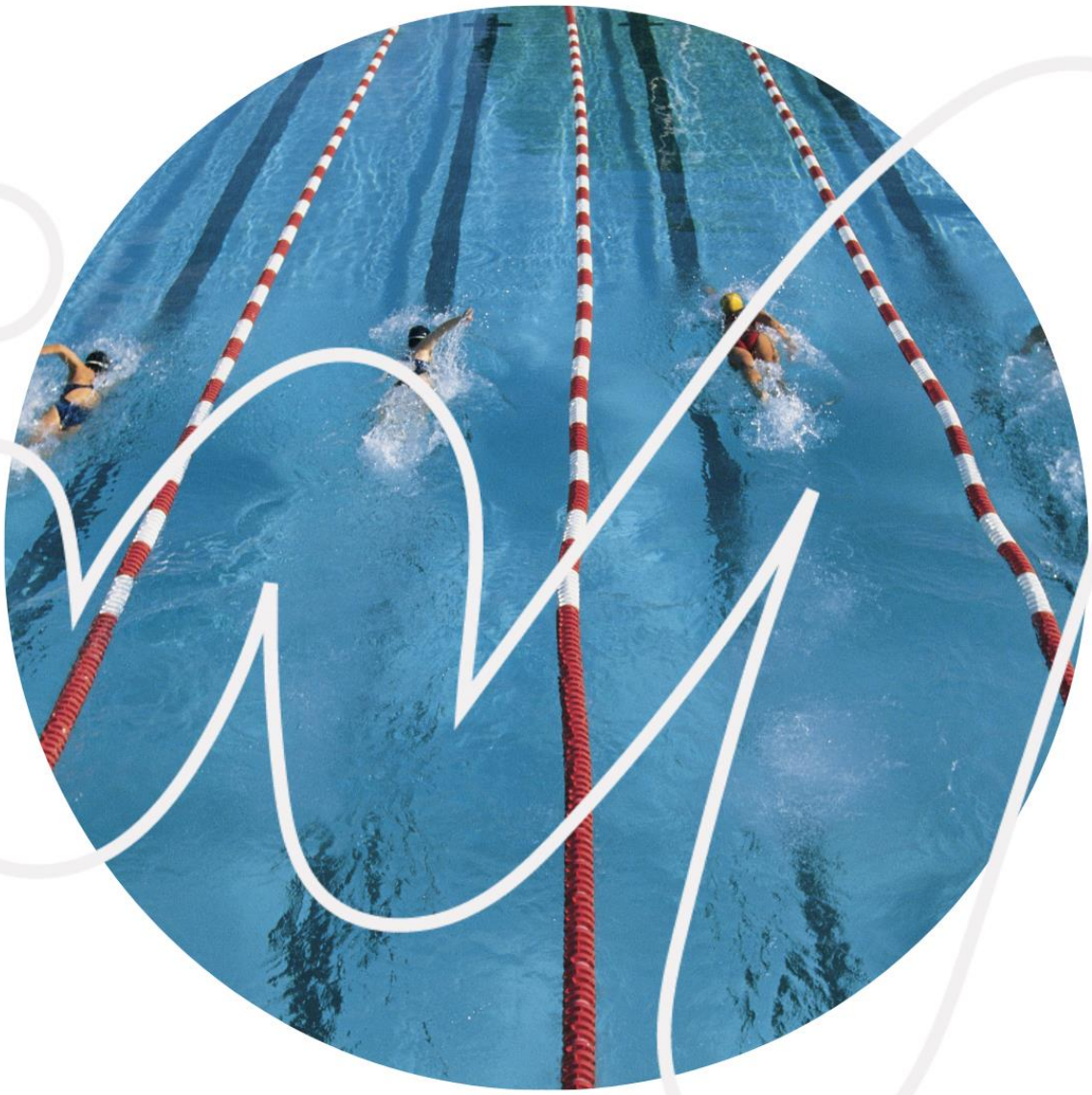
FINALE DES JEUX DU QUÉBEC
LAC ST-LOUIS



Jeux du Québec
ATHLETE GUIDE
Région de LAC SAINT-LOUIS

SPORT ET LOISIR DE L'ÎLE DE MONTRÉAL

Desjardins présente Trois-Rivières 2025 en équipe avec Kruger

TABLE DES MATIÈRES

A MESSAGE FROM YOUR DELEGATION LEADER

Dear Athlete,

Sport et Loisir de l'île de Montréal would like to congratulate you on being selected in your sport to represent the Lac Saint-Louis region at the 59th Finale of the Québec Games, which will be held in the city of Trois-Rivières from July 25 to August 2, 2025.

We are very proud to count you among the select members of our delegation. It will undoubtedly be an unforgettable experience in your athletic journey—make the most of it!

This guide contains information that will be useful in helping you plan your stay.

Good games !

Chloé-Alexandre Nadeau

Cheffe de mission

QUÉBEC GAMES FINALES

The Québec Games Finales is a multi-sport competition that brings together ths province's top athletes aged 12 to 17. During this high-level event, young representatives from all regions of Québec compete for top honors in their respective disciplines.

A Finale des Jeux du Québec includes :

- Nearly 3 000 athletes from 19 regions of Québec
- 2 500 volunteers
- 800 coaches and chaperones
- 400 officials
- 18 sports

SUPPORT AND SUPERVISION FOR PARTICIPANTS

The Mission Team

Each athlete delegation at the Québec Games is supported by a team of volunteers known as the "mission team." This group is responsible for overseeing the delegation and ensuring everything runs smoothly. The team is made up of lead mission staff and sport mission staff.

The lead mission staff includes the head of mission, their assistant, the accommodation coordinator, and communications officers. This group handles administrative and management duties.

The role of the sport mission staff is to ensure each participant has a positive experience, in accordance with the standards set by the Québec Games.

Each sport is assigned a mission staff member who maintains a daily presence with their group by:

- Accompanying and guiding the team through the Games from morning to night
- Looking out for the well-being of the group's members
- Fostering camaraderie and strengthening their sense of belonging to the delegation
- Offering encouragement, no matter the results

Mission Personnel

- **Head of Mission**: Primary person responsible for the delegation. They coordinate operations, supervise the team, and represent the region in dealings with Québec Games partners.
- **Deputy Head of Mission**: Secondary person responsible for the delegation. They support the Head of Mission and manage administrative follow-ups.
- **Accommodation Deputy**: Organizes and oversees activities at the accommodation site, coordinates with site managers, and ensures that regulations are respected.
- **Communications Officer**: Manages communications and social media, covers performances, and ensures the dissemination of dynamic content.

LOGISTICS AND TRANSPORTATION

Transportation to the Finale

	Date	Départ	Arrivées aux JDQ	Date	Départ des JDQ	Arrivée
Bloc 1	25 juillet	12 h 15	14 h 15	29 juillet	15 h 30	17 h 15
Bloc 2	29 juillet	12 h 30	14 h 30	2 août	18 h 45	20 h 45

Departure Location : Parking Lot 3 at the DDO Civic Center (12001 Bd de Salaberry, DDO, H9B 2A7)

* Entrance on Lake Street

Arrival Time : At least 30 minutes before departure.

- All participants are required to use the transportation provided;
- Please inform me if you need to leave your vehicle on site (include the make and license plate number).
- **No stops will be made during transport; make sure you've eaten beforehand or bring a lunch to eat on the bus.**

Release Form

- The athlete must remain with the delegation for the entire duration of the Finale.
- In exceptional cases, a parent is required to sign a release form available from your Head of Mission.
- Any early departure must take place after the sport's competition schedule (Block 1) and following the closing ceremony (Block 2).

Sports Equipment Transported by Cube Truck

For the following sports, a cube truck will be provided to the delegation for transporting sports equipment. The truck will be driven by a coach or chaperone who has volunteered for the role.

Bloc 1

- Athlétisme (javelots)
- BMX
- Tir à l'arc
- Triathlon
- Vélo de montagne

Bloc 2

- Cyclisme
- Golf

Luggage and Equipment Transported by Bus

The remaining luggage and equipment will be stored in the bus cargo holds and will remain the responsibility of the participants.

Personal Items to Bring :

- → Sleeping bag and/or bedding
- → Pillow
- → **Single** inflatable mattress
- → Towels
- → Shower sandals
- → Delegation clothing
- → Other clothing
- → Sportswear and equipment
- → Powerbar
- → **Health insurance card**
- → Pocket money
- → Personnal toiletries de toilette
- → Swinsuit (for shower use if needed or the pool)
- → Cell phone charger
- → Earplugs
- → Medication (if needed)
- → Fan

Participants' luggage and equipment must be clearly labeled.

Transportation Between Venues at the Finale

Exclusive Shuttle Service for Participants.

- Any athlete wishing to use the shuttle must be accompanied by an adult from their delegation.
- Active transportation is preferred whenever possible.

Accreditation

Participants must wear their **accreditation card at all times**. Only individuals with an accreditation card will have access to accommodations, transportation, cafeterias, and other services or amenities of the Québec Games.

FOOD AND ACCOMMODATION

Food

Breakfast and Dinner : Cafeteria at the Cégep de Trois-Rivières (Humanities Pavilion)

Horaire	Breakfast	Lunch	Dinner
July 25th 2025	NA	NA	16h30 à 17h15 (18h20 bus departure for the Ceremony)
From July 26th to August 1st	6h à 9h	Lunch Box	16h30 à 20h30
July 29th 2025	6h à 9h	11h à 13h (no competition) 11h à 14h (compétition)	Snacks for the Return Trip (Items from the Hot Lunch)
August 2nd 2025	6h à 9h	11h à 13h (no competition) 11h à 14h (competition)	Lunch Box

Lunch : Lunch will be served in the form of a Lunch Box. Each participant will receive an insulated lunch box. At breakfast, participants must go to the lunch box station to collect their lunch meal along with a cold pack.

Lunches may be eaten at competition venues or other sites apart from the accommodations.

Allergies

For participants without multiple or severe allergies: Allergens will be clearly identified in the cafeteria. There will be two menu options, including for the boxed lunches.

For participants with multiple or severe allergies :

- Participants will be contacted in advance by the organizing committee to confirm access to hypoallergenic meals prepared by an external food service provider.
- These hypoallergenic meals must be consumed without exception.
- Meals may be reheated in a microwave reserved specifically for this purposees.

Accomodation

All participants (athletes, coaches, and chaperones) are required to stay at the designated accommodation site without exception.

Accomodation Site

- Located at the Cégep de Trois-Rivières (Humanities Pavilion)
- Open to athletes and coaches from 4:00 p.m. to 9:00 a.m. (closed during the day)
- Access is exclusively reserved for regional participants (no parents allowed)

Respect for Space and People

- Participants are responsible for keeping the premises clean at all times
- Respect toward fellow participants, volunteers, mission staff, and equipment is mandatory at all times

Behavioral Rules

- Curfew is set at 10:00 p.m.
- Eating in dorms is prohibited
- No use or possession of drugs, alcohol, cigarettes, vapes, or energy drinks (e.g. Red Bull)

Sanctions

- Disciplinary measures may be applied in cases of non-compliance with the code of conduct.
- Please refer to the attached code of ethics for more details.

Showers

Athletes : Showers are available at the competition site assigned to their discipline, even if they are not participating in that day's events.

Adults : Showers are available at the accommodation site between 10:00 p.m. and 6:00 a.m.

Health Center

Located at the Université du Québec à Trois-Rivières (UQTR) – Health Pavilion

- Accessible to all participants for any injury or illness
- Athletes must always be accompanied by an adult from their delegation when attending
- A physician and nursing staff will be present from 8:00 a.m. to 9:00 p.m.
- Outside of these hours, call the emergency number listed on your accreditation card

Hospital Transport Procedures

- **For non-urgent cases**: Athletes must always be accompanied by an adult from their delegation.
- For urgent cases requiring ambulance transport: If parents are on site and wish to do so, they may accompany their child in the ambulance. If parents are not present, a member of the delegation (you or the sport mission staff) must accompany the athlete. In all cases, the head of mission must be informed immediately so they can join the athlete at the hospital and notify the parents.
- **Ambulance transport costs** are the responsibility of the user.

Competition Withdrawal

In cases where injury or illness is deemed serious, the health professional appointed by the organizing committee of the Québec Games Finale may issue a formal competition withdrawal. The athlete is required to comply. Refusal to respect this decision may result in suspension by SPORTSQUÉBEC.

Emergency Hotline Available 24/7

The number to call can be found on your accreditation card.

PROGRAMMING AND ACTIVITIES

Sport Programming

	SPORTS	SITES
Bloc 1	Athlétisme	**Chavigny** 365, rue Chavigny, Trois-Rivières (Québec) G9B 1A7
	Baseball masculin	**Parc Martin-Bergeron** 7050, rue Marion, Trois-Rivières (Québec) G9A 6G4 **Parc de la Terre-des-Loisirs** 671, rue Des Loisirs, Trois-Rivières (Québec) G9A 4H7
	BMX	**Parc des Seigneurs** 10555, Chemin Ste-Marguerite, Trois-Rivières (Québec) G9B 6N6
	Natation artistique	**UQTR** 3351, boulevard des Forges, Trois-Rivières (Québec) G8Z 4M3
	Tir à l'arc	**Club le Sagittaire** 1605, Côte Richelieu, Trois-Rivières (Québec) G9A 6N5
	Triathlon	**Île Saint-Quentin** 10 Place de la Rosalie, Trois-Rivières (Québec) G9A 5K2
	Vélo de montagne	**Énergie CMB** 3550, rue Marguerite-Seigneuret, Trois-Rivières (Québec) G9B 0M5
	Volleyball féminin et masculin	**UQTR** 3351, boulevard des Forges, Trois-Rivières (Québec) G8Z 4M3 **Cégep de Trois-Rivières - Humanités** 3175, boulevard Laviolette, Trois-Rivières (Québec) G8Z 1E9
Bloc 2	Basketball féminin et masculin	**UQTR** 3351, boulevard des Forges, Trois-Rivières (Québec) G8Z 4M3 **Cégep de Trois-Rivières - Humanités** 3175, boulevard Laviolette, Trois-Rivières (Québec) G8Z 1E9 **Cégep de Trois-Rivières - Sciences** 3500, rue De Courval, Trois-Rivières (Québec) G9A 5E6
	Cyclisme sur route	**Complexe Sportif Promutuel Assurance** 260, rue Dessureault, Trois-Rivières (Québec) G8T 9T9
	Golf	**KI-8-EB** 8200, Boulevard des Forges, Trois-Rivières (Québec) G8Y 4W2
	Natation	**UQTR** 3351, boulevard des Forges, Trois-Rivières (Québec) G8Z 4M3
	Natation en eau libre	**Île Saint-Quentin** 10 Place de la Rosalie, Trois-Rivières (Québec) G9A 5K2
	Soccer féminin et masculin	**UQTR** 3351, boulevard des Forges, Trois-Rivières (Québec) G8Z 4M3 **Cégep de Trois-Rivières - Humanités** 3175, boulevard Laviolette, Trois-Rivières (Québec) G8Z 1E9 **Parc Martin-Bergeron** 7050, rue Marion, Trois-Rivières (Québec) G9A 6G4 **École secondaire des Pionniers** 1725, boulevard du Carmel, Trois-Rivières (Québec) G8Z 3R8
	Volleyball de plage féminin et masculin	**Chavigny** 365, rue Chavigny, Trois-Rivières (Québec) G9B 1A7

Schedules and Results

Competition schedules and results will be available at the following links :
Jeux du Québec Trois-Rivières : Horaires des compétitions
Jeux du Québec Trois-Rivières : Résultats des compétitions

Awards and Distinctions

Regional Rankings

- L Rankings in each sport are based on the total points earned by all athletes from a given region, as defined by the operational standards of the respective sports federation
- The provincial point system is calculated by SPORTSQUÉBEC according to the number of participating regions in each sport (e.g. from 1 to 19).

Performance Banners

Excellence banners (1st, 2nd, and 3rd place) are awarded in each sport. These banners will be presented to the coach at the end of the Finale.

Preformance Medals

Performance medals are awarded exclusively to athletes who finish in the top three positions (gold, silver, and bronze).

Overall Regional Rankings and Ceremony Protocol

The Games Flag is awarded to the region that accumulates the most points on the overall regional scoreboard. This ranking reflects each region's cumulative performance across all competitions held during the Québec Games Finale.

Most improved Region Flag

This flag is awarded based on a comparison between the overall rankings from the current Finale and the previous one in the same season. Only the points from sports present in both editions are counted.

Spotsmanship Banner

One region per sport will receive a Sportsmanship Banner. This is awarded to the delegation that demonstrated exceptional sportsmanship throughout the Québec Games Finale.

Official Medal Ceremony Protocol

- Arrive on time.
- Wear the official outfit of your delegation
- The only permitted headwear is the one that is part of the delegation's uniform. For team sports, all team members may choose whether to wear the headwear, but consistency must be maintained across the team.

Supplementary programming

Athlete Village

Location : Complexe sportif Promutuel Assurance

Theme : « The City of Elements »

Programming (programmation will repeat in Block 2) :

Only duly accredited participants will be permitted to enter.

Opening Hours :

- July 25 to July 29 from 9 a.m. to 9 p.m. (Closes at 8 :30 p.m. during the coaches' and chaperones' evening)
- uly 29: Closed from 12:00 p.m. to 4:30 p.m. due to block transition
- July 31: Closed from 9:00 a.m. to 12:00 p.m. for the cycling criterium
- August 2: Open from 9:00 a.m. to 12:00 p.m.

Place des Jeux

Located in downtown Trois-Rivières (1300, rue du Fleuve)

Open to the public and all Québec Games participants

Free programming: cultural, athletic, artistic, and social activities.

Pools ans Splash Pads

Splash pads are free and operate daily throughout the summer from 8:00 a.m. to 10:00 p.m. (a list is available upon request)

For pool locations, schedules, and admission costs, visit the City of Trois-Rivières website: www.v3r.net

Public transit offered by the Société de transport de Trois-Rivières will help with travel to these sites

Regional Belonging

One of the best ways to cultivate a strong sense of regional pride is by cheering on fellow team members during their competitions. It's strongly encouraged!

Ceremonies

Opening Ceremony

- Date : July 25th
- Location : Colisée Vidéotron
- Time : 19 h 30 à 21 h 30

Closing ceremony

- Date : August 2nd
- Location : Colisée Vidéotron
- Time : 16 h 30 à 18 h 00

Access to ceremonies

Ticket Sales

- LTickets for spectators are available online.
- Reservation link : Cérémonie d'ouverture et Cérémonie de clôture

Ticket Draw

Pairs of tickets will be drawn among delegation members attending the pre-departure meeting.

Mandatory Attire

Wearing the official delegation outfit is required at all ceremonies.

PRATICAL INFORMATION AND COMMUNICATIONS

Pre-departure Information Session

Get ready for the Québec Games by attending the mandatory pre-departure info night! **Required attendance**: Athletes, one parent, coaches, chaperones, and mission staf

Event Details

- Date : July 17 2025
- Time : 18h45
- Location : Complexe sportif Saint-Laurent (2385 Boul. Thimens Saint-Laurent, H4R 1T4), gymnasium on the 3rd floor

Contat Us

Mission Leader Contact Information

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>
> **Need support?**
> Reach out to Sport'Aide helpline :
>
> - 1-833-211-2433 (AIDE)
> - 1-833-245-4357 (HELP)

Wishing you an amazing Québec Games Finales !

ANNEXE A – CODE DE CONDUITE GÉNÉRAL *(POLITIQUE NO 31)*
CODE DE CONDUITE PENDANT LA FINALE DES JEUX DU QUÉBEC
ATHLÈTES ET ADULTES DANS UN RÔLE D'ENCADREMENT

> *Ce code de conduite s'applique aux membres des* ***délégations régionales de l'île de Montréal****, soit* ***Bourassa***, ***Lac-Saint-Louis*** et ***Montréal***.

MISE EN CONTEXTE

Ce code de conduite s'adresse à tous les membres de la **délégation régionale** : les athlètes et les adultes qui encadrent les athlètes *(entraîneur·e·s, accompagnateur·trice·s ou gérant·e·s)*. Il s'applique depuis l'embarquement (aller) jusqu'au retour en région en autobus. Il s'applique autant dans le cadre sportif que lors des périodes de repos, de repas ou sociales et il s'applique aussi à tout ce qui a trait à la communication par les différents médias sociaux.

ATTENTES DE LA DÉLÉGATION

En tant que participant·e à la Finale des Jeux du Québec, ta délégation régionale s'attend à ce que :

- Tu agisses, en tout temps, comme un·e digne représentant·e de ta discipline sportive, de ton club et de ta délégation régionale ;
- Tu honores en tout temps les valeurs de la délégation : le dépassement de soi, le plaisir, l'éthique, l'esprit sportif et la sécurité ;
- Tu participes en respectant les règles, tes adversaires et les officiel·le·s, et en démontrant une éthique sportive exemplaire, soit le respect de soi et le respect des autres, l'équité, l'esprit sportif, la responsabilité, la lutte contre le harcèlement et les abus, la santé et la sécurité de tous·tes ;
- Tu respectes tous les membres de ta délégation régionale et des dix-huit autres délégations régionales, les intervenant·e·s de l'équipe de mission, les bénévoles du comité organisateur, les officiel·le·s et les citoyen·ne·s de la ville hôtesse ;
- Tu portes fièrement et respectueusement les couleurs de ta délégation régionale.

ENGAGEMENT DES MEMBRES DE LA DÉLÉGATION

En tant qu'athlète ou adulte membre d'une délégation régionale de l'île de Montréal à la Finale des Jeux du Québec, tu t'engages à :

- Avoir une conduite exemplaire à l'intérieur et hors des plateaux sportifs en utilisant un langage sans injure, sans expression vulgaire, raciste ou discriminatoire ;
- Toujours rester maître de soi ;
- Dormir au site d'hébergement du début jusqu'à la fin des Jeux et :
  - Encourager le maintien d'une ambiance calme ;
  - Respecter les règles du couvre-feu ;
  - Maintenir un environnement propre en tout temps ;
  - Ne pas endommager les lieux et respecter les consignes d'utilisation des espaces ;
- Prendre tous tes repas au site d'alimentation du début jusqu'à la fin des Jeux et :
  - Respecter les consignes visant à favoriser l'efficacité du service des repas ;

    - Respecter les consignes visant le tri des déchets et matières compostables ou recyclables ;
- Utiliser les moyens de transport mis à disposition des participant·e·s du début à la fin des Jeux et :
    - Respecter les consignes visant à assurer la sécurité des passager·ère·s ;
- En cas de blessure/maladie, utiliser les services médicaux mis à disposition des participant·e·s et :
    - En cas de retrait de compétition, respecter et suivre la décision de la personne professionnelle de la santé de la Finale des Jeux du Québec ;
- Respecter les lieux attitrés ainsi que les horaires prévus à la prise de douche ;
- Porter les vêtements officiels des Jeux du Québec lors des cérémonies d'ouverture-fermeture, aux remises de médailles et lors d'entrevues avec les médias ;
- Respecter le bien d'autrui et éviter tout vol ou acte de vandalisme ;
- Ne pas consommer de drogues ou de boissons alcoolisées du départ jusqu'au retour des Jeux.

MANQUEMENTS DISCIPLINAIRES

Les infractions suivantes seront réprimandées, selon leur gravité, dans le respect des règles en vigueur émises par le comité organisateur, par Sports Québec ou par les délégations régionales de l'île de Montréal. Les sanctions pourront varier d'un simple avertissement et pourront aller jusqu'à un retrait d'accréditation et un retour immédiat à la maison. L'attribution d'une sanction est de la responsabilité exclusive du chef ou de la cheffe de délégation.

- Non-respect du couvre-feu ;
- Non-respect des adultes dans un rôle d'accompagnement ou des membres de l'équipe de la mission régionale ;
- Turbulence répétée au site d'hébergement ;
- Langage ou publication médias sociaux pouvant s'interpréter avec un but de diminuer, humilier, dégrader ou vexer une personne ou une organisation ;
- Non-respect des règles de compétitions, des officiel·le·s, des bénévoles, des différent·e·s intervenant·e·s ou des citoyen·ne·s ;
- Bagarre ;
- Bris/vandalisme sur un site d'hébergement ou d'alimentation, un site de compétition ou un site d'activités sociales ou en transport ;
- Jouer avec sa propre intégrité et sécurité ou celle des autres (ex. plaisanterie dangereuse) ;
- Consommer des substances interdites ;
- Toute autre geste/action qui pourrait porter un préjudice à l'image de la délégation régionale, de Sports Québec ou du comité organisateur de la Finale des Jeux du Québec de Trois-Rivières.

PROCESSUS DÉCISIONNEL ÉQUITABLE

En cas de problématique plus complexe, un comité sera formé et chargé d'analyser la situation et d'émettre une recommandation à la personne cheffe de la délégation concernée. Ce comité pourrait être composé des personnes suivantes : chef·fe de délégation d'autres régions-jeux, représentant·e de Sports-Québec et représentant·e du comité organisateur.

Merci et bonne Finale des Jeux du Québec !