

FITSPIRIT Celebrations

Presented by  Manulife

2026 FITSPIRIT CELEBRATIONS General guide for School Leaders

Here is the general guide for the FitSpirit Celebrations presented by Manulife. You will find all the necessary information to properly prepare your participants* for this festive day! A guide specific to each event will be available soon.

Theme of the 2026 Celebrations

This edition of the FitSpirit Celebrations will be **TOTALLY 2000s!**

The new teen vintage is in the spotlight!

Bring out your stylish sunglasses, bandanas, hip-hop vibes, vibrant colors, retro-futuristic accessories, and colorful mini braids. The atmosphere will be festive and high-energy, and you will feel like you stepped straight out of a 2000s issue of *Cool!* magazine.

Welcome

Upon arrival at the site, register your school at the **Welcome 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.**

Daily schedule

9:00 a.m.	Official site opening, including the free activity zone
9:00 a.m. to 9:45 a.m.	Arrival of buses and school registration at the Welcome tent
10:00 a.m.	Gathering in front of the stage
10:25 a.m.	Choreography and festive warm-up
10:45 a.m. to 11:30 a.m.	Wave departures for the walking and running course
12:00 p.m. to 2:30 p.m.	Lunch and free activities <ul style="list-style-type: none">● 12:15 p.m.: Activation 1 in front of the stage● 12:45 p.m.: Activation 2 in front of the stage● 1:15 p.m.: Prize Draws!
2:30 p.m.	Departure of schools and closing of the site

*FitSpirit is, of course, for girls, but also for any young people who would like to register.

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 Course


The walking and running course is getting a fresh new look this year! **An approximately 2.5 km course** will be offered, and participants may complete **as many laps as they wish**, until its official closing time. This gives everyone the freedom to choose the distance that suits their energy level: 2.5 km, 5 km, 7.5 km, or 10 km, whether walking or running. The course will be accessible to all, featuring a hard surface (asphalt or packed dirt), with no obstacles, and allowing access for individuals with reduced mobility, including those using wheelchairs or mobility aids. It will also be clearly marked. Good news: participants of the same FitSpirit team will all start together!


Please note: Participation in the walking and running course is entirely optional.


Wave Departures for Walking and Running Course

In the guide specific to the Celebration you will be attending, you will find information about the walking and running course start waves.

Safety on the Course

 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 walking and running course. Her phone number will be listed in the specific guide for each Celebration.

Water Stations

Water stations will be available 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 will be free to move around this zone from 9:00 a.m. until 2:30 p.m. Those who choose not to take part in the walking and running course can enjoy the activities all day long!

What to bring

For all:

- 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 event essentials (ex.: music, headband, etc.).
- Your **FitSpirit t-shirt**.
- **Earplugs** or **earmuffs** for noise-sensitive participants.
- **Accessories** related to the **COMPLETELY 2000s** theme!

For School Leaders:

- A **first aid kit** for minor injuries (bandages for blisters, etc.).
- The **updated list of your participants**. (All your participants must be registered on your portal.)
- **Picnic blankets** or **sheets** for your FitSpirit team.
- Elements related to the **COMPLETELY 2000s** theme!
- 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** 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 for inspiration.

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.

Restrooms

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

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 implements practices aimed at continuously improving the inclusivity of its events, including by offering:

- 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.

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 FitSpirit 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 portal. If, for an exceptional reason, a parent/guardian is unable to submit their authorization online, use the [paper form](#) available on your portal. Afterwards, send us the completed form via one of the following two methods:

- scanned to the portal;
- 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 PARTNERS

Presenting :



Collaborators :

