



# TEAM LAKELAND



**Saskatchewan Games**  
FLYING DUST FIRST NATION  
CITY OF MEADOW LAKE | WINTER 2026

## 2026 Saskatchewan Winter Games Handbook



This document will provide coaches, managers, athletes and parents with information they will need to know about the 2026 Saskatchewan Winter Games.

It's filled with question and answers, tips and important information.

Please review this document carefully. If you have any further questions, please call or email us at Lakeland District Sport, Culture and Recreation.

 [helen@lakelanddistrict.ca](mailto:helen@lakelanddistrict.ca)

 [www.lakelanddistrict.ca](http://www.lakelanddistrict.ca)

 306-953-1623

We look forward to working with you and your team!

#GoTeamLakeland

## ABOUT THE 2026 SASKATCHEWAN WINTER GAMES

The 2026 Saskatchewan Winter Games runs from February 15 - 21 in Meadow Lake and Flying Dust First Nation at various venues throughout both communities.

The seven days will feature 16 sports that the nine district teams will be competing in. The week is split into two halves and features the following sports

### February 15 - 18 features the following sports:

- Artistic Swimming
- Biathlon
- Bowling 5-Pin
- Bowling - Special Olympics
- Curling (Male)
- Gymnastics
- Ringette
- Speed Skating
- Table Tennis
- Wrestling

### February 18 - 21 features the following sports:

- Badminton
- Cross Country & Para Nordic Skiing
- Curling (Female)
- Figure Skating
- Futsal (Female)
- Futsal (Male)
- Judo
- Target Shooting
- Weightlifting

## COACH & MANAGER ROLES

Coaches and managers are responsible for the supervision and discipline of their team traveling to, from and during the Games. Mission Staff volunteers are also available for support should any situations arise.

Besides coaching their team, coaches and managers must also:

- Travel with their team to and from Meadow Lake/Flying Dust First Nation on the transportation provided by the Saskatchewan Games Council.
- Stay at Athlete's Village to ensure the safety and wellbeing of their athletes
- Supervise their team during their stay at Athlete's Village and the host community.
- Abide by the same Athlete's Village curfew as their team.
- Ensure their team is aware of and on time for all transportation to and from venues.
- Participate in the Opening/Closing Ceremonies with their team.
- Upon departure, ensure rooms are clean and tidy. A room check will be done at the end of your stay.
- Ensure all team members understand the Code of Conduct, that they comply with the Code of Conduct and the regulations established by the host community.

## MISSION STAFF: WHO ARE THEY AND WHAT IS THEIR ROLE?

Mission Staff volunteers are your "Go To" people during the Games. Each sport will be assigned a Mission Staff member. They'll help support coaches and managers with information and daily updates.

Mission Staff help to supervise athletes and tour facilities and Athlete's Village to ensure rules are being followed.

One of their most important roles is to cheer on Team Lakeland!



# WHAT TO BRING

Athletes, coaches and managers are only permitted ONE piece of personal luggage, ONE sleeping bag & pillow and ONE carry-on bag for on the bus (example: backpack). Required sports equipment/bag will not count towards your luggage quota. Please only bring what you need for sports equipment.

**Remember: You must be able to carry what you pack!**

Here is a list of what you will need to bring:

- District walkout uniform (This is worn during Opening and Closing Ceremonies)
- Competition uniform (if required)
- Towel, pillow, sheet and sleeping bag
- Appropriate clothing for all weather (**winter jacket/warm clothing**) plus pajamas.
- Personal toiletries and shower shoes/flip flops (these **MUST** be worn while showering)
- Sports equipment
- Personal medication (**MUST** be turned into the Polyclinic and will be dispensed by medical professionals)
- Water bottle(s)
- Other items could include: watch, ear plugs, sunglasses, cash/bank card, phone charger

**DO NOT BRING ANYTHING OF VALUE:** Rooms are kept locked and it is best to err on the side of caution. Lakeland District is **NOT** liable for any lost or stolen items.

**Please label all of your items.** This includes your walk-out uniform! Remember, other members of Team Lakeland will have the same uniform as you!

# SPORTS EQUIPMENT

Lockers are not available for sports equipment.

All sporting equipment, including skis, rifles, etc. will be transported to venues on arrival day and stored in locked rooms at their appropriate venues.



# Travel To Game

Riding the Team Lakeland bus is MANDATORY for all athletes, coaches and managers TO THE GAMES. There are NO EXCEPTIONS.

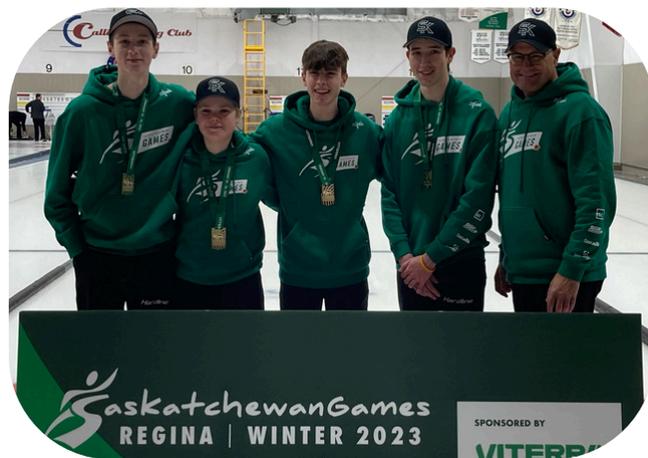
The first half athletes will be leaving Sunday, February 15, 2026 and be home late on Wednesday, February 18, 2026.

The second half athletes will be leaving Wednesday, February 18, 2026 and home late on Saturday, February 21, 2026.

Buses will leave from their pickup locations in a timely fashion. Please be **EARLY!**

No one is allowed off the bus when it stops except for Mission Staff. A bathroom is available on the bus. Please make sure you have everything you need in your carry-on with you. This includes snacks, a bagged lunch, water, medications and other personal items.

Supper will be the first meal the host community will provide participants at Games so please make sure you bring a bagged lunch, snacks and drinks for on the bus to Meadow Lake.



## Pick up Times

### Sunday February 15:

**Melfort** - 8:00am | Canadian Tire  
**Prince Albert** - 9:30am | Art Hauser  
**Spiritwood** - 11:15am | Subway Esso

### Wednesday February 18:

**Melfort** - 8:00am | Canadian Tire  
**Kinistino** - 8:40am | Coop  
**Prince Albert** - 9:30am | Art Hauser  
**Shellbrook** - 10:15am | Coop  
**Canwood** - 10:35am | Elevator South Side  
**Big River** - 11:15am | Coop

**BE  
EARLY!**

# Arrival

When you arrive at Games, participants will unload their baggage and proceed to the designated area as assigned by the Host. Luggage will be placed in a designated area. Please ensure your name is on your luggage/sports equipment.

Mission Staff will distribute accreditation tags. This tag is to be worn at **ALL times**, except during competition. Do not lose your accreditation tag.

When at your competition, give your accreditation tag to your coach or manager for safe keeping.

Upon receiving your accreditation tag, participants will receive a tour of the Athlete's Village and then will move their luggage to their assigned rooms and have some time to make their beds.

**Reminder Lakeland District is not liable for lost or stolen items.**

The first meal to be served at Games will be supper on arrival day for participants.

While there will be snacks available by the host community, Team Lakeland participants are asked to bring a bagged lunch, water and extra snacks for on the bus to Games. Expected arrival time is between 12:30pm - 1:00pm and Supper will not be served until 4:15pm.

# Athlete's Village

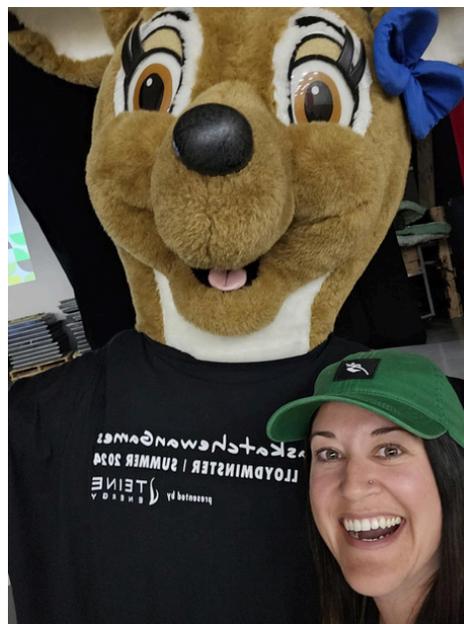
Athlete's Village is the centre point hub of all things Saskatchewan Winter Games related.

It's where rooms are located, the Village Information Centre and activities.

There will be two Athlete Villages, located at Carpenter High School and Jonas Samson Middle School.

Mission Centre will be set up and this is where you will find the Chef de Mission, Assistant Chef de Mission and volunteer Mission Staff when they're not out at venues with their sports.

The Team Lakeland table will always be staffed at Mission Centre or the Co-Chefs can be reached via cellphone (coaches & managers) at all times. (contact information on the last page).



# ACCOMODATIONS/SLEEPING ARRANGEMENTS

All athletes, coaches and managers are required to stay at Athlete's Village. Classrooms have been turned into dormitories/rooms for participants. There will be approximately 15 - 20 athletes per room.

Team Lakeland athletes will be assigned rooms and bunks by the Chef de Mission. Please look for your sport and name on classroom doors when you arrive.

Washrooms are in close proximity of the rooms.

Access Control will be appropriately placed at entrance/exits to ensure safety and wellbeing of the athletes.

Coaches and managers will be in their own rooms, but in close proximity to allow them to still supervise athletes.

**Note:** Athletes, coaches and managers are required to stay at Athlete's Village. **Parents and the general public are not allowed in Athlete's Village OR athlete rooms. No exceptions.**

**General Rules:** No smoking/vaping or the consumption of alcohol. Athletes, coaches and managers are expected to keep their rooms neat and tidy.

**Quiet time is 10:00pm with lights out at 11:00pm. Cellphone usage will not be allowed after 11:00pm.**

**Note:** Athlete dorms will be locked during the hours of 9:00am - 4:00pm. Village Information Centre will have access to key and will open doors.

**If you have an incident in the middle of the night, speak with your coach or the posted security guard on duty. They are there to help you.**



# Showers

## Q: Where do athletes shower?

A: Athletes will have access to showers 5:00am - competition time at Athletes Villages. During competition, they will have access to their gender specific changeroom where they can shower as well.

## Q: Where do coaches and managers shower?

A: Coaches and managers will have access to showers 5:00am - 7:00am and 21:00 - 23:00 in designated showers at Athletes Villages. **SEPARATE FROM ATHLETES!**

Note:

- Flip flops or shower shoes are required.
- No cell phones or cameras allowed in shower rooms.



## General Good Roommate Tips

Please remember to be respectful of others in your room.

Below are some general rules about being a good roommate at the Saskatchewan Winter Games:

- Keep your bunk and area clean (pick up clothes, make your bed, etc).
- Garbage goes in provided trash cans (\*Remember: there is no food in the dorm rooms).
- Only set one alarm and get up.
- Do not touch anyone else's belongings. ASK FIRST - this includes phone chargers
- Do not hog the outlets (There are designated charging stations to help alleviate lack of outlets).
- Personal Hygiene - please air out competition uniforms, use deodorant and shower during your assigned shower times.
- If you have to get up in the middle of the night - be quiet, other people are sleeping.
- If someone is bugging you - try talking it out first. If that doesn't help, reach out to your coach, manager and Chef de Missions.
- Follow the curfews set by the Games Host: 10:00pm is quiet time 11:00pm is lights out (this means cellphones are off for the night).
- HAVE FUN! The Saskatchewan Games is an incredible experience. Enjoy your time here!

**Please be respectful of others in your room.**

**Remember you are sharing a room with your teammates and potentially other District teams.**

**Failing to be a good roommate could result in you being pulled from competition.**

## MEALS AND SNACKS

A wide spread of delicious, nutritional and diverse foods will be provided to athletes, coaches and managers while at the 2026 Winter Games.

All meals (breakfast, lunch and supper) will be served at the Civic Centre. A transportation bus will continually shuttle between villages and the food venue. Athletes, coaches and managers **MUST** use the transportation for meals.

The menu will be adjusted to ensure special diets and allergies are accommodated.

### **Cafeteria hours are as follows:**

Breakfast - 6:00am - 9:00am

Lunch - 11:00am - 2:30pm

Supper - 4:30pm - 8:00pm

Grazing/snack foods available from 6:00am - 10:00pm daily.

There will be grazing available at each Athlete's Village.

For athletes, coaches and managers who might be in competition during cafeteria hours, boxed lunches will be available. Mission Staff will inform athletes, coaches and managers if they require a boxed lunch. These will be put together by Food Services Staff and transported to venues for participants.

A reminder that no food is allowed to leave the cafeteria. No backpacks will be allowed in either cafeterias. There will be more than enough food to feed all athletes, coaches, managers, mission staff, etc.

Note: Participants are welcome to bring extra money for food or snacks available at other venues but this is not a requirement.

## WATER

Drinking water will be available to all athletes, coaches and managers at ALL sport venues and Athletes Villages.

Where there isn't a water bottle filling station, water coolers will be made available.

Please remember to bring a water bottle(s).



## ENTERTAINMENT

There will be plenty of things to do on a daily basis to entertain participants when they are not competing.

The Active and Passive Lounges will be open from 7:00am - 10:30pm.

Upon arrival athletes, coaches and managers can head to the Information Centre to receive entertainment schedules.

## INTERNAL TRANSPORTATION

While at the Games all athletes, coaches and managers are required to use the provided internal transportation to get from Athlete's Village to sporting venues or the Civic Centre for meals.

**Athletes, coaches and managers cannot be transported by parents or Mission Staff to their sporting events. There are no exceptions.**



## MEDICAL SERVICES

Polyclinic will be located at Carpenter High School, including a room for quarantine/isolation if needed. Basic medical supplies will be kept at Jonas Samson. If an athlete at Jonas Samson needs Poly Clinic services, they will be transported to Carpenter.

Hours of operation - 7:00am - 10:00pm. If an incident occurs while the Polyclinic is closed, the athlete/manager/coach are to find the overnight security and contact one of the Chef de Missions immediately.

All prescription medications must be signed into the Polyclinic. They will be stored in a locked box or refrigerated if needed and dispensed by an RN/LPN.

There will be a sign-up for treatment and taping times at the Polyclinic daily. Athlete, coaches and managers must bring their own tape if you are taping a previously existing injury/treatment. Tape will not be provided.

Ice is available at the Polyclinic and Jonas Samson. A small ice cooler will be sent to each venue.

**NOTE:** If you get injured during competition at Games and it requires taping, tape will be provided.



## OPENING AND CLOSING CEREMONIES

The 2026 Saskatchewan Winter Games kicks off with an Opening Ceremony and finishes with a Closing Ceremony.

The Opening Ceremonies will take place at Moeller Hometown Arena (Meadow Lake), on Sunday, February 15 at 6:30pm. The Closing Ceremonies will take place at Pine Ridge Ford Arena (Flying Dust) on Saturday, February 21 at 4:00pm.

If you're participating in the first half of the Games (Feb 15 - 18), you will attend the Opening Ceremonies. If you're participating in the second half of the Games (Feb 18 - 21), you will attend the Closing Ceremonies.

- You and your team will wear the walk-out uniform and black pants for the ceremonies.
- Mission Staff will inform you of the details and where you need to muster the day of the ceremonies.
- Mission Staff, managers, coaches and athletes will march in at floor level, parade through the venue, and proceed to sit with their district team in spaces reserved for them.

### **Q: What about Medal Presentations?**

A: Medal presentations will take place at varying sport venues on or near the field of play for all sports. It will happen directly after the competition results are finalized.

## Livestream

The 2026 Saskatchewan Winter Games will be livestreamed, allowing parents, family, friends and fans to take in the action from the comfort of their own homes.

The vast majority of sports will be broadcasted live, but due to weather, some sports will be recorded and uploaded for your viewing pleasure.

More details, when available, will be on the Saskatchewan Games website.

# PARENTS AND FAMILY

For parents attending or have athletes participating in the 2026 Saskatchewan Winter Games, please keep in mind:

- The coach and manager are responsible for the athletes. Please abide by decisions and requirements made by them.
- Parents, family and friends are not allowed in dorm rooms at Athlete Village.
- Parents ARE NOT allowed to transport athletes to facilities for competition. Athletes are to use internal transportation only.
- Parents are able to visit with the athletes during down times (when practices, team meetings or competitions are over). Arrangements must be made with your athletes coach and/or manager and they must be back at the Athlete's Village before curfew. Coaches and Managers are required to know where their athletes are at all times. Athletes **MUST** be signed out at Mission Centre before leaving and check back in once they return.

If you need to speak with Lakeland District's Chef de Mission during the Games you can reach: Helen at (306) 874-8052 or Kelli at (306) 537-4094

## 2026 SASK WINTER GAMES MERCHANDISE

Merchandise for the 2026 Saskatchewan Winter Games is available and can be purchased one of two ways:

- On line prior to the Games
- In person at the Games

Saskatchewan Winter Games merchandise is available to athletes, coaches, managers, spectators, etc. to purchase if they choose to. Buying the merchandise is NOT a requirement to attend Games and would be an out of pocket expense to those who are interested.

Prices and pieces vary and those interested in the mementoes can shop online or in person at the Games.

### Athlete Merchandise Presale

- Who can purchase: This presale is for athletes only.
- Timing: Purchases may be made in advance of the Games. **Pre-sales will close on Thursday, Feb. 12 at 5:00 pm CST**
- Parents and supporters: Merchandise and souvenirs for parents, family members, and supporters will be available for purchase during the Games.

### How to Order

- All athlete merchandise is available through the 2026SWG online store.  
<https://2026-saskatchewan-winter-games-flying-dust-meadow-lake.square.site/s/order#most-popular>
- Important: When completing a purchase, families must include their athlete's sport district in the comments or notes section at checkout.

# AFTER THE GAMES

## THE RIDE HOME:

If athletes want to go home with their parents FROM the Games, appropriate arrangements **MUST** be made with the Mission Staff prior to leaving. A release form is required to be completed by parents before the athlete is permitted to leave the Games. Before an athlete can leave, they must inform their coach and manager.

You can access the release form through the QR Code below. Please let us know if you have any difficulties accessing it. We will also have paper copies at the Walkout Uniform Pickups and at Mission Centre in Meadow Lake & Flying Dust First Nation. Parents/guardians **MUST** fill out the release if they are taking their athlete home.

For the drive home, athletes, coaches and managers are encouraged to grab snacks from grazing and water for on the bus.

## COACHES AND MANAGERS:

If a coach or manager has an athlete going home on the bus, either a coach or manager **MUST** be on the bus with them.

**TRAVEL  
RELEASE  
FORM**



## PICK-UP OF ATHLETES

Athletes will text/call parents when they're roughly an hour outside of their pickup location.

Mission Staff/Coaches/Managers who are on hand at both drop off locations and cannot leave until every athlete is picked up by their parent/guardian.

More details on pick-up times will be sent out/emailed for your specific return home dates closer too.



**LAKELAND  
DISTRICT**  
*for Sport, Culture & Recreation*

Do you have further questions? We are here to answer them! Please don't hesitate to contact us anytime!



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**SASK LOTTERIES**

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