A message from our CEO Duncan Sinclair

It is a huge pleasure to welcome you to the 2nd year of the Aberdeen Corporate Games organised by Aberdeen Sports Village. After the hugely successful Games in 2019, the team at ASV are extremely excited to see so many businesses signing up and playing their part promoting wellbeing in the workplace. We truly are a world class sporting facility with exceptional staff and we are pleased that you will be able to experience some of our facilities such as our state of the art gym, 11-a-side indoor pitch, over 100 group exercise classes, 8 lane athletics track, our Olympic sized swimming pool and 25m pool with full diving facilities, to name just a few. ASV is also delighted to be hosting the European Junior Swimming Championships in July 2020 which will be one of the largest ever international sporting events to come to Aberdeen. I would like to take this opportunity to thank our main sponsor EnQuest and wish everyone taking part in the games the very best of luck. I hope you have a fantastic experience during the games.
Your Corporate Games Timeline

Fitness Challenge
Friday 28th February

All members of your team will need to work together to complete the exercises in the quickest time. Points will be awarded based on the quickest times. This event is open to all ability and experience levels – this will challenge not only your fitness levels but communication within your team. The breakdown of the exercises will include:

- Prowler Push
- Indoor Row
- Odd Object Lifting
- Team Carry
- 400m Run

Competition Time:
Allocated time slots from 6.00pm. Teams will be divided into heats depending on final number of team, and exact times will be communicated out early February.

Training Dates & Times:
Thursday 13th & 20th February, 8:00pm - 9:00pm
Wednesday 12th & 19th February, 6:30am - 7:30am

Location: ASV Indoor Track

Size of Team: 6 (3M & 3F)
Fitness Challenge FAQs

What should I wear?

Light trainers and sports wear is perfect. We advise you to take some warm sports clothes as the indoor track can be quite cold. Also, please take appropriate clothing for the 400m run, which will be a lap of the outdoor running track.

What will training involve?

Our experienced Personal Trainers will take you through the course, so you are familiar with it on competition day.

Run Garioch
Sunday 29th March

Assemble your troops and take part in the Run Garioch Festival! Accumulated first four finishing times of two males and two females in the 10k and half marathon will count towards the overall score. As part of your entry fee ASV will provide four complimentary 10k and four half marathon entries and issue the team reps voucher codes. Event details can be found at rungarioch.co.uk

Competition Time:
Half Marathon starts 10:15am. 10km starts 10:30am.

Training Dates & Times:
Tuesday 10th and 17th March, 6:00pm - 7:00pm
Thursday 12th and 19th March, 6:30am - 7:30am

Location: Garioch Sports Centre, Inverurie

Size of Team: 8 (min. 2M and 2F for half marathon & 10km)
Run Garioch FAQs

Where is the meeting point?
This will be up to your company, but there will be an allocated Corporate Games meeting point that you can use and Corporate Games reps that you can chat to.

How does our team enter?
You will be given 8 voucher codes (4 for the 10k and 4 for the half marathon).

Is the 5km race part of the Aberdeen Corporate Games?
No, only the 10km race and half marathon are included.

Who organises the Run Garioch event?
The event is organised by the Run Garioch committee.

Can company training plans be arranged?
Yes, please contact corporategames@aberdeensportsvillage.com for more details.

We would like private training plans and sessions – can this be arranged?
Yes, Kyle Greig is a GB International and national Scottish distance champion who can provide additional training. For further details, please contact him on kyle@aberdeensportsvillage.com
Badminton
Wednesday 15th or Thursday 16th April

There will be 3 competitions in this event and each company must have one team of mixed doubles, male doubles and female doubles in a round robin format with short 12 minute matches.

**Competition Time:**
Matches will run 6:00pm - 10:00pm both days.

**Training Dates & Times:**
Wednesday 1st April, 6:00pm - 7:30pm
Wednesday 8th April, 7:30pm - 9:00pm

**Location:** Sports Hall

**Size of Team:** 6 (mixed, M and F doubles teams)

**Link to Rules:** [rulesofsport.com/sports/badminton](http://rulesofsport.com/sports/badminton)

**Badminton FAQs**

**Do I need to bring any equipment?**
ASV will provide all equipment.

**What should I wear?**
Non marking trainers, shorts/loose tracksuit bottoms and your team t-shirt.
Swimming
Saturday 23rd May

Taking place at ASV’s world class Aquatics Centre, the events will be:
• 50m freestyle, 50m fly, 50m back, 50m breast, 100m freestyle,
  100m medley
• 1 male & 1 female is required for each of the above event
• 4 x 50m medley relay, 4 x 50m freestyle relay (2M & 2F)
• 8 x 50 freestyle relay (4M & 4F)

Competition Time:
Events will run 1:30pm - 6:00pm.

Training Dates & Times: TBC

Location: Aquatics Centre

Size of Team: 8 (4M and 4F)

Link to Rules: fina.org/sites/default/files/2017_2021_swimming_12092017_ok_0

Swimming FAQs

Do I need to be able to swim?
The minimum criteria is to be able to swim continuously for 100m.

What should I wear?
The standard swimwear is required for the event – for females a swimsuit or swimming trunks/swimming shorts. Swimming goggles are also required for the competition. Please bring a towel and spare clothes to keep warm if you plan to participate in more than one event.
Touch Rugby
Thursday 4th or 11th June

Each team will compete in a round robin event with short 12 minute matches. Teams will be awarded three points for a win, two for a draw and one for a loss, with scores being added to the overall league total. There must be no more than four people of each gender on the pitch at one time.

**Competition Time:**
Matches will run 6:00pm - 10:00pm both days.

**Training Dates & Times:**
Thursday 21st May, 6:00pm - 7:30pm
Thursday 28th May, 7:30pm - 9:00pm

**Location:** Indoor Pitch

**Size of Team:** 7 (mixed, maximum of 10 players)

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**Touch Rugby FAQs**

**Do I need to bring any equipment?**
ASV will provide all equipment.

**What should I wear?**
Trainers or football rubber studs, shorts/loose tracksuit bottoms, and your team t-shirt.
Diving
Thursday 18th or 25th June

Come along to one of the UK’s top facilities and take part in the diving competition run by our experienced coaches. For those who are new to diving, we will be providing evening lessons in the build-up the event!

**Competition Time:**
6:00pm - 10:00pm.

**Training Dates & Times:**
Monday 8th and 15th June, 6:30pm - 8:00pm
Saturday 13th June, 1:00pm - 2:00pm

**Location:** Aquatics Centre - Diving Pool

**Size of Team:** 4 (6 max, top 2M and 2F count)

**Link to Rules:** fina.org/sites/default/files/2017-2021_diving_12092017_ok.pdf

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**Diving FAQs**

**I’ve never dived before - is this for me?**

Definitely! Our qualified and experienced coaches will start by teaching you the basics from the poolside and lower boards, and you will develop skills at your own pace.

**What should I wear?**

Swimming costume. Please also bring water, a towel, and a £1 coin for locker use.

**What height can I dive from?**

You will begin by learning the basics from the poolside and 1m boards and if you are keen, you can work your way all the way up to the 10m board! There is no pressure to do this and divers will progress at their own rate.
Football
Monday 20th or Wednesday 22nd July

Each team will compete in a round robin event with short 15 minute matches. Teams will be awarded with three points for a win, two for a draw and one for a loss, with scores added to the overall league total. No more than four people of each gender on the pitch at one time.

**Competition Time:**
Matches will run 6:00pm - 10:00pm both days.

**Training Dates & Times:**
Wednesday 8th and 15th July, 7:00pm - 9:00pm
Friday 10th and 17th July, 6:30pm - 8:30pm

**Location:** Indoor Pitch

**Size of Team:** 7 (mixed, maximum of 10 players)

**Link to Rules:** rulesofsport.com/sports/football

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**Football FAQs**

**Does ASV provide numbered matching tops?**
You can bring your own, or ASV can provide.

**What should I wear?**
Non marking trainers/indoor football rubber studs, shorts/loose tracksuit bottoms and your team t-shirt.
Volleyball
Wednesday 19th or 26th August

Each team will compete in a round robin event with short 15 minute matches. Teams will be awarded three points for a win, two for a draw and one for a loss, with scores being added to the overall league total. No more than four people of each gender on the court at one time.

**Competition Time:**
6:00pm - 10:00pm.

**Training Dates & Times:**
Wednesday 5th August, 7:00pm - 8:30pm
Wednesday 12th August, 8:30pm - 10:00pm

**Location:** Sports Hall

**Size of Team:** 6 (mixed, maximum of 10 players)

**Link to Rules:** rulesofsport.com/sports/volleyball

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**Volleyball FAQs**

**What should I wear?**

Non marking trainers, shorts/loose tracksuit bottoms and your team t-shirt.
Table Tennis
Wednesday 16th or 23rd September

There will be 3 competitions taking place at the same time in this event and each company must have one team of mixed doubles, male doubles and female doubles in a round robin format with short 12 minute matches.

**Competition Time:**
Matches will run 6:00pm - 10:00pm both days.

**Training Dates & Times:**
Wednesday 2nd September, 6:00pm - 7:30pm
Wednesday 9th September, 7:30pm - 9:00pm

**Location:** Sports Hall

**Size of Team:** 6 (mixed, M and F doubles teams)

**Link to Rules:** rulesofsport.com/sports/table-tennis-ping-pong

### Table Tennis FAQs

**Do I need to bring any equipment?**

ASV will provide the equipment and balls, but please bring non-marking trainers, shorts/loose tracksuit bottoms and your team t-shirt.

**Can I compete in the mixed and the male/female doubles?**

Players can only compete in one of the doubles teams as they will be taking place simultaneously.
Highland Games
Saturday 26th September

Each team will compete in a range of activities including the 100m dash, quarter mile, half mile, boccia, tossing the caber, shott putt, long jump, tug of war, egg and spoon race and a relay to finish!
The team scores for each activity will be added to the overall league score but there will also be a winning team solely for the day.
Everyone is encouraged to come along for free including family and friends as they will be lots to do on the day such as the family fun day, fun challenges, sports activities and full catering services.

Competition Time:
11:00am - 4:30pm

Training Dates & Times:
Friday 11th & 18th September, 5:00pm - 7:30pm

Location: Outdoor Athletics Stadium

Size of Team: For each event, you will need 2 males and 2 females and this can be different members of your company so do encourage as many of your staff to come along and enjoy the day!

Highland Games FAQs

Can my family and friends come along?
Absolutely! There will be activities for everyone on the day including sports day themed events for all the family.

What sports themed events will there be?
There will be kids races, coach-led sports and games such as table tennis and badminton.

What catering will there be?
A full BBQ, drinks and confectionary will be available all day.
Awards Night
October 2020

Join us for an evening of celebrating the Corporate Games including the reveal of overall and event winners! There will be a smart dress code in place - further details will be revealed shortly!

Location: Elphinstone Hall

General FAQs

Who is the organiser of the Corporate Games?
This is our Corporate Wellness Manager, Kyle Greig (kyle@aberdeensportsvillage.com).

How do I register for the online portal?
The Corporate Games team will send you an email link for you and your team once payment has been confirmed.

Why does my team have to use an online portal?
The use of the online portal will provide all event information such as individual registration for each event, disclaimer requirement, fixtures, results, media, rules and regulations, communication from the event organiser through to communicating with your teams.

Do you have public liability insurance?
Yes, this is in place for everyone who enters the facility.

Will there be first aid available?
ASV has designated and qualified first aiders throughout the facility.
Can we replace someone else within our team?
Yes, you can – please ensure this is recorded and passed to your team manager so the event organiser knows who is competing in each event.

Will there be filming/photography available?
Yes, there will be filming and photos for each of the competition days and some of the training days.

I do not wish to be included in the filming or photography, who do I tell?
Please contact the organiser to ensure that you aren’t in any of the images/footage.

Where can I store my belongings?
There are plenty of lockers within ASV. All you need is a £1 or locker coin.

Are there prizes available?
Yes, for the individual and overall winners!

Can our company sponsor an event?
Yes, please contact the team for further details - corporategames@aberdeensportsvillage.com

We would like to find out about Corporate Memberships, do you offer these?
Yes, we offer 3 types of Lifestyle memberships – employer pays on behalf of employee, employee/employer shared scheme, or employee pays.
Together as one.