



# Invictus Games

Family and Friends Program






## Family and Friends Program

- What is it?
- Sponsored Family and Friends
- Buy-Ins
- Typical day
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## Providing support to your F&F before, during and after the Games

### Logistical Support

- Registration as F&F to Games
- Coordinate accessibility or special needs (Games, hotel, travel)
- Coordinate travel to/from Games
- Provide information on events, schedule and travel
- Provide an Information Guide and host Q&A session
- Orientation, communication and problem resolution during the Games

### Emotional Support

- Well-being check-in
- Emotional support and guidance
- Tailored referrals to resources and programs
- Orientation, communication and problem resolution during the Games
- Support in stabilization of a crisis situation (emotional or mental health)
- Collaborate with the competitor's social worker to coordinate care between the family and competitor (if required)

The F&F Program enables family and friends to share in the Games experience and to recognize them for the role they play in supporting their ill and injured member or Veteran along their path of recovery.

## Sponsored Family and Friends

Two people per competitor will be provided with:

- Flights\*;
- Accommodations: **BOTH** sponsored F&F will share **ONE** room (rooms with 2 beds or extra cots are not guaranteed);
- Meals;
- Access to Nations Home, Welcome event, Opening and Closing ceremonies;
- Reserved seating at sporting events and ceremonies
- Transport between Invictus Games event venues, accommodations (via public transportation) and airport\*;
- Team Canada apparel; and
- Access to select local tourist attractions.



Families and friends are the backbone of an ill and injured member or Veteran's physical and psychological support system throughout their recovery journey



## Can a competitor have more than two F&F at the Games?

### YES!

- Competitors can have more than their two sponsored F&F
- However, the cost beyond the two sponsored spaces will be the responsibility of the competitor and/or the individual
- Individuals can organize their own travel, accommodations and other attendance details. A very limited number of Buy-In packages could be available for purchase from the Invictus Games Organizing Committee





## Buy-In Packages

A limited number of **In-room** Buy-In packages could be available for purchase. These would usually be for minor children sharing a room with a parent and sibling(s) who are sponsored F&F

This Buy-In package can include:

- Meals at Nations Home
- Transportation to Games venues (via public transportation)
- Access to sporting events and ceremonies (accreditation)
- Access to select local tourist attractions
- Transportation to the Games and Invictus Games branded merchandise are **NOT** included

### Important!

- The hotel determines its room occupancy limit (i.e. one bed in room=max occupancy of 2 people, one bed plus sofa bed in room=max occupancy of 3 people, etc.). There is **NO** guarantee that all rooms will have 2 beds or have a max occupancy of 4 people
- Expect Buy-In packages to range from \$3000 to \$5000 CAD per person **PLUS** cost of airfare

- ✓ No IG25 Buy-In package information is available at this time
- ✓ Buy-In registration may only be in the Fall
- ✓ IG25 Organizing Committee allocates the cost and number of Buy-In packages per Nation
- ✓ There may **not** be any Extra Room Buy-In packages available



## How else can my F&F attend the Games?

- Book their own accommodations (i.e. Airbnb, hotel) and flights and purchase general admission tickets.
- Public can purchase general admission tickets on the official Invictus Games website. Tickets will be offered on a first-come first-serve basis.
  - Some events such as the Welcome event are invitation-only and tickets cannot be purchased
  - The general public does not have access to F&F seating zones or the Nations Home





## Typical Invictus Games Day

06:30: Breakfast at hotel

07:30: Walk to take public transportation or to venue

07:45: Take public transportation to venue (can be 30-45 minutes in the city\*)

08:30: Cheer on your competitor at their sporting events

12:00: Lunch at Nation's Home

13:00: Take part in F&F activities or cheer on Team Canada competitors

17:30: Supper at Nations Home

18:30: Cheer on Team Canada in team sporting events

20:30: Walk or take public transportation\* back to hotel

21:00: Arrive at hotel

\*Add a 2 hour (approximate) bus ride to or from Whistler venues

### THINGS CHANGE!

- ✓ Transportation schedule
- ✓ Training times for competitors before matches
- ✓ Sport schedule
- ✓ Meal times before ceremonies
- ✓ Different sporting venues in Vancouver (curling rink, pool, ceremonies, etc.) and Whistler



# Invictus Games Environment

## Physical Fitness

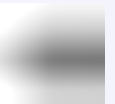
- **walking long distances: up to 1 km** in airport, to/from public transportation, at Games venues
- long **periods of standing or sitting**: plane, airport, ground transportation, security, ceremonies
- **handing** large/heavy luggage

## Travel

- air travel **without** competitor to Games (and with children)
- **delayed or cancelled** flights, tight or missed connections
- **lost or delayed** luggage
- **long** travel **days** (overnight flights, early morning flights or flights arriving late at night)

## Crowds & Noise

- **lots of people**, over 5 000
- crowded **public transportation** (bus, trains, airport)
- **limited ability** to move around (assigned seating in rows)
- cheering, horns, cowbells, **very loud music** (i.e. concert level) during breaks in competition and at ceremonies



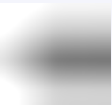


# Invictus Games Environment (continued)

## Other

- **media:** cameras, press, requests for interviews
- **security:** restricted items, bag searches, limited or no access to select areas, body guards
- **culture:** different languages and religions, customs
- **temperature:** hot or cold (pool, curling rink, ski venue)

## Children

- The other parent will be responsible to care for their children **alone** the majority of the time while the competitor is training, competing, resting or participating in Team activities
  - F&F are **not** in same hotel as competitor (can be 2-3 km away) and do **not** taking the same transportation to events
  - can be more **challenging** with children under 5 years old as they can be **off** their sleep and meal **routines**
  - consider have parents/in-laws or other adults as **Buy-Ins** to help with young children
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# Invictus Games Experience

## What your F&F could experience:

- Connection with other families, friends and volunteers from over 20 Nations experiencing a similar journey of healing and recovery;
- Pride in the accomplishments of their competitor in training, competing and/or healing;
- Emotional and/or logistical support from F&F staff and volunteers;
- Sense of TEAM as Team Canada F&F are helpful, caring and kind towards each other;
- WOW factor of such a large-scale event; and
- Social events, kids activities and musical performances.



"I have been to many sporting events but nothing compares to the atmosphere surrounding the Invictus Games. It was empowering, emotional and sometimes overwhelming but in a fantastic way. The perseverance, dedication and strength of character I witnessed was phenomenal, heartwarming and inspirational."



## What should I consider when selecting my F&F?

Look for meaningful relationships in your circle:

- Who played a meaningful role during your recovery?
- Who has shown their support when you were going through a difficult time?
- If faced with challenges during the Games, who can bring you peace and comfort?
- Will the person be available to support you during the Games? (i.e. emotional or physical support)
- Will the person be comfortable at a large-scale event? (travel, big crowds, changes in schedules, meeting new people, etc.)
- Is the person able to adapt, be flexible and is self-sufficient for activities, travel and care of children?





## Key Dates

- Registration period for sponsored F&F – until 17 July 2024
- Information Guide – November/December 2024
- Registration for Buy-Ins - TBD
- Virtual Q&A session – mid-January 2025



## Questions?

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