



**ARCTIC  
WINTER  
GAMES**  
WHITEHORSE 2026

# GAMES ON!

A PRE-GAMES ACTIVITY GUIDE

Catch the excitement of the Arctic Winter Games by hosting AWG activities with your organization.

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# INTRODUCTION

Host your own Games On! and let those in your school or organization experience their own Arctic Winter Games.

This resource provides activity ideas that can be used in a variety of format options with notes on what to consider when preparing for Games.

Participants will gain a better understanding of the **SPORTS** that are played, the **CONTINGENTS** that will participate and the **VALUES** that are shared.

Let's continue to build excitement leading up to the 2026 Arctic Winter Games being hosted in Whitehorse from March 8-15.

# FORMAT OPTIONS

Some ideas how to engage your organization:

## HALF DAY

### OPTION 1

- Two time slots of 60min each with 10 min break
- Participants select an individual sport and one team sport

### OPTION 2

- 4 time slots of 30 min each with 5 min break between
- Participants select two individual sports and two team sports

## FULL DAY

Similar to the Half Day format but with twice as many time slots.

## INTRAMURALS

Run events at lunch time



# PREPARING FOR GAMES

## MAKING TEAMS

Once groups are identified, assign each team a contingent:



**Alaska**



**Alberta North**



**Kalaallit Nunaat  
(Greenland)**



**Northwest Territories**



**Nunavik-Quebec**



**Nunavut**



**Sápmi**



**Yukon**

# PREPARING FOR GAMES

## IDEAS FOR ENGAGEMENT

- Learn about their contingent
  - find on a map
  - recognize their flag
  - learn a fun fact about the area)
- Create flag to be used for the Opening Ceremonies
- Design a team uniform
- Learn about team colours from looking at past & present AWG media

[AWG FLICKR](#)

[AWGIC GALLERIES](#)

[2026 AWG FACEBOOK PAGE](#)

# PREPARING FOR GAMES

## CREATING EXCITEMENT

Ideas for building excitement before and during your Games On!

### DECORATE YOUR BUILDING

- Create the AWG Tri-Foil in the snow with food colouring
- Make an AWG statue out of boxes.
- Decorate your building in the official AWG colours and AWG snowflakes
- Create posters welcoming athletes to Whitehorse

### GET TO KNOW THE AWG VALUES

[WWW.AWG2026.ORG/ABOUT-AWG](http://WWW.AWG2026.ORG/ABOUT-AWG)

- Meaningful Relationships
- Legacy Building
- Commitment to First Nations
- Northern Pride

### CREATE A FLAG & CHEER

Have participants create cheers and flags for their team.

### PIN TRADING

Design and create own pins (for their contingents or their own AWG themed design) and trade them with other teams.

[CBC VIDEO \(2023\)](#)

[UP HERE MAGAZINE ARTICLE \(2016\)](#)

### MICHAEL JAY THE FOX

Submit a request for the official AWG Mascot (Michael Jay the Fox) to make an appearance at your school events - [MASCOT REQUEST FORM](#) (availability is variable).

# **PREPARING FOR GAMES**

## **OPENING CEREMONIES**

Recreate the pageantry of the Arctic Winter Games by hosting an Opening Ceremonies

### **HOST A TEAM PARADE**

Have one team enter at a time to create a long parade of teams coming into your outdoor field of gymnasium. Encourage participants to wear their country's colours, wave team flags, and show the spirit of their contingent.

### **INCLUDE AN ARTISTIC ROUTINE**

No Opening Ceremony is complete without a cultural dance or experience. Encourage mass participation in a routine

### **LIGHT THE ARCTIC WINTER GAMES FLAME**

Have a torchbearer carry a modified version of an AWG torch into the Opening Ceremony, light a pretend cauldron, and declare the Games open!



# PREPARING FOR GAMES

## SPECIAL ACTIVITIES

### WEAR YOUR CONTINGENT'S COLOUR DAY

Assign points of the number of people on each team that wear their contingent's colours. Assign extra points for the person who is the most dressed up in their contingent's colours.

### ARCTIC WINTER GAMES VALUES DAY

- Designate an AWG value to each day of the week (**Meaningful Relationships / Legacy Building / Commitment to First Nations / Northern Pride**).
- Have a poster contest for each of these values.

### RECESS RUSH

Announce a location on the school yard and give points to the teams for every one of their members that makes it to the location in a set amount of time.

### RECESS HIDE & SEEK

Hide three rings (one for each of the three rings of the Tri-Foil) around the school yard. Give teams five points for each of the rings that they locate and bring back to a designated location.

# PREPARING FOR GAMES

## KEEPING SCORE

Make a contingent board to keep track of how teams are doing during the Games On!

Ideas for awarding points include:

- Participation
- Placements
- Scores
- Special Activities (ex. [Recess Rush](#) on p.9)

	Day 1	Day 2	Day 3	Day 4	Total
<b>Alaksa</b>					
<b>Northern Alberta</b>					
<b>Kalaallit Nunaat</b>					
<b>Northwest Territories</b>					
<b>Nunavik</b>					
<b>Nunavut</b>					
<b>Sápmi</b>					
<b>Yukon</b>					

## ACTIVITIES - OVERVIEW

The 2026 Arctic Winter Games will feature **20 DIFFERENT SPORTS**. We have provided some activity ideas that could be used for your organization's Games On! event but feel free to get creative with what your participants compete in.



\*Sports that have both individual & team disciplines



Activity ideas included in this package

# ACTIVITIES - ALPINE SKIING

## Activity Type:

Individual Race or Team Relay Race

## Materials Required:

- Pylons
- Ski goggles (optional)

## Skills:

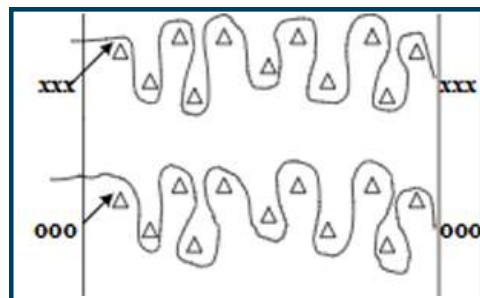
Running / Agility

## Instructions:

- Participants race through zig-zag course.



**Individual Race**



**Team Relay**

## Adaptations:

- Allow participants with diverse abilities to complete course without zig-zagging
- Set up multiple courses with varying degrees of difficulty and length

## Fun Facts:

Alpine skiing at the Arctic Winter Games consists of four events: slalom, giant slalom, parallel slalom, and ski-cross.



# ACTIVITIES - ARCTIC SPORTS

## TWO-FOOT HIGH KICK

### Activity Type:

Individual

### Set-Up & Materials Required:

- Target Seal (wiffle ball, sponge, something soft)
- Self-supporting stand with rope (string hanging from basketball net)
- Tape measure

### Skills:

Jumping / Balance / Coordination

### Instructions:

- Each participant has three attempts to kick target with feet together at each height
- Take-off is from two feet. Approach can be either from standing or running
- Land on two-feet

### Adaptations:

- Team Event: Combine total individual heights reached by each team member

### Fun Facts:

The Two-Foot High Kick is considered by athletes to be the most demanding Arctic Sport, keeping proper balance while airborne is difficult.





# ACTIVITIES - ARCTIC SPORTS

## KNEEL JUMP

### Activity Type:

Individual

### Set-Up & Materials Required:

- Tape measure
- Masking Tape
- Floor Mats

### Skills:

Jumping / Landing / Balance / Coordination

### Instructions:

- Each player has three attempts to make their furthest jump
- Take off: Kneeling position with buttocks resting on heels and toes pointing back. Rocking & arm swinging permitted to gain momentum
- Landing: On two feet in a squat position with arms facing forward. The landing position must be held until the distance marked with tape

### Adaptations:

- Team Event: Combine the total individual distance reached by each team member

### Fun Facts:

The kneel jump helps prepare hunters to be able to move quickly and soundly on an ever-changing ice flow



# ACTIVITIES - BADMINTON

## Activity Type:

Individual or Team (doubles)

## Set-Up & Materials Required:

- Badminton Net
- Badminton Rackets
- Shuttlecock

## Skills:

Coordination / Teamwork / Strategy / Agility

## Instructions:

- Regular Badminton rules with the exception of Games only going to a score of 11

## Adaptations:

### Batteldore

Teams of two alternate hitting the shuttlecock with the aim to keep it in the air for as long as possible

- a. Count the number of times shuttlecock hit within a set period of time.
- b. Everyone starts at the same time, once the shuttlecock hits the ground, they sit down

## Fun Facts:

- Shuttlecocks can reach speeds over 500km/h
- 2026 AWG Event will take place at the CGC



# ACTIVITIES - BASKETBALL

## Activity Type:

Team

## Set-Up & Materials Required:

- Basketball
- Basketball nets
- Court

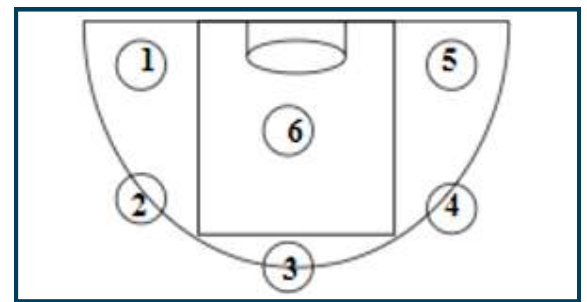
**Skills:** Running / Jumping / Shooting / Teamwork

**Instructions:** Following standard basketball rules, set up games between contingents.

## Adaptations

### Basketball Golf (Individual or Team)

- Select multiple shooting marks (aka holes)
- Each player tries to make a basket from each shooting mark - players/teams rotate after each team has had five shots
- Each successful shot is counted as one point



**Ex. Golf Course**

### Fun Facts:

While basketball was invented in 1891, the stereotypical orange ball was not introduced until the 1950s.



# ACTIVITIES - BIATHLON

## Activity Type:

Individual or Team Relay

## Skills:

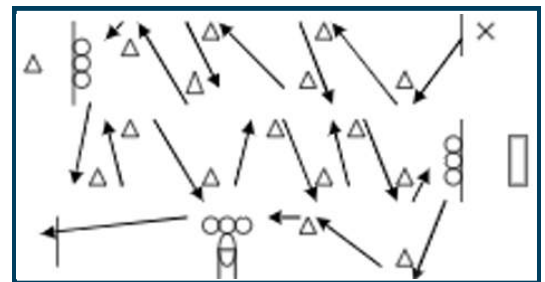
Running / Throwing / Teamwork

## Set-Up & Materials Required:

- Pylons to set up race course
- Bean bags
- Hula hoops (targets)

## Instructions:

- Participant will race through course multiple times
- After each lap, participants will throw beanbags at target, each time from a different 'firing' position (ex. standing, sitting, lying down)
- Each missed target = time added



**Example Course**

**Adaptations:** Consider having a primary hoop and an intermediate hoop further away

## Fun Facts:

- Biathlon athletes use small, .22 caliber rifle to shoot
- The 2026 AWG will have both Ski and Snowshoe Biathlon



# ACTIVITIES - CROSS COUNTRY SKIING

## Activity Type:

Individual or Team Relay

## Skills:

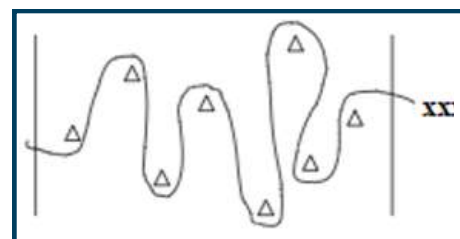
Teamwork / Balance / Coordination

## Set-Up & Materials Required:

- 5 - 10 pylons
- Four skis made out of 60cm 2"x4" pieces of wood and fabric/rope bindings

## Instructions:

- Set up winding course with start and finish at same spot
- Participants take turns shuffling through course on skis (outside) or in sock feet (inside)



Example Course

## Adaptations

- consider having shorter course for participants with mobility issues

## Fun Facts:

Cross country skiing has been utilized around the north for hunting and transportation for over 6000 years





# ACTIVITIES - CURLING

**Activity Type:** Team

## **Skills:**

Throwing

## **Set-Up & Materials Required:**

- Gym balls or frisbees or bean bags
- Masking tape (indoors)
- Food colouring & water mixed in bottle

## **Instructions:**

- Mark out throwing line and three circles of varying size within each other (the 'House') with the masking tape or food colouring (outside in snow)
- Participants either roll ball or throw frisbees aiming for the center circle (x3)
- Game is over when everyone on team has had a turn

## **Adaptations**

- have primary participants throwing line closer to the house

### **Fun Facts:**

- Curling started in Scotland in the 1500s
- Today, all curling stones are made from granite that comes from Scotland or Wales



# ACTIVITIES - DENE GAMES

## STICK PULL

**Activity Type:** Individual

**Skills:** Strength / Strength Endurance

### Set-Up & Materials Required:

- Birch or spruce stick or broom handle (1/2" to 1" in diameter) with center is marked with line (greasing stick is optional)
- Masking tape

### Instructions:

- Two players face each other and grip end of the stick with one hand
- On signal, each player tries to pull the stick out of the other's hand
- If player's feet cross line, they loose
- Best of three pulls - alternate between right and left hands

### Adaptations

- Consider having a two-hand options for younger participants

#### **Fun Facts:**

Traditionally, greasing the stick was utilized to simulate catching a slippery fish



# ACTIVITIES - FIGURE SKATING

## Activity Type:

Individual

## Skills:

Coordination / Communication / Strategic Thinking

## Set-Up & Materials Required:

- Large, open area
- Speakers and playlist (variety of tempos, rhythms, and styles)
- Judges

## Instructions:

- Space participants around space.
- Select and play multiple songs
- Have participants explore dance moves that match the timing, expression and/or mood of the song
- Encourage participants to utilize different spaces, types of movement, and intent of movement.

## Adaptations:

- Challenge participants to use only one primary body part

### **Fun Facts:**

In Figure skating, there are 2 areas of performance: technical (jumps & spins) and artistic (interpretation to the music)



# ACTIVITIES - FUTSAL

## Activity Type:

Team

## Skills:

Kicking / Teamwork / Strategic Thinking

## Set-Up & Materials Required:

- Playing Field
- 2 Goal nets

## Instructions:

- Follow general rules of indoor soccer

## Adaptations

### Centipede Soccer

- Group each team into 'centipedes' by having players hold hands (groups of twos, threes or fours depending on number of players)

### Fun Facts:

Futsal is similar to indoor soccer but utilizes a heavier ball and rules that favors ball control and passing in small spaces



# ACTIVITIES - HOCKEY

**Activity Type:** Team

**Skills:** Running / Agility / Teamwork

## Set-Up & Materials Required:

- Nets
- Sticks
- hockey balls (or tennis balls)

## Instructions:

- Follow standard floor hockey rules.
- Recommend having two periods per game, with the time length determined by availability.

## Adaptations

### Zone Hockey

- Split playing area into three zones and have two players per team per zone (players cannot leave zone).
- Rotate zones often.

### Fun Facts:

Hockey is one of five sports that has been featured at every Arctic Winter Games.





# ACTIVITIES - SNOWBOARDING

## **Activity Type:**

Team (relay race)

## **Set-Up & Materials Required:**

- Pylons
- Ski Goggles

## **Skills:**

Running / agility

## **Instructions:**

- Set up pylons close together to create a zig/zag course with tight turns.
- Line up both teams at one end of the course.
- First participant of each team races through the course in a side shuffle. Once they reach finish line, the next participant enters the course.

## **Adaptations:**

- Allow participants with diverse abilities to complete course in straight line.

### **Fun Facts:**

Snowboarding at the 2026 AWG will consist of four disciplines: Banked Slalom / Rail Jam / Slopestyle / Snowboard Cross.



# ACTIVITIES - SNOWSHOEING

## Activity Type:

Team

## Skills:

Running / Coordination / Teamwork / Strategic Thinking

## Set-Up & Materials Required:

- Snowshoes
- Outdoor Area

## Instructions:

- Classic capture the flag rules but participants are wearing snowshoes

## Adaptations

- Inside, same capture the flag rules but participants must only walk (no running)

### Fun Facts:

- Snowshoes have been used for over 4000 years for transportation around the world
- Historically, the shape & design varied depending on location



# ACTIVITIES - SPEED SKATING

**Activity Type:** Team (relay race)

**Skills:** Agility / Coordination / Running

## Set-Up & Materials Required:

- Pylons
- Hoola Hoops
- Setup oval course with pylons making up the corners and Hoola Hoops placed along straight stretch.

## Instructions:

- Participants race around the outside of the track.
- Participants hop through the hoola hoops, alternating between feet (on foot per hoola hoop).
- Inside - have participants skate in sock feet or on two pieces of paper.

## Adaptations

- Record time it takes to complete a determined number of laps.
- Set time limit and count number of laps completed.

### **Fun Facts:**

Speed skates have long blades with hinges on the toe. Being able to lift the heel of the boot off the blade allows skaters to take longer strides.



# ACTIVITIES - VOLLEYBALL

## Activity Type:

Team

## Set-Up & Materials Required:

- Volleyball net & court
- Beachball

## Instructions:

- Standard volleyball rules but with a beachball.

## Adaptations

- Use a badminton net for younger age groups.

### **Fun Facts:**

The inventor of volleyball, William G. Morgan, was once a student of James Naismith who invented basketball.



# BEYOND GAMES ON! - VOLUNTEERING

**REGISTER ONLINE** and join us in bringing the Arctic Winter Games to life! With over 2000 volunteers, we'll create an unforgettable experience fueled by passion and community.

Together, we'll show the world What We Are Made Of - will you be part of the journey?

## VOLUNTEER FAQs

(<https://www.awg2026.org/volunteer-faqs>)

### REGISTRATION



## 2026 VOLUNTEER JOURNEY

### 01 RECRUITMENT

### 02 REGISTRATION (Online)

### 03 SCREENING PROCESS (Vulnerable Sector Check)

### 04 ROLE ASSIGNMENT Start October / November 2025

### 05 SCHEDULING (Start January / February 2026)

### 06 ORIENTATION (Start February / March 2026)

### 07 THE GAMES! (March 8 - 15 2026)

### 08 VOLUNTEER APPRECIATION (March 21)



# **APENDIX - PRINTABLE IMAGES**

- **2026 AWG Logo**
- **AWG Snowflake**
- **AWG Trifoil**
- **2026 Ulu Medal Outline**
- **Official Colours**
- **Sport Icons (20)**



# ARCTIC WINTER GAMES

WHITEHORSE 2026

MARCH 8-15







**AWG DARK BLUE**  
**CMYK: 100, 75, 40, 29**  
**RGB: 0, 59, 92**  
**WEB: 003E5E**  
**HEX: #003B5C**





**AWG CYAN**

**CMYK: 100, 75, 40, 29**

**RGB: 0, 169, 206**

**WEB: 00A9CE**

**HEX: #00A9CE**













































