

# 2016

# OLYMPIC DAY

## TORCH RELAY





# HOW TO HOST AN OLYMPIC TORCH RELAY IN YOUR SCHOOL OR COMMUNITY

As part of every Olympic Games, a torch relay is planned that often involves schools, clubs and local sport dignitaries. The relay is symbolic in that it leads to igniting the cauldron during the Opening Ceremonies, and officially opens the Games. The flame will stay ignited until the Olympic Games are officially closed.

There are many exciting elements in an Olympic Torch Relay to incorporate when hosting your own Torch Relay. Decide the size of your Olympic Torch Relay: The Olympic Flame, even if it's your own, is very exciting. This event could be as big or small as you make it. Decide whether this will engage classes, grades, age groups, the entire school or club. From there you can decide whether this activity will span over a certain time (lunch, afternoon, etc).

**Did you know?**

The Ancient Greeks considered fire to be a divine element, and they maintained perpetual fires in front of their principal temples. This was the case in the sanctuary of Olympia, where the Ancient Olympic Games took place. The flame was lit using the rays of the sun, to ensure its purity, and a skaphia, the ancestor of the parabolic mirror used today for lighting the Olympic flame. A flame burned permanently on the altar of the goddess Hestia, and such fires were also lit on the altars of Zeus and Hera, in front of whose temple the Olympic flame is lit today.

In the context of the modern Games, the Olympic flame represents the positive values that Man has always associated with fire. The purity of the flame is guaranteed by the way it is lit using the sun's rays. The choice of Olympia as a departure point emphasises the link between the Ancient and Modern Games and underlines the profound connection between these two events.

<http://www.olympic.org/olympic-torch-relay-origin-values-ceremony?tab=origin>

**Did you know?**

A relay precedes the arrival of the flame at its final destination: the Olympic stadium in the host city of the Olympic Games. The Organizing committee of the Olympic Games is responsible for bringing the Olympic flame to the Olympic stadium (Olympic Charter, Rule 54). When the flame finally arrives at its destination, the final torchbearer(s) run into the stadium to light the Olympic cauldron with the flame, which remains lit for the duration of the Games and is extinguished only at the Closing Ceremony of the Games.

Like the messengers who proclaimed the sacred Olympic truce, the runners who carry the Olympic flame carry a message of peace on their journey.

<http://www.olympic.org/olympic-torch-relay-origin-values-ceremony?tab=ceremonies>



# 1. ASSEMBLE YOUR TEAM

It took over 100 Vancouver Organizing Committee (VANOC) staff members and partners in operations to coordinate the Vancouver 2010 Olympic Torch Relay. Assess whether you will require help from fellow staff, club members or parent volunteers and recruit accordingly.

# 2. PLAN YOUR OLYMPIC TORCH RELAY ROUTE

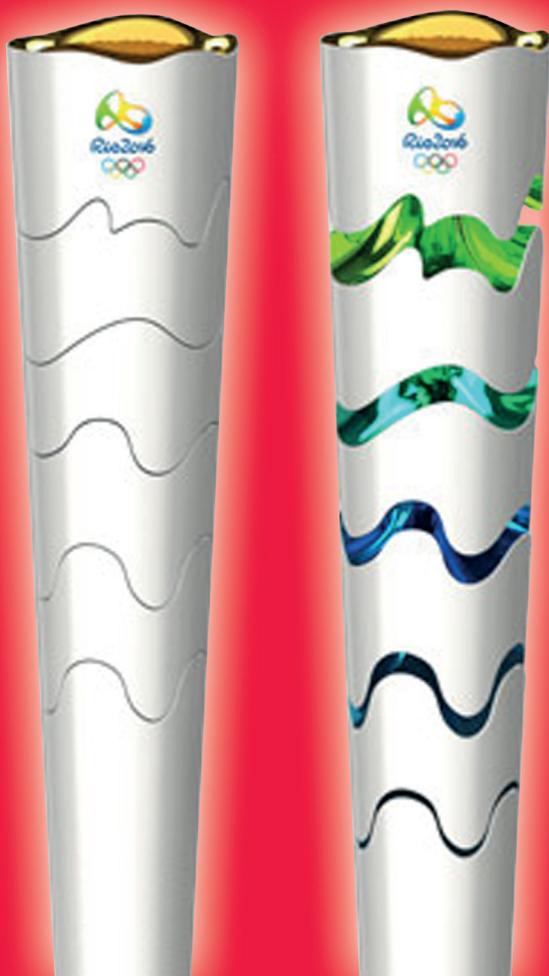
Engage potential participants in designing your Olympic Torch Relay Route. Be sure to consider safety, distance, length of each relay segment, room for spectators to cheer and the weather. Encourage participants to envision what the 45,000km Vancouver 2010 Olympic Torch Relay Route must have looked like.

# 3. DESIGN YOUR OLYMPIC TORCH

Run a contest to design and build simulated torches. Have each participant carry their own torch during their leg of the Olympic Torch Relay or pick a winning design to be carried by a group or by another torchbearer. Use tissue paper, paper towel rolls, tin foil, flashlights, pylons, dollar store plungers and your creativity to make your torches.

# 4. SELECT YOUR TORCHBEARERS

Participation is the key: 12,000 Canadians had the opportunity to carry the Olympic Flame prior to the Vancouver Olympic Winter Games. The more participants you can touch by appointing them as official torchbearers in your school or club based Olympic Torch Relay, the greater the chance of making a life-long impact with this experience. Try to incorporate all participants as torchbearers if you can.



### Rio 2016 Torch

Segments of the Rio 2016 Olympic Torch open up to reveal elements of Brazilian flair – Harmonious diversity, contagious energy and exuberant nature – with the ground, sea, mountains, sky and sun represented in the colours of the Brazilian flag.

**The Sky** - The highest part of the Olympic Torch is represented by the sun, which, like Brazilians, shines and illuminates wherever it passes. Its colour is golden, representing the ultimate achievement at the Games.

**The Mountains** - Rio's natural beauty, expressed in the green curves of its hills and valleys.

**The sea** - Blue, organic and fluid ripples represent the sea, always present in the landscapes of Brazil and Rio.

**The Ground** - The land, which is part of the history of Brazil. Represented by the Copacabana promenade, the most famous piece of ground in Rio.

<http://www.rio2016.com/tochaolimpica/en>

## 5. CHOOSE YOUR MODES OF TRANSPORTATION

The Olympic Flame traveled via different modes of transportation. Allow participants to get creative and select their own method of physical activity or transport to actively move through their section of your Olympic Torch Relay.

## 6. CELEBRATE CANADA'S DIVERSITY

During the Vancouver 2010 Olympic Winter Games the Olympic Flame passed through every Canadian Province and Territory. The organizing committee took the opportunity to celebrate and learn about the culture and diversity of the 1020 communities it touched.

## 7. HOST A CELEBRATION OF YOUR COMMUNITY

Over the span of the Olympic Torch Relay 187 regional celebrations occurred throughout Canada. These celebrations honoured the torch bearers, community leaders, local heroes, teams and volunteers involved in the relay. Use this opportunity to celebrate various people and aspects of your community.

## HAVE FUN!

The Olympic Torch Relay is an incredible opportunity for you to make the Olympic Games come alive. Use this moment to create a once in a lifetime experience for the participants.

# DESIGN YOUR OWN TORCH

What elements would you include in a torch to represent, your country, neighbourhood, team or school?

Use the free template available at [Olympic.ca/education](http://olympic.ca/education) to design your torch.

# MAKE YOUR OWN MEDALS

Gold, Silver and Bronze medals are created for each Olympic Games by the host country. Medals not only represent the successful accomplishments of an athlete, but also how an athlete has given their everything through hard work, commitment and by never giving up during challenging times. The medal also embodies the Olympic Values and the Olympic Oath delivered by an athlete who competed at the Olympic Games.

In order to celebrate that all participants are champions at Olympic Day events, participants are encouraged to cut and colour their own medal that is available online at [www.olympic.ca/education](http://www.olympic.ca/education)



## Did you know?

At the first modern Olympic Games, Athens 1896, the winner was crowned with an olive wreath and received a silver medal.

(<http://www.olympic.org/olympic-medals-history>)

The St. Louis 1904 Olympic Games was the first Games in which gold, silver and bronze medals were awarded for first, second and third place.

(<http://www.olympic.org/olympic-medals-history>)

Rome 1960 was the first time that the medals were designed to be placed around the winners' necks.

(<http://www.olympic.org/olympic-medals-history>)



Design your own Torch!

# DESIGN YOUR OWN TORCH

**What does your torch represent?**

---

---

---

**What Story does it tell?**

---

---

---

**What materials would you use to create it?**

---

---

---

Design your own Medal!

# MAKE YOUR OWN MEDALS

**What does your medal represent?**

---

---

---

**What unique features do they have?**

---

---

---

**What materials would you use to create it?**

---

---

---