



CONTEST RULES
RBC TRAINING GROUND CONTEST (the “Contest”)

Contest Parties:
Canadian Broadcasting Corporation (“CBC”)
and
Canadian Olympic Committee/Canadian Olympic Foundation (“COC”)
and Royal Bank of Canada (“RBC”), (COC and RBC each a “Sponsor”)

Amended March 30 , 2017

**THIS CONTEST IS INTENDED FOR RESIDENTS OF CANADA BETWEEN 14-25 YEARS OF AGE ONLY
AND WILL BE INTERPRETED ACCORDING TO CANADIAN LAW.**

Dates below will be updated as they are confirmed.

RBC Training Ground Regional Qualifying Event Dates

RBC Training Ground Regional Qualifying Events (each a “Qualifying Event”) will be held in cities in 5 regions across Canada (Halifax, Vancouver, Calgary, Montreal and Toronto regions, each a “Region”) as follows:

PLEASE NOTE: Locations, dates and number of events may be subject to change. Please check these Contest Rules regularly for the most current information on dates:

Halifax Region

The Wolfville Qualifying Event will be held on Sunday November 27, 2016.
The Sackville Qualifying Event will be held on Sunday December 4, 2016.
The Fredericton Qualifying Event will be held on Sunday February 19, 2017.
The St. John Qualifying Event will be held on Saturday February 25, 2017.
The Antigonish Qualifying Event will be held on Saturday March 25, 2017.
The Halifax Qualifying Event will be held on Saturday April 1, 2017.
The St. John’s Qualifying Event will be held on Saturday April 15, 2017.
The Charlottetown Qualifying Event will be held on Sunday April 30, 2017.

Locations and dates to be confirmed.



Vancouver Region

The Langley Qualifying Event will be held on Sunday January 15, 2017.
The Prince George Qualifying Event will be held on Saturday January 21, 2017.
The Burnaby Qualifying Event will be held on Sunday February 5, 2017.
The Kamloops Qualifying Event will be held on Sunday February 12, 2017.
The Victoria Qualifying Event will be held on Sunday February 19, 2017.

Calgary Region

The Grande Prairie Qualifying Event will be held on Saturday March 18, 2017.
The Lethbridge Qualifying Event will be held on Saturday March 25, 2017.
The Okotoks Qualifying Event will be held on Saturday April 1, 2017.
The Edmonton Qualifying Event will be held on Saturday April 8, 2017.

Montreal Region

The Longueuil Qualifying Event will be held on **Saturday April 8, 2017**.
The Sherbrooke Qualifying Event will be held on **Saturday April 22, 2017**.
The Quebec City Qualifying Event will be held on **Saturday May 6, 2017**.

Toronto Region

The Toronto Qualifying Event will be held on **Saturday August 26, 2017**.
The Milton Qualifying Event will be held on **Saturday September 9, 2017**.
The St. Catharines Qualifying Event will be held on **Saturday September 16, 2017**.
The Kingston Qualifying Event will be held on **Saturday September 30, 2017**.

RBC Training Ground Regional Final Event Dates

Five RBC Training Ground Regional Final Events (each a “Final Event”) will be held in the 5 Regions across Canada as follows:

The Vancouver Region Final Event will be held on **Saturday March 4, 2017**.
The Montreal Region Final Event will be held on **Saturday July 8, 2017**.
The Toronto Region Final Event will be held on **October 14, 2017**.
The Halifax Region Final Event will be held on **Saturday June 10, 2017**.
The Calgary Region Final Event will be held on **Saturday May 6, 2017**.

RBC Training Ground Contest Periods

Qualifying Event

The Qualifying Event Contest periods will begin on the dates set out below and will close on the day of each Qualifying Event.

Vancouver Region

The Langley Qualifying Event Contest Period will begin on Sunday January 15, 2017.



The Prince George Qualifying Event Contest Period will begin on Saturday January 21, 2017.
The Burnaby Qualifying Event Contest Period will begin on Thursday January 12, 2017.
The Kamloops Qualifying Event Contest Period will begin on Thursday January 12, 2017.
The Victoria Qualifying Event Contest Period will begin on Thursday January 12, 2017.

Calgary Region

The Grande Prairie Qualifying Event Contest Period will begin on Thursday January 12, 2017.
Lethbridge Qualifying Event Contest Period will begin on Thursday January 12, 2017.
The Okotoks Qualifying Event Contest Period will begin on Thursday January 12, 2017.
The Edmonton Qualifying Event Contest Period will begin on Thursday January 12, 2017.

Montreal Region

Longueuil, Sherbrooke, Quebec City Qualifying Event Contest Periods will begin on –March 1, 2017.

Toronto Region

Toronto, Milton, St. Catherine’s, Kingston Qualifying Event Contest Periods will begin on – April 19th, 2017.

Halifax Region

The Wolfville Qualifying Event Contest Period will begin on November 27, 2016.
The Sackville Qualifying Event Contest Period will begin on December 4, 2016.
The Fredericton Qualifying Event Contest Period will begin on Thursday January 12, 2017.
The St. John Qualifying Event Contest Period will begin on Thursday January 12, 2017.
The Antigonish Qualifying Event Contest Period will begin on Thursday January 12, 2017.
The Halifax Qualifying Event Contest Period will begin on Thursday January 12, 2017..
The St. John’s Qualifying Event Contest Period will begin on Thursday January 12, 2017.
The Charlottetown Qualifying Event Contest Period will begin on Thursday January 12, 2017.

(each an “Qualifying Event Contest Period”)

Final Event Contest Periods

The Final Event Contest Period for each Region will be held during that Region’s Final Event (“Final Event Contest Period”).



The terms “contestant”, “applicant”, “entrant” and “winner” shall be used herein to mean the individual entering the Contest or, if the individual is under the age of majority, the individual’s parent or guardian, as the case may be.

1. HOW TO ENTER

QUALIFYING EVENT CONTEST

No purchase required. To enter the Contest, choose which Qualifying Event you wish to attend in one of the 5 Regions (“**Selected Event**”). Then find the entry form (“**Entry Form**”), and participant release form (“**Participant Release**”) available at the Selected Event, or online at www.cbc.ca/olympics/TrainingGround (“**Website**”). You must complete and sign the Entry Form and Participant Release before the Selected Event.

As part of your participation in the Contest, you will need to answer certain questions, which may include providing the following information in written form:

- Your name, birthdate, gender, height, weight, home address, email, phone number
- If you are under the age of majority in your province of residence, parent/guardian’s name and contact information
- An indication of your current involvement in sport
- The highest level of sport competition you’ve achieved to date
- An indication of your significant performance results from the past 24 months
- Indicate how you heard about RBC Training Ground

You will also need to provide the following as part of your Entry Form:

- Confirmation from you or your parent/guardian (if you are under the age of majority in your province) that you are willing and eligible to participate in the RBC Training Ground Contest
- Agreement of your understanding and acceptance of the Contest Rules

Submit your completed Entry Form and Participant Release to a contest representative at the Selected Event or through the Website (where available) in order to enter the Contest.

FINAL EVENT CONTEST

No purchase necessary. Each Qualifying Event Winner (defined below), will be invited to be a contestant in the Final Event (“**Final Event Contestant**”) in the same Region as their Selected Event. Only Qualifying Event Winners may participate in the Final Event. One Final Event Prize (defined below) will be awarded at each of the five Final Events.



Your Entry Form and Participant Release covers both the Qualifying Event and the Final Event, should you advance.

SUBMISSIONS

For the avoidance of doubt, your Entry Form and your Participant Release is your submission to the Contest (“**Submission**”), which includes both the Qualifying Event and the Final Event, should contestant advance. To be valid, contestant’s Submission must be complete and received **before the start of the Selected Event in which contestant is participating**.

Limit of one Submission per person. For greater clarity, an individual may only apply to one of the Qualifying Events. Once a person has chosen an Event location as their Selected Event, their Submission will only be considered for that Selected Event.

If you attempt or are suspected of attempting to enter more than once or use robotic, automatic, programmed or any other methods of participation not authorized by these Contest Rules or any applicable laws, it will be deemed as tampering and will void your entries, votes or other results of such participation.

YOUR CONTENT

The content you submit (“Your Content”) will be subject to “Your Content Submission Guidelines” under [www.cbc.ca](http://www.cbc.ca/terms-of-use) Terms of Use available at <http://www.cbc.ca/aboutcbc/discover/submissions.html>

Your Content, if written, should be no longer than the number of characters indicated.

Your Content submitted to CBC will become the property of CBC and will not be returned to you. You declare that Your Content is true, original, accurate, legal, and respects the rights of third parties, particularly with regard to compliance with copyright, rights to image, reputation and privacy, the Criminal Code and any other legislation applicable in such matters.

By submitting Your Content, you grant CBC a royalty-free, perpetual, non-exclusive, irrevocable, unrestricted, worldwide license to publish, reproduce and distribute Your Content in all media, on all digital platforms and by any other means of communication controlled or authorized by the CBC for the purpose of administering the Contest.



2. ELIGIBILITY

QUALIFYING EVENT

The Qualifying Event is open to all Canadian residents between 14 – 25 years of age as of the date of their Selected Event. Applicants must be able and willing to attend and participate fully in the Event, including the full range of Qualifying Event Exercises.

For any applicant that has not reached the age of majority in their Province of residence, parent or legal guardian consent is necessary to enter and participate in the Contest.

Employees of CBC, Sponsor and their respective affiliates, as well as such employees' immediate family (father/mother, brother/sister, son/daughter) or persons living under the same roof are not eligible to enter this Contest.

FINAL EVENT

Only Qualifying Event Winners who are able and willing to attend and participate fully in the Event, including the full range of Final Event Exercises and who are willing and able to accept the Final Event Prize (including fully participating in all Prize Events, as defined below), will be eligible to participate in the Final Event.

3. PROCEDURE FOR AWARDING THE PRIZES

(a) QUALIFYING EVENT

Qualifying Events will be held in various locations across Canada (broken down into 5 Regions).

Each eligible contestant will attend and participate in the Selected Event by performing certain physical activities (as determined by CBC), which may include but is not limited to a 40 metre running sprint, vertical jump, Hand Grip Dynamometer and Beep test (the “**Qualifying Exercises**”). Each contestant will be evaluated based on various performance measures for each Qualifying Exercise (the “**Qualifying Performance Results**”).

After the close of all Qualifying Event Periods in one Region, the Qualifying Performance Results for each Contestant in that Region will be reviewed and up to 100 contestants with the highest Qualifying Performance Results will be considered potential winners and will be offered the opportunity to attend and participate in the Final Event provided they have complied with all



requirements under these Contest Rules (the “**Qualifying Event Prize**”). CBC reserves the right to increase or decrease the number of opportunities offered, in its sole discretion.

Winning contestants will be contacted by telephone or by e-mail, and should inform CBC of their intention to accept the Qualifying Event Prize by no later than 72 hours after the time they are initially contacted (i.e. time email was sent by CBC, time voicemail was left by CBC). If a selected contestant cannot be reached within 72 hours following the first attempt of contact by CBC, declines the invitation or is otherwise unable to attend and participate in the Final Event, fails to provide any necessary or requested documentation or otherwise fails to comply with these Contest Rules, the offer will be forfeited and CBC has the right, at its sole discretion, to select another contestant to be a Qualifying Event Prize winner.

Contestants who accept the Qualifying Event Prize must complete a personal statement, in a form to be determined by CBC, which may involve, providing certain personal information including but not limited to, an indication of their current involvement in sport, the highest level of sport competition achieved to date and an indication of their significant performance results from the past 24 months (each a “**Personal Statement**”).

CBC has no obligation to notify or contact unsuccessful applicants. CBC is not liable for any loss of opportunity as a result of CBC not being able to contact an applicant by phone or email.

(b) FINAL EVENT CONTEST

One Final Event will be held in each of the five Regions.

Each Final Event Contestant will attend and participate in the Final Event in the designated Region by performing certain physical activities (as determined by CBC), which may include but is not limited to a 40 metre running sprint, vertical jump, 6-second bike sprint, arm leg bike and Concept 2 Dynamometer (the “**Final Event Exercises**”). Each contestant will be evaluated based on various performance measures at each Final Event Exercise (the “**Final Event Performance Results**”).

The Judging Panel will select one contestant from each of the five Final Events as potential winner of a Final Event Prize described in Section 4 below, based on the following judging criteria:

1. Contestant’s Final Event Performance Results (75%);
2. Contestant’s demonstration of how important sport is to them and their community, based on their Submission and their Personal Statement (10%); and
3. Contestant’s performance and attitude demonstrated during the Events (15%).



The selected Final Event Prize potential winners for each Final Event will be announced at that Final Event within 2 hours of the completion of the Exercises by all participants at that Event, or as soon thereafter as possible.

It is a condition of acceptance of the Final Event Prize that the winner sign a release and waiver provided by the Contest Parties and agree to participate in audio, video and photographic recording and will participate in additional video interviews (the “**Training Ground Footage**”) after the attended Final Event, on dates agreed upon by the CBC and the Winner, and must consent to use of such Training Ground Footage in one or more video interview features being used by CBC, and Sponsor in their sole discretion, in any and all media, including without limitation, in whole or in part on CBC broadcasts and/or CBC, Sponsor Websites, in perpetuity. It is also a condition of acceptance of the Final Event Prize that the Winner consent to collaborating with the Contest Parties until the completion of the Final Event Prize, to provide public updates of their athletic progress and participation in the Final Event Prize, including, but not limited to through a Winner’s “blog” and/or by posting select Winner social media posts onto a content feed within the RBC Training Ground website, at no cost to the Contest Parties.

Each selected Final Event Prize Winner must inform CBC of their intent and ability to accept the Final Event Prize immediately, and in-person. If the selected Winner cannot be reached within 15 minutes of the announcement, declines the Final Event Prize, or refuses to sign the required release forms, the Final Event Prize will be forfeited and CBC has the right, at its sole discretion, to select another Winner.

4. DESCRIPTION OF PRIZES

Final Event Contest

Each confirmed Final Event Winner will receive the following prize package (the “**Final Event Prize**”):

- Return economy airfare from the major Canadian airport closest to the Winner’s residence to Pyeongchang, South Korea (trip dates to fall between February 7-25 2018, as determined by CBC in its sole discretion);
- Accommodation (double occupancy) for 5 days at a hotel in Pyeongchang to be chosen by CBC in its sole discretion; and
- Attendance at the following events (the “**Final Event Prize Events**”) :
 - Live Olympic Event Experience to be chosen and arranged by CBC in its sole discretion
 - CBC Olympic Studio Tour and interview a host, to be chosen and arranged by CBC in its sole discretion



- Meet and Greet with an Olympian to be chosen and arranged by CBC in its sole discretion
- Tour of a Pyeongchang Tourist Attraction to be chosen and arranged by CBC in its sole discretion
- Meals and beverages during Final Event Prize Events
- Ground transportation to and from the Final Event Prize Events

The Final Event Prize includes only what is specifically described and no other allowances will be granted.

Five Final Event Prizes are available to be won (1 per Final Event). The total approximate value of the prize is \$75,000.

Except as set out above in the Final Event Prize description, Final Event Prize Winners are responsible for all their expenses including, but not limited to:

- transportation costs between the Final Event Prize Winner's residence and departure airport
- travel insurance (cancellation, medical, baggage etc.);
- gratuities, tips, taxes of any kind;
- personal expenses.
- All other expenses not specifically identified in these Contest Rules

Final Event Prize Winners, are responsible for obtaining a valid passport if applicable and/or other required travel documentation at their own expense. If a Final Event Prize Winner is unable to travel because they lack proper documentation, the Final Event Prize will be forfeited without compensation, and a new Final Event Prize Winner will be chosen at CBC's and Sponsor's sole discretion. Final Event Prize Winners may be required by hotel to provide a valid credit card to cover incidental expenses.

Each Final Event Prize Winner must be available and able to travel on the dates provided in the Final Event Prize description. If a Final Event Prize Winner is unable to travel on the designated dates, their Final Event Prize will be forfeited without compensation and a new Final Event Prize Winner will be chosen at CBC's sole discretion.

5. GENERAL RULES

The term "Contest" shall be used herein to mean each of the Qualifying Event Contests and the Final Event Prize Contests individually and collectively, as the case may be. Qualifying Event



Prize Winners and Final Event Prize Winners shall be hereinafter referred to collectively or individually as Winners, as the case may be. Event Prizes and Final Event Prizes shall be hereinafter referred to collectively or individually as Prizes, as the case may be.

- 5.1 Contestants may be asked to provide identification to prove their identity before being allowed to participate in an Event.
- 5.2 While at the Event, Contestants may be captured in audio, video and photographic recording and may participate in video interviews (the “**Footage**”) and must consent to such Footage being used by CBC, COC and Sponsor in their sole discretion, in any and all media, including without limitation, in whole or in part on a CBC broadcast and/or CBC, COC or Sponsor Website feature.
- 5.3 Contestants (and their parent/guardian where applicable) are expected to pay all their own expenses to attend and participate in the Contest and at the Event including, but not limited to:
 - meals and beverages;
 - transportation costs to and from the Qualifying Event;
 - travel insurance (cancellation, medical, etc.);
 - gratuities, tips, taxes of any kind;
 - coaching and/or training and/or equipment costs.
- 5.4 Each Winner will sign a release in a form provided by CBC, declaring their eligibility as stipulated in Section 2 of the Contest Rules agreeing that their name, image and/or voice and all Footage may be used by CBC, COC and Sponsor for any purpose, in any and all media, in their sole discretion, and releasing CBC, COC the Sponsor, their affiliates, as well as their respective directors, officers and employees (the “**Contest Parties**”) from all liability for any claim, damage or loss arising from participation in the Contest, the Event and from the awarding, acceptance, and participation in the Prize.
- 5.5 Anyone accompanying a participant in connection with an Event or a Prize will sign a release agreeing that their name, image and/or voice may be used for advertising purposes related to the Contest, and any other purposes indicated



on the release, free of charge, and releasing the Contest Parties from all liability for any damage or loss arising from participation in the Prize.

- 5.6 While at the Events, Contestants may be offered the chance to participate in third party contests and other opportunities (“**Third Party Offers**”). CBC and COC are not responsible for any such Third Party Offers and make no representations with respect to Third Party Offers. Any participation in or acceptance of Third Party Offers by Event Winner is that individual’s sole risk and responsibility.
- 5.7 Each Prize will be accepted as is and may not be exchanged or refunded for an amount of money, sold or transferred. No substitutions will be allowed except at CBC’s and Sponsor’s sole discretion. Any unused portion of the Prize will be forfeited.
- 5.8 If a Prize cannot be awarded as described in the Contest Rules, CBC and Sponsor reserve the right to modify or substitute a component of the Prize with another of comparable value, as determined in their sole discretion.
- 5.9 Refusal or inability to accept the Prize releases the Contest Parties from any obligation to the Winner.
- 5.10 If an applicant makes any false statement in their Entry Form or otherwise, (s)he will be automatically disqualified from the Contest.
- 5.11 The Contest Parties assume no liability for any claim, loss, damage or injury, including without limitation related to: (i) lost, stolen, delayed, damaged, misdirected, late, destroyed, illegible or incomplete entries; (ii) loss, theft or damage to software or computer or telephone data, including any breach of privacy; (iii) fraudulent calls; (iv) inability of any person to participate in the Contest for any reason including mistaken addresses on mail or e-mail; technical, computer or telephone malfunctions or other problems with computer on-line systems, servers, access providers, computer equipment, or software; congestion on the internet or at any website, or any combination of the foregoing; (v) damage to any person’s computer, including as a result of displaying, playing or downloading any material relating to the Contest; (vi) any delay or inability to act resulting from an event or situation beyond their control, including a strike, lockout or other labour dispute at their location or the locations of the organizations and businesses whose services are used to



administer this Contest; (vii) the Prize, including but not limited to the evaluation of Entry Forms, the awarding of the Prize; and (viii) any changes made to the Contest Rules by CBC.

- 5.12 Contestants found tampering with or abusing any aspect of the Contest, including but not limited to acting in violation of the Contest Rules, attempting to participate in the Contest more than the maximum number of times allowed, to be acting with the intent to disrupt the normal operation of the Contest, as determined by CBC, will be disqualified. The discovery of any use of robotic, automatic, macro, programmed, third party or like methods to participate in the Contest will void any attempted participation effected by such methods and the disqualification of the contestant utilizing the same in CBC's sole and absolute discretion.
- 5.13 CBC further reserves the right, in its sole discretion, to disqualify any Applicant, Contestant, or Winner, at any time, if they: (a) are found tampering or attempting to tamper with the operation of the Contest, or the Exercises; and/or (b) are acting or have committed acts (including but not limited to oral and written statements, associations and physical acts)("Acts") in an unethical, unfair, disruptive, disrespectful (to law, rules, self, and others), dishonest, unlawful, or otherwise inappropriate manner, or with intent to annoy, abuse, threaten or harass any other person; and/or (c) are acting or have committed Acts that could, in the Contest Parties' reasonable judgment, reflect negatively on any of the Contest Parties.
- 5.14 CBC reserves the right to cancel or suspend the Contest should a virus, bug or other cause beyond their reasonable control corrupt the security or proper administration of the Contest. Any attempt to deliberately damage any website or to undermine the legitimate operation of the Contest is a violation of criminal and civil laws. Should such an attempt be made, CBC reserves the right to seek remedies and damages to the fullest extent permitted by law, including criminal prosecution.
- 5.15 All personal information, such as name and contact information, is collected by CBC solely for the purposes of administering the Contest and will not be used for any other purpose without your express consent at the point of collection. This information may be provided to Sponsor and third parties solely for the purposes of administering the Contest. By providing this information, you consent to it



being used for these purposes and any stated purposes in the Entry Form or at the point of collection. Please see CBC's privacy policy at <http://www.cbc.ca/aboutcbc/discover/privacy.html>.

- 5.16 If the identity of a contestant is disputed, the authorized account holder of the e-mail address submitted at the time of entry will be deemed to be the contestant. The individual assigned to the e-mail address for the domain associated with the submitted e-mail address is considered the authorized account holder. A selected contestant may be required to provide proof that (s)he is the authorized account holder of the e-mail address associated with the selected entry. All entries must be submitted from a valid e-mail account that may be identified by reverse domain name search. The sole determinant of time for the purposes of receipt of a valid entry in the Contest will be the Contest server.
- 5.17 Odds of winning depend on the number of eligible entries. All Entry Form's that are incomplete, illegible, damaged, irregular, have been submitted through illicit means, using any robotic, automatic programmed method that artificially increases the odds of winning or do not conform to or satisfy any condition of the Contest Rules may be disqualified by the CBC. The Contest Parties are not responsible for any errors or omissions in printing or advertising the Contest.
- 5.18 CBC reserves the right to amend the Contest Rules or to terminate the Contest at any time without any liability to any contestant. Any amendments to the Contest Rules will be posted on the Website.
- 5.19 By entering the Contest, you agree to abide by the Contest Rules and the decisions of CBC, Sponsor and/or the Judging Panel, which decisions are final and binding on all contestants.
- 5.20 The Contest Rules are available on the Website. Any questions relating to the Contest can be directed to the individual as indicated at the bottom of these Contest Rules.

January 9, 2017.

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CANADIAN BROADCASTING CORPORATION