

## 2026 TG TOUR

### Finale Coupe Québec STR

**MARCH 26-30, 2026**  
**Repentigny, QC**

#### **BULLETIN #1**

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##### **COMPETITION INFORMATION**

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**DATES:**

**March 26:** Travel from Toronto to Repentigny, QC

**March 27-29:** Competition, and Team Activities

**March 30:** Travel from Repentigny, QC, to Toronto

\*alternative arrangements may be made based on athlete/coach home location

**VENUE:**

**Complexe Sportif Gilles-Tremblay**, 223 Jacques-Plante, Repentigny, QC, J5Y 0B4

**RULES:**

TG Canadian Pathways

All information and forms are available on the [Uplifter Registration Page](#).

**Clubs must confirm spot by registering through Gymnastics Ontario. Registration for this competition will be completed by Gymnastics Ontario on behalf of all Coaches and Athletes.** (as per below “Registration Information” and “Registration and Payment Information”).

All travelling team members (including Coaches) will be required to purchase the G.O. track jacket, if members do not already have one, and all athletes will be required to purchase the Team Ontario competition attire, if members do not already have the current version – see Uplifter Registration Page for details.

Team Ontario and its members are expected to follow all True Sport Principles. Please be sure all members are familiar with these principles. True Sport information is attached to the end of this Bulletin.

**Travelling members will be required to have:**

- **Health Card**
- **Travel Insurance** – *is required but does not need to be sent to GO. A copy must be provided to travelling club coach(es). Additional health insurance is needed (make sure your policy includes sport accident/injury coverage) as OHIP coverage in Quebec is limited.*

## ONTARIO DELEGATE INFORMATION

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**DELEGATION:** A Head of Delegation and/or Delegation Manager will be assigned to the team.

Tour is a club managed event instead of having named team coaches/managers. To continue to foster a strong team environment, athletes and coaches will still travel and stay together as a team. The transportation and accommodations for all coaches and athletes will be arranged and booked by GO and must be utilized by all delegates.

All athletes and coaches are expected to attend the entire duration of the event and participate in all scheduled team activities.

**Athletes:**

Ranking from 1<sup>st</sup> Ontario Cup

Level 3 and 4\* – Top 4 per gender, per event (TRA, DMT, TUM)

4 non-travelling alternates per event will also be named

\*Priority of all Tour spots is given to Level 3 athletes. If not all Tour spots are filled by eligible Level 3 athletes, eligible Level 4 athletes will be included to fill the remaining spots.

Athletes will not be allowed to move up a level before this competition.

All athletes must be responsible and communicate with the team coaches/managers at all times.

**Coaches:**

Minimum one club coach is responsible for the supervision of their club athletes at all times and for the entire duration of the event (curfew, meals, team activities, etc.).

All coaches attending must register with GO as attending with their club package.

Athletes will require at least one club coach who will be responsible for coaching during training and competitions, as well as supervising and chaperoning the athletes at the hotel, during meals, and on outings. Coaches may be required to drive a minivan therefore must be at least 25 years old before they leave for the competition.

**ADDITIONAL INFO:**

1) TRA athletes will be partnered for SYN competition.

2) Athletes will only be permitted to compete in the event(s) they have qualified for with Team Ontario.

**TRANSPORTATION:**

Flights will be arranged from Toronto to Montreal and then rental vans from Montreal to Repentigny. Transportation will be booked by Gymnastics Ontario for all team athletes and coaches, round trip Toronto to Repentigny. All athletes and coaches must utilize travel with Team Ontario to and from the event.

For athletes and coaches outside of the GTA, transportation assistance can be requested from Gymnastics Ontario. Please contact the TG Program Manager to plan additional travel arrangements. Confirmation for these additional travel arrangements will be sent to clubs directly.

Mileage can be claimed by clubs for one club coach and athletes from home and point of departure if over 200 km (one way) at \$0.45/km. Mileage for athletes is reimbursed to the club and then the club is responsible for reimbursing families for mileage.

**ACCOMMODATIONS:** All delegates will receive accommodations. Hotel TBC.

*\*rooming lists for all travelling coaches and athletes will be arranged by GO*

**MEALS:** Breakfast, lunch, and dinner are not included in the cost share. Coaches and athletes will be responsible for bringing snacks and purchasing their own snacks and meals on-site.

**DRESS CODE:** All members of the Ontario delegation (including all coaches) are required to wear on the competition floor and jacket during travel:

- The Team Ontario track jacket, and
- All delegates must wear PLAIN/SOLID BLACK PANTS/LEGGINGS. A small brand logo is allowed on the pants; maximum size 1" by 2".
- All athletes are required to wear the Team Ontario competitive attire.  
*\*Images of the team attire can be seen on the Uplifter registration page.*

Attire outside of competition should include the track jacket, especially for excursions or team cheering, but otherwise should be appropriate and modest attire and follow dress code.

- Athletes will receive a Team Ontario Tour 2026 hoodie as a gift.

- Coaches can purchase the Team Ontario Tour 2026 hoodie for an additional cost – see below under Costs.

#### Track Jacket Update for the 2025-2026 Season

Once again, this season's Team Ontario athletes and coaches will have the option to wear either the grey or black team jacket for competitions.

Please note the following important details:

- Orders for this season's Tour will only be for the previous grey jacket until current inventory is depleted.
- Due to unexpected interest in the new black jacket last year, the previous grey jacket inventory was underutilized, and we will continue to use this existing stock of the grey jacket before continuing solely with the black jacket.
- No exchanges of the grey jacket will be available, so please double-check sizing before placing your order.
- Black jackets purchase last season are still permitted to be worn this season.



## COACH REQUIREMENTS:

Club Coaches/Managers travelling with the team must be members in good standing, minimum age of 25, and have Safe Sport and Respect in Sport courses completed. A police check (within 3 years) will be required for all coaches/managers. Coaches must also meet the minimum NCCP requirements (please refer to the TG Rules & Regulations).

**Responsible Coaching Movement:** All clubs should abide by the Responsible Coaching Movement (RCM). The RCM is a movement established by the Coaching Association of Canada and the Canadian Centre for Ethics in Sport. It invites coaches and sport organizations to learn and apply safety principles. The goal of the movement is to create a sport environment that is Safe, Smart, and Secure. The Responsible Coaching Movement has three pillars: the Rule of Two, Background Screening, and Ethics Training.

The Rule of Two calls for two responsible adults to be present around a participant. This ensures that communications and interactions are open, observable, and justifiable. When traveling, there should always be two adults with a participant or participants. Communication should be sent to a group or include parents/guardians and not one-on-one with a participant.

## REGISTRATION INFORMATION

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**CONFIRMATION:** Clubs will confirm spots of athletes, and coaches/managers via the Gymnastics Ontario [Uplifter Registration Page](#).

**GO Confirmation & Forms Deadline: Wednesday, February 11, 2026, at 5:00PM**

Clubs are responsible to collect and check all documentation/required information for any potential team members and submit to Gymnastics Ontario through Uplifter. It is recommended that clubs collect all forms for alternates so if they are called to compete, everything is ready to go and can be submitted to GO quickly.

Gymnastics Ontario will register all participants with the Meet Director on your behalf.

**COSTS:** **Total per Athlete (after subsidy) = \$362.59**

Trip → \$201 / Registration Fee → \$143 + 13% HST (\$18.59) = \$161.59

**Total per Coach/Manager (after subsidy) = \$334.00**

Trip → \$334 / Registration Fee → \$0 + 13% HST (\$0) = \$0

**Coach/Manager Hoodie (optional purchase) = \$56.50**

→ \$50 + 13% HST (\$6.50) = \$56.50

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**HST # 12212 5131 RT0001**

Role	Athlete	Club Coach/Manager
Meet Registration Fee	✓	NA
Transportation	✓	✓
Hotel	✓	✓
Meals	No	No
Track Jacket via Uplifter	No	No
Competition Attire via Jagwear	No	NA
Activities/Excursions	No	No
Athlete Gift (Hoodie)	✓	No (can purchase separately)
GO Funding	✓	✓
Total Costs Paid to GO	\$362.50	\$334.00

**FORMS:**

To register, please be sure to collect all appropriate information including all applicable forms (i.e. waiver and medical forms).

**All forms must be received by the deadline highlighted above. Send all forms by email to [tnt@gymnasticsontario.ca](mailto:tnt@gymnasticsontario.ca). One pdf document for all delegates from a club is preferred.**

**All information and forms are available on the [Uplifter Registration Page](#).**

**To Register, please be prepared for the following:**

1. Registration Fees +HST and Trip Fees will be completed in Uplifter.
2. Clubs must purchase tracksuit jackets online from the Uplifter [Purchase Products Page](#) with the individual's registration checkout.  
\*recommend that track jackets are completed at the same time/same invoice as the trip payment and forms.
3. GO Code of Conduct (athletes and coaches)
4. GO Medical Data Form (athletes)
5. Copy of Health Card
6. Roles and Responsibilities Guidelines (coaches/managers)
7. Police Check, valid within 3 years of the event (coaches/managers) - here is an option to use [mybackcheck](#) if needed
8. Hoodie Sizing (gift for athletes)  
Coaches – can purchase hoodie for \$50 + HST with registration

**Jagwear orders** should be done directly through their new [Team Ontario order page \(click here\)](#). Order all suits for the club in one order – flat rate shipping per club order. After the outfits are ordered, a refund will not be possible.

**Jagwear order deadline: February 11, 2026**

***Reminder:***

**Travel Insurance** – is required but does not need to be sent to GO. A copy must be provided to travelling club coach(es). Additional health insurance is needed (make sure your policy includes sport accident/injury coverage) as OHIP coverage in Quebec is limited.

**ALTERNATES:** Alternates can be called anytime up until [date TBC].

It is recommended that clubs collect all forms for alternates so if they are called to compete everything is ready to go and can be submitted to GO.

**WITHDRAWS:** Please communicate any withdraws to the TG Program Manager as soon as possible. If an athlete withdraws, a full refund will only be issued if the spot is filled by an alternate.

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#### INFORMATION FOR NON-TEAM ONTARIO DELEGATES

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**PARENTS/FAMILIES:** Parents are allowed to book parallel trips but must understand that the athletes are there as part of Team Ontario and parents are at the event as spectators.

Parents are not permitted in the Team rooms or to join team activities. Athletes may be allowed to see family and friends after they have competed but must remain with the team until the end of the entire competition weekend.

# Responsible Coaching Movement



The Responsible Coaching Movement (RCM) helps sport organizations in Canada ensure the health, safety, and well-being of all participants, both on and off the field of play.

## The Responsible Coaching Movement Pillars

The Responsible Coaching Movement includes three distinct pillars, each serving to create a sport environment that is safe, smart, and secure. Each pillar provides crucial elements, resources and processes to ensure sport participation is a safe and positive experience for all.



### Rule of Two

A **SAFE SPORT** environment ensures all coaches, staff, and administrators apply the Rule of Two.

Interactions with participants occur in settings that are:

- Open
- Observable
- Justifiable

When following the Rule of Two all interactions with participants are in open, observable, and justifiable settings, and two responsible adults — whether a coach, parent, staff or screened volunteer — are present.

Check with your sport organization as to how the [Rule of Two](#) is enforced.



### Ethics Training

A **SMART SPORT** environment ensures coaches are trained and have the confidence and skills needed to effectively manage challenging situations. Lifelong learning through numerous training modules helps coaches expand their knowledge.

**Ethics training** includes the following, among others:

- [NCCP Make Ethical Decisions \(MED\) module](#)
- [NCCP Creating a Positive Sport Environment](#)
- [Safe Sport Training](#) on abuse and harassment prevention
- [Respect In Sport](#)
- [Commit To Kids for Coaches](#)

Search for NCCP and CAC Multi-sport **training opportunities** in the Locker or connect with your Provincial/Territorial Coaching **Representatives**.



### Background Screening

A **SECURE SPORT** environment is one where all coaches, volunteers and sport organization leaders meet important requirements to be involved in sport.

Screening includes:

- Comprehensive job postings
- Visible policies and processes
- Conducting comprehensive background and reference checks
- Interviews
- Police information checks

These should all be completed at regular intervals. View the suggested Background Screening Resources on [coach.ca/background-screening](#).

The Responsible Coaching Movement ensures a safe, positive sport environment for all. Whether you are a coach, participant, parent, or volunteer, we are all on the same team to make sport safe and fun for everyone.



### Keep Sport Safe, Smart and Secure

For more information, visit  
[coach.ca/RCM](http://coach.ca/RCM)



Coaching Association of Canada  
Association canadienne des entraîneurs

## Safety in Numbers

# Rule of Two



The goal of the Rule of Two is to ensure all interactions and communications are open, observable, and justifiable. When following the Rule of Two, two responsible adults (a coach, parent, or screened volunteer) are present with a participant. There may be exceptions in emergency situations. Check with your sport organization as to how the Rule of Two is enforced.

**The Rule of Two is a leading practice to ensure a safe sport environment for all.**

### INTERACTIONS

	<ul style="list-style-type: none"><li>• Two trained and screened coaches</li><li>• One participant</li></ul>		<ul style="list-style-type: none"><li>• One trained coach</li><li>• One screened adult</li><li>• One participant</li></ul>		<ul style="list-style-type: none"><li>• One coach</li><li>• Two participants</li></ul>		<ul style="list-style-type: none"><li>• One coach</li><li>• One participant</li></ul>
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## How the Rule of Two works

-  **Work as a team.** A coach should have another coach or screened adult (parent or volunteer) present when interacting with participants.
-  **Remain open to the public.** Have a training environment that ensures all situations are open, observable and justifiable.
-  **Plan transportation.** Have two adults present when traveling with a participant(s), and refer to your club travel policy.
-  **Be sensible.** Be considerate of the gender of the participant(s) when selecting coaches or volunteers.
-  **Transparent communication.** Ensure that all communications are sent to a group and/or include parents/guardians, without one-to-one messaging.
-  **The Rule of Two in virtual settings**  
In addition to the recommended guidelines, virtual training sessions also entail the following:
  -  **Parental awareness.** Obtain consent for virtual sessions, plus inform parents of activities that will occur.
  -  **Record each session** and they should be in a professional setting (not a bedroom).
  -  **Weekly debriefing.** Encourage regular check-ins with parents, coaches, and participants about the virtual training.

**Whether you are a coach, participant, parent, or volunteer, we are all on the same team to make sport safe and fun for everyone.**



Keep Sport Safe, Smart and Secure

For more information, visit  
[coach.ca/RCM](http://coach.ca/RCM)



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# True Sport Principles

## Go For It

Rise to the challenge – always strive for excellence.  
Be persistent and discover how good you can be.

## Play Fair

Understand, respect, and follow the rules.  
Play with integrity – competition is only meaningful when it is fair.

## Respect Others

Show respect for everyone involved in creating your sporting experience, both on and off the field of play.  
Win with dignity and lose with grace.

## Keep It Fun

Find the joy in sport and share it with others.  
Remember what you love about sport and why you play.

## Stay Healthy

Always respect and care for your mind and body.  
Advocate for the health and safety of yourself and those around you.

## Include Everyone

Recognize and celebrate strength in diversity.  
Invite and welcome others into sport.

## Give Back

Say thanks and show gratitude.  
Encourage your sport group to make a difference in the community.