University of Alberta
Golden Bears & Pandas
2018-19 Visiting Team Guide

Golden Bears & Pandas Athletics
Faculty of Kinesiology, Sport & Recreation
2-420 Van Vliet Complex, University of Alberta
Edmonton, Alberta T6G 2H9
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COMPETITION VENUES

Van Vliet Complex (Clare Drake Arena, Universiade Pavilion, West Pool & Main Gym)
Ice Hockey, Swimming, Track & Field, Wrestling
87th Ave & 114th Street NW, Edmonton
Phone: 780-492-2327 (Customer Service Centre) or 780-492-3276 (Facility Services)

Saville Community Sports Centre
Basketball, Curling, Tennis & Volleyball
11610 65 Avenue NW, Edmonton
Phone: 780-492-1000

Foote Field
Football & Soccer
11601 68 Avenue NW, Edmonton
Phone: 780-492-6868

VEHICLE RENTALS

The following companies are available through the Edmonton International Airport:

- **Enterprise** is our preferred transportation company with an office located on site at the Edmonton International Airport: **(780) 980-2338**

Other vehicle rental companies if needed:
- Avis - 1.800.879.2847
- Budget - 1.800.661.7027
- Hertz - 1.800.263.0600
- Thrifty - 1.800.847.4389
- National - 1.800.227.7368

All car rental companies are located in the Parkade, Level P1.

PARKING

North (Main) Campus
Visiting team vehicles may park in any car park on campus at the regular daily and evening rates. For any questions or concerns regarding parking you can contact the Director of Parking Services at **(780) 492-7275**.
**Rates:** Monday-Friday 6:00am-4:30pm is $15.00, 4:30pm-6:00am is $5.00
Saturday-Sunday is $5.00

South Campus
Parking on south campus is limited. Visiting Team vehicles may park in the lots on South Campus. For questions regarding parking at South Campus, please contact Customer Service at **(780) 492-1000** or refer to the map on the next page.

**LRT Fare Rates:** $3.25 cash per single trip or $9.25 day pass
**Buses:** May park in the gravel parking lot on the left side as you enter the Saville Community Sport Centre parking area. Buses are unable to park overnight.
HOTEL INFORMATION

Campus Tower Suite Hotel

11145 87 Avenue
Edmonton, AB T6G 0Y1
(Located on U of A campus)
PHONE: (780) 439-6060
Fax: (780) 433-4410

For reservations, please contact:

Laura Ternan
(780) 431-4554
l.ternan@coasthotels.com
*Ask for University of Alberta Athletics Group Rate

MEDIA RELATIONS & CREDENTIALS
Visiting Media should contact the University of Alberta Sports Information Office at (780) 492-7214.
**VISITING TEAM TICKETS**

Tickets can be pre-purchased in advance by calling the Customer Service Sales Office (780) 492-2231 or purchased online at www.bears.ualberta.ca. These tickets will be left at the Sales Office under Will Call located at 1-213 Van Vliet Complex on game day or at the Ticket Booth in Saville Community Sport Centre under Will Call an hour prior to game start.

Conference game ticket prices:

- **Football, Basketball, Volleyball & Men’s Hockey Conference games:**
  - Adults $16, Students $10, Family (2 adults & 3 children) $40

- **Women’s Ice Hockey Conference and Playoff games:**
  - Adults $10, Students $5, Family (2 adults & 3 children) $25

- **Football, Basketball, Volleyball & Men’s Hockey Playoff games:**
  - Adults $18, Students $12, Family (2 adults & 3 children) $45

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**Medical Services Information 2018-19: UNIVERSITY OF ALBERTA**

**TO: University Head Therapists - Canada West Conference**

The following information will clarify the medical and therapy services available during your stay at The University of Alberta. Should you have any questions, please contact me by phone or E-mail. We look forward to hosting you and your team on the University of Alberta campus.

<table>
<thead>
<tr>
<th>Field Services Provided</th>
<th>A UA Hosting Therapist (may be student-kinesiologist or Athletic Therapist Staff) will discuss the appropriate emergency action plan and protocol with the visiting medical staff prior to competition time.</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>At scheduled CW conference competitions, host Medical and Therapy staff will act as a First Responder, to assist visiting athletes and visiting medical staff. There will be no host medical staff or services during visiting team practices – Facility staff will assist in EAP management in event of emergency.</td>
</tr>
<tr>
<td></td>
<td>A physician will be on site for all CW competitions for men’s ice hockey, men’s football, women’s rugby and wrestling. UA Varsity-therapist or student-therapist will be on site for CW conference competitions.</td>
</tr>
<tr>
<td></td>
<td>If you do not have a dedicated medical representative or team therapist travelling with your team, notify us prior to your arrival as we would then be acting as team medical representative and/or assist in pre-game prep &amp; post-game management. Fees assessed for providing any of the above listed coverage for any team or any conference (based on Canada West Policy) will be forwarded to your institution regardless of whether medical services are utilized or not.</td>
</tr>
<tr>
<td></td>
<td>All supplies must be provided by the visiting team or a charge back of supplies used will apply. Any supply requests go to On-site therapist.</td>
</tr>
<tr>
<td></td>
<td>Should emergency transport to the Hospital be required, the EAP will outline the protocol via ambulance transport. UA will not be responsible for any charges associated with emergency transportation of visiting athletes, team staff or spectators.</td>
</tr>
</tbody>
</table>
For Non-emergency transportation, the EAP will outline services (taxi) to assist the transport of a visiting athlete – these transportation costs will be the responsibility of the visitor requesting (visiting athlete or team member) payable at time of service provided. UA medical hosting students or staff will not personally transport anyone who is ill or injured.

### Emergency Equipment
- Emergency equipment will be provided at each venue site and available to visiting athletes in the event of an emergency. The host therapist will review the list and location of supplies prior to competition. Cost of any supplies used or taken will be billed to the athlete and/or university. Summary of an equipment list may include: Crutches; Quick & Speed splints (small); Blanket; Oxygen; AED; Scoop & Spine board with accessories; additional wound care supplies.
- Emergency telephone access at facility desk at all sites; Cell phones on site.
- Ice & ice bags onsite at competition venues.
- Water will be supplied to visiting teams (no cups or water bottles supplied).
- Any costs associated with destruction of any equipment due to vandalism or misuse will be billed to the visiting team Athletics Program.

### Recovery Facilities and/or Training Rooms
- Visiting therapists may have access to Site training rooms or to a prep/therapy space (Main Campus in VanVliet Complex, Foote Field for fall sports, Saville Centre for court sports). Team prep (taping) space will be outlined upon arrival – ie tables in the hallway, classroom. If you are new to a facility, contact the Varsity Health Staff (location & email listed below) for updates upon arrival. In the event that there may be space conflicts, availability to the training rooms may change, but an alternative location or space will be set up for visiting groups.
- Each training room has limited supplies and equipment, including taping tables.
- Team Towels to be signed out at facility services desk with personal I.D.
- **No access to cold (hydrotherapy) tubs; Limited access to hot packs and modalities**.

### Clinical Services: Therapy, Physicians
- Access to Physician and Physiotherapy staff may be available for visiting athletes requiring services, by appointment only. Contact the host Varsity therapy staff for advice and direction.
- The Glen Sather Sports Medicine Clinic is a private clinic on campus, that visiting athletes may access during regular operation hours. Located in the Kaye Edmonton Clinic building, 11400 University Avenue, Level 2, hours are Monday to Friday, 0800-1700 hours. Direct access is restricted for physicians, so contact U of A Host Varsity Therapy staff. All athletes must present their **Provincial Health Care Insurance number** when registering and will be responsible for regular fees.
- Visiting athletes who request therapy assessment or treatment by the On-side Therapist for the event at UA will require prior written notification from their Head Therapist. Costs incurred will be the responsibility of the visiting athlete.

### Physician Services on-site
- Physician On-site at CW Competitions for: Football, Men’s Ice Hockey, Wrestling, Rugby. All visiting athletes must present Provincial Health care numbers and complete the CW Injury Form. Residents with Quebec Health care will be asked to pay for Physician services in this province. Quebec residents will be required to submit to Quebec Health individually.
If Physician is unavailable, Medi-centre Walk-in clinics can be accessed.
For further assistance, speak directly with on-site physician or UA therapy staff.

**Injury Communication**
- CW Injury Report Form will be used for any injured athlete reviewed at competition site. Copy given to injured athlete upon request.

**Hospital nearby**
- University of Alberta Hospital (114 Street & 87 Avenue) emergency department for medical or dental emergency. Note: There are other emergency hospitals or after-hours emergent care centres in the city that athletes may be transported to.
- For Non-emergency transportation, the EAP will outline services to assist your athlete – these transportation costs will be the responsibility of the visiting athlete/team.
- A copy of the nearest Medi-centre (Clinics – Medicentres) is available from host therapist (www.medicentres.com)

**Medi-centres / Clinics**

**Pharmacy near-by**
- Shoppers Drug Mart Open 24 hours, Whyte Av & 109 St. 8210-109 Street, Edmonton AB, phone: 780-433-2424

**Important Phone Numbers**
- Medical Emergency: 911 (dial 9 for outside service: 9-911)
- Health Advice: Call Health Link by dialing 811 for quick and easy advice from a registered nurse 24/7
- Campus Security: 780-492-5050
- University of Alberta Hospital 24 Hour Emergencies: 8440-112 Street, Edmonton. Phone: 780-407-6662
- Athletic Director Ian Reade: Email_Ian.Reade@ualberta.ca; Phone_7804928273
- **U of A Varsity Health Staff (per location)**

<table>
<thead>
<tr>
<th>Head Therapist: Joan MatthewsWhite</th>
<th>Assistant AT: TJ Mussbacher</th>
</tr>
</thead>
<tbody>
<tr>
<td>Location: FOOTE FIELD</td>
<td>Location: VAN VLIET COMPLEX</td>
</tr>
<tr>
<td>Email: <a href="mailto:joan.matthewswhite@ualberta.ca">joan.matthewswhite@ualberta.ca</a></td>
<td>Email: <a href="mailto:tjm4@ualberta.ca">tjm4@ualberta.ca</a></td>
</tr>
<tr>
<td>Office Phone: 780-492-3466</td>
<td>Office phone: 780-492-4880</td>
</tr>
<tr>
<td>(cell phone numbers shared among CW Head Therapist group)</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Assistant AT: Brennan Mahon</th>
<th>Assistant PT: Ryan Williams</th>
</tr>
</thead>
<tbody>
<tr>
<td>Location: SAVILLE CENTRE</td>
<td>Location: GLEN SATHER SPORTS MEDICINE CLINIC</td>
</tr>
<tr>
<td>Email: <a href="mailto:bmahon@ualberta.ca">bmahon@ualberta.ca</a></td>
<td>Email: <a href="mailto:varsityhealth@ualberta.ca">varsityhealth@ualberta.ca</a></td>
</tr>
<tr>
<td>Office Phone: 780-492-6794</td>
<td>Office Phone: 780-407-5174</td>
</tr>
</tbody>
</table>

_After-hours Emergent Care Centres:_
Northeast Community Health Centre (Open 24 hours): 14007-50 street, Edmonton
Strathcona Community Hospital: 9000 Emerald Dr, Sherwood Park, AB T8H 0J3
Edmonton Taxi Services:
Co-Op Taxi  780-425-2525
Yellow Cab  780-462-3456
Capital Taxi  780-423-2425

PRACTICE TIMES (Court Sports)

Volleyball
Practice times for Friday Games (Saville Community Sports Centre – Competition Gym)
   Golden Bears 10:00 am - 11:00 am
   Pandas 11:00 am - 12:00 noon
   Visiting Men 12:00 noon - 1:00 pm
   Visiting Women 1:00 pm - 2:00 pm
Practice times for Saturday Games (Saville Community Sports Centre – Competition Gym)
   Visiting Women 9:00 am -10:00 am
   Pandas 10:00 am – 11:00 am
   Golden Bears 11:00 am -12:00 noon
   Visiting Men 12:00 noon -1:00 pm

Basketball
Practice times for Friday Games (Saville Community Sports Centre – Competition Gym)
   Visiting Women 10:00 am – 11:00 am
   Pandas 11:00 am – 12:00 noon
   Visiting Men 12:00 noon – 1:00 pm
   Golden Bears 1:00 pm – 2:00 pm
Practice times for Saturday Games (Saville Community Sports Centre – Competition Gym)
   Visitors Women 9:00 am – 10:00 am
   Pandas 10:00 am – 11:00 am
   Visiting Men 11:00 am – 12:00 noon
   Golden Bears 12:00 noon – 1:00 pm

LOCKER ROOMS

***Although team rooms are dedicated and secure, break-ins have occurred in our team rooms.
Teams are advised NOT to leave any valuables in the team locker room during your games as theft may occur. It is recommended that valuable items are brought to the bench area during your game.

North (Main) Campus - Visiting team rooms are available. The assigned locker room number and a key or code can be obtained from the Facility Services desk (1-241 Van Viet Complex) if your event is being held in the main gym.

South Campus (Saville Community Sport Centre) - Visiting team rooms are available and will be assigned to each team for the duration of the weekend. The team rooms do have full lockers but locks are not provided on site. When a team arrives on site, the assigned locker room and respective access code will be available at the Customer Service Desk located in the main foyer of the Saville Community Sport Centre.

For Universiade Pavilion or Main Gym events, please contact (780) 492-3341.
For Saville Community Sport Centre events, please contact (780) 492-1000.
For events held at the Clare Drake Ice Arena, please contact (780) 492-5801.
For Foote Field events, please contact (780) 492-6835.
Please note, visiting teams will be charged for any towels that are borrowed and not returned to University of Alberta facilities.
GAME/MATCH SCORECLOCK COUNTDOWNS

MEN’S HOCKEY COUNTDOWN

Opening Face Off @ 7:07 PM

CLOCK COUNTDOWN
99:59 mins – Countdown start @ 5pm
20 mins - Warm-up
0 mins – Teams leave ice
20 mins – Flood
0 mins - National Anthem & Intros @ 7pm
(7 mins after hour is Opening Face Off)

First Period Intermission (16 mins)
Second Period Intermission (16 min)
*If promotional activities are planned, intermissions could be 18 minutes. You will be notified prior to game start.

WOMEN’S HOCKEY COUNTDOWN

Opening Face Off @ 7:07 PM or 2:07 PM

CLOCK COUNTDOWN
60 mins – Countdown starts @ 6pm or 1pm
35 mins – Warm up
20 mins – Teams leave ice
20 mins – Flood
0 mins – National Anthem/Intros @ 7pm/2pm
(7 mins after hour is Opening Face Off)

BASKETBALL COUNTDOWN

Tip off 6:07 & 8:00 PM Fridays
Tip off 5:07 & 7:00 PM Saturdays

WOMEN’S

Pandas – CLOCK COUNTDOWN
60 mins - Countdown starts @ 5pm or 4pm
20 mins - Warm-up
2 mins - 2 minute warning
0 mins - Warm-up ends @ 6pm or 5pm
0 mins - National Anthem
6:07 pm or 5:07 pm Tip Off

12 minute Half-time break
2 minute warning

Golden Bears
End of Pandas game Countdown starts
20 mins - Warm up
2 mins - 2 minute warning
0 mins - Warm-up ends
0 mins - National Anthem
Tip off

12 minute Half-time break
2 minute warning

VOLLEYBALL COUNTDOWN

Match start 6:07 & ~ 7:30 PM Fridays
Match start 5:07 & ~ 6:30 PM Saturdays

First Match – CLOCK COUNTDOWN
60 mins - Facility available - warm up
15 mins – Five and Five
5 mins – Team leaves floor
3 mins – National Anthem & Intros

Second Match – CLOCK COUNTDOWN
20 mins – Warm up begins
15 mins – Five and Five
5 mins – Team leaves floor
3 mins – National Anthem & Intros
FOOTBALL COUNTDOWN

(Kickoff will be at 7 minutes after the hour)
97 mins - Warm-up starts on clock
21 mins - Teams Clear field for 10 minutes
6 mins - Team introductions Kick Off
4 mins - Introduction officials / Coin Toss
2 mins - National Anthem
Kick Off @ 7 mins after the hour

NOTE: Visiting team coaches will be advised of any ceremomal or promotional game-day events or changes to the above protocol by University of Alberta Events Staff prior to competition. Event Staff will ensure promotional events will not interfere with game play or warm up.

*Countdown subject to change if game is televised – information will be circulated to these teams in advance

ATHLETICS STAFF CONTACT INFORMATION

<table>
<thead>
<tr>
<th>Role</th>
<th>Name</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Director of Athletics</td>
<td>Ian Reade</td>
<td>(780) 492-3365</td>
</tr>
<tr>
<td>Associate Director</td>
<td>Vang Ioannides</td>
<td>(780) 492-5603</td>
</tr>
<tr>
<td>Associate Director</td>
<td>Katie Spriggs</td>
<td>(780) 492-7995</td>
</tr>
<tr>
<td>Associate Director</td>
<td>Tawana McLeod</td>
<td>(780) 492-3534</td>
</tr>
<tr>
<td>Events Manager / Marketing</td>
<td>Jon Krywulak</td>
<td>(780) 492-6933</td>
</tr>
<tr>
<td>Sports Information</td>
<td>Connor Hood</td>
<td>(780) 492-7214</td>
</tr>
<tr>
<td>Administrative Assistant</td>
<td>Stacey Wickman</td>
<td>(780) 492-3365</td>
</tr>
<tr>
<td>Travel Coordinator</td>
<td>Sharon Kaminecki</td>
<td>(780) 492-5529</td>
</tr>
<tr>
<td>Finance Manager</td>
<td>Marina Leyderman</td>
<td>(780) 492-3048</td>
</tr>
<tr>
<td>Head Athletic Therapist</td>
<td>Joan Matthews-White</td>
<td>(780) 492-3466</td>
</tr>
<tr>
<td>Glen Sather University of Alberta Sports Medicine Clinic</td>
<td>(780) 407-5160</td>
<td></td>
</tr>
<tr>
<td>Facility Services Van Vliet Complex</td>
<td></td>
<td>(780) 492-3276</td>
</tr>
<tr>
<td>Customer Service Sales Office</td>
<td>(780) 492-BEAR (2327) / (780) 492-2231</td>
<td></td>
</tr>
<tr>
<td>Saville Community Sports Centre</td>
<td>(780) 492-1000</td>
<td></td>
</tr>
<tr>
<td>Clare Drake Arena</td>
<td>(780) 492-3569</td>
<td></td>
</tr>
<tr>
<td>Foote Field</td>
<td>(780) 492-6868</td>
<td></td>
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<tr>
<td>Pool Office</td>
<td>(780) 492-3570</td>
<td></td>
</tr>
<tr>
<td>Sport</td>
<td>Name</td>
<td>Email</td>
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</tr>
<tr>
<td>Basketball (P)</td>
<td>Scott Edwards</td>
<td><a href="mailto:scott.edwards@ualberta.ca">scott.edwards@ualberta.ca</a></td>
</tr>
<tr>
<td>Basketball (GB)</td>
<td>Barnaby Craddock</td>
<td><a href="mailto:barnaby.craddock@ualberta.ca">barnaby.craddock@ualberta.ca</a></td>
</tr>
<tr>
<td>Curling (GB &amp; P)</td>
<td>Rob Krepps</td>
<td><a href="mailto:rob.krepps@ualberta.ca">rob.krepps@ualberta.ca</a></td>
</tr>
<tr>
<td>Cross Country (GB&amp;P)</td>
<td>Sean Baynton</td>
<td><a href="mailto:sean.baynton@ualberta.ca">sean.baynton@ualberta.ca</a></td>
</tr>
<tr>
<td>Football (GB)</td>
<td>Chris Morris</td>
<td><a href="mailto:chris.morris@ualberta.ca">chris.morris@ualberta.ca</a></td>
</tr>
<tr>
<td>Golf (GB &amp; P)</td>
<td>Robin Stewart</td>
<td><a href="mailto:robin.stewart@ualberta.ca">robin.stewart@ualberta.ca</a></td>
</tr>
<tr>
<td>Hockey (P)</td>
<td>Howie Draper</td>
<td><a href="mailto:howie.draper@ualberta.ca">howie.draper@ualberta.ca</a></td>
</tr>
<tr>
<td>Hockey (GB)</td>
<td>Ian Herbers</td>
<td><a href="mailto:iherbers@ualberta.ca">iherbers@ualberta.ca</a></td>
</tr>
<tr>
<td>Rugby (P)</td>
<td>Matt Parrish</td>
<td><a href="mailto:mparrish@ualberta.ca">mparrish@ualberta.ca</a></td>
</tr>
<tr>
<td>Soccer (P)</td>
<td>Liz Jepsen</td>
<td><a href="mailto:liz.jepsen@ualberta.ca">liz.jepsen@ualberta.ca</a></td>
</tr>
<tr>
<td>Soccer (GB)</td>
<td>Len Vickery</td>
<td><a href="mailto:len.vickery@ualberta.ca">len.vickery@ualberta.ca</a></td>
</tr>
<tr>
<td>Swimming (GB &amp; P)</td>
<td>Dusan Toth-Szabo</td>
<td><a href="mailto:tothszab@ualberta.ca">tothszab@ualberta.ca</a></td>
</tr>
<tr>
<td>Tennis (GB &amp; P)</td>
<td>Russ Sluchinski</td>
<td><a href="mailto:russ.sluchinski@ualberta.ca">russ.sluchinski@ualberta.ca</a></td>
</tr>
<tr>
<td>Track &amp; Field</td>
<td>Wes Moerman</td>
<td><a href="mailto:wes.moerman@ualberta.ca">wes.moerman@ualberta.ca</a></td>
</tr>
<tr>
<td>Volleyball (P)</td>
<td>Laurie Eisler</td>
<td><a href="mailto:laurie.eisler@ualberta.ca">laurie.eisler@ualberta.ca</a></td>
</tr>
<tr>
<td>Volleyball (GB)</td>
<td>Terry Danyluk</td>
<td><a href="mailto:terry.danyluk@ualberta.ca">terry.danyluk@ualberta.ca</a></td>
</tr>
<tr>
<td>Wrestling (GB &amp; P)</td>
<td>Owen Dawkins</td>
<td><a href="mailto:owen.dawkins@ualberta.ca">owen.dawkins@ualberta.ca</a></td>
</tr>
</tbody>
</table>