

Workplan #2

Richmond Olympic Oval

Richmond, BC

May 4-5, 2024



General Information

EVENT DATES • May 4-5, 2024

VENUE • Richmond Olympic Oval - 6111 River Rd. Richmond, BC V7C 0A2

THEME • Back to the 80's

What is Gymnaestrada?

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.

Contact Information

Gymnastics BC

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(P) 604-333-3496 | (F) 604-333-3499
info@gymbc.org | www.gymbc.org

Taphatna Duncan, Recreation Program Manager
gfa@gymbc.org
604-333-3494

Aidan Muth, Communications & Events Coordinator
events@gymbc.org
604-333-3490

Host Club

Delta Gymnastics Society
<https://deltagymnastics.com>

Jenn Watts
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Richard Wischnewski
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604-943-0460



General Event Details

EVENT SCHEDULE

- **May 4:** Workshops - AM - 8:00-12:05 p.m. PM - 12:30-4:35 p.m.
May 4: Coach Social - 7:00 p.m. - 10:00 p.m. in the Legacy Lounge of the Oval

EVENT WEBSITE

- **May 5:** Performance Shows - AM 10:00-11:15 a.m. PM - 1:30-2:45 p.m.
• <https://activitymessenger.com/org/867/page/rLh360q/2024-bc-gymnaestrada-event-page>

SOCIAL MEDIA

-  : @gymnasticsbc @deltagymnasticsociety
-  : Gymnastics BC Delta Gymnastics Society

Registration Information

Registration Fees & Deadlines:

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

Registration Type	Deadline	Participant	Coach	Chaperone/Supporter
Individual Registration	Deadline Passed			
Late Registration*	Deadline Passed			
Extended Registration*	March 31, 2024	\$210	\$35	\$20

No refunds will be offered after 11.59 p.m. on May 2, 2024

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

Participant to Coach/Chaperone Ratio Requirements:

The participant to coach/chaperone ratio for Gymnaestrada is 10:1, further decreased if the majority of a group's performers are young. Each group must have a minimum of 1 coach who is NCCP Gymnastics Foundations certified. This individual must also have a valid Criminal Record Check (with vulnerable sector check), and have completed Respect in Sport training. 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 with GymBC, have a valid CRC (with vulnerable sector check), and have completed RIS training. Please contact events@gymbc.org should you have any questions regarding chaperone/supporter requirements.

Individual Registration:

The K-Score Individual Registration link has been emailed to Main Club/Coach contacts that were provided during the intent to participate phase for the Gymnaestrada event. If you have not received this link, please contact gfa@gymbc.org.

Reminder * Participants must be at least six (6) years of age by **Dec 31, 2023** to participate in the event.

Refunds & Substitutions:

Type	Deadline	Notes
Full Refund		Deadline Passed
Medical Refund	May 2, 2024	Refunds only issued with a medical certificate. A \$10 administration fee will be withheld.
Substitutions	May 2, 2024	Allowed at no cost. Written notification is required.

To file a request for refund or substitution, please fill out the Request for Refund or Substitute Form. [Click Here](#) for the form.



Declaration of Club Compliance:

In order to participate in this event, each club must sign a [Declaration of Compliance form](#) and submit it to GymBC with your registration fees.

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 event.

If you need a media release form template, please contact safety@gymbc.org.

Any questions regarding these requirements can be sent to events@gymbc.org.

Informed Consent and Medical Record & Consent Forms:

All Gymnaestrada participants (performers, coaches, chaperones and supporters) must complete both the Participant Informed Consent and Medical Record & Consent Forms.

****** In the event of a medical situation does occur on site, a club representative must have immediate access to the participant's Medical Record & Consent Forms. Please ensure you either have printed copies of all of these documents, or access to electronic versions during the event weekend. ******

- Medical Record & Consent Form
- Participant's Informed Consent (Under 18 or 18 & Over)
- *forms can be found on the Gymnaestrada Event page

Any questions can be sent to gfa@gymbc.org.

Event Information

Routine Criteria:

- Gymnastics BC recommends that participating clubs have a maximum of three displays with at least six participants per group.
- Only one display per participant is allowed.
- The maximum length of each routine is as follows:
 - 5 min: 6-15 participants
 - 10 min: 16-25 participants
 - 15 min: 26+ participants



Please note the floor orientation: The velcro strips on the warm-up and performance floors will run horizontally to the audience.



AUDIENCE

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)

Equipment Requests:

If specific equipment is needed please fill out the Request form: [Click Here](#)

Equipment request deadline: Friday, April 5, 2024.



Music:

Please keep the event theme in mind when creating routines and choosing music, and be mindful and respectful of your selections.

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 club registration form. GymBC will notify you if your song choice has reached capacity.

A copy of your music is to be sent to **events@gymbc.org** in .mp3 format.

Please ensure that your recording is of excellent quality; tracks of low quality amplify poorly in a large space.

Music submission deadline: Friday, April 5, 2024

Late fee: \$25

Team Photos:

Photo Criteria:

- Photos should be clear, bright and of high resolution.
- Each participant's face should be visible. If your club has more than one group, please submit separate, clearly labeled pictures for each display.

Photo submission deadline: Friday, April 5, 2025

Late fee: \$25

Group photos will be included in the digital event program. Note: we cannot guarantee that any photos sent in after the deadline will be included in the event program.

Team Photo Submission : [Click Here](#)

Event Photographer:

A photographer will be on-site throughout the event. Photographer and Photo ordering details TBC in Workplan #3.

Coach Social:

Coaches are invited to a social event on **Saturday, May 4** from 7:00 p.m. - 10:00 p.m. in the Legacy Lounge of the Oval

Participant Workshops

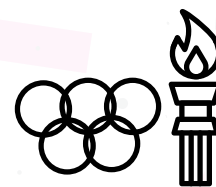
Workshops will be held at The Richmond Olympic Oval

→ This year we will be hosting two half day workshops for participants! Workshops will take place on **Saturday, May 4. Morning Workshops** will run from **8:30-12:05 p.m.** **Afternoon** workshops will run from **12:30-4:35 p.m.**

We encourage all participants to pack a water bottle and a small snack. A concession will be available on site with a variety of snacks.

2024 Gymnaestrada Workshops

- *Rehearsal*
- *Parkour*
- *Friendship Bracelets*
- *Richmond Olympic Experience*
- *Dance*



Workshop Groupings: Subject to change

A.M. Workshops	P.M. Workshops
<ul style="list-style-type: none">• Club Aviva Gymnastics• Britannia Gymnastics• Dreams Gymnastics• Illusions Rhythmic Gymnastics• Pacific Shore Gymnastics• Twisters Gymnastics Club• Delta Juniors• Gym Sense Gymnastics	<ul style="list-style-type: none">• Island Rhythmic Gymnastics• Chimo Gymnastics• Delta Senior/Legends• Pemberton• Polarettes Gymnastics Club• Pacific Rim Gymnastics• South Cariboo Rhythmic Gymnastics• White Rock Gymnastics

Performance Day

Performance Show Scheduling:

→ This year we will be hosting two Performance Shows on **Sunday, May 5th!**

We are working on finalizing the exact show details, including warm-up scheduling, show times and order of club performances. However, to assist clubs with travel arrangements, we have tentatively scheduled the following clubs into the two show times.

The final performance day schedule will be released in Workplan #3.

Performance Show Groupings: Subject to change

A.M. Show	P.M. Show
<ul style="list-style-type: none">• Island Rhythmic Gymnastics• Chimo Gymnastics• Delta Senior/Legends• Pemberton• Polarettes Gymnastics Club• Pacific Rim Gymnastics• South Cariboo Rhythmic Gymnastics• White Rock Gymnastics	<ul style="list-style-type: none">• Club Aviva Gymnastics• Britannia Gymnastics• Dreams Gymnastics• Illusions Rhythmic Gymnastics• Pacific Shore Gymnastics• Twisters Gymnastics Club• Delta Juniors• Gym Sense Gymnastics

Admission Prices:

Admission tickets are required to watch the Performance Shows on Sunday, May 28. The cost of the tickets are outlined below. Tickets will be available for online purchase at a later date - stay tuned for more information.

We encourage everyone to purchase tickets online before the event. Limited tickets may be available at the door - but it is dependent on seating availability following pre-sales!

	Single Show	Day Pass
Adult (18+)	\$12	\$15
Youth (5-18)/Senior (65+)	\$7	\$10
Child (4 and under)	Complimentary	Complimentary

Venue Information

Event Venue

All Workshops and Performance Shows will take place at:
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.

CONCESSION

- A concession will be available during the lunch break on Saturday - Workshop day. It will also be open on Sunday - Performance Day.

COACH HOSPITALITY

- A hospitality room will be provided for coaches and workshop presenters on Saturday with coffee, snacks, and lunch offerings. Snacks and coffee will also be available on Sunday.

MEDICAL SERVICES

- A standard medical professional will be on site all weekend.





Flash Mob:

At this year's event, we will be doing a flash mob dance.

We encourage clubs to learn the dance prior to the event. The videos and written instructions can be found on the Gymnaestrada Event page. Participants will have the opportunity to review the dance during warm up on the workshop day.

The Flash Mob Video can be found on the Gymnaestrada Event page:

<https://activitymessenger.com/org/867/page/rLh360q/2024-bc-gymnaestrada-event-page>



Icy Activewear:

We are excited to have this year's T-Shirts provided by Icy Activewear. Icy Activewear is located in South Delta, British Columbia, Canada. They are a small home based business, primarily focused on Gymnastics themed clothing and accessories for the local market.

T-shirts are now available for pre-order! All orders must be placed by April 8th. Orders will be available for pick up during the event weekend. Adult and Youth sizes are available for order.

T-shirt Order Website: <https://delta-gymnastics-society.square.site/>

Order Deadline: April 8th



Room Block - Executive Vancouver Airport Hotel in Richmond

The room block date has passed (March 2), however, bookings can still be made at regular rates.

Executive Vancouver Airport Hotel

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

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