



## FAQ's



**UK Delegation**

**Invictus Games 2018**

## Application Process

### 1. What sports can we get involved in at the 2018 Invictus Games?

There are 9 confirmed sports that will take place at the 2018 Invictus Games:

- Athletics
- Archery
- Cycling
- Indoor Rowing
- Powerlifting
- Sitting Volleyball
- Swimming
- Wheelchair Basketball
- Wheelchair Rugby

Sailing has also been confirmed for Sydney 2018, but we are yet to understand further about how this competition would run, or whether it would be included as a demonstration sport.

Wheelchair Tennis is yet to be confirmed as a sport for Sydney 2018, but we have still included Wheelchair Tennis in our training camp programme.

### 2. I want to try new sports, is there an opportunity to do this?

Our SportsFest on Saturday 18<sup>th</sup> November is the perfect opportunity to come along and take part in a taster session of a sport you haven't tried before. Our world class coaches will be on hand to answer any questions you may have and we welcome anyone new to a sport in our training camps that will run from December through until April.

Help for Heroes also has a National Sports Recovery programme, which filters out into local programmes across the United Kingdom. There are opportunities to participate in over a wider range of sports outside of the Invictus Games programme, which include surfing, polo, canoeing, skiing etc. If you are interested in other sports please e-mail [sportsrecovery@helpforheroes.org.uk](mailto:sportsrecovery@helpforheroes.org.uk) for further information on our wider programme of activities.

### 3. What is the difference between 'Register Your Interest' and Applying for Invictus Games 2018?

If you complete the 'Register Your Interest' process you will be added to the 2018 Invictus Games UK Team's mailing list, be invited to SportsFest and Invictus Games 2018 UK Training camps and receive all UK Team updates. However, this will not act as a formal application to be considered for selection for the 2018 Invictus Games. If you have completed the 'Register Your Interest' process, you will receive an update later in the year to apply for the Games. Once you have completed the application process and had your eligibility confirmed by one of the team you will then be considered for selection.

**4. How long is the Register Your Interest process open for?**

You can complete the Register Your Interest online form any time between 1<sup>st</sup> October – 30<sup>th</sup> November. This form can be accessed here: <https://www.helpforheroes.org.uk/get-support/sports-and-hobbies/invictus-games-sydney-2018/>

**5. Can anyone be part of the UK Team for the 2018 Sydney Invictus Games?**

We follow the eligibility criteria as set by the Invictus Games Foundation, which states: *'Invictus Games is open to Wounded, Injured and Sick participants from all branches of the regular or reserved Armed Forces of Participating Nations (PN) who have become ill or injured during, or as a direct consequence of their service'*

As part of our due diligence, the UK Project Team will complete eligibility checks in the initial stages of the 2018 Invictus Games programme.

**6. Will applying for the Invictus Games affect my benefits with the Department of Work and Pensions?**

It's an individual's responsibility to inform the authorities of any change in their circumstances / condition as this may change the level of any award. Further information can be found on the following website <https://www.gov.uk/pip/change-of-circumstances>.

**7. I am/was a reserve, can I still apply?**

Yes, the Invictus Games is open to both regular and reserves for all four military services.

**8. How is eligibility for the Games checked and confirmed?**

Please read the Eligibility Policy, which details in full the eligibility process for both serving and veteran competitors: <https://www.helpforheroes.org.uk/media/440669/eligibility-policy-2018.pdf>

**9. I still have all of my limbs, am I still allowed to compete?**

Absolutely. Our eligibility criteria, as set by the Invictus Games Foundation includes physical, psychological and non-visible injuries or illnesses. If your injuries or illness is attributed to your time serving in the military, you are welcome to register.

**10. Is there an age limit for being part of the UK Team?**

There is no age limit for the UK Team.

**11. Can High Performance athletes apply for the Invictus Games?**

Yes – as long as an individual is eligible for the Games, they are entitled to apply to be a part of the UK Team.

**12. If I apply this year but don't get in, am I allowed to apply again next year?**

Yes, if you were not successful in previous years, and are eligible (as per question 5 above) you would be allowed to apply for future Games.

**13. I have been to the Invictus Games with the UK Team before, am I allowed to apply again?**

Yes, there is no set limit on the number of Games that one can apply for, as each recovery journey is individual to that person. Individuals who have competed in three Games will need to provide an enhanced recovery statement as part of their application form and a third-party reference.

**14. Where does the Warrior Games sit with Invictus?**

The Warrior Games programme sits within the Invictus Games programme and provides an alternative option. There will be 2 points in the Invictus Journey where you can indicate if you would like to be considered for Invictus Only, both Warrior Games and Invictus Games or Warrior Games only. These points are at Register Your Interest and at the Formal Application Stage. Selection for both events will happen at the same time and will be decided by the same panel. It is not possible to apply for Warrior Games without completing the Register Your Interest' process for Invictus Games.

## Training Camps

**1. Do I have to attend training camps in order to be selected?**

Yes – you must attend a minimum of 1 camp per sport that you wish to be considered for. i.e. if you wish to be selected for cycling and swimming, you must attend a cycling and swimming camp.

**2. How do I sign up for Invictus Games training camps?**

Once you have completed 'Register You Interest', one of the team will send out the next stage of the process, which is to sign up for training camps and complete the necessary eligibility documentation. All of the training camp dates will be released at the same time, so you will be able to sign up for any dates you are available right from the very beginning.

## Selection Process

**1. Who decides on those who will be selected for the UK Team in 2018?**

The UK Delegation has Partnership Board, whose members represent each of the Delegation's partners, including Help for Heroes, the Ministry of Defence and The Royal British Legion. All partners will nominate an individual who will make up the UK Team selection panel, with the addition of the UK Team's Chef de Mission.

**2. When are Trials taking place in 2018?**

Our 2018 selection weekend will take place from 5-8<sup>th</sup> April 2018.

**3. What will we be tested on during the 2018 Trials?**

The Invictus Games is a sport competition, so we will try to best-prepare you for a similar environment at our selection weekend. However, the Selection Policy is not primarily based on performance and actually covers several criteria. To read the Selection Policy in full detail, please visit it here: <https://www.helpforheroes.org.uk/media/440641/ig18-selection-policy-v6.pdf>

**4. What are the standards we have to achieve?**

The Selection Policy is based around four principles, including recovery, attitude, commitment and performance. The detail around this is captured within the Selection Policy, which can be found here: <https://www.helpforheroes.org.uk/media/440641/ig18-selection-policy-v6.pdf>

**5. Is there a limit to the number of sports I can apply for?**

We are yet to receive the competition schedule for Sydney – this may limit which sports, and how many sport, you are able to compete in.

**6. What happens if I am not selected?**

The UK Team size has decreased with each Games due to more nations being included in this fantastic event. This is coupled with a steep increase in applications for the UK Team each Games. For Toronto 2017, only 1 in 3 individuals were selected, and it is predicted that selection for Sydney will see a further increase. We ask that any individual who is thinking about applying, is aware that they may not be selected and that they are starting to think about what 's next post Invictus, whether that is at the point of selection, or after the Games.

Help for Heroes and the Royal British Legion offer a wider range of support outside of Invictus Games – please do not hesitate to contact a member of the team to find out more.

## Finances

**1. What do we have to pay for at Training Camps?**

The UK Delegation pays for venue hire, world class coaches, accommodation (usually the night before and the night during) and most catering (breakfast and lunch are usually included, depending on hotel and venue facilities). Competitors are expected to pay for travel to training camps but if individuals need financial support to do this, please contact Help for Heroes Grants Team on [grants@helpforheroes.org.uk](mailto:grants@helpforheroes.org.uk) or by phoning 01980 844200. In previous years, competitors who live near each other have shared lifts to Training Camps later in the year.

**2. What would we have to pay for at the Invictus Games in Sydney?**

The UK Delegation will pay for all flights, accommodation and catering once we are at the Games. Competitors will only have to pay for additional spending money out at the Games.

**3. Is there any financial support available?**

Help for Heroes may, on a case by case basis, be able to provide financial support through the Grants Department. Please visit the Grants Policy for further information on the type of financial assistance available: <https://www.helpforheroes.org.uk/media/440640/ig18-grants-policy-final.pdf>



## Further Support

### 1. How do I get more information on other sports and activities being provided?

Help for Heroes has a National Sports Recovery programme, which filters out into local programmes across the United Kingdom. There are opportunities to participate in over a wider range of sports outside of the Invictus Games programme, which include surfing, polo, canoeing, skiing etc. If you are interested in other sports please e-mail [sportsrecovery@helpforheroes.org.uk](mailto:sportsrecovery@helpforheroes.org.uk) for further information on our wider programme of activities.

### 2. I need support filling out the required documentation, how do I access help?

Our Invictus Project Team are available on the phone via 01980 844391 and are able to fill in the forms for you. Alternatively, all four Help for Heroes Recovery Centres have been fully briefed on the Invictus Games Register Your Interest process and staff will be able to help you fill in the required forms.

#### **Chavasse VC House Recovery Centre**

Address: Chavasse VC House, Berechurch Rd, Colchester CO2 9RQ  
Phone: 01206 815838

#### **Phoenix House Recovery Centre**

Address: Phoenix House, Catterick Garrison DL9 3AX  
Phone: 01748 834148

#### **Plymouth Recovery Centre**

Address: Plymouth Recovery Centre, Endeavour Building, HM Naval Base, Plymouth PL2 2DR  
Phone: 01752 562179

#### **Tedworth House Recovery Centre**

Address: Tedworth House, Tidworth, Wiltshire, SP9 7AJ  
Phone: 01980 844 200