

ATTACHMENT 1



**United Canada 2030 Commonwealth Games
Expressions of Interest Guidelines**

Background

The Commonwealth Games Federation (CGF) is responsible for delivering the vision of the Commonwealth sports movement including the Commonwealth Games (CWGs). Commonwealth Sport Canada (CSC) is a CGF founding member and is responsible for the growth and development of the Commonwealth sport movement in Canada. CSC is a registered non-profit, private charity, comprised of 36 Members (individuals and organizations), governed by an elected Board of Directors and supported by a small cadre of staff. The CSC office is in Ottawa.

Canada is the ideal country to host the 2030 CWGs:

- **Successful Hosting Track Record:** Year after year, Canada demonstrates its strength as a leading sport hosting nation. Canada successfully hosts approximately 80 international single sport events each year and has hosted 2 successful major sport events in the recent past (2010 Vancouver Olympic & Paralympic Games and 2015 Pan and Parapan American Games).
- **Geopolitics:** since Canada last hosted the Commonwealth Games in 1994, the CWGs have been hosted in every CGF Region capable of hosting.
- **CWGs Hosting Cycle:** a history of successfully hosting CWGs, including hosting the inaugural CWGs in Hamilton, Ontario, in 1930, and subsequently in 1954 (Vancouver), 1978 (Edmonton) and 1994 (Victoria). Canada on average hosts the Commonwealth Games about every 20 – 25 years. In 2030 it will be 36 years since Canada last hosted the CWGs.
- **CSC Network / Relationships / Support:** established, strong relationships with Commonwealth Games Associations (CGAs), including providing many of them with human and financial resources for sport, and social, development programming, and informal, yet encouraging, verbal affirmation from leaders from a majority of the CGAs capable of hosting today's CWGs that they would welcome Canada hosting the CWGs and would forgo bidding if Canada presents a strong Bid.

Commencing the Canada's 2030 CWGs Bid process now provides time to garner support from governments' and public and develop a strong, winning bid.

Bid Development Steps & Timeline

Expression of Interest Phase

(Fall'24 / Winter'25)

- CSC invites provincial governments to partner with CSC in developing a bid for the 2030 Commonwealth Games
- CSC consults with provincial governments
- Interested provincial governments submit an **Expression of Interest** to host part of the 2030 Commonwealth Games

Hosting Proposal Phase

(Winter'25)

- CSC determines the 2030 *Commonwealth Games* sports program and based on the sports' locations identifies preferred provincial governments/ Indigenous nations. If multiple provincial governments want to host the same sports, CSC will work in close collaboration with those provincial governments and together find common ground.
- Preferred provincial governments/Indigenous nations are invited to submit a **Hosting Proposal** to host part of hosting the 2030 Commonwealth Games
- CSC evaluates the Hosting Proposals, selects and announces participating provincial governments/Indigenous nations

Bid Development Phase

(Spring'25 / Summer'25)

- CSC in partnership with participating provincial governments/Indigenous nations and the Government of Canada, develops the **“United Canada 2030 Commonwealth Games Bid”**
- A Multi-party Agreement (MPA) in-principle is negotiated & signed between CSC, participating provincial governments/Indigenous nations and the Government of Canada
- In partnership with participating provincial governments/Indigenous nations and the Government of Canada, CSC submits the United Canada 2030 Commonwealth Games Bid to CGF



Currently CSC has **not** received information from the Commonwealth Games Federation about the international bid process and timeline for the 2030 Commonwealth Games. However, assuming the Games will be awarded at CGF's 2025 General Assembly and taking into the account previous international bid processes, the timeline shown here will be used to guide CSC's bid development process, and revised when more information is known.

Expression of Interest Guidelines

Interested provincial governments are invited to submit an **Expression of Interest (EOI)** to be one of the hosts provinces for the 2030 Commonwealth Games. The EOI can be submitted in the official Canadian language of provincial government's choice. The Expression of Interest is the principal document CSC uses to determine; the sports program, preferred provincial governments/Indigenous nations and their suggested host region(s)/city(s)/territory(s) and games venues for a 2030 CWGs Bid. As such, the EOI must accurately reflect the current situation of the province, and proposed region(s)/city(s)/territory(s), in a realistic manner.

No costly, glossy “bid books”! just a MS Word based document. All representations, statements and other commitments contained in the Hosting Proposal are legally binding. The CSC's Bid & Hosting Committee reserves the right to seek clarification.

Expression of Interest Areas:

- Sports Program, and
- Venues Plan

Sports Program

Propose 1 or more sports in priority order from the following:

- Individual Sports: Archery (recurve), Athletics (able & para), Badminton, Boxing, Cycling (road, track, mountain bike), Diving, Esports, Gymnastics (artistic, rhythmic), Judo, Lawn Bowls (able & para), Powerlifting (para), Shooting, Squash, Swimming (able & para), Table Tennis, Triathlon (able & para), Weightlifting, Wrestling (freestyle),
- Team Sports: Basketball (3x3, able & para), Cricket (T20 women), Field Hockey, Lacrosse (Field 6s, men & women), Netball (women), Rugby Sevens (men & women) and Beach Volleyball (men & women),
- Up to one (1) sport not listed above that is of particular interest to your province along with a compelling case,
- Innovative formats to increase reach, appeal and operational efficiency is encouraged,
- Inclusive of para events and athletes, and
- incorporate community/mass participation and hybrid (online) events (optional).

Estimate the number of athletes (men and women / able body and para) by sport and demonstrate gender balance (at least 40% of each gender),

Demonstrate your province's history of hosting international events in the past 10 years.

Venues Plan

- A list of proposed Games Venues (sport and non-sport* / competition and training) and suggested host region(s)/city(s)/territory(s), keeping in mind:
 - compliance with *CWGs Venues Guidelines* (See Appendix),
 - at least 1 venue is in an Indigenous Nation(s),
 - venues are existing or planned with requisite approvals and funding in place. If planned, an existing “Plan B” venue is to be identified,
 - clustering venues where possible to achieve operational efficiencies and enhance the spectator experience, and
 - Identifying a games venue(s) where the word “Commonwealth” (and the CSC logo) is incorporated in perpetuity is desirable.

**Non-sport venues include airport(s), international broadcast/main press center, accreditation center and live/festival sites*

- A Games Map showing each games venue and the distance and estimated travel times between each games venue and accommodation sites (athletes/team officials, sport technical officials, CGF/CGA officials), and
- An Accessibility Plan for persons with disabilities for each proposed games venue (sport and non-sport), delivering accessible venues, facilities and associated ‘barrier free’ environments, supported by inclusive and complementary services.

Note, the Hosting Proposal phase addresses the following areas:

- Vision & Concept
- Impacts & Legacies
- Games Delivery
- Accommodations
- Finances
- Local Stakeholder Interest, Involvement & Commitment

Appendix: CWGs Venues Guidelines

Sport	Field of Play Requirements
Archery	<p><u>Qualifications</u></p> <ul style="list-style-type: none"> • A field-of-play with 64 Targets (160m x 70m) shall be provided • A separate warm-up area is not required for qualification Finals • A field-of-play with two (2) Targets shall be provided for the finals. • A separate warm-up area near the field-of-play is required
Athletics (Track and Field – including Marathon and Para Athletics)	<ul style="list-style-type: none"> • A category 1 certified track is required, in line with the specifications and layout as detailed in the World Athletics Track & Field Facilities Manual • Warm-up facilities, located adjacent to the main stadium shall be provided. A minimum of a six (6) lane, 400m synthetic track, jumping facilities and a separate combined throws field for Discus, Hammer, Javelin Throw and Shot put is required
Badminton	<ul style="list-style-type: none"> • A competition arena shall be provided containing at least five (5) courts. A minimum ceiling height of 12m (clear of girders or obstruction) is required over the playing area. • Competition mats must be laid on a wooden sprung floor or equivalent subfloor • There must be 2m of clear space behind the baseline of each court and a minimum of 1.5m of clear space from the side lines. For adjacent courts, there shall be a minimum of 4m between courts • A warm-up area shall be provided in a separate but adjacent area. A minimum of two (2) but preferably four (4) courts are required. A minimum ceiling height of 10m (clear of girders or obstruction) is required but 12m is preferred
Basketball (3x3 – including Wheelchair Basketball 3x3)	<ul style="list-style-type: none"> • One (1) Competition field-of-play is required with a flat, hard surface measuring a total of 18m in width and 14m in length (comprising of; 15m (w) and 11m (l) playing court and boundary areas of 2m baseline, 1.5m for short sides and 1m for long side opposite the backstop) • A canopy or roof structure is required covering a minimum of the field-of-play • A warm-up court located adjacent to the field-of-play (separated by seating stands) is required
Boxing	<ul style="list-style-type: none"> • A competition hall shall be provided containing one (1) boxing ring (minimum space of 20m x 20m is required) placed on a raised platform and separated from the seating by a barrier located a minimum of 6m from the ring edge. There shall be approximately 10m from the edge of the platform to the front seating row • Two separate warm-up areas shall be provided (one for the red corner and one for blue corner), near the field-of-play. Each area should be approximately 100-150m²
Cycling (Road/Time Trial)	<ul style="list-style-type: none"> • Before the finish line, a detour shall be provided for all vehicles to leave the course • A warm-up circuit of 800m in the vicinity of the start shall be provided • For the Time Trial the start area must be separate from the finish and shall include a start ramp • Course design and distances must be approved by the appointed UCI Technical Delegate • Course distances <ul style="list-style-type: none"> ○ Road Race: maximum length of 240km for Men and 140km for Women. If the course is held on a circuit loop, each circuit shall be a minimum of 10km long. ○ Time Trial: maximum length of 80km for Men and 40km for Women ○ Criterium: The circuit shall measure between 800m – 10,000m with the maximum course distance determined by the length of the circuit as set out in UCI regulations
Cycling (Track – including Para Cycling Track)	<ul style="list-style-type: none"> • An indoor timber track, 250m in length, shall be provided. The width of the track must be a minimum of 7m and be consistent throughout its length • The surface of the track shall be completely flat, homogenous and non-abrasive. The tolerance of flatness for the track surface shall be 5mm over 2m. • The track must obtain a UCI homologation certificate prior to competition • A warm-up area inside the track infield is required
Cycling (Mountain Bike)	<ul style="list-style-type: none"> • The competition course shall be a 3.5km to 6km circuit, including a variety of terrain (road sections, forest track, fields and natural or gravel paths) and include significant amounts of climbing and descending. Paved, tarred or asphalt roads cannot exceed 15% of the total course • The start zone shall be a minimum of 8m wide and 150m in length (50m before the start line and 100m after) and must be on a flat or uphill section of the course • The finish zone shall be a minimum of 8m wide for at least 80m before the finish line and 50m after and must be on a flat or uphill section of the course

Sport	Field of Play Requirements
	<ul style="list-style-type: none"> • There shall be a minimum of six (6) crossing points for spectators, marshalled on each side of the course • A separate warm-up area is not required • Course design must be approved by the appointed UCI Technical Delegate
Cricket	<ul style="list-style-type: none"> • A competition arena that can accommodate a field-of-play comprising of the following: Rectangle pitch measuring 22 yards (20.12m) in length and 10 feet (3.05m) with a minimum boundary of 60 yards (54.86m) and maximum boundary of 70 yards (64m). Perimeter fencing or advertising boards must be a minimum of 3 yards (2.74m) from the boundary line. • Competition pitch can be either natural turf or hybrid • A separate area, with nets and an indoor nets facility is required near the field-of-play for warm-up
Diving	<ul style="list-style-type: none"> • A minimum 25m (w) x 20m (l) pool shall be provided for Diving competition. • The Diving pool depth can vary throughout with a minimum depth (at plummet) of 4.5m is required but 5m is preferred • The number of springboards required is dependent on the Medal Event Program • Mechanical surface agitation shall be installed • A jacuzzi and showers are required on the field-of-play
Gymnastics (Artistic)	<ul style="list-style-type: none"> • A competition arena with minimum dimensions of 64m x 41m shall be provided. • A competition podium, minimum 800mm and maximum of 1000mm shall be installed onto which Apparatus shall be installed <p>Two warm-up areas (can be one hall with sufficient separation between areas) of approximately 40m x 20m shall be available, separate but adjacent to the field-of-play. The two areas shall include apparatus for Men's and Women's events, in accordance with the FIG apparatus norms, with additional space for stretching. Space should also be allocated for a performance music system</p>
Gymnastics (Rhythmic)	<ul style="list-style-type: none"> • A competition arena with minimum dimensions of 38m x 34m shall be provided. This will consist of an 18m x 18m performance area, placed on a 26m x 26m raised competition podium. The height of the podium shall be a minimum of 800mm and maximum height of 1000mm • Minimum ceiling height of 12m but 14m is recommended • A warm-up area, separate but adjacent to the field-of-play shall be provided, measuring a minimum of 18m x 18m with additional plus space with mats for stretching. Space should also be allocated for a performance music system
Hockey	<ul style="list-style-type: none"> • Two (2) identical pitches shall be provided with FIH Approved Global category turf and located within walking distance. Both pitches must meet the specifications detailed in the FIH Field, Lighting and Equipment Specifications for the year of the Games. One pitch is the primary competition field-of-play. The second pitch will be used for warm-up and as a contingency back-up • The hockey pitches shall be aligned North / South, with a maximum deviation from North of no more than $\pm 15\%$ • The field-of-play and run-off's must be blue in color using a FIH approved pantone • Both pitches must gain FIH hockey field certification prior to the Games as detailed in the FIH Field, Lighting and Equipment Specifications for the year of the Games
Judo	<ul style="list-style-type: none"> • The field-of-play shall consist of two (2) 10m x 10m mats with a 6m safety area between and a minimum exterior safety area of 4m. The field-of-play should be positioned on a solid platform measuring 1m wider than the combined mat area. The platform shall be 0.8 – 1m in height • There shall be a minimum of 12m clear space above the field-of-play • A warm-up space of a minimum 600m² containing four (4) competition size tatami areas shall be provided, located in a separate area adjacent to the field-of-play. The minimum height above the tatami must be 5m
Lawn Bowls (including Para Lawn Bowls)	<ul style="list-style-type: none"> • A minimum of four (4) greens shall be provided for competition and warm-up • field-of-play orientation must be north south with a maximum tolerance of $\pm 15\%$ east or west • field-of-play can be either natural grass or an approved synthetic surface. If synthetic, it shall meet World Bowls recommended standards and be supplied by an approved provider
Netball	<ul style="list-style-type: none"> • One (1) competition arena shall be provided including a court (including run-off) measuring 36.6m in length and 21.35m in width. • There shall be a minimum of 8.3m clear ceiling height above the court

Sport	Field of Play Requirements
	<ul style="list-style-type: none"> • At least one (1) but preferably two (2) netball courts shall be provided for warm-up. The warm-up area should be separate but adjacent to the field-of-play
Rugby Sevens	<ul style="list-style-type: none"> • A competition arena comprising of the following measurements shall be provided. <ul style="list-style-type: none"> ○ A playing area of a minimum 94m (length) x 68m (width) and maximum 100m (length) x 70m (width) ○ A perimeter area of a minimum 5m in width surrounding the playing area • The playing surface must conform to World Rugby Regulation 22 • At least two (2) warm-up areas near the field-of-play shall be provided. The warm-up area can be one field, sub-divided. The field must conform to World Rugby Regulation 22.
Shooting (10m/50m range)	<ul style="list-style-type: none"> • 10m range – A fully enclosed competition arena shall be provided • 50m range – An enclosed, but only partially roofed, competition arena shall be provided. At least 35m of the 50m shall be open to the sky. The firing point must be roofed or covered • Separate warm up areas are not required • Number of targets will depend on the number of athletes • Ranges should be positioned in such a way that the sun is behind the athlete as much as possible during the competition day
Shooting (25m range)	<ul style="list-style-type: none"> • All enclosed, but only partially roofed, competition arena shall be provided. At least 12.5m of the 25m shall be open to the sky. The firing point must be roofed or covered • A minimum of two (2) but preferably four (4) dry firing positions shall be provided for warm-up. Positions shall be adjacent but visually separate from the remainder of the range • Number of targets will depend on the number of athletes • Ranges should be positioned in such a way that the sun is behind the athlete as much as possible during the competition day
Shooting (Full Bore)	<ul style="list-style-type: none"> • A competition arena with five (5) firing lines (all firing to the same target area) shall be provided • A separate warm-up area is not required • Number of targets will depend on the number of athletes • Ranges should be positioned in such a way that the sun is behind the athlete as much as possible during the competition day
Shooting (Combined trap and skeet)	<ul style="list-style-type: none"> • Three (3) combined trap & skeet ranges shall be provided, near one another • Two (2) ranges will be used for competition, one of which shall be set up as the finals range, and the remaining range will be used for warm-up/practice • Ranges should be positioned in such a way that the sun is behind the athlete as much as possible during the competition day
Squash	<ul style="list-style-type: none"> • The show court arena must have at least one (1) glass enclosed court with the capability to convert from singles to doubles configuration. Seating shall be positioned on all sides. The courts must be WSF accredited • A separate match court arena shall be provided with a minimum of six (6) singles courts which can be converted to create four (4) doubles courts. • Additional warm-up courts are not required
Swimming (including Para Swimming)	<ul style="list-style-type: none"> • A ten (10) lane, 50m long course pool shall be provided for the Swimming competition. The pool shall provide eight (8) competition lanes (each 2.5m in width) with two spaces (2.5m in width) outside lanes 1 and 8. • Pool depth shall be a minimum of 2m but 3m is preferred • A 50m warm-up pool shall be provided, with a minimum of six (6) but preferably eight (8) lanes (each 2.5m in width), with two spaces (each 2m in width) beyond the outside lanes. Depth shall be a minimum of 1.2m (with 1.35m required for at least 6m from the starting blocks). 2m depth is preferred.
Table Tennis (including Para Table Tennis)	<ul style="list-style-type: none"> • Two (2) show courts and eight (8) match courts are required • A minimum of ten (10) warm-up courts are required, near the show and match courts
Triathlon (including Para Triathlon)	<p>The below is relevant for a sprint distance format event</p> <ul style="list-style-type: none"> • The Triathlon field-of-play is comprised of the following areas: • Swim course <ul style="list-style-type: none"> ○ Distance: Individual = up to 750m / Relay (per leg) = 250m – 200m ○ The swim course minimum water depth should be 1.5m

Sport	Field of Play Requirements
	<ul style="list-style-type: none"> • Bike course <ul style="list-style-type: none"> ○ Distance: Individual = up to 20km / Relay (per leg) = 5km – 8km ○ The bike course should be held over 2-6 laps for individual events and 1-4 laps for relay events ○ The course shall have a preferred width of 6m ○ For Para Triathlon events no section of the course shall have a gradient greater than 12% • Run course <ul style="list-style-type: none"> ○ Distance: Individual = up to 5km / Relay (per leg) = 1.5km – 2km ○ The run course should be held over 1-2 laps for individual and relay events ○ The course shall have a minimum width of 3m • Transition Area <ul style="list-style-type: none"> ○ Should be located on a hard surface, preferably asphalt or concrete fully covered in carpet ○ The width of entry and exit to the transition zone shall be a minimum of 6m and the same distance as that separating bike rack rows ○ The dimensions of the area are determined by the number of athletes / teams and layout must be determined by World Triathlon regulations relative to each medal event • Course design and distances must be approved by the appointed World Triathlon Technical Delegate
Volleyball (Beach)	<ul style="list-style-type: none"> • One (1) competition field-of-play is required with minimum dimensions of 38m x 28m, including a 16m x 8m playing court, 6m freezone and 8m wide service zone. The field-of-play sandbox must facilitate a minimum sand depth of 40cm • Four (4) additional warm-up and training courts are required. These should be separate but adjacent to the competition arena • Access to the elevated field-of-play deck shall be provided with appropriate ramps or stairs
Weightlifting (including Para Powerlifting)	<p>Weightlifting</p> <ul style="list-style-type: none"> • A competition arena with a minimum area of 22m x 16m shall be provided • The field-of-play will be positioned on a stage with a minimum height of 800mm and maximum of 1000mm. The stage must have the structural capacity in line with International Federation guidelines • A warm-up area, immediately adjacent to the field-of-play is required with fifteen (15) warm-up platforms, with space for entry and control area <p>Para Powerlifting</p> <ul style="list-style-type: none"> • A competition arena with a minimum area of 25m x 15m shall be provided with a minimum ceiling height of 10m. • The field-of-play will be placed on a competition stage, measuring a minimum of 11m x 10m and maximum of 12m x 12m. The stage must be a minimum of 50cm and maximum of 70cm in height with 1-2 ramps, 5-7m in length provided for access. • The surface of the stage must have a flat, non-slip surface and be able to support a minimum weight of 2,000kg • A warm-up area, separate but adjacent to the field-of-play, of a minimum of 25m x 15m, containing twelve (12) warm-up platforms shall be provided
Wrestling	<ul style="list-style-type: none"> • A competition arena with two competition mats shall be provided. The field-of-play shall be placed on a raised platform which shall be a minimum of 800mm and maximum of 1100mm in height • A minimum of three (3) warm-up mats shall be provided, near the field-of-play

The preliminary and/or finals rounds for 2 sports from the following list can each share one multi-purpose venue (i.e. convention / exhibition center, arena or gymnasium): Boxing, Gymnastics, Netball, Wrestling and Weightlifting.

Training Venue Requirements

Training venues should be provided as set out in the table below. The training venue requirements will ultimately be determined by a range of factors, including competition format, athlete numbers and any proposed venue sharing arrangements. As such, the table below should be used as a guide only. The objective is to minimize the number of training venues, and duration of operation, if possible, without impacting athlete performance.

Sport	Training Venue Requirements
Archery	A separate warm-up area is not required for qualification.
Athletics (Track and Field – including Marathon and Para Athletics)	In addition to the warm-up track and throwing area, an additional 1 x 8-lane 400m track (including two horizontal jump pits) and 1 x throwing area (including a javelin run up surface, hammer cage and discuss cage) is required. Preferably one of these should be near the competition venue / athlete village. It is preferable, though not mandatory, for these training facilities to have an identical track surface to the competition field-of-play.
Athletics (Race Walks)	Race Walk Athletes will require access to the Athletics training tracks and a course familiarization opportunity
Badminton	In addition to the competition and warm-up courts, 4 x additional training courts are required with preference to be co-located with the competition venue, but this is not essential.
Basketball (3x3 – including Wheelchair Basketball 3x3)	Two training courts are required in addition to the field-of-play All training will be undertaken at the competition venue
Boxing	A minimum of 1 x training venue is required. It is preferable for this to be located within or near the Competition venue. The training space should include as a minimum: 4 x boxing rings - each ring forms the core of a training station including a frame and matted area with the following: <ul style="list-style-type: none"> • 2-3 x different punch bags 1 x speed ball • 20 m² for shadow boxing • 20 m² for skipping
Cycling (Road/Time Trial)	Scheduled on-course training/familiarization to be provided with designated road course(s) prior to competition
Cycling (Track – and Para)	All training will be undertaken at the competition venue
Cycling (Mountain Bike)	All training will be undertaken at the competition venue. Scheduled on-course training/familiarization is required.
Cricket (T20)	Two separate training facilities are required for an 8-team tournament. Each venue should include sufficient batting nets to provide three batting nets for each training session during the entire training period. The total number required will be dependent on the volume of training and pitch rotation plan for the venue. The pitches for the batting nets should be the same type of surface as the competition venue, i.e. turf or hybrid. Each venue should also have an appropriately sized grass outfield for fielding training. In addition, an indoor training facility is required in case of adverse weather, with a minimum of six (6) lanes
Diving	All training will be undertaken at the Competition venue utilizing both the Competition pool and a dry training area. The dry training area should include as a minimum, springboards with associated landing pads, trampolines, foam crash mats, somersault boxes, weightlifting equipment and a video replay system.
Gymnastics (Artistic)	Training Halls (or one Hall or area which can be segregated into separate Men's and Women's Artistic Training Halls) containing a full set of apparatus and corresponding matting plus for each, an additional; Balance Beam and Uneven Bars (WAG), Parallel Bars and Pommel Horse (MAG) is required. This can either be delivered through dual use of the Warm-Up Hall and field-of-play at the competition venue or at a separate Independent Training Venue
Gymnastics (Rhythmic)	Two Rhythmic Performance Areas (floors), with physical separation by a temporary wall or sturdy curtain and a minimum 10m (ideally 12m) ceiling clearance is desired This can be either the competition venue field-of-play (depending on any required transition from Gymnastics – Artistic) and another area or an Independent Training Venue
Hockey	In addition to the two pitches at the competition venue, an additional full-size training pitch is required, preferably co-located. Both training pitches must hold a current (time of the Games) FIH Global Field

	Certificate
Judo	In addition to the 400 m sq. warm-up area at the competition venue, an additional training venue is required. It should have a minimum of six (6) (up to ten) areas of 8m x 8m, therefore a total open area 400 - 600 m ² . Access to 2 (8 person) x saunas, calibrated scales and space for a sewing room (10m x 10m) is also required
Lawn Bowls (including Para Lawn Bowls)	Lawn Bowls training can be conducted at the competition venue; however, an additional venue would provide greater flexibility
Netball	Two full-size Netball courts (preferably co-located) should be provided for training
Rugby Sevens	A minimum of eight training pitches is required for a 16 (men) and 8 (women)- team tournaments. Technical Officials will also require use of a training pitch or a warm-up pitch for training. The pitches can be grass or artificial turf conforming to World Rugby regulation 22. Access to a high-performance gym is required, ideally co-located to a training venue. Access to a swimming pool (1-2 lanes), near the training venues is also required for recovery.
Shooting (Rifle and Pistol)	All Shooting training should be undertaken at the competition venue
Shooting (Trap and Skeet)	All Shooting training should be undertaken at the competition venue
Shooting (Full Bore)	All Shooting training should be undertaken at the competition venue
Squash	The competition venue will provide for all training, with singles and doubles courts being available. Should other courts be available these may be utilized, but it is not mandatory to provide additional training courts.
Swimming – including Para Swimming	In addition to the competition pool a 6-lane warm-up pool, a separate training facility with a 50m pool is required

Competition Venue Capacities

The following competition venue capacities are provided for guidance and are guidelines that have been developed for each Commonwealth Games sport. These are gross seating capacities (i.e., including seat kills and accredited seating). These capacities are subject to modification based on the following specific factors:

- popularity of a specific sport in the city/country/region. Proposed capacities may be higher and should match the likely demand to maximize the opportunity for the public to attend Commonwealth Games events,
- legacy requirements for specific venues/sports, and
- the ability to adequately adapt venue capacities through temporary seating, where appropriate.

Sport/Event	Discipline	Historic Indicative Venue Capacity
Diving		1,000
Archery	Recurve	1,000
Athletics	Incl. Para Athletics	20,000 - 40,000
Athletics	Race Walk/Marathon	500 (Finish line)
Badminton		2,500
Basketball	3 x 3 Incl Wheelchair	2,500
Boxing		2,500
Cricket		10,000
Cycling	Road	500 (finish line)
	Mountain Bike	2,000
	Track, Incl. Para Cycling Track	2,500
Diving		1,000
Field Hockey		4,000
Gymnastics	Artistic	6,000
Gymnastics	Rhythmic	3,000
Judo		2,000
Lawn Bowls	Incl. Para Lawn Bowls	2,000
Netball	Women	2,500 – 8,000 (finals)
Rugby Sevens		10,000 – 30,000
Powerlifting	Para	2,000
Shooting	Clay Target	500 (combined across the ranges)
	Pistol	
	Small Bore	
	Full Bore	
Squash		2,000
Swimming	Incl. Para Swimming	4,000
Table Tennis	Incl. Para Table Tennis	2,000
Triathlon		2,000 (finish line)
Triathlon	Para Triathlon	500 (finish line)
Beach Volleyball		3,000
Weightlifting	Incl. Para Powerlifting	2,000
Wrestling	Freestyle	2,000