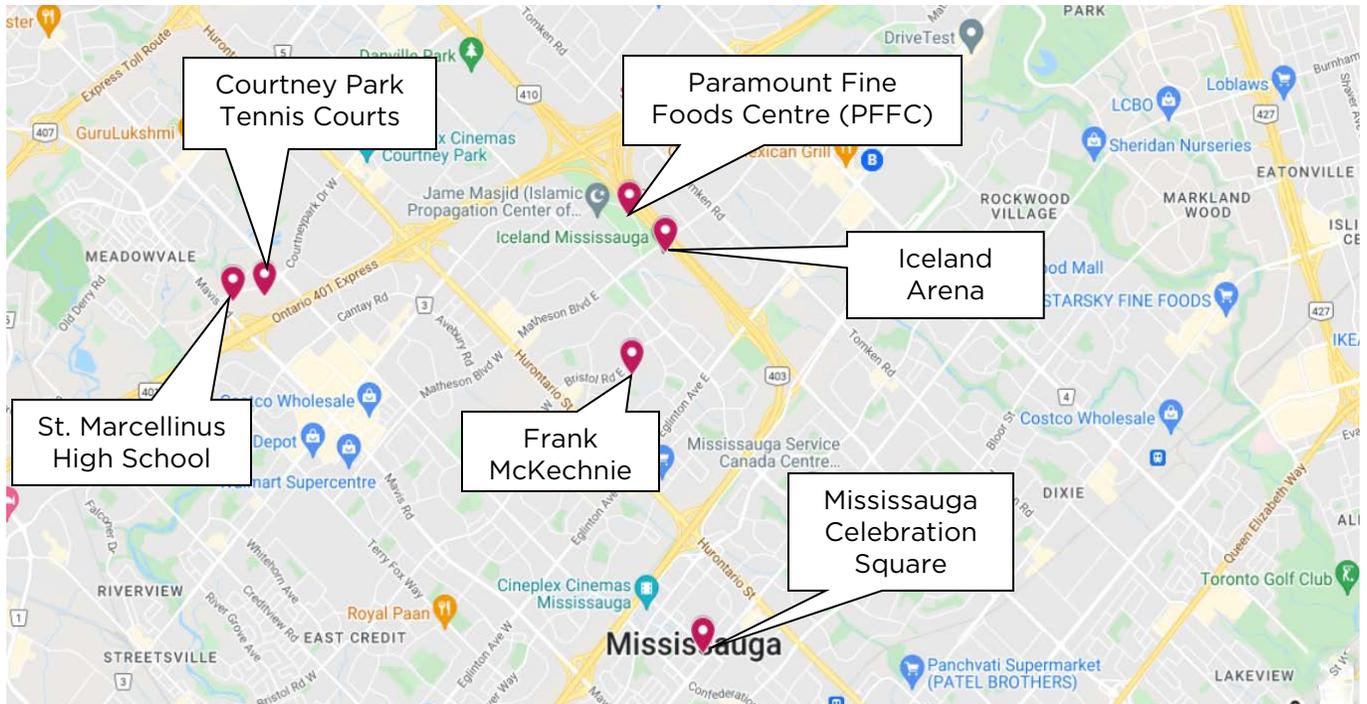
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Venue Map

Includes locations of Competition Venues, Accommodation Venues, and the Opening Ceremony Venue.



Venue Etiquette

We ask the Participants and everyone at the Ontario Parasport Games to respect the hard work of the janitorial Staff by tidying up after themselves at all Venues. Each Venue will provide garbage and recycling bins to dispose of items.

Equipment Storage

Equipment storage plans will be based upon each sport's requirements and size of equipment. Team Managers and or Provincial Sport Organization Representatives will communicate where and how equipment will be accessed and stored for Participants.





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Wi-Fi

Participants will have access to Wi-Fi at all Accommodation and Competition Venues. Instructions for Wi-Fi access at Accommodation Venues will be displayed in each hotel room. At Competition Venues, public Wi-Fi networks are available; Participants must agree to the terms and conditions when first signing in to gain access have access to internet.

Social Media

Check us out on social media and stay update on everything that is happening for the 2022 Ontario Parasport Games. Share your special moments with us and everyone else at the Games by tagging us on Instagram and Twitter.

Instagram: @sauga2022games

Twitter: @sauga2022games

Hashtags: #Sauga2022Games, #OPG2022 & #MoreThanEver

Opening Ceremony

We welcome everyone to attend and take part in the Ontario Parasport Games Opening Ceremony. The Opening Ceremony will take place at Mississauga Celebration Square on Friday May 13th from 7:00 – 8:30 PM. Dinner will be served between 4:30-6:00 PM at the Living Arts Centre prior to the Ceremony; timing will vary and be dependent on each sport competition and or arrival schedule. Participants will be ushered to the ceremony once dinner has concluded. This event will feature an Athlete's Parade celebrating all the Athletes attending the games, lighting of the Games Cauldron and a headline performance by pop artist, Alex Porat. Provincial Sport Organizations and Team Manager's will provide additional information prior to arrival in Mississauga. Please note, this is an outdoor Venue so please dress appropriately for the weather.

Transportation

Participants will be transported on accessible buses to and from the Opening Ceremony, Accommodation Venues and Competition Venues. Buses and load zones will be labeled at all Venues and volunteers will be working to support Participants on and off the correct buses. Schedules can be found at the Games Information Desks located at each Accommodation Venue.



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Games Headquarters

The Games Headquarters (Games HQ / GHQ) is the central control centre for the Mississauga 2022 Parasport Games. The Headquarters assist with providing information, troubleshooting and solving any issues they may arise during the Games. This central hub is available to everyone participating, volunteering or working at the Games via email osg.info@mississauga.ca and phone (905)-615-3300. We ask Participants to reach out to Team Managers and or PSO Representatives first before calling or emailing the Headquarters because some issues can be solved by those key team members and or within the facility. Once an issue is reported, the Team Managers or PSO Representative will direct it to the Sport Manager or Venue Manager who will then escalate it to the Games HQ if it can't be resolved or becomes a Games-wide issue.

Location: Paramount Fine Food Centre, Second Floor, 5500 Rose Cherry PL, Mississauga, ON L4Z 4B6.

Hours Operation:

- Thursday May 12, 12:00pm-6:00pm
- Friday May 13, 8:00am-10:00pm
- Saturday May 14, 7:00am-10:00pm
- Sunday May 15, 7:00am-6:00pm

Accommodations

Athletes, Assistants, Coaches, Managers and PSO Representative will be residing in various hotels located across Mississauga. At each Accommodation Venue there will be a Games Information Desk supported by volunteers to assist Games Participants with any of their Games-time needs. Overnight Security will also be present should Participants require any overnight assistance.

Check In / Out Procedure

Upon check-in, each Participant will be provided with a key card and will only have access to their assigned room. Participants must stay in the room assigned to them and are not permitted to access Accommodations of other Participants and or Staff.

Curfew

Participants are required to be in their rooms by 11:00 PM for curfew. Quiet time begins at 10:00 PM; please demonstrate respect for fellow Games Participants by being mindful of the quiet hour. Any Participant that violates curfew and/or quiet time will be reported to their



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Team Managers.

Damages

Each team is responsible for all damages or loss of Host Committee property and Accommodation Venue property, including signage, equipment, furnishings and key cards. We ask you to respect sport and Accommodation Venues.

House Keeping

Housekeeping services are available by request at each Accommodation Venue. Services include light cleaning and replacement of bed linens and towels. Please visit the front desk to request any desired housekeeping services. If the rooms are occupied or personal belongings are on the floor and or bed at the time of service, Staff will note it and will follow up at a later time. Any additional questions regarding housekeeping or other services can be answered at your Accommodation's front desk.

Accommodation Venue Rules

- Participants are only allowed to sleep in rooms assigned to them
- Visitors are not permitted to stay overnight at Accommodation Venues
- Participants are not allowed to give key cards to anyone
- Cannabis or other controlled substances are prohibited in Accommodations and Competition Venues
- Alcohol is strictly prohibited in any Accommodations and Competition Venues
- Smoking or vaping is strictly prohibited in any Accommodations and Competition Venues
- Please respect all Staff and their personal property at all Venues
- For the safety and protection of everyone, Participants are not permitted to use their equipment for practice within their Accommodations Venue



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Food Services

Breakfast

Breakfast will be provided to all Participants at their Accommodation Venue. Timing is dependent upon sport competition schedules.

Lunch

Participants will be provided lunch at their Competition Venue and will be provided an assortment of options to build their plate. Timing will vary and is dependent on each sport's competition schedule. Volunteers will be stationed in each Venue to assist with directing Participants to lunch set up between competitions.

Dinner

Dinner will take place at Paramount Find Foods Centre and Iceland Arena (for Sledge Hockey only) between 4:00-8:30 PM and will be a mixture of buffet and boxed meals. Times and locations will be dependent on sport competition schedules. All food must remain in the dining area, with the exception of grazing items. No dishes are permitted to leave the dining hall at any time. Participants are encouraged to clear their own plates, cutlery, and place into bins. Recyclables and garbage are to be placed into the separate, clearly marked bins within the Venue. Volunteers and Staff will be readily available to support those requiring assistance with clearing plates and cutlery.

Water

Athletes are encouraged to bring their water bottles to all Accommodation and Competition Venues during competition and meal times as we are making a conscious effort to limit the amount of non-reusable plastic cups. Water bottle fill stations can be found at all Venues.



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Medical Services

Every Venue will have a certified Athletic Therapist team and first Responders, in addition to these services there will be access to a Polyclinic facility that houses a variety of Medical Services that are available for Participants participating in the Ontario Parasport Games. The Staff will consist of Sport Medicine Physicians, Athletic Therapists, Physiotherapists, Massage Therapist and Chiropractors. This group of professionals will be able to assess and treat any injuries/illness that will occur during sport, and can provide services beyond those offered at the individual Venues. At each competition, Venue Medical Staff can determine whether a Participant will need to be transferred to the Polyclinic. In the case a Participant needs to be transferred Medical Staff will provide transportation for Participants. If Participants are at their Accommodations Venue during the operating hours of the Polyclinic and might require Medical assistance, they would need to call the number provided below and Medical Staff will determine if they need to be transported. In addition to physical injury, mental health support and psychological first aid can also be accessed these services through the Polyclinic. A valid Ontario health card is required along with a parent or guardian sign a consent form. This form will have been provided to you during Participant registration if not, additional forms will be available at the clinic.

The Polyclinic will not provide overnight or long-term infirmary services, anyone requiring longer-term care or immediate Medical attention will need to call 9-1-1 and or be transported to the nearest hospital.

Location

Sheridan College, Building H, 7899 McLaughlin Road, Brampton, ON.

Hours of Operation

- May 14 Saturday, 10:00am – 6:00pm
- May 15 Sunday, 10:00am – 6:00pm

Taping Clinic, Massage Therapy & Policy

Taping will be available prior to all competitions, but it will be the responsibility of the Participants to schedule their timing accordingly to get taping completed prior to their competition start time. Last minute taping may cause delays in schedule, but priority will go to those based on competition schedule. Generic Kinesiology tape will provided by the City of Mississauga, if a Participant prefers a specific



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Kinesiology tape, they must bring their own. Drop-in Massage Therapy will be accommodated, but it is recommended that you schedule Massage Therapy if you know you will require these services.

Location

The Taping & Massage Therapy Clinic will be located at Paramount Fine Food Centre, 5500 Rose Cherry Pl, Mississauga, ON (Change Room 21&22)

Hours of Operation

- May 14 Saturday, 7:30am – 6:00pm
- May 15 Sunday, 7:30am – 5:30pm

Mental Health Services

The Medical Team will have Peer Support and counselling will be made available for all Participants involved in the Mississauga 2022 Ontario Parasport Games. This service will be offered to Participants 24/7 via phone (647-203-0646) In-person support can be facilitated at the Venue, and Polyclinic during hours of operation. Contact any member of the Medical Team if you wish to access these resources. The Medical Mental Health Team can also make self-care resources available. If you are experiencing a mental health crisis, please call 9-1-1.

Medical Contact Information:

647-203-6659 - Medical Services General Number (Appointments, Questions, Information)

647-203-0646 – Mental Health and Peer-Support Line

COVID-19

If you were exposed to someone who has tested positive for COVID-19 prior to the Games or unsure if you should isolate, please complete the self-assessment tool provided by the Government of Ontario to determine if you need to self-isolate.

<https://covid-19.ontario.ca/self-assessment/>

If, for any reason, you feel unwell or sick outside of a sports related injury, please follow these three easy steps:

- **Inform:** If you feel sick, become sick, or tested positive on a rapid antigen test (RAT) please notify any member of the Medical Team immediately. If you are not at the Venue, you can contact a member of the Medical Team by calling: 647-203-6659.



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- **Isolate:** Contact your Coach or Team Representative and tell them that you feel unwell. Maintain physical distancing and minimize exposure to others. If you do need to come into contact with others, make sure to wear a mask.
- **Assess:** A member from the Medical Team will do an assessment, including a RAT. If you are exhibiting COVID symptoms, or test positive on a RAT, you will need to self-isolate immediately, and contact your doctor or health care provider if symptoms become worse.

We know how important competition is, and we want to ensure your safety and the safety of others at the Games. Please let any member of the Medical Team know if you feel unwell or sick as soon as the feelings or symptoms start.

After returning home from the Games, if you begin to feel unwell or think you may have COVID-19, ensure to follow all public health guidance to take care of yourself and protect others. <https://covid-19.ontario.ca/exposed>

Depending on your symptoms and their severity, you may also need to contact your family doctor, or other primary care provider for further guidance and assessment.

Guidelines and procedures may change based on the evolving guidelines that continue to be updated and provided by The Government of Ontario's website for current guidelines and regulations. <https://covid-19.ontario.ca/>

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