

NATIONAL
SKATING
CHAMPIONSHIPS



CHAMPIONNATS
NATIONAUX DE
PATINAGE

JAN. 13 - 19, 2020
MISSISSAUGA, ON



INFORMATION PACKAGE

2020 Canadian Tire National Skating Championships
January 13 – 19, 2020
Paramount Fine Foods Centre
Mississauga, ON

This annual figure skating event is one of Canada’s largest national sport championships and determines the teams that will compete at the ISU Four Continents Figure Skating Championships, ISU World Junior Figure Skating Championships and ISU World Figure Skating Championships. Skate Canada is excited to be hosting this year’s edition of the Canadian Tire National Skating Championships in Mississauga, Ontario at the Paramount Fine Foods Centre from January 13-19, 2020.

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Key Contact Information

Contact	Phone #
Medical Room	1.613.857.3342
Chief Medical Officer (CMO) – Dr. Sari Kraft	1.647.627.7274
Chief Therapist (CT) – Meghan Buttle	1.416.427.7585
Operations & Printing Room	1.613.914.5357
Transportation Desk	1.613.914.5348
Sport Technical	1.613.857.3154
Skate Canada Organizing Committee On-Call Phone	1.613.325.2154

Note: The Skate Canada Organizing Committee On-Call Phone is intended to be used as a single point of contact for all inquiries to better service all participants and stakeholders. With the exception of accommodations, please use this number for all inquiries throughout the event.

Skate Canada Event App

Skate Canada is proud to announce a NEW Onsite Event App for all onsite information and communications.

All Team Members' email addresses provided through pre-event entries will receive an email from 'Pocket Team Support' welcoming you to 2020 Canadian Tire National Skating Championships.

Hit join, set up your personal password for the app. Then, download the "Pocket Team" app on your smartphone, sign in using the password you created to begin using the app.

The app is available for download from the Apple Store (iPhone) and Google Play Store (Android).

**** Please note:** There will also be an opportunity to opt into the event app at the time of Registration.

Venue Information

Paramount Fine Foods Centre

5500 Rose Cherry Place
Mississauga, Ontario
L4Z 4B6
Telephone: 1.905.502.9100

Rink Dimensions: 200 x 85 feet

<https://paramountfinefoodscentre.com/>

*See Appendix 1 for a Venue Map



Transportation

Airport Transfers

Officials, Event Technicians, In-Venue Entertainment, Streaming, Skate Canada Staff, and Skate Canada Board Members

Arrivals

The Organizing Committee will provide transfers to and from Toronto Pearson International Airport **will only** be provided for working officials, event technicians, Skate Canada Staff, and Skate Canada Board Members. Guests travelling by train will be required to arrive at Toronto Pearson International Airport as there will not be transportation available from Union Station.

Please look for the Skate Canada volunteer greeters carrying signs once you exit the baggage area.

Should any guest's arrival be delayed for any reason, they are asked to inform the Transportation Desk **(1.613.914.5348)** as soon as possible with the expected arrival time in Mississauga, so that arrangements can be modified.

Departures

The airport departures at the conclusion of the event will be managed by a departure list with times, which will be available and posted at the Transportation Desk at the Paramount Fine Foods Centre. Coordinate directly with the Transportation Desk, no later than 24 hours before your pick-up time, if you need to change the time of your transportation to the airport. Guest travelling by train will be required to depart from Toronto Pearson International Airport and not from Union Station.

Transportation Desk: 1.613.914.5348

Airport Transfers – Teams (Skaters, Coaches, Team Managers, etc.)

Teams (skaters, coaches, team managers, etc.) are responsible for their own transportation to and from the airport upon arrival and departure. See Ground Transportation section below for transportation options

Ground Transportation from Toronto Pearson International Airport

Once you've arrived in Toronto, there are a lot of options to take you to your hotel. Please visit the Toronto Pearson International Airport website (<https://www.torontopearson.com/en/toandfrom/ground/#>) for more information.

Car Rentals

Toronto Pearson International Airport is served by the following seven rental car companies:

Avis

<https://www.avis.ca/en/locations/ca/on/mississauga/yyz>

Budget

<https://www.budget.ca/en/locations/ca/on/mississauga/yyz>

Dollar/Thrifty

<https://www.dollarcanada.ca/>

<https://www.thriftycanada.ca/>

Enterprise Rent-A-Car

<https://www.enterprise.ca/en/car-rental/locations/canada/on/toronto-pearson-international-airport-c2pa.html>

Hertz

<https://www.hertz.com/rentacar/location/canada/ontario/toronto/YYZT11>

National/Alamo

<https://www.nationalcar.ca/en/car-rental/locations/ca/on/toronto-intl-airport-c2na.html>

https://www.alamo.ca/en_US/car-rental/locations/ca/yyzt71-toronto-international-airport.html

Event Shuttle

Transportation for Accredited Persons

Transportation will be provided for all accredited persons between the Paramount Fine Foods Centre and The Westin Toronto Airport Hotel, Marriott Toronto Airport as well as the Delta Hotel Toronto Airport & Conference Centre.

Shuttle Bus Service

The shuttle to the venue will begin on Sunday, January 12, 2020. A shuttle will be available from the Westin and Delta to the Marriott for registration on Saturday, January 11, 2020. A full shuttle schedule can be found on the [Skate Canada Notice Board](#), Skate Canada Pocket Team App, and will be posted at the venues and hotels. Schedule is subject to change.

Van Transportation

On-demand transportation for emergency purposes to and from Paramount Fine Foods Centre is available. Availability will be dependent on priority by reserving at the Transportation Desk located at the Team Entrance of the Paramount Fine Foods Centre or by calling the Transportation Desk at 1.613.914.5348.

Event Shuttle Access for Non-Accredited Persons

Bus passes for parents and chaperones can be purchased for \$80 at registration located at the Paramount Fine Foods Centre – *Team Entrance*.

- The cost of bus passes is \$80 each (cash or credit card).
- For the first trip to the rink, you will be able to board the shuttle at your hotel without your bus pass so that you are able to go to the rink to purchase one.
- Skaters and officials have priority seating on the shuttle buses and pass holders may be asked to wait for the next shuttle in order to accommodate accredited participants.

Accommodations

The Westin Toronto Airport Hotel (OC, Officials, Consultants)

950 Dixon Road
Toronto, Ontario
M9W 5N4
Telephone: 1.416.675.9444
[Website](#)

- ◆ Free wireless internet
- ◆ On-Site Paid-Parking
- ◆ Business Centre
- ◆ Fitness Centre
- ◆ Miscellaneous Services
 - ◆ Indoor Pool
 - ◆ Laundry, Valet dry-cleaning service
 - ◆ Restaurants on-site (Atmosphere Restaurant, Crosswinds Bar and Grill, Starbucks)
 - ◆ 24-hour room service
- ◆ Distance from Airport to Hotel: Approximately 2 kilometres / 4 minutes (traffic dependent)
- ◆ Distance from Hotel to Venue: Approximately 10.5 kilometres / 13 minutes (traffic dependent)



Marriott Toronto Airport (Sections)

901 Dixon Road
Toronto, Ontario
M9W 1J5
Telephone: 1.416.674.9400
[Website](#)

- ◆ Wireless internet (applicable fees)
- ◆ On-Site Paid-Parking
- ◆ Business Centre
- ◆ Fitness Centre
- ◆ Miscellaneous Services
 - ◆ Indoor Pool, Whirlpool
 - ◆ Laundry, Valet service on-site
 - ◆ Beauty shop
 - ◆ Game room
 - ◆ 24-hour room service
- ◆ Distance from Airport to Hotel: Approximately 2.2 kilometres / 4 minutes (traffic dependent)
- ◆ Distance from Hotel to Venue: Approximately 11 kilometres / 12 minutes (traffic dependent)



Delta Hotels Toronto Airport and Conference Centre (Sections)

655 Dixon Road

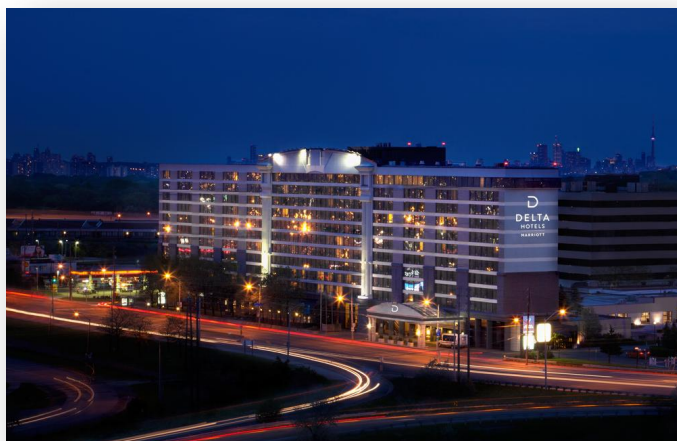
Toronto, Ontario

M9W 1J3

Telephone: 1.416.244.1711

[Website](#)

- ◆ **Free wireless internet**
- ◆ **On-Site Paid-Parking**
- ◆ **Business Centre**
- ◆ **Fitness Centre**
- ◆ **Miscellaneous Services**
 - ◆ Indoor Pool, Whirlpool
 - ◆ Valet dry-cleaning service on-site
 - ◆ Restaurants on-site (Orchid Café, Ginko Japanese Restaurant, Starbucks, LOT41 Social Bar & Table)
 - ◆ Barber/Beauty Shop
- ◆ **Distance from Airport to Hotel:** Approximately 4 kilometres / 6 minutes (traffic dependent)
- ◆ **Distance from Hotel to Venue:** Approximately 12.5 kilometres / 15 minutes (traffic dependent)



Registration Information

Location	Date	Hours of Operation
Marriott Toronto Airport The Forum	Saturday, January 11, 2020	14:00 – 20:00
Paramount Fine Foods Centre - Accredited Entrance	Sunday January 12, 2020	08:00 – 19:00
	Monday, January 13, 2020	05:00 – 16:00
	Tuesday, January 14, 2020	06:00 – 16:00
	Wednesday, January 15, 2020	07:00 – 19:00
	Thursday, January 16, 2020	06:30 – 16:00
	Friday, January 17, 2020	09:00 – 16:00
	Saturday, January 18, 2020	09:00 – 13:00

Accreditation

Please refer to the Skate Canada Notice Board for the latest policy related to accreditation found here:
<https://info.skatecanada.ca/index.php/en-ca/policies/127-coach-accreditation-policy-for-skate-canada-qualifying-events.html>

In addition, please be aware of accredited access as outlined here: <https://info.skatecanada.ca/index.php/en-ca/procedures/139-skate-canada-domestic-events-accreditation-procedure.html>

Further information related to accredited access to specific areas within the competition venue will be highlighted at the Team Manager Meeting onsite.

Music

All skaters must submit their music at *Registration Desk* upon arrival. Accreditation will only be provided once music has been registered.

Double Entries

Accreditation will only be provided when skaters competing in two or more disciplines submit all music at the time of registration for their first event.

Music/Detailed Sheet Pick-up

Music can be picked up at the Paramount Fine Foods Centre – *Operations & Printing Room* approximately 30 minutes following each flood of the skater's free event.

Please note that Skater Detail Sheets will not be distributed on paper. These will be available through the Skate Canada Event App, shortly after the competitor has finished their performance.

Victory Ceremonies

The Victory Ceremony schedule and order of medal presentations are indicated on the event schedule.

- ◆ Format – 1st, 2nd and 3rd
- ◆ All victory ceremonies will be held on-ice for Novice, Junior and Senior
- ◆ Skaters in full costume with skates on
- ◆ Team Manager to escort skaters to chute and confirm their arrival

Exhibition Gala

Senior competitors who place 1st to 3rd, plus invited guests (who will be advised on-site), are expected to take part in the Exhibition Gala on Sunday, January 19, 2020. All competitors must hand in their exhibition music forms and music upon registration.

Officials' Information

Off-Ice Meetings and Special Functions

(Locations and/or times are subject to change)

Please refer to the meeting schedule for officials posted on the Skate Canada Notice Board.

Meals and Per Diems

You will be provided with a cheque when you register. The amount will vary based on your travel schedule.

Breakfast	Lunch	Supper	Incidentals
\$10	\$10	\$25	\$5

Skate Canada Hospitality Suite

Complimentary drinks and snacks for working officials, board of directors and section chairs will be in the Skate Canada Hospitality Suite at: The Westin Toronto Airport Hotel.

Room: Prime Minister Suite

Dates: Sunday, January 12 to Saturday, January 18, 2020

Hours: 21:00-01:00

Officials' Stand Guidelines

The officials' stand is one of the most controlled areas at a figure skating event to protect the competitive environment. Access is restricted to those **required to be there** for their tasks. Our professional image as an organization is represented by both our conduct and appearance so the following decorum and dress code must be adhered to by staff, volunteers, consultants, and contractors while on duty. On duty is defined as once the event has begun, including warm-ups and practices.

Decorum

- ◆ Access should be made during breaks in skating only (never impede the view or concentration of officials or others working on the judges stands).
- ◆ Display a high standard of behaviour; be aware that all of your actions are highly visible.
- ◆ In-depth discussions should take place off the officials' stand.
- ◆ No electronic devices are permitted (includes cell phones and cameras) while on duty. No photographs should be taken from rinkside.
- ◆ Beverages and food are not permitted. Small snacks are allowed with discretion.
- ◆ Bottled water (unlabeled) is permitted and must be placed on the floor.
- ◆ Refrain from tweeting, posting to Facebook or other social media outlets to allow athletes to have a safe place backstage.

Dress Code

- ◆ Business casual attire is ordinarily required at the rink
- ◆ Business casual attire does not include: jeans (all colours), sweatshirts, t-shirts with logos, very short skirts and dresses, sweat pants or leggings
- ◆ Those at rinkside should wear dark clothing especially for televised events
- ◆ Event volunteer positions on the officials stand (timers etc.) may wear their volunteer uniform. In some instances, they may be asked to follow the above-mentioned guidelines

Please refer to the Skate Canada Notice Board for the latest policy for Officials on Social Media and Electronic Devices found here: <https://skatecanada.ca/wp-content/uploads/2018/10/Social-Media-and-Electronic-Devise-Use-.pdf>

Media

Media Centre

The *Media Centre* is located at Paramount Fine Foods Centre and will provide a working area for media with fully equipped internet (wireless and hardline), printing stations and a small catering station.

Media Centre Hours (subject to change)

Date	Hours
Monday, January 13	8:00 – 23:30
Tuesday, January 14	8:00 – 23:00
Wednesday, January 15	10:30 – 23:00
Thursday, January 16	8:00 – 21:00
Friday, January 17	10:00 – 23:30
Saturday, January 18	8:30 – 23:30
Sunday, January 19	9:00 – 18:00

Mix Zone

A *Mix Zone* has been created at Paramount Fine Foods Centre. Skaters will access this zone on the way to their dressing rooms from the Kiss & Cry exit. The *Mix Zone* will be located at ice level and media will access this area using the stairs at the main entrance. Senior skaters will come through the *Mix Zone* after their short and free programs. Any interview requests for Novice and Junior skaters during competition or for Senior skaters during practices and Gala must be made to the staff at the *Media Centre* in advance.

Skater Videos (Appendix 3)

Skater videos will be available for purchase.

Photography (Appendix 4)

Skater souvenir photos for the Novice and Junior events will be available for purchase on-site through Danielle Earl Photography, daily during competition hours. For more information, please stop by the photo desk on concourse at Paramount Fine Foods Centre during the event, visit www.danielleearlphotography.com, or contact skating@danielleearlphotography.com.

Social Media

The official event hashtags for the 2020 Canadian Tire National Skating Championships is #CTNats20 (both English and French). Skate Canada encourages the use of our hashtag for this season, #CREATINGHISTORY (English) and #CRÉEZLHISTOIRE (French). Skate Canada will be posting on all social media platforms throughout the event: Snapchat (Skate_Canada), Instagram (Skate_Canada), Twitter (@SkateCanada), and Facebook (Skate Canada / Patinage Canada). There will be a special Canadian Tire National Skating Championships Snapchat filter available to fans on-site at Paramount Fine Foods Centre.

Live Streaming

Skate Canada will be live streaming all the Novice and Junior competition taking place at Paramount Fine Foods Centre, as well as, all Senior practices and select Senior competition – broadcast permitting. Once the competition gets underway, you will be able to access the live streaming at SkateCanada.ca or at <http://www.dailymotion.com/skatecanada>.

Medical Services

Medical services for athletes competing at the event include rinkside emergency coverage during practices and competition. A physician will be on call in the evenings should a medical emergency occur.

The *Medical Room* at the Paramount Fine Foods Centre will provide initial injury assessment, first aid and physiotherapy services for acute injuries upon request.

A sheet with medical services information is available at Paramount Fine Foods Centre – *Registration* or see *Medical Room* directly for more information on services available.

*See Appendix 6 for a full listing of Medical Services.

Ticket Information

Tickets are available through the Paramount Fine Foods Centre Box Office and website link below:
<https://www.ticketmaster.ca/canadian-tire-national-skating-championships-tickets/artist/2076177>

Boutique (Event Merchandise)

Date	Hours
Tuesday, January 14	10:00-19:00
Wednesday, January 15	10:00-19:00
Thursday, January 16	15:00-20:00
Friday, January 17	12:00-20:00
Saturday, January 18	10:00-20:00
Sunday, January 19	13:00-16:00

*Boutique hours are subject to change.

Information Distribution

Skating orders, results, schedules will be posted in various locations. In our effort to be sustainable, we encourage everyone to use their mobile device to “take a picture” or visit the [Skate Canada Website](#) instead of asking for a paper copy. Download the Skate Canada Event app “Pocket Team” and stay up to date with information and updates from the 2020 Canadian Tire National Skating Championships. Available for download from the Apple Store (iPhone) and Google Play Store (Android).

Team Managers

Skating orders, results and communications will be available in the team managers’ mailboxes located outside the *Operations & Printing Room*.

Skating Lounge

The *Skating Lounge* is located above the Practice Rink (Rink 2) in the Bud Light Lounge which can be accessed from the stairs in the Practice Rink (Rink 2). Please refer to appendix 1 for venue map.

Competitors and coaches will not have access to the *Skating Lounge* once their events are complete.

Water

In our effort to be sustainable, bring a personal water bottle as water jugs will be available to fill up your own bottles. **Water bottles will not be available on-site.**

Costume Repair, Skate Sharpening and Emergency Repair

All arrangements for costume repair, skate sharpening, and emergency repair services will be available throughout the competition at the Paramount Fine Foods Centre – *Operations & Printing Room*.

Lost and Found

Lost and found will be collected and held at the Paramount Fine Foods Centre - *Registration Desk*.



NATIONAL SKATING CHAMPIONSHIPS

Appendices

Appendix 1 – Venue Map (1 of 2)

NATIONAL
SKATING
CHAMPIONSHIPS

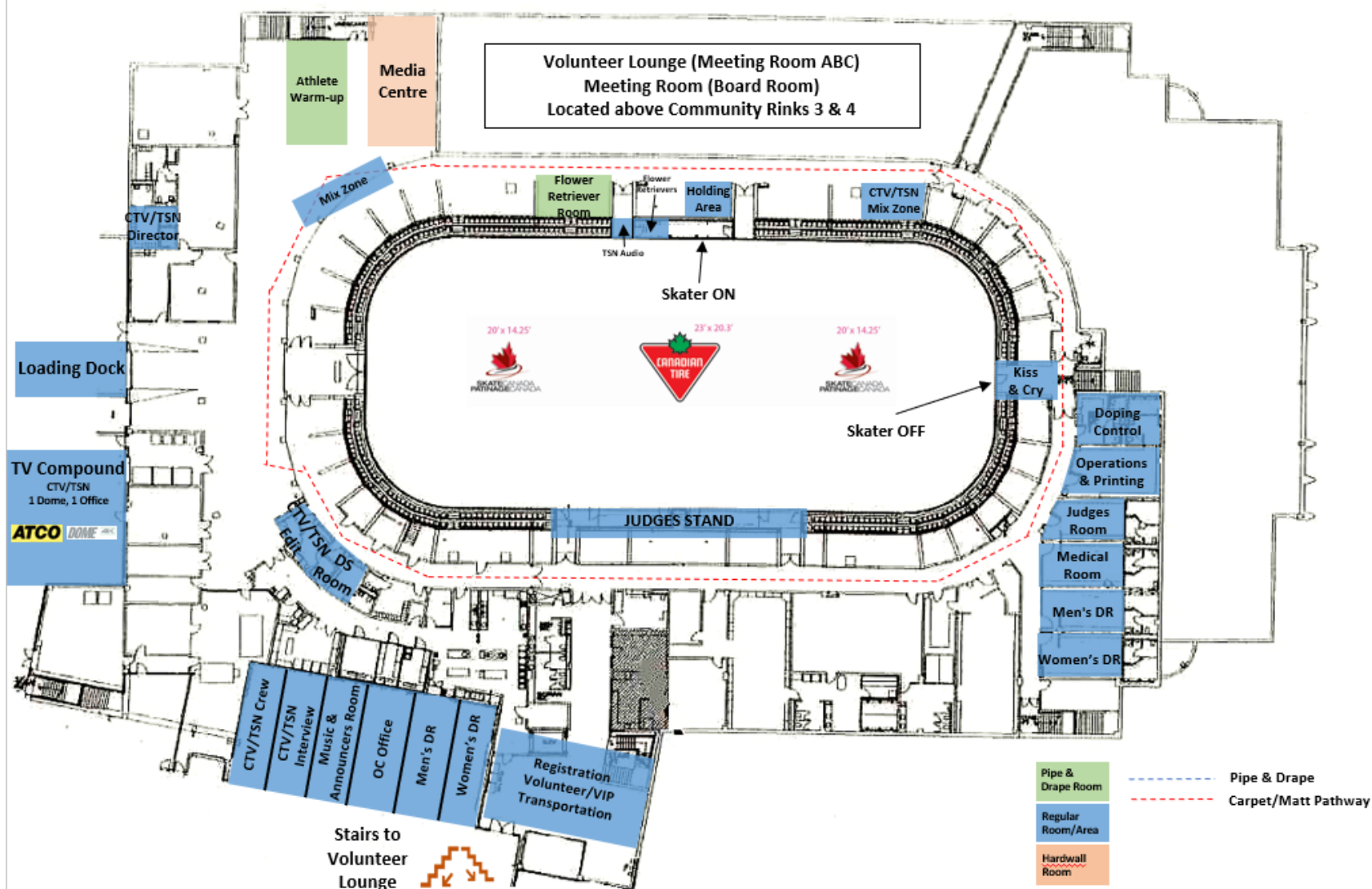


CHAMPIONNATS
NATIONAUX DE
PATINAGE



paramount
FINE FOODS
CENTRE

VENUE MAP – Event Level





NATIONAL
SKATING
CHAMPIONSHIPS

Appendix 1 – Venue Map (2 of 2)

NATIONAL
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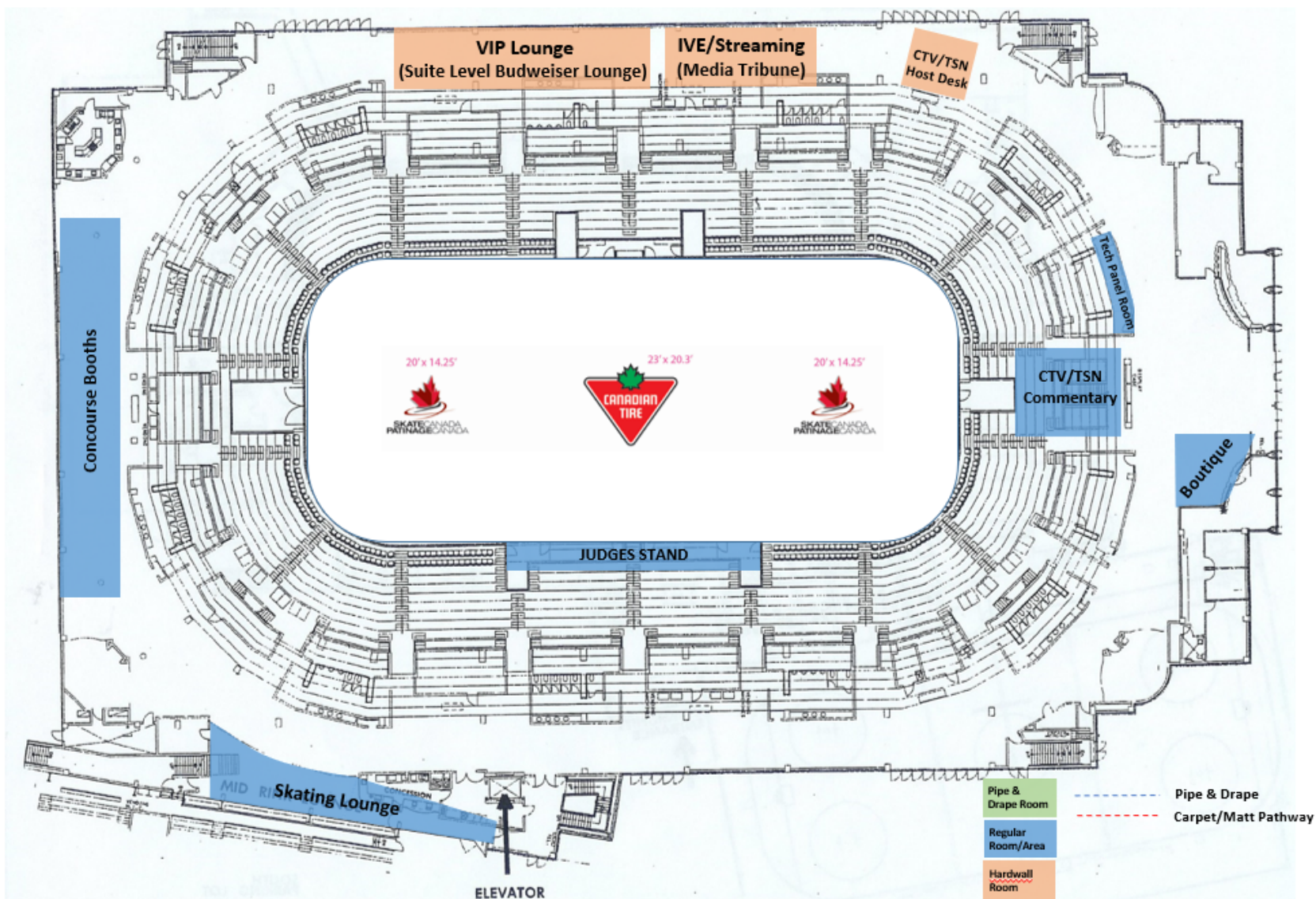


CHAMPIONNATS
NATIONAUX DE
PATINAGE



paramount
CENTRE

VENUE MAP – Concourse Level



Appendix 2 – Skater Video Form



Video Order Form / Formulaire de commande pour vidéo
2020 Canadian Tire National Skating Championships / Championnats nationaux de patinage
Canadian Tire 2020

Customer Information / Informations du client

Skater Name | Nom du patineur/patineuse : _____

Event | Événement: _____

Email: | Courriel: _____

Phone Number: | Numéro de téléphone: _____

Pricing & Options / Prix et options

- ☐ \$45 | Short Program & Free Program (only your performances)
45 \$ | Programme court et programme libre (seulement vos performances)

Language Selection / Sélection du langage (Select only one/sélectionnez seulement un)

- ☐ English Video USB ☐ Français Vidéo USB

Video Order Information / Informations sur la commande de vidéo

Starting on Tuesday orders can also be placed at the Skate Canada table on the concourse by the main entrance. Orders will be fulfilled within 2 hours of the completion of your full event (Free Program). USB sticks will be available for pickup at the same location your order was placed.

Débutant mardi, les commandes peuvent être passées à la table de Patinage Canada sur le hall par l'entrée principale. Les commandes seront prêtes dans les deux heures suivant l'achèvement de votre entière épreuve (programme libre). Les clés USB seront disponibles à la même place que votre commande a été passée.

Please Note / Notez bien:

Please note that all USB videos are formatted to be compatible with most Mac and PC computers as well as both iOS and Android Devices using an H.264 MP4 Codec. Due to the nature of digital media we are able to produce a much higher quality video image (Hi-Def) on USB memory sticks than the standard definition (low-res) DVDs. All orders include a Skate Canada 8GB Memory Stick. *For security purposes we are unable to accept personal USB memory sticks.*

Veuillez noter que toutes les vidéos USB sont formatées pour être compatibles avec la plupart des ordinateurs Mac et PC ainsi qu'avec les appareils iOS et Android utilisant un codec MP4 H.264. En raison de la nature des médias numériques, nous sommes en mesure de produire une image vidéo de qualité supérieure (haute résolution) sur des supports de mémoire USB que les DVD de définition standard (basse résolution). Toutes les commandes comprennent un clés USB de 8 Go de Patinage Canada. *Pour des raisons de sécurité, nous ne pouvons pas accepter des clés USB personnelles.*

Appendix 3 – Souvenir Photos

2020 CANADIAN TIRE NATIONAL SKATING CHAMPIONSHIPS

JANUARY 13-19, 2020

Celebrate your experience at the 2020 Canadian Tire National Skating Championships with a visit to the photo desk to view and purchase your photos! Digital images will be available to purchase during the event. Good luck to all competitors!



For more information:

E-mail: photos@danielleearlphotography.com

Website: www.danielleearlphotography.com

Facebook: www.facebook.com/DanielleEarlPhotography

Instagram: @danielleearlphotography

Twitter: @DanielleEPhoto

Appendix 4 – Skate Canada Camera Policy

The Skate Canada Spectator Camera Policy is in place at events to protect the safety of athletes and to ensure a distraction-free environment for all spectators.

Personal photography is permitted by spectators but cannot impact the viewing ability of others. All photos taken during the event must be for personal use only and captured on a small digital camera or mobile device.

The following is **not** permitted at Skate Canada events:

- Flash photography to ensure the safety of the athletes
- Camera bags and large camera equipment such as tripods
- Professional cameras and/or detachable lenses greater than 6 inches or 200 mm

No video recording of any type is permitted within the venue during the competition.

Unauthorized sale, commercial use and/or third-party distribution of photos from events are strictly prohibited. Only accredited team members are permitted to videotape their skater or team from rinkside during practice.

Spectators who do not abide by these restrictions risk having their camera confiscated or being removed from the event by the venue security staff.

Appendix 5 – Medical Information

**2020 Canadian Tire National Skating Championships
January 13-19, 2020
Paramount Fine Foods Centre
Mississauga, ON**

Medical Services Information

Medical services for athletes competing at the 2020 Canadian Tire National Skating Championships include rink-side emergency coverage with medical doctors, physiotherapists, athletic therapists, nurses and paramedics. These services will be available during all practices and competition.

A physician and a therapist will be available at the Paramount Fine Foods Centre during all practice and competition hours. A physiotherapist will be available in the Medical Room at the Paramount Fine Foods Centre and you may call and book an appointment or simply drop in for therapy, taping or medical advice. The Medical Room will open prior to the start of the first practice session in the morning and will remain open until the end of the competition schedule.

The role of the medical team is to provide acute medical care for skaters and accredited people. It is our goal to provide a safe environment for the athletes to compete in and to provide the necessary care to enable them to perform at their best. Medical and therapy services may need to be prioritized according to medical condition and athlete competitive status. Emergency transport to local hospital services will be arranged as required as we will not have the facilities for ongoing care in an emergency situation.

If you require emergency services after clinic hours, please contact the Chief Medical Officers (CMO), to arrange emergency care for you. If you present yourself to the Emergency Department, notify the CMO in order to facilitate continuity of care and a liaison with Skate Canada.

Here is a list of good prevention habits that Skate Canada recommends all participants should practice before they arrive on-site, in the hotel and in the arena to reduce the risk and spread of infection:

- Hand-washing Hygiene: Frequently, thoroughly and using soap and water and/or hand sanitizer
- The Sleeve Sneeze: Catch those germs on garments not hands
- Distance between friends: Meet and greet without hand and face contact (reduce handshaking and hugging/kissing) and keep 3 feet or an arm's length between friends
- The Wipe-Down Brigade: Frequent cleaning with anti-viral cleaning solutions and make all surfaces that have hand contact easy to wipe.

Skate Canada will be implementing preventative measures for these events in attempt to keep everyone healthy. If we determine that more serious steps are required, we will let you know on-site.

If you have any medical concerns throughout your time in Mississauga our team of physicians, nurses, paramedics and therapists will attend to you with experience and care. Please do not hesitate to contact the Medical Room if you require care or if you have any questions.

Outlined below is additional information on medically related services available to skaters, coaches and team officials, as well as useful information for spectators who may be traveling with you.

EMERGENCY

Call 911 or the Chief Medical Officer

EVENT MEDICAL ROOM

Phone Number: 1.613.857.3342

CO-CHIEF MEDICAL OFFICERS

Dr. Sari Kraft

Cell: 1.647.627.7274

CHIEF THERAPIST

Meghan Buttle

Cell: 1.416.427.7585

OTHER SERVICES

Appointments for the following services can be made through the on-site Medical Room or by contacting with the Chief Medical Officer. Payment for these services is the responsibility of the patient.

- Emergency dental care
- Orthopedic surgeon
- Massage and chiropractic services

PHARMACY

Shoppers Drug Mart
5033 Hurontario St
Mississauga, ON L4Z 3X7
905.890.1313
Available 8am-midnight

Shoppers Drug Mart
1735 Kipling Ave Unit 2
Etobicoke, ON M9R 2Y8
416.247.8757
Available 8am-midnight

Rexall
250 Wincott Drive
Etobicoke, ON M9R 2R5
416.248.1872
M-F 8am-midnight
Sat/Sun 9am-midnight

WALK-IN CLINICS

MCI The Doctor's Office
250 Wincott Drive, Unit 12
Etobicoke, ON M9R 2R5
416.249.0002
Hours: M-F 8:30am-8pm
Sat-Sun 9am-4pm
mcithedoctorsoffice.ca

MCI The Doctor's Office
7070 McLaughlin Rd.
Mississauga, ON L5W 1W7
905.795.2873
Hours: M-F 9am-8pm
Sat 10am-4pm
Sun 11am-3pm
mcithedoctorsoffice.ca

Urgent Care Centre -
Mississauga Urgent Care Clinic
1500 Dundas Street East
(inside Walmart)
Mississauga, ON L4X 1L4
905.212.1433
M-F 10am-10pm
Sat-Sun 10am-6pm
urgentcarecentre.ca

HOSPITALS

Trillium Health Partners
Mississauga Hospital
100 Queensway West
Mississauga, ON, L5B 1B8
905.848.7100
trilliumhealthpartners.ca

Trillium Health Partners
Credit Valley Hospital
2200 Eglinton Avenue West
Mississauga, ON, L5M 2N1
905.813.2200
trilliumhealthpartners.ca

We hope you enjoy your time in Mississauga and compete successfully without illness or injury!