



Cowichan Lake Sports Arena Information / Bid Package

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Introduction:

Cowichan Lake Recreation, a division of the Community Services department of the Cowichan Valley Regional District, is proud to present this package of information about the Cowichan Lake Sports Arena and its' neighboring recreational facilities. This package is designed to give you all of the information required to help you plan to utilize this facility for all of your conference or sports related needs.

Hosting History:



The Cowichan Lake Sports Arena's hosting portfolio contains the following events: BC Provincial Ice Hockey Championships; Short Track Speed Skating for BC Winter Games; Hockey Officiating Schools; Regional Figure Skating Championships; High Performance Hockey Evaluation Camps; Vancouver Island Regional Juvenile Curling Championships; Senior Women's Provincial Curling Championships; Juvenile and Masters Provincial Curling Championships; International Curling Tankard; and Island, Juvenile, Women's and Masters Curling Playdown events.

In the past couple of decades we have proudly hosted BC Hockey's U-18 Female Invitational Selection Camp formally called the BC Cup; Curl BC's Island Playdowns; the Vancouver Island Carpet Bowling Finals for all categories, the British Columbia Community Forest Association Annual AGM and Conference with over 110 delegates; National Aboriginal Hockey Championships; Rogers Hometown Hockey Paint the Town Red Events and more.

About the Area:



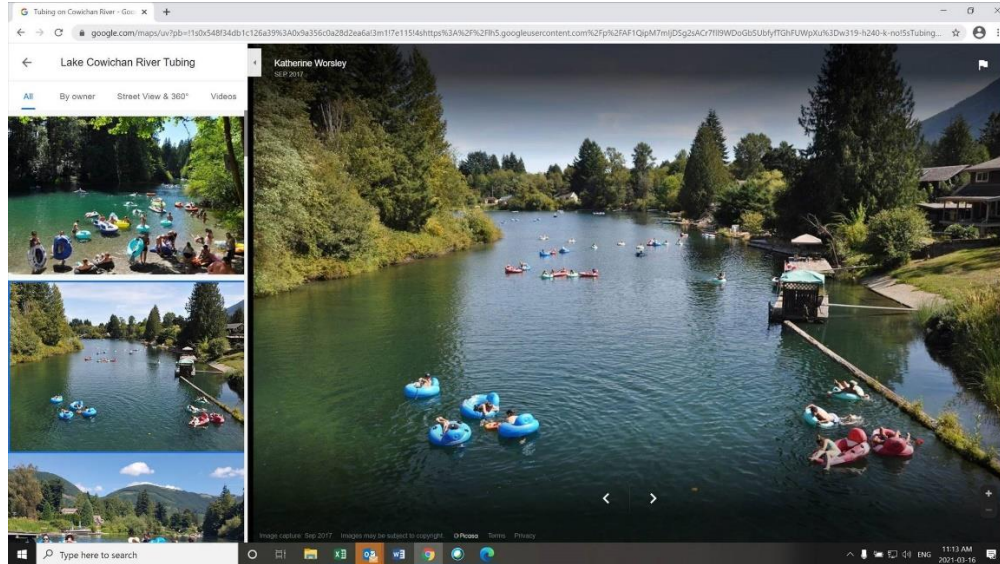


Photo credit goes to Malcom Chalmers

The Cowichan Lake area is made up of several communities dotted along the shores of Cowichan Lake and the Cowichan River: The Town of Lake Cowichan; Skutz Falls; Mesachie Lake; Honeymoon Bay; Youbou; Meades Creek; and Caycuse. The total population of the Cowichan Lake area is approximately 6,500.

Cowichan Lake is a large freshwater lake located on southern Vancouver Island, in the Cowichan Valley and is part of the Cowichan Valley Regional District. The lake is approximately 30 km long and 4 km wide at its widest point. Cowichan Lake feeds the Cowichan River which flows east to the Pacific Ocean. The lake itself has been host to waterskiing championships, canoe races, drag boat races, swimming competitions, sport fishing, sailing, windsurfing, BC Summer Games and more.

Logging used to be the primary industry in the Cowichan Lake area with railway playing a huge role in the transportation of logs. Today, these railways have been abandoned by the railroads and are now part of a major trail system that leads east from the western terminus in the Town of Lake Cowichan, to the west end of the Duncan area and beyond. These trails have been used by events such as the BC Bike Race, the Cowichan Lake Gravel Crusher and by hiking groups such as the Cowichan Outdoors Group and the Cowichan Lake Retreads as well as by equestrian groups and individuals biking or hiking or simply going for a stroll.

The second Saturday of September, we usually host the annual Lake to Lake Walk and Marathon – a 42.2 km walk/run from Shawnigan Lake to Cowichan Lake. New in 2019 was the addition of a half marathon to this event. The extensive undeveloped forestry lands surrounding Cowichan Lake have provided venues for ATV and motorcycle sports clubs, hunting, fishing, camping, mushroom picking and more. The Cowichan Lake Trail Blazers Society volunteers are busy outdoors creating new trails and new adventures for all hikers to enjoy.

Venues and Amenities:

Arena:



A 7.6-million-dollar renovation of the Cowichan Lake Sports Arena was completed in 2011. This complex can meet all of your needs and more:

- ✓ An NHL sized ice surface
- ✓ 8 dressing rooms adequate to house teams, officials, staff, or act as a trainers' room
- ✓ Meeting room which can be set up to be an event general office with internet
- ✓ A multipurpose area equipped with weights, light exercise equipment and spin bikes with a full fitness studio and equipment to be added in 2022
- ✓ Sound/PA system throughout building
- ✓ Concession and catering services in the same complex
- ✓ Updated WiFi systems throughout the building
- ✓ Hard wired capabilities for live streaming hockey games
- ✓ Curling Rink Dry Floor which makes a perfect place to eat meals, host fitness testing sessions, dry floor and off ice training, onsite dorming facilities and more
- ✓ Curling Lounge which is used for classroom type meetings or sessions and comes with use of a big screen, projector and high definition television
- ✓ Office space with access to a photocopier/scanner/fax machine
- ✓ Access to a press box overlooking the ice
- ✓ Advertising space for revenue sharing opportunities with Cowichan Lake Recreation
- ✓ Wheelchair accessible viewing area and washrooms – elevator available
- ✓ Skate shop with rentals and experienced sharpening services available
- ✓ Concession will be open for games and vending machines are available
- ✓ Full catering services
- ✓ Free parking in our eco-friendly parking lot
- ✓ Electric vehicle re-charging station
- ✓ Skate sharpening services are available onsite at \$6.75/pair (tax is included)

New arena dressing rooms



Curling Lounge for classroom use



Location and Ice Cost:

Cowichan Lake Sports Arena

Located on Highway 18, West of Duncan in the Town of Lake Cowichan BC at:

311 South Shore Road

P.O. Box 777

Lake Cowichan, BC, V0R 2G0

250.749.6742 ext. 0

clradmin@cvrd.bc.ca for general email inquiries

2022 Minor Prime Time Ice Rate is \$90.91/hr while the Adult Prime Time Ice Rate is 163.56/hr. Taxes are included in our rates.

2022 Minor Non-Prime Time Ice Rate is \$45.93/hr while Adult Non-Prime Time Ice Rate \$127.42/hr. Non-Prime ice is defined as being any ice rented between midnight and 6:00 am any day of the week and 6:00 am – 3:00 pm when school is in session.

Cowichan Rocks Curling Rink:

Hourly Sports Rates are also available for \$22.51/hr. These rates can be applicable for renting classroom space or space for off ice activities.



Other Facilities Available for use in close proximity to the Arena:

The Lake Cowichan Centennial Hall (above) is 86 feet from the front door of the Cowichan Lake Sports Arena. This facility has an upper hall with a stage and bar area as well as a lower hall with a stage and full commercial kitchen. Washrooms are located on both floors. This facility is perfect for providing dormitory style accommodations to hockey, curling or skating camp participants as well as breakout sessions for conferences.





Adjacent to the Cowichan Lake Sports Arena and only 300 feet away is a Little League Ball field that would make a great venue for outdoor fitness type programs, off-ice training and more (the Arena is in the background of this photo with the Centennial Hall to the right).

Accommodations:

- ✓ Dormitory style housing for players and dorm supervisors is available using both floors of the Centennial Hall next door to the arena or the curling rink dry floor
- ✓ 120 mattresses for each player and for dorm supervising staff
- ✓ There is no cost for use of the Centennial Hall when renting mattresses
- ✓ Mattress rental fees are \$11.90 / mattress / night (tax included)

Updated April 5, 2022

- ✓ Players or participants would only have to bring their own bedrolls
- ✓ Each sleeping spot will include a chair
- ✓ Showers are located in the arena
- ✓ Free updated WiFi service
- ✓ Free Parking in our eco-friendly parking lot

Our local hotel:

- ✓ The Lake Cowichan Lodge located at 201 Cowichan Lake Road, Lake Cowichan, BC, V0R 2G0, 250.749.6717, is a short 3-4-minute drive from the arena
- ✓ Complimentary internet and parking for all guests
- ✓ Rooms are equipped with two queen size beds (one in separate bedroom and one in living room area)
- ✓ All rooms come with kitchenettes
- ✓ Room charges and room bookings are handled by you
- ✓ Meals could be held at the Cowichan Lake Sports Arena supplied by our own caterers or you can eat at local restaurants. A list of restaurants can be found on the Chamber of Commerce Website <http://www.cowichanlake.ca/>
- ✓ Meeting spaces at the Cowichan Lake Sports Arena

For camping, bed and breakfasts, cabin rentals and more check out the following websites:

- <http://lakecowichanbb.com/>
- www.cowichanlake.ca
- <http://www.town.lakecowichan.bc.ca/>

Food & Beverage Services:

- ✓ Fully food certified and inspected concession and catering facilities located at the Cowichan Lake Sports Arena
- ✓ Food & Beverage Services can be supplied by Cowichan Lake Recreation
- ✓ Meal facilities will be in the arena complex or in the Centennial Hall next door
- ✓ The distance between the dorm style accommodations and the facility where the food will be served is approximately 150 feet
- ✓ Meal Costs are based on the following quote (tax is included in these fees):
 - \$11.90 / person / breakfast
 - \$11.90 / person / lunch
 - \$16.77 / person / dinner
 - \$3.80 / person / bedtime snacks
 - Gratuities are optional

Fitness:

Curling Rink Dry Floor



Multipurpose Room in Arena



- ✓ Fitness testing can occur in the curling rink on the dry floor
- ✓ Teams have access to the onsite multipurpose room that has a beautiful maple sprung floor; 1 to 25-pound free weights; 14 spin bikes; BOSU balls 1 elliptical trainer and other light fitness equipment as well as new exercise mats (Note: that a fully stocked fitness studio has been approved to open in this facility in 2022 – user fees may apply)
- ✓ Teams have access to adjacent ball fields for track and field use at no extra cost
- ✓ The arena is close to the start of Canada's Great Trail which allows for cross country training and runs
- ✓ The arena is a ten-minute walk away from Cowichan Lake or the Cowichan River for those who like to swim in May (tube and kayak rentals may be available in town but is weather dependant)
- ✓ Tennis and Beach Volleyball courts a short 10-minute walk away

Medical Facilities:

- ✓ A first aid room can be made available at the Arena for emergency situations
- ✓ Arena staff are trained in level one first aid with AED use and CPR A or C
- ✓ Two AED machines on site at CLSA and one at the Centennial Hall
- ✓ Spine Board onsite
- ✓ Local BC Ambulance & First Responders 5 minutes away
- ✓ Local hospital 25 minutes away
- ✓ Walk in Clinic available for daytime emergencies
- ✓ Directions to the local hospital and emergency numbers can be made available

Webcast & Internet:

- ✓ Complimentary and secure internet connection is available
- ✓ Free WiFi located throughout the Arena complex and Centennial Hall (dorm)

Special Events:

Cowichan Lake Recreation can:

- ✓ Provide recreational ice-skating sessions for participants during the ice season
- ✓ Provide recreational curling sessions for participants during the curling season
- ✓ Provide projected television onto a big screen in the curling lounge
- ✓ Meet all of your catering needs for meals and banquets, snacks and more

- ✓ Host licensed socials and other special events
- ✓ Provide skate sharpening services

References:

BC Hockey – Sean Raphael at sraphael@bchockey.net

BC Hockey – Brianna Davey at bdavey@bchockey.net

Curl BC – Will Sutton at wsutton@curlbc.ca

BC Community Forest Association – Susan Mulkey at smulkey@bccfa.ca

Cowichan Lake Community Forest Co-op – Brooke Hodson at b-w.hodson@shaw.ca

Thank you for your consideration of our venue for your event, conference, camp, or as your home arena or curling rink. We look forward to hearing from you.



Linda Blatchford

Contact Information:

Linda Blatchford,
Manager, Cowichan Lake Recreation
311 South Shore Rd., P.O. Box 777
Lake Cowichan, BC, V0R 2G0
250.749.6742 ext. 3601
250.709.5729 (cell)
linda.blatchford@cvrd.bc.ca