

UBC Okanagan Staff & Faculty Sports Day

FAQs- Frequently Asked Questions

Q: Who can participate?

A: Current UBC Okanagan faculty, staff, and graduate students alumni are invited to participate. All individuals with a current UBC employee ID number are eligible!

Q: How many people are on a team?

A: The minimum number of participants on a team is 4 with a **maximum of 6**. One team captain and a maximum of 5 team-mates.

Q: What if I don't have a team?

A: Not a problem! Sign up as an individual and the Sports Day committee will do their best to place you on a team.

Q: How long does the event run?

A: Sports Day activities run from 1:30pm to 3:30pm, with prize presentations, food-truck snacks and Beer Garden, from 3:30pm-4:30pm.

Q: Do we have to be available for the whole time?

A: No! This event has been designed to accommodate a wide variety of schedules and availability. You and your team can participate in as many activities as you like between 1:30 and 3:30 pm. Stay for the whole time or fit it into a lunch break! All the activities can be completed in about 60-90 minutes.

Q: What time does the check in desk open?

A: You can choose to sign-in any time from 1:00-1:30pm on the day of the event. Keep in mind, the later you start, the less time you will have to finish the basic challenges.

Q: Where is UBC Staff and Faculty Sports Day taking place?

A: In and around the UBCO Gymnasium & Hangar.

Q: How much does it cost to participate?

A: UBC Okanagan Wellbeing and UBC Recreation are excited to offer this event **FREE*** of charge to UBC Okanagan Staff and Faculty. (*Beer Garden not included)

Q: How do I qualify for the prizes?

A: To qualify for the team prizes, your team must complete the basic sports day challenge (this will be outlined on event day).

Q: What do I need to bring?

A: Please wear comfortable clothing and shoes in which you can be active, and appropriate dress for the weather. (Events will be held, both inside and outside, rain or shine!). Participants are asked to bring their own water bottles, which can be refilled at water stations, provided by Campus Rec.

Q: When does registration open? When does it close?

A: Registration **OPENS** March 18, 2019 and **CLOSES** May 2, 2019.

Q: Can changes be made to individual and team registrations?

A: Yes. To request any changes to a registration, please contact Lyndsay Arnot (lyndsay.arnot@ubc.ca) prior to May 4, 2017.

Q: How competitive is this event going to be?

A: This event has been designed to be focused on fun, as well as an opportunity for intellectual and physical fitness. The level of competitiveness is up to each team; the event is designed to be inclusive of all levels of physical fitness. Teams are welcome to challenge each other.

Q: Are we required to wear a costume or team outfits?

A: While we certainly don't require teams to invest in costumes or outfits, we encourage teams to show their spirit (there is a spirit prize awarded for this reason), and we like to have some ability to recognize which team each individual belongs to.