



## RICHMOND OLYMPIC OVAL

Richmond, BC

May 4-5, 2024



### EVENT INFORMATION

Gymnaestrada provides the opportunity to celebrate movement and physical activity in a non-competitive, inclusive environment while capturing the true values of the 'Gymnastics for All' and 'Active for Life' philosophies of sport and recreation.

The goals of Gymnaestrada are to promote and encourage the growth of Gymnastics for All, inspire and encourage joy in exercise and to demonstrate the development of the participants.

More about Gymnaestrada: <https://www.gymbc.org/events/bc-gymnaestrada/>

[Event Website](#)

*Workplans, schedules, event information will consistently be updated on the event website.*

### HOST CLUB CONTACTS

#### Delta Gymnastics Society

4680 Clarence Taylor Cres.  
Delta, BC V4K 3X3

#### Jenn Watts

P: 604-943-0460

E: [jwatts@deltagymnastics.com](mailto:jwatts@deltagymnastics.com)

#### Richard Wischnewski

P: 604-943-0460

E: [execdirector@deltagymnastics.com](mailto:execdirector@deltagymnastics.com)

## GYMNASTICS BC CONTACTS

**Gymnastics BC**  
#268-828 West 8<sup>th</sup> Avenue  
Vancouver, BC V5Z 1E2

(B) 604-333-3496  
[info@gymbc.org](mailto:info@gymbc.org)  
[www.gymbc.org](http://www.gymbc.org)

**Taphatna Duncan**  
Recreation Program Manager  
P: 604-333-3494  
E: [gfa@gymbc.org](mailto:gfa@gymbc.org)

**Aidan Muth**  
Communications & Events Coordinator  
P: 604-333-3490  
E: [events@gymbc.org](mailto:events@gymbc.org)

## MEDIA INFORMATION

### Social Media Handles:

**Instagram:** @gymnasticsbc | @deltagymnasticsociety  
**Facebook:** Gymnastics BC | Delta Gymnastics Society  
**X:** @GymnasticsBC

### Hashtags:

#BCGymnaestrada2024  
#DGSHostsBCGymnaestrada  
#BackToThe80s  
#GymBCXDGS

Media Contact: [communications@gymbc.org](mailto:communications@gymbc.org)

## EVENT INFORMATION

### DATES

May 4-5, 2024

### THEME

Theme: Back to the 80's

Concept: Bring back the 80's by adding some throwback flair to your routines!

### VENUE

Richmond Olympic Oval  
6111 River Rd  
Richmond, BC V7C 0A2

Parking: Limited public parking is available at the venue. Nearby paid parking is also available. Further information will be available in the next workplan.

### FEES AND REQUIREMENTS

Registration Type	Deadline	Participant	Coach	Chaperone/Supporter
Individual Registration	Feb. 2, 2024	\$95	\$35	\$20
Late Registration*	March 15, 2024	\$105	\$35	\$20
Extended Registration*	March 31, 2024	\$210	\$35	\$20

**No registrations will be accepted after 11:59 p.m. on March 31, 2024.**

Individual registration opens November 27, 2023. Registration will be taken on K-Score.

*\*Extended and late registrations are not guaranteed, and will only be accepted pending availability.*

**Registration:** <https://register.kscore.ca/event-details.php?event=244>

The participant registration fee includes: workshops, performance shows, and a participant gift.

#### **Participant to Coach/Chaperone Ratio Requirements:**

The participant to coach/chaperone ratio for Gymnaestrada should be 10:1, further decreased if the majority of a group's performers are young. Each group must have a minimum of 1 fully certified coach. But eligible chaperones/supporters can be used to fulfill the remainder of the supervisory ratio requirements. These chaperones/supporters must be at least 18 years of age, are registered members of Gymnastics BC, have a valid Criminal Record Check (with vulnerable sector check), and have completed Respect in Sport training. Please contact [events@gymbc.org](mailto:events@gymbc.org) should you have any questions regarding chaperone/supporter requirements.

	<p><b><u>Declaration of Club Compliance and Media Consent:</u></b></p> <p>In order to participate in this event, each club must sign a <a href="#">Declaration of Compliance form</a> and submit it to GymBC with your registration fees.</p> <p>By signing this document, you are also ensuring that your club has attained a media release form for all participating athletes, coaches and/or members at your club that may appear on camera during the competition, and giving GymBC and Delta Gymnastics Society permission to post media to social media channels and websites during and after the competition.</p> <p>If you need a media release form template, please contact <a href="mailto:safety@gymbc.org">safety@gymbc.org</a>.</p> <p>Any questions regarding these requirements can be sent to <a href="mailto:events@gymbc.org">events@gymbc.org</a>.</p>												
REFUNDS AND SUBSTITUTIONS	<table><tr><th>Type</th><th>Deadline</th><th>Notes</th></tr><tr><td>Full Refund</td><td>March 1, 2024</td><td>Refunds issued in full</td></tr><tr><td>Medical Refund</td><td>11:59 p.m. on May 2, 2024</td><td>Refunds issues upon receiving a valid medical note. \$10 admin fee deducted</td></tr><tr><td>Substitutions</td><td>11:59 p.m. on May 2, 2024</td><td>Allowed at no cost. Notice must be given</td></tr></table> <p><b><u>How to Request a Refund or Withdrawal:</u></b></p> <ul style="list-style-type: none"><li>• Please complete the <a href="#">Request for Refund or Substitution Form</a>.</li><li>• A medical certificate <b>must be provided</b> for all athletes withdrawing from the event, after March 1, 2024.</li><li>• A medical certificate <b>is not required</b> for coaches withdrawing from the event.</li><li>• Following March 1, 2024, a \$10 administration fee will be withheld for participants withdrawing from the event.</li><li>• No fees will be held from coach withdrawals.</li><li>• No refunds will be issued after Thursday, May 2, 2024.</li><li>• Substitutions are allowed at no cost, but notice <b>MUST</b> be given, before May 2, 2024.</li></ul> <p><b><i>Please note: Refund requests will ONLY be monitored via <a href="#">the electronic form</a>. Scanned paper copies from previous years will not be accepted.</i></b></p>	Type	Deadline	Notes	Full Refund	March 1, 2024	Refunds issued in full	Medical Refund	11:59 p.m. on May 2, 2024	Refunds issues upon receiving a valid medical note. \$10 admin fee deducted	Substitutions	11:59 p.m. on May 2, 2024	Allowed at no cost. Notice must be given
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AGE ELIGIBILITY	Participating athletes must be at least six (6) years of age by December 31, 2023.												
SCHEDULE	<p><b>May 4:</b> Half-Day Workshops (two groups - AM and PM)</p> <p><b>May 4:</b> Coaches social (evening)</p> <p><b>May 5:</b> Performances</p>												
ADMISSIONS	<p>There will be an admission charge to enter the performance shows.</p> <p>Tickets will be available for online purchase at a later date. Limited door tickets may be available.</p>												

<b>WORKSHOPS</b>	<p>Workshops will be held at the Richmond Olympic Oval and split into two sessions, one group in the morning and one group in the afternoon. <b><u>If your team has a preference on which session you would like to attend, please contact Delta Gymnastics and that will be taken into consideration.</u></b> Scheduling priority will be given to teams coming from further distances to accommodate travel plans.</p> <p>The organizing committee looks forward to introducing participants to active workshops focused on movement and teamwork (still TBD). Delta Gymnastics is excited to be able to offer the Olympic Experience at the Richmond Oval, celebrating the power of sport, as one of the workshops, including interactive challenges, simulators, and featured exhibits. Your club or group will be placed in the most appropriate workshop session and performance show to allow for travel time, group size, etc.</p>
<b>ROUTINE CRITERIA</b>	<ul style="list-style-type: none"> <li>• Gymnastics BC recommends that participating clubs have a maximum of three displays with at least six participants per group.</li> <li>• Only one display per participant is allowed.</li> <li>• The maximum length of each routine is as follows: <ul style="list-style-type: none"> <li>○ <u>5 min:</u> 6-15 participants</li> <li>○ <u>10 min:</u> 16-25 participants</li> <li>○ <u>15 min:</u> 26+ participants</li> </ul> </li> </ul>
<b>GROUP PHOTOS</b>	<p>Group photos will be included in the digital event program.</p> <ul style="list-style-type: none"> <li>• Photos should be clear, bright and of high resolution.</li> <li>• Each participant's face should be visible. If your club has more than one group, please submit separate, clearly labeled pictures for each display.</li> </ul> <p><u>Photo submission deadline:</u> <b>Friday, April 5, 2023</b>      <u>Late fee:</u> \$25</p> <p><b>Note:</b> we cannot guarantee that any photos sent in after the deadline will be included in the event program.</p>
<b>MUSIC</b>	<p>Please keep the event theme in mind when creating routines and choosing music, and be mindful and respectful of your selections.</p> <p>There will be a cap on the number of clubs using the same songs. This will be determined on a first-come, first-served basis on the preliminary registration form. GymBC will notify you if your song choice has reached capacity.</p> <p>A copy of your music is to be sent to Gymnastics BC in .mp3 format. Please ensure that your recording is of excellent quality; tracks of low quality amplify poorly in a large space.</p> <p><u>Music submission deadline:</u> <b>Friday, April 5, 2023</b>      <u>Late fee:</u> \$25</p>

## EQUIPMENT

A 40' x 40' floor will be provided, along with the equipment listed below. We encourage all groups to be as creative as possible.

### Additional equipment:

- Sting mats (2 10cm)
- Red crash mats (4)
- Mini-tramp (1)
- Beat board (2)
- Wedge mats (2)
- Full spotting blocks (2)
- Half spotting blocks (2)
- Trapezoid boxes (4)

**Specific Equipment:** If specific equipment is needed, please email the OC at [jwatts@deltagymnastics.com](mailto:jwatts@deltagymnastics.com) no later than **Friday, April 5, 2024**.

## MEDICAL

A standard medical professional will be on site all weekend.

## CONCESSION

A concession will be provided by the venue. Further information will be available in the next workplan.

## ACCOMODATIONS

## HOTEL ROOM BLOCK

A room block has been set up for Friday, May 3 through Sunday, May 5 at the Executive Vancouver Airport Hotel in Richmond.

Executive Vancouver Airport Hotel

**Address:** 7311 Westminster Hwy, Richmond, BC V6X 1A3

**Contact:** (604) 278-5555 (hotel direct line)

**Booking Code:** -101053- this is needed to get the group rate

### Room Rates:

Room Type	Single Rate	Double Rate
Plaza/Courtyard Room	\$259	\$259
One Bedroom Condo Suite	\$279	\$289
Two Bedroom Condo Suite	\$329	\$329

**Room Block Deadline:** March 2, 2024

## LOCAL ATTRACTIONS

There are many activities and attractions in Richmond. Please take a look at the link below for Tourism Richmond to see different offerings within the city of Richmond <https://www.visitrichmondbc.com/things-to-do/>

## IMPORTANT DATES AND DEADLINES

### DATES

Item	Deadline
Individual Registration Deadline	February 2, 2024
Full Refund Deadline	March 1, 2024
Hotel Block Deadline	March 2, 2024
Late Registration Deadline	March 15, 2024
Extended Registration Deadline	March 31, 2024
Group Photos	April 5, 2024
Music Submission	
Additional Equipment Request	
Declaration of Club Compliance	
Medical Refund/Substitution	May 2, 2024