



## FAQ's



**Team UK**

**Invictus Games 2020**



## Programme Overview

It has been announced that the next Invictus Games will be held in The Hague in May 2020. Team UK are committed to supporting our wounded, injured and sick beyond the Games, and therefore have designed a programme that will start immediately following the Closing Ceremony of the Sydney Invictus Games in October 2018.

The programme seeks to provide a series of opportunities for individuals to engage with sport at any level, whilst providing a wider, holistic recovery experience. Team UK want to ensure that sport is part of a good life, and that individuals receive the support, commitment and focus of a partnership of organisations to achieve this. This celebration of sport will culminate in a Team UK event in 2019, playing host to the Invictus Games 2020 Trials and a wider recovery experience.

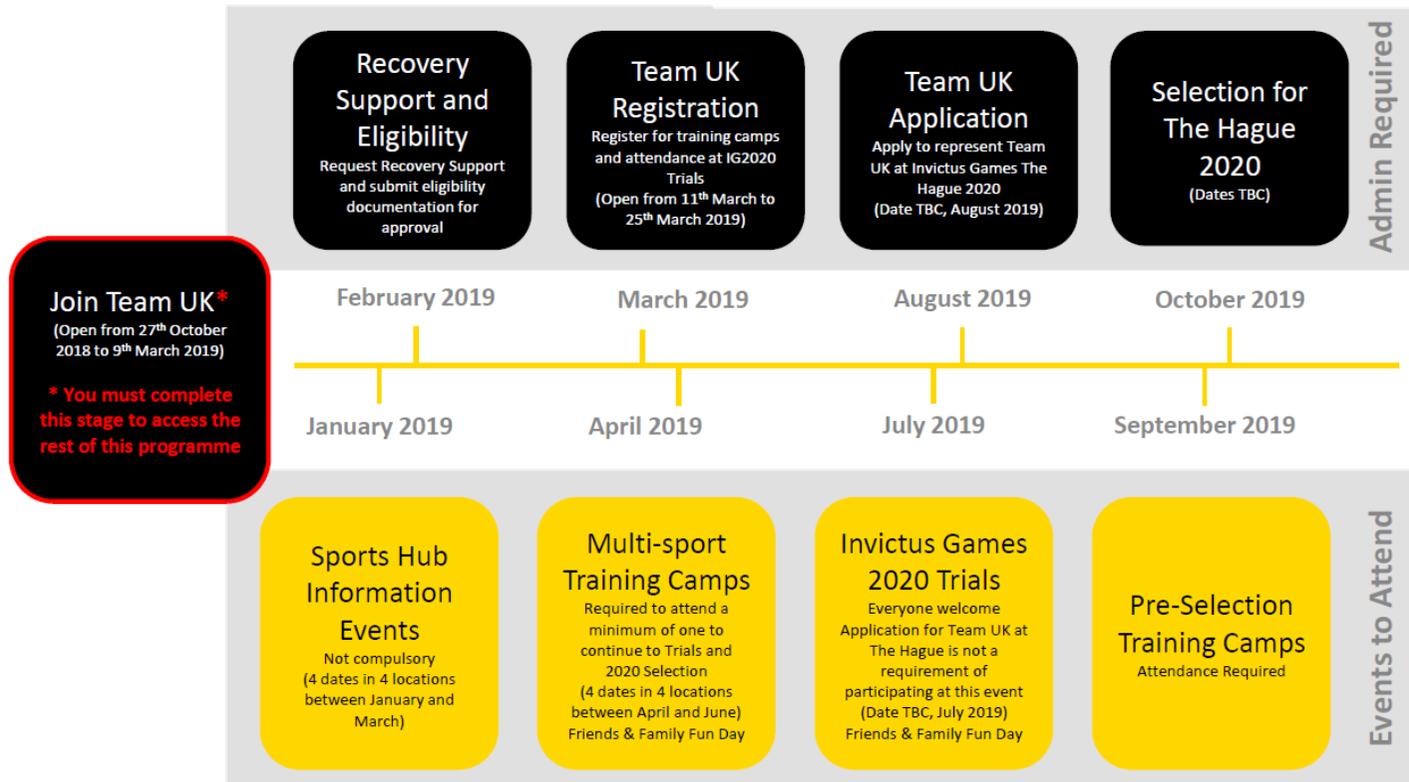
Following the Closing Ceremony of Sydney 2018, Team UK will launch their gateway for 2019 and 2020. The programme will consist of:

- Sport Hubs: Locally delivered sport taster events which will provide an insight into recovery and sporting opportunities, plus information on representing Team UK in clubs and potentially The Hague 2020.
- Multi-Sport Camps: For those who wish to commit to the 2019 event, plus potentially The Hague 2020, an opportunity to meet and train with the Team UK Coaching staff in the Invictus Games 2020 Sports
- 2019 Event: A multisport event for all wounded, injured and sick, featuring the Invictus Games 2020 trials and more!
- The Hague 2020 Team UK Programme: Training camps, selection and more training for those selected to represent Team UK at the Hague 2020
- Represent Team UK: An opportunity to represent Team UK wider than the Invictus Games; get involved in your local club, set up your own activity and more!

## Application Process

To be involved in the Team UK Journey to The Hague 2020 and all activity in between, you must join Team UK before 10<sup>th</sup> March 2019. You can do this by going to <https://www.helpforheroes.org.uk/get-support/sports-and-hobbies/join-team-uk/> and clicking 'Join Team UK'.

### Your Journey with Team UK



Sensitivity: Operational

**1. What sports can we get involved in at the 2020 Invictus Games?**

We do not currently have a confirmed list of sports for the 2020 Invictus Games. However, Team UK have committed to hosting the following sports for 2019 activities.

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

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

Our Sport Hub events taking place between January – March 2019 are 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 March through until June.

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 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 'Joining Team UK' and Applying for Invictus Games 2020?**

If you complete the 'Join Team UK' process you will be added to the 2020 Invictus Games Team UK's mailing list, be invited to Sports Hubs and training camps around the country and receive all Team UK updates.

However, this will not act as a formal application to be considered for selection for the 2020 Invictus Games. If you have completed the 'Sign up for Team UK' 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.

**Please be aware that you MUST Join Team UK before 10<sup>th</sup> March to be eligible for the programme, including the 2019 event and The Hague 2020.**

**4. How long is the Join Team UK process open for?**

You can complete the online Join Team UK form any time up to 10<sup>th</sup> March 2019. This form can be accessed here: <https://r1.dotmailer-surveys.com/951dw27a-873e1w66>

**5. Can anyone be part of Team UK for the 2019 programme and the Invictus Games in the Hague 2020?**

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 Team UK Project Team will complete eligibility checks in the initial stages of the 2019 and 2020 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 in the military, can I still apply?**

Yes, the Team UK Programme and 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 available here <https://www.helpforheroes.org.uk/get-support/sports-and-hobbies/join-team-uk/>

**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 most welcome to register.

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

There is no age limit for Team UK.

**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 Team UK.

**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 are welcome to apply for future Games.

**13. I have been to the Invictus Games with Team UK 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 two or more 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 will be run solely by Help for Heroes as part of their Sports Recovery programme and will sit separately from the Team UK Programme. For more information on the Sports Recovery programme, please visit the website here:

<https://www.helpforheroes.org.uk/get-support/sports-and-hobbies/>

## Training Camps

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

Once you have joined Team UK, 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 Team UK in 2020?**

The UK Delegation has a 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 Team UK's Chef de Mission and an independent panel member who will ensure the robustness and fairness of the process.

**2. When are Trials taking place for 2020?**

Trials for the Invictus Games 2020 will be incorporated into the UK-based event in the summer of 2019.

**3. What will we be tested on during the 2020 Trials?**

The Invictus Games is a sport competition, so we will try to best-prepare you for a similar environment at our selection weekend. The Selection Policy is currently being finalised and will be circulated at a later date.

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

We are yet to receive the competition schedule for The Hague 2020 – this may limit which sports, and how many sports, you are able to compete in.

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

The team size for Team UK 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 Team UK each Games. For Sydney 2018, only 1 in 17 individuals were selected, and it is predicted

that selection for The Hague 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 (the night during, and with exception, the evening before) 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 the 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 where appropriate. This is arranged between competitors rather than centrally by the Project Team.

### 2. What would we have to pay for at the Invictus Games in The Hague?

The UK Delegation will pay for all flights, accommodation and catering for a competitor plus 2 friends and family members. There will be a process to apply for more F&F spaces, however dependent on the rationale provided, costs may fall to the competitor. All personal expenditure will be the responsibility of the competitor. This includes hotel charges, personal spending money etc.

### 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 here <https://www.helpforheroes.org.uk/get-support/sports-and-hobbies/join-team-uk/>

## 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 with you. Alternatively, all four Help for Heroes Recovery Centres 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