



Rugby Canada Academy Homestay Program – Information Brochure

Host Families for the Rugby Canada Development Academy are members of the Victoria rugby community and so have greater understanding of the expectations of student athletes and the unique requirements that are expected to facilitate their individual development

1. Host Family Identification, Screening, and Selection Process

Step 1: Complete Host Family Application

https://canadasevens2018.formstack.com/forms/rugby_canada_develo

Step 2: Application is reviewed by Rugby Canada Academy staff

Preference given for Homestay families that are:

- Able to accommodate more than one athlete.
- Family of a current Academy Athlete.
- Live within reasonable distance to school/training facility.
- Have previous experience with billeting athletes/international students.

Step 3: Attend Information Night

- When: June 25th 2018, 7PM
- Where: Al Charron Building - 3019 Glen Lake Road
- Who: Everyone in your home that is 19+

Step 4: In-home Interview Visit Conducted

- 2-3 Rugby Canada Staff will conduct a Home Site Visit.
- Reference Checks – Criminal & Vulnerable Persons

Step 5: Introduction to Rugby Canada Academy Athlete and their Family

- Connect in person, via skype, facetime, phone call
- Opportunity to clarify expectations from either end on conduct, communication, and expectations from both parties involved.
- Ensure both parties are comfortable in moving forward with the agreement to homestay for the school year

Step 6: Criminal Record Check

If accepted, we will require a criminal record check for everyone in your home that is over the age of 19-year-old.

Step 7: Final Approval

Contract between Homestay Family and Rugby Canada is signed.



2. Host Family Responsibilities

- Provide a safe and family oriented environment.
 - Monitor your own beliefs and language around food, along with body size and shape
 - Model a healthy relationship with food
 - Provide nutritious meals that meet the needs of an Academy Athlete. Minimum of 3 meals per day.
 - All meals **must** include:
 - High quality carbohydrate source from whole grains or starchy vegetables.
 - Examples: Brown, wild or long grain white rice, whole or multigrain pasta, whole grain bread, wraps or cereals, old fashioned oats, quinoa, barley, potatoes, sweet potatoes, yams, corn, etc.
 - High quality lean protein source.
 - Examples: salmon, tuna, whitefish, lean beef, lean pork, poultry, wild game, eggs, legumes, tofu, edamame.
 - Variety of colourful vegetables and fruit.
 - Include at least 2 different colours at meals. Ideas: dark green, orange and yellow, red, white, blue and purple
 - Healthy Fats.
 - Examples: olive oil, nut and seeds, avocado, hummus, butter, nut butter, coconut oil, oil and vinegar based salad dressing.
 - Fluids.
 - Best choices: water, cow's milk or non-dairy milk, 100% fruit juice.
 - Player is also expected to take ownership of their daily nutritional intake (ie – Snacks)
 - Provide a private bedroom for the player
 - Family must provide a closed room for the player
 - If a player has to share a room, this would only be with an approved Rugby Canada Development Academy Student
- ***Under no circumstances will a player share a room with any other household member or a member of the opposite sex*****
- Provide players with access to laundry facilities.
 - Provide players with access to Wi-Fi, for homework and communication purposes.
 - Provide a Non Smoking Household.
 - Treat the player as “One of the Family”.
 - Provide Transportation if and when needed (morning to training & afternoon take school bus home).
 - Report to the Academy director at least once per calendar month.



- Keep track of the Academy game & training schedule.
- Attend any meetings requested by Rugby Canada Development Academy Staff.
- Ensure that the player(s) inform homestay family of their whereabouts at all times.
- Enforce curfews as outlined by the Academy program.
- Ensure that the player(s) attend all school classes and any changes to the player(s) timetable must be submitted to the Academy Director.
- If the player has a medical emergency, please follow these steps:
 - a) Go to hospital emergency care or call for emergency services (ambulance)
 - b) Inform the Academy Director.
 - i) Academy Director will then contact the player's family
- Report any incidents involving player safety, security, well-being or academic issues to the Academy Director

Students Bedroom

- Bedroom MUST have a closing door
- A Window
- Bed (*Note: Air mattresses, fold-out beds, sofa, couches DO NOT count*)
- Linens, Pillows and Towels
- Closet or Wardrobe
- Dresser
- Desk and Chair

Please note billeted student will not share a bedroom with anyone other than another Rugby Canada Development Academy Student, provided that Academy Student is no more than 2 years apart.

3. Billeting Athlete Responsibilities

- Players must keep in mind that is not a right to live at a billet's home but a privilege. Always project a positive image of yourself, family, and country.
- Players must show gratitude and be helpful at all times with their host family.
- Players should keep their respective areas clean and clean up after themselves.
- Players should have their own spending money and day to day expenses.
- Players are responsible to meet academic expectations at school.
- Players are responsible for doing their own laundry.
- Players must notify the billet family regarding their whereabouts – Note if leaving town, players must complete the Permission to Travel form in *Appendix #2*.
- All players are to respect the meal times established by the billet family – be present and on time. Players should inform their billet families if they will not be home or on time for meals. Players are expected to help out the billet families in the kitchen by assisting with meal preparation and meal clean up.
- Players are expected to follow curfews and to advise their billet family if they will be out late.
- Sleepovers are not permitted.



- Players will not consume alcohol.
- Smoking is not permitted.
- Players will report any issues of concern with their billet families to the Rugby Canada Academy Director, as well as to their parents.
- Players must advise their billet families of their Rugby Canada Academy training & game schedule.

4. Contributions from Rugby Canada

- \$800 per month, 10 months, per athlete.
 - Students will be returning home for all major holidays listed below:
 - Winter Break – December 24th 2018 – January 4th 2019
 - Spring Break – March 18th 2019 – March 29th 2019
 - Last day of school June 27th 2019
- Opportunity to host and support a potential national athlete.
- Opportunity to attend local games.
- Opportunity to be part of the growing Rugby Community.

To apply please click the link below.

https://canadasevens2018.formstack.com/forms/rugby_canada_develo