



## FITSPIRIT CELEBRATIONS 2025

### General guide for School Leaders

Here is the general guide for FitSpirit Celebrations presented by Manulife. You will find all the necessary information to properly prepare your participants for this festive day!

### 2025 Theme

For the 2025 edition of the Celebrations, we are transforming the month of May into a true **music festival!** Wear your FitSpirit t-shirt and add a festive touch with sunglasses, stylish hats, face glitter, bandanas, or even improvised musical instruments like tambourines or maracas.

**Friendship Bracelets:** We invite you to make friendship bracelets for the occasion! You'll be able to exchange them with hundreds of other girls at the event.

### Welcome

Upon arrival at the site, register your school at the **Welcome and Information** tent. You will then be directed to the designated area where you can drop off your personal belongings. If you have school-branded materials (tent, flag, etc.), bring them along! **Don't forget to also bring enough weights to secure your materials in place.**

### Schedule

<b>9:00 a.m.</b>	Official site opening, including the free activity zone
<b>9:00 a.m. to 9:45 a.m.</b>	Arrival of buses and school registration at the Welcome tent
<b>10:00 a.m.</b>	Gathering in front of the stage
<b>10:25 a.m.</b>	Festive warm-up
<b>10:45 to 11:30 a.m.</b>	Wave departures for the 2.5 km, 5 km, and 10 km courses
<b>12:00 p.m. to 3:00 p.m.</b>	Lunch and free activities <ul style="list-style-type: none"> <li>• 12:15 p.m. to 12:45 p.m.: Activation 1 in front of the stage</li> <li>• 12:45 p.m. to 1:15 p.m.: Activation 2 in front of the stage</li> <li>• 1:15 p.m.: Prize Draws!!</li> </ul>
<b>3:00 p.m.</b>	Departure of schools and site closes



## Activity Report – IMPORTANT!

At the Welcome tent, we will ask you the following questions:

1. Excluding ambassador visits, how many FitSpirit activities have you held between the start of school and the winter break?
2. Excluding ambassador visits, how many FitSpirit activities have you held between the return from the winter break and the Celebration?

This information helps us understand what is being offered to the girls registered with FitSpirit. We appreciate your honesty—there's no need to inflate your numbers!

## Walking and Running Courses

It is possible to run or walk approximately 2.5 km, 5 km, or 10 km. The course is designed to be accessible to everyone, featuring hard-packed surfaces (asphalt, packed earth) and obstacle-free routes, allowing individuals with reduced mobility to navigate with a wheelchair or mobility aid.

● The 5 km and 10 km courses will be marked with **purple** flags, arrows, and matching kilometer markers.

● The 2.5 km course will be marked with **yellow** flags and arrows.

Please note: Participation in the walking/running courses is optional.

## Wave Departures for Walking and Running Courses

In the specific guide for the Celebration you will be attending, you will find the list of schools and their respective departure times. Please prepare accordingly to avoid any delays.

**You will receive the specific guide for your Celebration via newsletter in April.**

## Safety on the Courses

🚶 For the best experience, we advise those who want to take their time or chat with friends to **stay to the right**, allowing others to pass on the left.

🚑 A **first aid team** will be on-site. If you witness a situation requiring intervention, please notify a volunteer.

You can also contact the person in charge of the FitSpirit walking and running courses. Save her phone number in your contacts for the day of the event.

**Jeanne: 514 704-1573**

## Water Stations

Water stations will be available every 2.5 km along the course, as well as at the main site.

## Free Activity Zone

Partners will be on-site to allow participants\* to try a variety of physical activities, sports, and outdoor activities. They can move freely around this zone from 9:00 a.m. until 3:00 p.m. Those who choose not to participate in the run or walk can enjoy this area all day long!

\*FitSpirit is the non-competitive multisport team for high school girls and all young people who identify with the program's offerings.



## Activity Passport

At the Welcome tent, we will give you activity passports to distribute to the participants. For each physical activity they try, participants can ask the person in charge of the activity to stamp their passport. Once they have completed **4 activities**, they can drop their passport into the raffle box located at the stage. To be eligible to win one of the many prizes, participants must write their first name, last name, and school name on the passport.

## What to bring

- A **reusable water** bottle already filled.
- **Lunch** and **snacks** (no food is available on site).
- Weather-appropriate **clothing** and a change of clothes. (The event is 100% outdoor, rain or shine. Plan and dress accordingly.)
- Comfortable **athletic shoes**.
- **Sunscreen**.
- **Hat** or **cap**.
- Your race essentials (ex.: music, hair band, etc.).
- Your **FitSpirit t-shirt**.
- **Earplugs** or **earmuffs** for noise -sensitive participants.
- **Accessories** related to the Music Fest theme!

### For School Leaders

- A **first aid kit** for minor injuries (bandages for blisters, etc.).
- The updated list of participants. (All your participants must be registered on your portal.)
- The **list of participants** who cannot be filmed or photographed.
- School-related banners or decorations
- If you have a pop-up **tent**, bring it to store your bags in case it rains and provide weights to hold it in place.
- **Balls**, jump ropes, accessories, or **other sports equipment** to get active and have fun!

## Food

To ensure all participants are at their best and can fully enjoy their active day, we encourage you to talk to them about the importance of having a nutritious breakfast before the event. Additionally, bring a lunch and some snacks to maintain your energy levels. Visit [fitspirit.ca](https://fitspirit.ca) for inspiration.



## Environmental Responsibility

FitSpirit aims to reduce the environmental impact of its events. Encourage participants to reduce their ecological footprint by:

- Bringing **reusable containers** made of plastic or glass
- Using **reusable zipper bags**
- Bringing a **reusable water bottle**
- Following **waste sorting stations** (recycling, composting, and residual waste)
- Keeping the **area clean**
- Prioritizing the use of **reusable materials** when creating costumes or accessories related to the theme
- Staying on **marked trails**

## Inclusive Practices

FitSpirit continuously works to continuously improving at this inclusivity by:

- A variety of activities suitable for all skill levels and fitness conditions
- Adapted activities and parasports for youth with functional limitations, as well as their friends
- Accessible signage featuring images, colors, and pictograms
- A flag displaying the FitSpirit logo in the colors of the LGBTQ+ community
- Clearly marked gender-neutral restrooms
- A walking and running course with minimal obstacles (roots, rocks, steep slopes, etc.)
- A site that is largely accessible for people with reduced mobility
- Quieter areas where music, honking, and shouting are less frequent

## Restrooms

Outdoor chemical toilets will be available, along with an accessible **restroom** for individuals with reduced mobility.

## Valuables

Leave your valuables at home. FitSpirit cannot be held responsible for lost or stolen items during the event.

## Parental Authorization

Parental authorization for each participant is **mandatory** to take part in this events. It is your responsibility to ensure that this authorization has been received for each of your participants before the event date.

To track the status of received authorizations or to resend the authorization email to parents/guardians, please refer to your school portal. If, for an exceptional reason, a parent is unable to submit their authorization online, please use the paper form available on your portal. Afterwards, send us the completed forms via one of the following two methods:

- Scanned copies to [reception@fillactive.ca](mailto:reception@fillactive.ca)
- In person at the event



## Photography and Video Recording

We will have a photographer on-site to capture these magical moments.. Photos will be shared via email before the end of the school year. On the day of the event, please have the list of participants who cannot be filmed or photographed. They will be given a colored wristband to ensure they are not included in our photos and videos.

## Cancellation

FitSpirit may cancel the event for safety reasons or in the event of force majeure. In such cases, we will inform you as quickly as possible. FitSpirit will not be responsible for any costs or refunds to the school or its participants. In the case of adverse weather conditions, FitSpirit may choose to either **proceed with** or cancel the event with less than 15 minutes' notice for safety reasons (via email and the School Leaders Facebook group). The school is responsible for deciding whether or not to attend the event according to its own internal policies. If the event takes place and the school decides not to attend, the school will be responsible for any incurred costs, and FitSpirit will not offer any refunds to the school or its participants. An email and a message in the School Leaders group will be sent in case of cancellation.

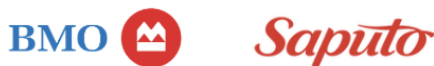
If you have any questions or specific needs, feel free to contact your [FitSpirit coordinator](#).

## Thank you to our philanthropic partners

Presenting :



Collaborators :



Participants :

