



Lockview Dragons Rugby
April 5, 2014 - The Icebreaker!



Information Sheet for Teams and Parents

Location and the Weather

Because of its topographical location the Harbour East Sport Field in Burnside is a very cold and windy turf. We strongly advise players and spectators to dress in layers and bring warm clothing, including jackets, pants, mitts, hats and blankets for time in between matches. Play is held in almost all weather; you can throw a bottle of sunscreen in your bag, but **come prepared for the cold and the wet!**

Canteen and Snacks

There is a canteen tent and BBQ selling:

- Water and Gatorade / Powerade (\$1.00 & \$2.00)
- Coffee, tea and hot chocolate (\$2.00)
- Bananas, granola bars, and (while supplies last!) muffins (.50 – \$1.00)
- BBQ hotdogs (\$2.00)
- Hot turkey burgers - real turkey and gravy! (\$3.00)
- Hot pulled pork sandwiches – slow roasted pork and delicious bbq sauce! (\$3.00)
- Hot water for mouth guards is available at the canteen tent

PLEASE BRING SMALL BILLS, LOONIES AND TOONIES!!!!

Long Sleeved Icebreaker Shirts - Will be sold at the canteen for \$12.00 each!

Annual "Food Raiser"

Every year the Lockview Girls Rugby team encourages Icebreaker teams and their supporters to take part in a "food raiser" of non-perishable goods for Feed Nova Scotia, which helps to support food-banks across the province. *(Please note that due to transport weight, we cannot take flats of bottled drinks.)*

First Aid - Certified first aid providers are present for the entire day.

Seating - There are steel bleachers; it can be cold for sitting so bring a **blanket or chair pad!**

Washroom Facilities

Porta potties with hand sanitizer dispensers are supplied by the municipality that maintains the fields, but please note that there are no hand-washing stations (this early in the season the water freezes in the pipes!) so some folks prefer to bring along **wet wipes** as well.

Surrounding Area

Dartmouth Crossing and Burnside Park are a 5 minute drive from the field, and about a 10-20 minute walk.