



VOLUNTEER INFO PACKET
December 18 – 19, 2021
www.AngelCityGames.org
Hosted at Los Angeles High School
4650 W Olympic Blvd, Los Angeles, CA 90019
Event Entrance: 1045 S Rimpau Blvd., Los Angeles, CA 90019

WELCOME TO THE 2021 ANGEL CITY GAMES PRESENTED BY THE HARTFORD!

Thank you for volunteering for the seventh annual Angel City Games. It wouldn't be possible to create the West Coast's largest adaptive sports festival without your help and support! The purpose of this document is to aid you in having the best possible experience at the Games. For additional questions/concerns please contact:

Josh Lucas, Programs Manager
josh@angelcitysports.org
(323) 577-9505

Camille Mahlknecht, Associate Director
camille@angelcitysports.org
(818) 277-2099

EVENT DESCRIPTION

The 2021 Angel City Games presented by The Hartford is a two-day celebration of adaptive sports. This year we feature 16+ adaptive sport teaching clinics and 2 competitions across the two days. We also have several special events this year!

STAY CONNECTED

Keep your followers in the loop with your progress at the Games! We encourage you to post about your experience-share with your community that this event is not one to miss! Be sure to follow and always tag @AngelCitySports so you can also have the opportunity be featured on our pages!



@ANGELCITYSPORTS

COVID-19 PROTOCOL

The 2021 Angel City Games presented by The Hartford will follow [Los Angeles County Health Department](#) COVID-19 guidelines. The event will feature sports in both indoor & outdoor venues. Per Los Angeles County guidelines:

- Proof of Full Vaccination, or a negative test taken within 72 hours of the event start date is required for indoor events.
- Proof of Full Vaccination or a negative test taken within 72 hours of the event start date is recommended but not required for outdoor events.

Therefore, we encourage all attendees to have a Proof of Full Vaccination, or a negative test taken within 72 hours of the event start date. Proof of Full Vaccination includes:

- The white CDC COVID-19 vaccination record card
- The yellow World Health Organization vaccine card
- Documentation of vaccination from a health care provider
- A California Immunization Registry (CAIR2) vaccination record
- A digital vaccination record issued by California Department of Public Health
- A digital vaccination record from an approved company like Healthvana, Carbon Health, CommonPass, CLEAR Health Pass or VaxYes.
- Clear picture of a vaccine card with name matching a Driver's License, State ID Card, or Passport



As of November 15th, the sports that will be playing indoors and therefore require Proof of Full Vaccination or a negative test taken within 72 hours of the event start date include:

- Air Rifle
- Fitness
- Goalball
- Judo
- Table Tennis
- Sitting Volleyball
- Rowing

****Please email our Josh Lucas, Programs Manager, at josh@angelcitysports.org immediately if you prefer or will not be eligible to volunteer in indoor spaces****

PARKING

Parking on Los Angeles High School campus is reserved for athletes and ADA on a “first come first served” basis, with additional parking being located on the surrounding public streets. We are requesting that non-disabled volunteers park on surrounding streets to leave as many parking spaces as possible on campus for athletes, spectators or volunteers with a disability. Entrance to the parking is located at 1045 S Rimpau Blvd, Los Angeles, CA 90019. Available ADA spaces are limited, so athletes who are able may need to unload before parking in a non-ADA available space. Additional parking is available on both S Rimpau Blvd. and W Olympic Blvd. All parking on campus and the surrounding streets is free.

NOTE: Please be aware the event entrance is located at 1045 S Rimpau Blvd., Los Angeles, CA 90019. You will not be able to access the venue from Olympic Blvd or Edgewood Blvd.

DROP-OFFS

A designated drop off zone will be located between 1051 – 1100 S Rimpau Blvd. If you are being dropped off by a transit service, please follow the parking instructions and the drop off zone will be clearly marked for drivers.

VOLUNTEER CONDUCT

Angel City Sports follows a No-Tolerance policy for abuse and discrimination of our athletes, family members, supporters, volunteers, coaches, and staff. We want to encourage an inclusive and open environment for all. If you notice any inappropriate behavior, please report it to an Angel City Sports staff member immediately. For more information on proper conduct, please [click here](#). For volunteers who are new to the disability community, we recommend you review Disability Etiquette section at the end of the packet.

VOLUNTEER CHECK-IN AND SHIFTS

Shift	Time
Friday Shift #1	1:00 PM – 5:00 PM
Saturday Shift #1	7:30 AM – 12:30 PM
Saturday Shift #2	12:00 PM – 5:00 PM
Saturday Shift #3	3:00 PM – 8:00 PM
Sunday Shift #1	7:30 AM – 12:30 PM
Sunday Shift #2	12:00 PM – 5:00 PM
Sunday Shift #3	3:00 PM – 8:00 PM



Check-In

Check-In will be a two-step process. Upon arrival you will complete an initial COVID-19 medical screening. The medical screening will include a temperature check and brief symptom/exposure questionnaire followed by verifying vaccination status or negative test. Please see the COVID-19 Protocol section for more details. You will then receive a wristband and continue to the main check-in area where you will check-in at the Volunteer Check-in Tent.

We advise that you arrive 15 minutes early for your scheduled participation start time. This will allow you time to park, find the check-in area and go through the few additional steps at the check-in table. Athlete check-in begins at 8:00 AM and Registration Row will become very busy for the morning shifts.

Friday Volunteer Instructions (1:00pm – 5:00pm)

For volunteers helping with unloading equipment and event setup on Friday, December 17th, the process will be slightly different. We will be arriving at Los Angeles High School at the back gate entrance located near 1143 3/4 S Mullen Ave, Los Angeles, CA 90019. Please come prepared to move equipment and set-up signage, tents, etc. for the weekend festivities.

Saturday/Sunday Shift #1 (7:30am-12:30pm) Check-In

- Confirm that all necessary information was collected during registration
- Obtain the following items:
 - Sticker for your wristband confirming your registered role at the event
 - Volunteer t-shirt
- Take a picture at our photo wall!
- Meet Volunteer Coordinator to be directed to your area
 - Receive orientation from coaches or activity leads from 8:15 AM – 8:30 AM

Saturday/Sunday Shift #2 (12:00pm-5:00pm) Check-In

- Confirm that all necessary information was collected during registration
- Obtain the following items:
 - Sticker for your wristband confirming your registered role at the event
 - Volunteer t-shirt
- Take a picture at our photo wall!
- Meet Volunteer Coordinator to be directed to your area
 - Receive orientation from coaches or activity leads from 12:00 PM – 12:30 PM
 - Proceed to lunch until Sport Session #3 begins at 1:30 PM

Saturday/Sunday Shift #3 (3:00pm-8:00pm) Check-In

- Confirm that all necessary information was collected during registration
- Obtain the following items:
 - Sticker for your wristband confirming your registered role at the event
 - Volunteer t-shirt
- Take a picture at our photo wall!
- Meet Volunteer Coordinator to be directed to your area



VOLUNTEER DUTIES

The Angel City Games is a fantastic event for volunteers to help adaptive athletes learn about sports, resources, and share in the disability community! Volunteers for the Games truly shape the experience of our athletes. Our goal is to make sure you and all the other volunteers have a wonderful experience and an assignment at the Games that is both busy and fun-to-do. However, as the weekend hits we may have adjustments in this because of the volume of athletes and volunteers who don't show up. Other assignments might end early (if a competition ends early) or not require as much help as expected. In these cases, we will try to reassign you so you can continue to have an optimal volunteer experience.

Volunteers may be assigned to help with varying aspects of the event including:

- Registration and check-in
- Sports Clinic support
- Equipment management
- Food and special event assistance

It is important that you arrive on time for your shift because there will be a limited window to get you checked in, trained, and then assigned to your activity before that activity begins. The last 30 minutes of the morning & afternoon shifts will be dedicated to orienting the next wave of volunteers in your position. Volunteers from Shift #1 should remain at their area to provide orientation for Shift #2 volunteers from 12:00 PM – 12:30 PM. Volunteers from Shift #1 and Shift #2 can then proceed to lunch at 12:30 PM together.

SPECIAL ACTIVITIES AND EVENTS

Saturday, December 18th

12:00 PM – Lunch & Welcome Celebration

Current and retired Paralympians & Olympians will be honored, along with our 2021 USAWFL Champions the Los Angeles Rams!

4:30 PM – Holiday Hangout

A warm dinner and festive entertainment will be provided for all attendees. This will be a special night of connection and friendship- pillars of the Angel City Games!

5:30 PM – Saturday Snowball Challenge!

Feel the holiday cheer with a fun adaptive snowball challenge game. Get in the madness and chuck some snow!

Sunday, December 19th

10:30 AM – Toddler Games

The youngest ACS athletes will meet on the track for the annual Toddler Games! This will consist of a run, throw, and play for youngsters ages 0-5 with a physical disability or visual impairment.

12:00 PM – Lunch & 'We Love LA' Celebration

Special guests Los Angeles professional sports teams will join us for an entertaining lunch! Keep an eye out for mascot races!

EXPO AREA

Saturday, December 18th: 10:00 AM – 3:00 PM

Sunday, December 19th: 10:00 AM – 3:00 PM

Our EXPO Area will be your home base for this epic weekend! We will have a live DJ and Chill Lounge along with a variety of sponsors and community partner booths. You will also have the opportunity to try curling & golf!



MEALS

Lunch will be provided for all attendees on Saturday and Sunday from 12:00 PM – 1:30 PM. Volunteers from Shift #1 should remain at their area to provide orientation for Shift #2 volunteers from 12:00 PM – 12:30 PM. Volunteers from Shift #1 and Shift #2 can then proceed to lunch at 12:30 PM together. If you are scheduled for the Saturday Shift #3 dinner will be provided.

Water and light snacks will be provided at various sport venues and warm drinks and will be available for purchase in the EXPO area.

Please e-mail Camille Mahlknecht at camille@angelcitysports.org with any food allergies or dietary restrictions and we will do our best to accommodate you. Attendees are welcome to bring their own lunch items if they wish.

WEATHER

The current forecast for the Games looks clear, partly sunny for December 18th and 19th. The temperature will be much cooler for the Games with highs around 60 degrees and lows of 44 degrees at night.

FUNDRAISING

We encourage you to rally your community and create your very own fundraising page. Support Angel City Sports raise funds to grow our programming while earning super cool swag!

1. Set-up a fundraising page that explains your connection to Angel City Sports, why adaptive sports matters to you, and why you'd like people to support the organization. To create your page, visit here: <https://app.mobilecause.com/vf/ANGEL2021>
2. Input your first name, last name, phone number and email address
3. Create a password
4. Set a Fundraising goal and add an image
5. A sample page will be populated for you; if you'd like to edit or add anything personal you can do so here, then click SAVE.
6. Your page has been created! In the top right corner, you'll find a link to share the page with your friends, family, colleagues and other connections through email.

For all partnership, sponsorship and media inquiries, please contact:

Clayton Frech
Founder & CEO
Angel City Sports
Clayton@angelcitysports.org

Camille Mahlknecht
Associate Director
Angel City Sports
Camille@angelcitysports.org



Angel City Sports operates as a 501c3, charitable organization. Donations and legal correspondence can be mailed to us at:

Angel City Sports
 2355 Westwood Blvd., Suite 1139
 Los Angeles, CA 90064

Tax ID # 82-2603747

ABOUT ANGEL CITY SPORTS

Angel City Sports is a non-profit organization providing year-round adaptive sports opportunities for children, adults, and veterans with physical differences and impairments. The organization is focused on encouraging physical activity for people with physical disabilities and advancing the adaptive / Paralympic sports movement regionally and nationally. The 1st Annual Angel City Games debuted in 2015 as the organization’s signature event. Angel City Sports also supports emerging school-based sports programs and provides equipment rental, coaching, and athlete training. You can stay updated by joining our email list at www.angelcitysports.org and following us on social media @angelcitysports.

DAILY SCHEDULE

SATURDAY, DECEMBER 18th	
Activity	Time
Volunteer Check-In Opens	7:30 AM
Athlete Energizer Warmup	8:45 AM
Sport Session #1	9:00 AM
EXPO Opens	10:00 AM
Sport Session #2	10:30 AM
Lunch and Welcome Celebration	12:00 PM
Sport Session #3	1:30 PM
Sport Session #4	3:00 PM
EXPO Closes	3:00 PM
ACS Holiday Hangout Dinner	4:30 PM
Day 1 Wraps	7:00 PM
SUNDAY, DECEMBER 19th	
Activity	Time
Volunteer Check-In Opens	7:30 AM
Athlete Energizer Warmup	8:45 AM
Sport Session #1	9:00 AM
EXPO Opens	10:00 AM
Sport Session #2	10:30 AM
Lunch and “We LOVE LA” Celebration	12:00 PM
Sport Session #3	1:30 PM
Sport Session #4	3:00 PM
EXPO Closes	3:00 PM
Event Close	4:30 PM



SPORTS SCHEDULE:

The 2021 Angel City Games Presented by The Hartford allows athletes to choose your own schedule for sport clinics and competitions. This year's event will be a two-day offering of 16+ different Paralympic and adaptive sports. Please use the table below [for reference:](#)

Saturday, December 18th		Sunday, December 19th		
9 AM – 10:30 AM	10:30 AM – 12 PM	1:30 PM – 3 PM	3 PM – 4:30 PM	4:30 PM – 7 PM
Air Rifle	Air Rifle	Air Rifle	Air Rifle	Angel City Holiday Hangout
Boccia	Boccia	Boccia	Boccia	
Goalball (Youth)	Goalball (Adult)	Goalball (Youth)	Goalball (Adult)	
Judo (Adult)	Judo (Youth)	Judo (Adult)	Judo (Youth)	
Table Tennis	Table Tennis	Table Tennis	Table Tennis	
Wheelchair Football	Wheelchair Football	Wheelchair Basketball	Wheelchair Basketball	
Wheelchair Tennis	Wheelchair Tennis	Wheelchair Tennis Competition*	Wheelchair Tennis Competition*	

Saturday, December 18th		Sunday, December 19th	
9 AM – 10:30 AM	10:30 AM – 12 PM	1:30 PM – 3 PM	3 PM – 4:30 PM
Blind Soccer	Toddler Games	Blind Soccer	Blind Soccer
Archery	Blind Soccer	Archery	Archery
Amputee Soccer	Archery	Amputee Soccer	Amputee Soccer
Fitness	Amputee Soccer	Fitness	Fitness
Rowing	Fitness	Rowing	Rowing
Sitting Volleyball	Rowing	Sitting Volleyball	Sitting Volleyball
Throwing (Ambulatory)	Sitting Volleyball	Throwing (Seated)	Throwing (Seated)
Wheelchair Basketball Competition*	Throwing (Blind/VI) Wheelchair Basketball Competition*	Wheelchair Basketball Competition*	Wheelchair Basketball Competition*



DISABILITY ETIQUETTE

Throughout your life, you will interact with people living with visible and hidden disabilities. These individuals face societal assumptions, people being ignorantly offensive, or people unknowingly putting them in uncomfortable or unsafe situations on a daily basis. This is due to the simple fact that the general population is taught basic norms and etiquette associated with disability. Knowing these basic forms of etiquette will help you beyond your time volunteering with Angel City Sports as you will, not only, feel more comfortable when interacting with people with a disability in your day-to-day life, but you will immediately ingratiate those you interact with.

Adaptive sports events are often so cherished by the athletes because in these settings they can relax knowing that they, most likely experience any of these awkward faux pas. At Angel City Sports we want all our events to be a safe, comfortable space for our participants, staff, and volunteers. The goal of this following section is to address existing assumptions you may have, educate you on the different disability types, and to explain the most generally accepted courses of action you should take to have positive experiences when experiencing adaptive sport and getting to know our athletes.

***NOTE** While we discuss a general set of guidelines, each individual may prefer different language or types of assistance. It's always important to first ask the individual about their preferences.*

THE BASICS

Ask Before You Help

First and foremost, people with disabilities don't innately need help. People with disabilities have put a lot of work into being independent and want to be treated as such. What you may assume is challenging or even impossible from your perspective could be a normal activity for a person with a disability. However, if a person appears to need assistance you can't go wrong by asking if they need help. In an ideal world, if the venue is accessible the individual should be able to navigate effortlessly.

Additionally, while helping, ask for the proper way to help. It's quite possible to incorrectly lift, support, or handle equipment. Simply asking how to properly assist a person, not only ensures that the task is completed properly but will put the person you're assisting at ease.

Who Knows Best?

Whether it's as something as small (i.e., an athlete dropping their phone), or something more severe (i.e., an athlete falling while transferring into their sports chair): it's inevitable that during your time working with people living with different disabilities that you'll feel the urge to assist them in one way or another. In these situations, it's easy to think you help by doing something for them, or by just jumping in and helping. People with disabilities are very much the masters of their own activities and daily lives. From your perspective it may seem like someone is struggling, however that may not be the case. Additionally, if they do ask for help, try not to assume how a task is best performed. What makes sense to you in the moment, might not be the easiest or safest method for the person you're helping.

The golden rule when you feel the urge to help is to ask two questions before doing anything: "**Do you need my help?**", if they do then ask, "**What is the best way for me to help?**".

Physical Contact

People with disabilities are no different from anyone else; handshakes, hugs, high-fives are all appreciated and welcome. Additionally, just like anyone else there are moments that people will prefer not to be touched, and some physical gestures can be offensive or demeaning.

It should go without saying, everyone has the right to their own personal space. In their daily lives people with disabilities often have their physical space invaded. Whether it is people providing unwanted assistance or physical gestures meant to be friendly, these interactions can be awkward, annoying, and possibly offensive.



Beyond the possibility of offending the person you're interacting with, sometimes touching someone with a disability can cause harm or be dangerous. One instance you might feel the urge to touch an athlete is when a wheelchair user is transferring, (Moving themselves from one chair to another). In this instance the wheelchair user might not want to be touched as they transfer, because during these moments the individuals have a specific routine or method, touching or supporting them or their equipment without their permission might cause them to fall.

Who Do You Talk to?

Always speak directly to the person with a disability, not to his companion, aide or sign language interpreter. Making small talk with a person who has a disability is great; just talk to them as you would with anyone else. However, if you ask about their disability, they may feel like you are treating them as a disability, not as a human being. However, many people with disabilities are comfortable with questions about their disability after they get to know someone.

Think about how you speak:

Person First Language

When talking about or referring to a person with a disability always mention the person first, because it's important to acknowledge that the PERSON is more than their disability. Too often as a society we identify people by their most obvious visual characteristic, especially true when it comes to disability, however this ignores every other aspect of that person's interests and personality.

For example:

- Say "person with a disability" rather than "disabled person."
- Say "people with disabilities" rather than "the disabled."
- For specific disabilities, saying "person with Tourette syndrome" or "person who has cerebral palsy" is usually a safe bet.

For additional questions on disability etiquette please contact Eric Baker at Eric@angelcitysports.org