



— 2009 —
**WORLD
POLICE & FIRE
GAMES**

2009 WORLD POLICE & FIRE GAMES **BODYBUILDING COMPETITION**

WELCOME:

The World Police Fire Games invites police officers and firefighters from around the world to participate in the 2009 WPFGB Bodybuilding Competition. (see www.2009wpfg.ca for eligibility).

THE EVENT:

World Police & Fire Games is something new in the IFBB but the event has had its over 20-year history. According to its definition it is an Olympic type multi-sport's event, designated for full-time professional law enforcement officers and firefighters. Approximately sixty sports, ranging from Angling to Wrestling are included in the Games. The number of participants is really impressive: app. 10,000 in recent years.

The Games take 10 days and the host city must be prepared to accommodate over 30,000 visitors. In addition, the economic impact of the Games is substantial, not only during the Games but before and after as well, as many competitors and their guests remain in the area or arrive early for their vacation/holidays.

A BIT OF HISTORY

The whole idea was born in California, USA, where California Police Athletic Federation [CPAF] organized the first California Police Olympics in 1967 in San Diego.

With the continuing success of the California Games, promoters decided to organize the bigger international event, so the first World Police & Fire Games were held in 1985 in San Jose, California. The aim of the World Police and Fire Games is to offer the same variety of sports, and same high caliber of venues, officials and athletic achievement as the California Games, but on a global scale. Then, the Games were organized every two-year in different cities, from Calgary, Canada, to Melbourne, Australia. The size and scope of the World Games continues to grow.

Bodybuilding has been included from the beginning. Some famous bodybuilding stars participated in the past Games. Four-time world bodybuilding champion Sazali Abd Samad of Malaysia won the 70 kg category at the previous Games in Adelaide, Australia.

PROMOTERS:

First, in 1970, the California Police Athletic Federation [CPAF] was established as a Non-Profit Corporation to administer and perpetuate the Games. To better manage the Games, the World Police and Fire Games Federation [WPFGB] was created in 1985 under the umbrella of the CPAF. The WPFGB

Federation Board of Directors includes fire service and law enforcement personnel from the U.S., Australia, Canada and Belgium.

HOST CITIES:

This year Games will be held in British Columbia, Canada, in Vancouver, Burnaby and neighbor cities. Vancouver was the first Canadian city to host this event in 1989 but it will be the fourth "visit" of the Games to Canada.

Dynamic development of the Vancouver Port has began in 1920s, after completion of the Panama Canal. The economy of Vancouver has traditionally relied on British Columbia's resource sectors: forestry, mining, fishing and agriculture. It has diversified over time, however, and Vancouver today has a large service industry and growing tourism industry.

What may be interesting for visitors, Vancouver has the fourth highest quality of living in the world (after Zürich, Vienna and Geneva) but was also ranked Canada's second most expensive city to live (after Toronto).

Vancouver has enough sport facilities to host the Police and Fire Games and in 2010 the city will be the host for the 2010 Winter Olympic Games.

DATE:

August 1st, 2009.

OFFICIAL LANGUAGE:

Canada has two official languages English and French although the majority of Canadians speak English especially on the West Coast.

AIRPORT ARRIVALS:

All international competitors will be arriving to the Vancouver International Airport in Vancouver, British Columbia, Canada. All athletes will be responsible for their own transportation from YVR to their hotel.

VENUE SITE:

Michael F. Fox Theatre (confirmed)
7373 MacPherson Avenue
Burnaby, British Columbia, Canada

JUDGES:

The IFBB will be the official sanctioned judging body and conduct the judging.

ENTRY FORMS:

All competitors must register directly with the WPFPG via online registration or registration process implemented by WPFPG.

HOTEL: (closest to venue)

Hilton Vancouver Metrotown (Judges will be put up at this hotel)

6083 McKay Avenue, Burnaby, British Columbia, Canada V5H 2W7

Tel: 1-604-438-1200 Fax: 1-604-431-7782

Rates: \$169/\$189

http://www1.hilton.com/en_US/hi/hotel/YVRVMHF-Hilton-Vancouver-Metrotown-British-Columbia/index.do

Best Western Kings Inn Burnaby Hotel

5411 Kingsway, Burnaby, British Columbia, Canada, V5H 2G1
Phone: 604-438-1383 Toll-Free: 1-800-211-1122

Rates: \$130 (two queen size beds)
\$158 (one queen + haida bed + kitchenette)

Email: info@bestwesternkingsinn.com

******Athletes are free to book at any hotel of their choice, however, the hotels above are the closet to the contest venue.**

You can also use the contact info below for booking.

HOTEL BOOKING QUESTIONS

For all hotel booking questions, please contact:

Advance Group
Suite 101 1444 Alberni Street
Vancouver, BC, Canada V6G 2Z4
Phone: +1 604.688.9655, ext 1
Fax: +1 604.685.3521
E-mail: 2009wpfg@advance-group.com

EXTENDED STAY ACCOMMODATIONS

Interested in renting an apartment, a condo, house or cottage while in BC?

Check out the many options with [Access Vacation Group](#). Be sure to tell them you are coming for the 2009 World Police & Fire Games (Enter "WPFG" in the comments section on the [Rental Request Form](#))

You can also call toll Free in Canada and USA 1 (866) 800-8880 or international +1 (250) 483-6790. Please ensure you use promotional code "2009" when enquiring about accommodations, so we can provide you the very best rates and our VIP service.

GENERAL INFO:

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Banking/Credit Cards

Banks in Canada are usually open between 9.30am and 4.30pm on Mondays through Fridays. Some branches may be open during the weekend - but this should be confirmed with the individual branch. Many debit cards from outside of Canada will work at a local ATM, however it is best to check with your individual bank regarding charges and commissions. Canadian debit cards cannot be used for online or telephone purchases - for these a credit card is necessary. Visa, Mastercard and American Express are the most commonly accepted credit cards.

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Climate

Burnaby has a mild climate, much like the rest of British Columbia. During the time of the Games, athletes can expect ideal competitive conditions while visitors will enjoy warm, comfortable weather for spectating and enjoying all the things British Columbia has to offer.

Monthly Average Highs in °C (°F)

July	20.7°C	(70 °F)
August	20.7°C	(70 °F)

For additional information on current and forecasted weather conditions, visit <http://www.theweathernetwork.com/>

What to Wear

With a myriad of outdoor recreational opportunities, summer is usually the locals' favourite time of year. The city turns green, and the rest of the country turns green with envy. Summer temperatures are usually comfortable in the low 20s °C (low to mid 70s °F), which means shorts, skirts and light pants (trousers) are ideal. T-shirts are perfect for day outings, although be sure to bring a jacket or light sweater for your evenings out.

Currency

Canada uses the Canadian Dollar (CDN); and it is rare for any establishment in Burnaby to accept other currency (occasionally restaurants or merchants will accept US Dollars). While it's possible to use credit cards at most institutions, we recommend that visitors travel with at least some Canadian money.

Canadian currency is available in:

- Bills/notes in denominations of \$5, \$10, \$20, \$50, \$100 and \$1000 (although many smaller stores cannot accept bills higher than \$50)
- Coins in denominations of \$0.01, \$0.05, \$0.10, \$0.25, \$1 ("loonie") and \$2 ("toonie")

Visit <http://www.xe.com/ucc/> for currency exchange information.

Driving in Canada

British Columbia has an excellent highway system, with distances and speed limits clearly posted on highway signs in metric (kms/hour). When driving in Canada, it's important to take notice of several rules:

- Canadians drive on the right side of the road.
- It is allowable and legal to make a right turn on a red light at an intersection, as long as the car is first brought to a complete stop and there are no signs forbidding a right turn. (This is the same everywhere in Canada, except the province of Quebec.)
- Canada honours all valid foreign driving licenses, which means an International Drivers' Permit is not necessary. However, the purchase of liability insurance is suggested.
- The use of seat belts is mandatory for drivers and passengers in British Columbia.
- Motorcycle helmets are mandatory in British Columbia, and must be worn by all riders.
- An infant car seat is required for children weighing up to 9 kg (20 pounds).

Electricity Voltage

The electric voltage in Canada is similar to that of the United States: 120 V and 60 Hz. Electric outlets in Canada accept two types of plugs: a flat blade attachment plug (two flat blades) or a plug with two flat blades and a round grounding pin. For descriptions and pictures of these two plug types, visit <http://kropla.com/electric2.htm>.

Emergency Services

The emergency services telephone number is 911 across Canada and the United States, and is free from any phone.

Free healthcare is not provided for non-Canadian visitors and can be costly, so be sure to obtain adequate health and travel insurance for your intended activities before you leave.

Ambulance rides are also not free. There is a charge of approximately \$54 per ride, plus 50 cents per kilometre.

Some helpful emergency contacts are:

Burnaby Hospital
3935 Kincaid Street

Vancouver General Hospital
855 West 12th Avenue

Emergency: 604-431-4789
General Information: 604-434-4211

Fire Department
Non-Emergency: 604-294-7190

Vancouver, BC V5Z 1M9
General Inquiries: 604-875-4111

St. John Ambulance
6111 Cambie Street (Vancouver)
604-321-2651

Languages

Canada is officially a bilingual country, with English and French being the two official languages. However, there are many other languages spoken in Canada - some more predominant in certain areas. While English is the language most commonly spoken in British Columbia, many other languages are spoken (and sometimes written) because of the area's cultural diversity. Some examples of commonly spoken languages in Burnaby, Vancouver and BC include: Cantonese, Mandarin, Punjabi, Hindi and Spanish.

Metric Conversions

The metric system, also known as the System International, is the standard measuring used in Canada. One of the main advantages of the metric system is a decimalised system of measurement based on the meter and the gram. Some common conversions are:

METRIC	US/Imperial
Length	
1 Centimeter = 0.39 inches	1 Inch = 2.54 cm
1 Meter = 3.28 feet	1 Foot = 30.48 cm
1 Meter = 1.09 yards	1 Yard = 0.91 m
1 Kilometer = 0.62 miles	1 Mile = 1.61 km
Weight	
1 Gram = 0.035 ounces	1 Ounce = 28.35 g
1 Kilogram = 2.21 pounds	1 Pound = 0.45 kg
1 Metric ton (1000 kg) = 1.1 US tons or 0.98 UK tons	1 Ton = 0.91 metric tons
Temperature	
$^{\circ}\text{C} = (^{\circ}\text{F} - 32) \div 1.8$	$^{\circ}\text{F} = (^{\circ}\text{C} \times 1.8) + 32$

Some common temperature conversions are:

- Room temperature = 20 °C or 68°F
- Normal body temperature = 37 °C or 98.6°F
- A very hot day = 40 °C or 104°F
- Boiling point of water = 100 °C or 212°F

Passports & Visas

US citizens do not require a visa or a passport to enter Canada, but do require a birth certificate, a resident alien card or a green card together with photo identification. Note that a driver's license is NOT accepted as proof of citizenship.

Visitors from the following countries do not require a visa, but will require a passport for entry into Canada:

Andorra, Antigua and Barbuda, Australia, Austria, Bahamas, Barbados, Belgium, Botswana, Brunei, Cyprus, Denmark, Finland, France, Germany, Great Britain, Greece, Iceland, Ireland, Israel (National Passport holders only), Italy, Japan, Liechtenstein, Luxembourg, Malta, Mexico, Monaco, Namibia, Netherlands, New Zealand, Norway, Papua New Guinea, Portugal, Republic of Korea, St. Kitts and

Nevis, St. Lucia, St. Vincent, San Marino, Singapore, Solomon Islands, Spain, Swaziland, Sweden, Slovenia, Switzerland, United States and Western Samoa.

Citizens of other countries should check the following website for exact entry details as they may need a temporary visa for Canada: [Citizenship and Immigration Canada - Visas](#)

Smoking

Approximately 15% of residents in British Columbia smoke, and many cities and municipalities in British Columbia have passed smoking by-laws that prohibit smoking in restaurants and reduce the smoking areas allowed in pubs and bars. Some locations may allow smoking if a separately structured and ventilated designated smoking area is provided.

Taxes

In Canada, tax is not included in the purchase price.

The Canadian Goods and Services tax (GST) is charged at 5%, and is applicable to most goods and services provided in the country. However, Provincial Sales Tax (PST) differs from province to province. In BC, the PST is 6%, and is charged on most retail purchases - with the exception of items such as books, newspapers, magazines and restaurant meals.

Visitors can obtain GST refunds under certain conditions. For more information, contact Revenue Canada Customs and Excise (from anywhere in Canada) at 1-800-668-4748 or visit [Revenue Canada](#)

Telephone Codes

In Greater Vancouver, all landline phone numbers begin with either 604 or 778, followed by another seven digits. Vancouver Island has a separate dialing code of 250. Local calls are free from a private telephone, but charges apply when calling long distance. If long distance charges apply, a recorded voice will inform you after dialing and direct you to redial with a number 1 in front of the area code.

Time Zones

Canada encompasses six of the world's 24 time zones, with 4.5 hours difference between Newfoundland and British Columbia. The time zones are:

- Pacific Time Zone (British Columbia & Yukon)
- Mountain Time Zone (Alberta & North West Territories)
- Central Time Zone (Saskatchewan, Manitoba, Nunavut & parts of Western Ontario)
- Eastern Time Zone (Quebec & most of Ontario)
- Atlantic Time Zone (New Brunswick, Nova Scotia & Prince Edward Island)
- Newfoundland Time Zone (Newfoundland & Labrador)

For more information, visit www.timetemperature.com/tzca/canada_time_zone.shtml

Tipping:

Tipping is part of the culture in Canada. As a general rule, waiters and waitresses, taxi drivers, hairdressers and bartenders receive a tip of about 15%-20% of the total bill, depending on the level of service received.

MUSIC / BIOGRAPHY:

All competitors must provide their music (on CD with one track) at weigh-in, failing to do so will result in competitor not be allowed to compete. All competitors are asked to email a short biography in English(no more than 150 words) to bodybuilding@2009WPFG.ca no later than June 30th, 2009. These will be used by MC for athlete introduction.

BACKSTAGE ACCESS / DRESSING ROOM ACCESS:

Access to the backstage area/dressing room shall be strictly limited to the essential personnel only. Coaches and trainer who assist athletes in the dressing room must be of the same sex as the athlete they are assisting.

CAMERAS / VIDEOTAPES:

Cameras and videotapes shall be strictly prohibited in the backstage area/dressing room except when used by dully recognized press personnel and in any event, this device shall be strictly prohibited in the dressing room/backstage area.

PRESS ACCREDITATION:

Any press representatives that wish to obtain press accreditation for this event have to register prior to July 31st, 2009 and contact the sport coordinator at bodybuilding@2009WPFG.ca

ADDITIONAL INFO:

The WPFG webpage, www.2009WPFG.ca, is an excellent source for any additional info that athletes may have as well as any other info and events for the 2009 World Police Fire Games.

Cst. Uwe Rieger

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