





Canadian Sport Institute and Canoe Kayak BC Athlete and Coach Nomination Criteria

CSI Pacific Representative Drew Todd Athlete Services Lead	 Signature
Canoe Kayak BC Representative	 Signature

2019 CKBC Performance Program and Selection Policies

Updated: May 1, 2019 – updates Board position in Appeal section; age categories are changed in Goals to reflect new age categories; June 28 – updated Injury, Illness and Extenuating provision to conform to Canadian Sport-Institute Pacific's Criteria Template

GOALS

- Produce medalists at Canadian National Championships and Canada Summer Games;
- Recognize and support athletes who have a potential to make Junior, U23 and Senior Development and National Teams, and who have shown a commitment to training to achieve this objective;
- Successfully transfer our most talented athletes from the U16 and U18 age groups to the U23 ranks, and continue this progression towards becoming Senior National Team members and then Olympic medalists; and
- Strive to deliver programs that integrate with CanoeKayak Canada, Canadian Sport Institute Pacific (CSI Pacific) and PacificSport Regional Centers.

PROGRAM OBJECTIVES

- Provide and facilitate the optimum number of regattas and camps offered for all athletes at all levels of development;
- Provide support and encouragement to member clubs in developing recruitment programs and retention strategies;
- Continue athlete (e.g. RBC Training Ground/Para Search) and coaching development strategies;
- Provide sport science resources for athletes and coaches;
- Support athletes that attend National Team Trials, Canadian National Championships, World Cups and Championships and other international regattas, such as the Olympic Hopes Regatta; and
- Facilitate participation in appropriate Spring Training Camps;

ATHLETE SELECTION OBJECTIVES

- Identify BC athletes by their level of performance;
- Compare performances of athletes in different racing ages;
- Compare performances of athletes in different disciplines;
- Compare performances of athletes in different crews;
- Be inclusive for both sexes, canoe and kayak disciplines and para-canoe representation;
- Provide project subsidies according to the athlete's level of performance (when available); and
- Provide all CKBC members with clear and transparent selection criteria that will focus on individual long-term athlete development.

ELIGIBILITY

Eligibility to participate in any of CKBC's programs shall be made open to all CKBC athletes who meet and adhere to the following criteria:

- Competitive member of a CKBC affiliated Club (in good standing);
- Not currently holding an International (SR1/SR2), Senior (SR/C1), or Development (D) card;
- Athletes must race for a CKBC-affiliated Club for the current season;
- Successfully complete the CCES True Sport Clean 101 Quiz (see below for more details); and

- Athletes receiving funding from the Performance Program are deemed to have participated in a selection process and are therefore committing to competing for the Province of British Columbia;

IDENTIFICATION

Athletes may be named to the Performance Program by meeting one of the following criteria:

- National Team Selection/Identification or CKC Team Selection;
- Achieving BC Performance Standards;
- Achieving BC Performance Time Standards; or
- Discretion of the Technical Committee (Level 5).

NOTE:

IT IS THE RESPONSIBILITY OF THE ATHLETE TO ADVISE THE CKBC OFFICE THAT THEY HAVE ACHIEVED A PERFORMANCE STANDARD BY SENDING AN EMAIL TO info@canoekayakbc.ca providing the date, location, event and time achieved. A reference (Link) to the specific competition results must also be included.

**** Deadline for submission: October 1, 2019 unless approved by the Provincial Coach ****

SELECTION CRITERIA

CSI Canadian Development:

Level 1

- Athletes (who do not receive Sport Canada Athlete Assistance Program funding) who have competed at a 2019 Senior World Cup; OR
- Athletes who have competed at 2019 U23 World Championships

CSI Provincial Development – Level 1

Level 1a

- Athletes who have competed at U23 or Junior World Championships in the past 24 months, provided they maintain their status as a Provincial Team Athlete (see *Athlete Responsibilities and Removal Process*); OR
- Athletes who have represented Canada at an international sprint event and competed at the Canadian National Championships (provided that the international event is not at the same time as the Canadian National Championships); OR
- Arrived within the top 3 at the Canadian National Championships in a singles event
 - If there are no heats to create finals, an athlete is deemed to have achieved this standard if they arrived within the top 15% of all boats in the event

Level 2

- Athletes who are tracking towards Level 1a according to sport specific development pathway (LTAD) AND
- Competed at the Canadian National Championships AND
 - Arrived within the top 5 at the Canadian National Championships in a singles event

- If there are no heats to create finals, an athlete is deemed to have achieved this standard if they arrived within the top 20% of all boats in the event; OR
- Arrived within the top 5 at National Team Trials in a singles event in an “A” Final
 - If there are no heats to create finals, an athlete is deemed to have achieved this standard if they arrived within the top 20% of all boats in the event; OR
- Nominated to the CKC Junior Development Team.

CSI Provincial Development – Level 2

Level 3

- Provincial elite athletes who are tracking towards Level 2 according to sport specific development pathway (LTAD) AND
- Competed at the Canadian National Championships AND
 - Qualified for a final in a singles category at the Canadian National Championships
 - If there are no heats to create finals, an athlete is deemed to have achieved this standard if they arrived within the top 56% of all boats in the event). U17 athletes competing in the 6000m event are deemed to have achieved a Level 3 standard by finishing in the top 9 in the event; OR
 - Qualified for an “A” Final at National Team Trials in a singles category
 - If there are no heats, the athlete must be within the top 56% of all boats in the event; OR
 - Arrived within the top 3 in a doubles or fours category at the Canadian National Championships
 - If there are no heats to create finals, an athlete is deemed to have achieved this standard if they arrived within the top 20% of all boats in the event
 - In the case of women’s canoe, only U17 and U19 events will be eligible for this standard; OR
 - Achieved a Provincial Level 3 Standard listed in Appendix A at an approved event.

Level 4

- Provincial athletes who are tracking towards Level 3 according to sport specific development pathway (LTAD) AND
- Competed at age appropriate Canadian National Championships AND
 - Qualified top 5 in a doubles or fours category at the Canadian National Championships
 - If there are no heats to create finals, an athlete is deemed to have achieved this standard if they arrived within the top 56% of all boats in the event
 - In the case of women’s canoe, only U17 and U19 events will be eligible for this standard; OR
 - Qualified for a “B” Final in Senior (with a minimum of 6 Sport Canada Carded athletes competing) or Junior singles category at National Team Trials
 - If there are only two finals, the athlete must be within the top 75% of all boats in the event; OR
 - Achieved a Level 4 Standard listed in Appendix A at an approved event.

Level 5

- Provincial athletes who are tracking towards Level 4 according to sport specific development pathway (LTAD) AND

- Competed at age appropriate Canadian National Championships in a U16, U17 or U19 category AND
- Achieved a Level 5 Standard listed in Appendix A at an approved event; OR
- Nominated and approved by the Coaches Technical Committee.

NOTE:

- An athlete(s) nominated and approved by the Coaches Technical Committee must meet a minimum performance standard
- Athletes may only be nominated as a Level 5 athlete for one year. In subsequent years they must achieve a Level 4 status unless approved by the Coaches Technical Committee.

NOTE: All time standards at all levels have unlimited trailing zeroes.

ELIGIBLE VENUES

Each athlete will have multiple opportunities throughout the competitive season to demonstrate his/her level of performance. The following sites have been approved having hosted Nationally recognized Championships/events or International Championship events:

- National Team Trials
- Provincial Team Trials
- Ted Houk Regatta (Seattle)
- Canada Day Regatta (Regina)
- BC Championships/National Qualifiers Regatta
- Canadian National Championships
- USACK Championships
- Canada Cup Regattas

Athletes competing at events with a valid survey certificate and not listed above may send a letter to the Technical Committee requesting that the competition be considered.

ATHLETE RESPONSIBILITIES AND REMOVAL PROCESS

Athletes nominated as Performance Athletes are accountable to CKBC:

- Athletes meet the Eligibility Criteria
- Athletes must submit a signed Athlete Code of Conduct by April 1st of each year;
- Athletes under the age of 19 must also submit a Parent/Guardian's Code of Conduct prior to their first CKBC event signed by each parent/guardian;
- Athletes must complete the CCES True Sport Clean 101 Quiz and submit their certificate to the Provincial Coach (<http://cces.ca/course-outline>);
- Athletes must register and obtain a Canadian Sport Institute Pacific/PacificSport Athlete Card;
- Level 1, 1a, 2 and 3 nominated athletes must complete CanoeKayak Canada's functional movement screens and participate in other performance enhancing services (e.g. GA1 test, Stroke Distance Test, etc) as directed by the Provincial Coach;
- Athletes must post an updated Athlete Profile on the CKBC website by November 30th of each year;
- Training diaries must be made available upon request;
- Goals and performance tracking submissions must be completed each fall as requested;
- Participate in a year round training program with a CKBC Sprint Member Club or under the direction of the Provincial Coach; and

- Athletes are expected to participate in all CKBC events, including fall and winter testing, camps and selection events (e.g. Provincials). An athlete who is unable to participate in the CKBC event due to illness, injury or other extenuating circumstances must notify CKBC in writing, with appropriate documentation, in advance of the event in which the athlete is unable to participate

Removal decisions shall be made by the Sprint Chair.

An athlete who is facing removal will be officially notified, in writing, by the Sprint Chair about the risk of removal. This is in order to help athlete to correct the situation.

Athlete Illness, Injury or Other Extenuating Circumstances

An athlete who is unable to participate in a selection event due to illness, injury or other extenuating circumstances may nevertheless be considered for selection by CKBC, provided that the athlete notifies CKBC in writing, with appropriate documentation, which is satisfactory to CKBC, in advance of the event in which the athlete is unable to participate. There is an expectation the athlete in question would have met the performance standards stated above if no injury, illness or absence had occurred and the athlete was previously nominated to the Provincial Team in the previous 24 months. CKBC, in its sole discretion, may approve an exemption from the selection procedure.

If an athlete selected to a team becomes ill or injured, he or she must seek immediate medical attention and report the illness or injury to CKBC. CKBC will assess the situation and make a recommendation. The assessment may involve gathering further information or conducting additional medical tests. Where it is determined by CKBC that an athlete will be replaced, the selection of the replacement will be based upon previous results in competitions and trials

APPEALS

Appeals must be made in writing and delivered to the CKBC Office within seven days of the posting on the CKBC website of those athletes selected to Team BC. Notification of an appeal must contain the participant’s name, contact information and the complete details of the appeal issue.

A panel made up of the Executive Director, Sprint Chair and a person a person appointed by the Executive Director and Sprint Chair. The appeal meeting will take place at a time and date as decided by the panel.

At any time during the review/appeal process, the athlete may be required to provide evidence demonstrating satisfactory achievement in each of the selection components.

CKBC reserves the right to withhold all programming and/or funding if an athlete’s training situation cannot be verified.

SUMMARY OF CATEGORIES

2019 CSI Levels	2019 CKBC Levels
Canadian Development	Level 1
Provincial Development – Level 1	Level 1a
	Level 2
Provincial Development – Level 2	Level 3
	Level 4
	Level 5

CANADIAN SPORT INSTITUTE / PACIFICSPOORT / CANOEKAYAK BC ATHLETE AND COACH NOMINATION

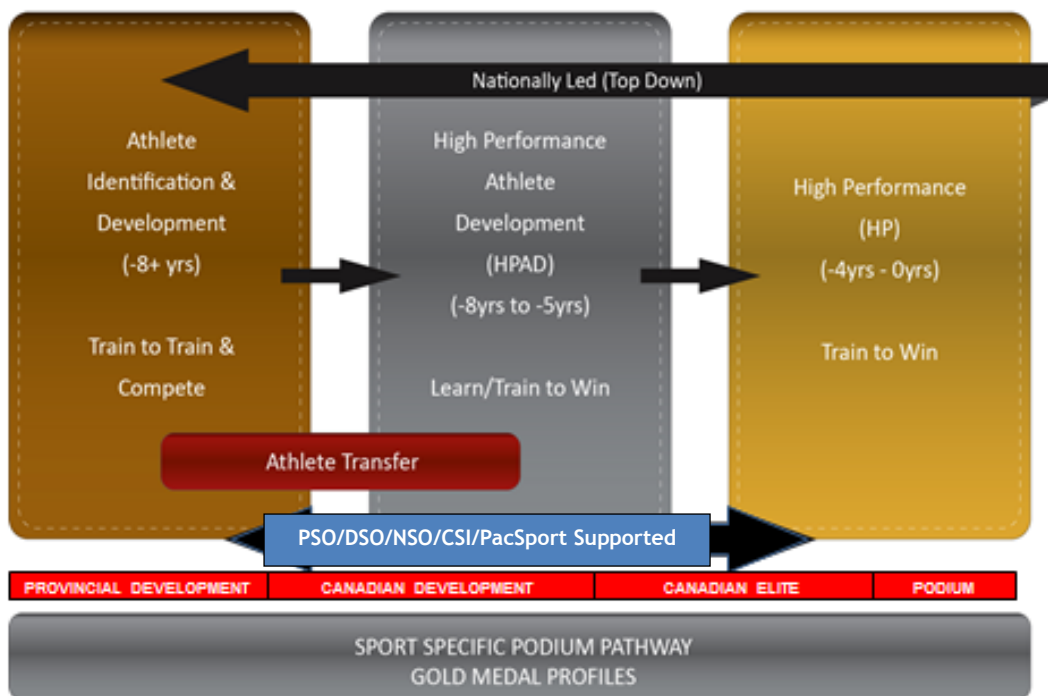
PURPOSE

The Canadian Sport Institute, through a partnership with the Province of BC and viaSport, the network of PacificSport Centres, and CanoeKayak BC collaborates to deliver programs and services to place BC Athletes¹ on National Teams, and ensure athletes and coaches have every advantage to win medals for Canada. The partners work jointly to encourage sport excellence and increase podium performances in communities throughout British Columbia.

Canadian Sport Institute/PacificSport athlete and coach support for the Canadian Development and Provincial Development nomination focuses on athletes and teams 5-12 years from the Podium, identified by the sport specific Podium Pathway (see Figure 1 below) and Gold Medal Profile. These athletes and teams represent both the next generation (5-8 years from Podium) and future generations (9-12 years from Podium) of Olympic and Paralympic (or World Championship) medalists. Support may be focussed more toward the future generation (9-12 years from Podium) for some targeted Paralympic sports depending on the quality of the next generation (5-8 years from Podium) of athletes and teams.

Figure 1

PODIUM PATHWAY CONCEPT OVERVIEW



¹ In general a BC athlete is defined as an athlete born, developed, and/or trained/centralized (for a minimum of three months) in British Columbia.

DETAILS

Through the above partnership, and with the above purpose in mind, CanoeKayak BC may nominate athletes and their coaches who meet specific criteria for Canadian Sport Institute/PacificSport athlete or coach registration. Upon registering, athletes and coaches can engage in enhanced programs, benefits, and selected support services through the Canadian Sport Institute and the network of [PacificSport](#) regional centres in BC

Canadian Sport Institute and PacificSport athlete support is divided into [four levels](#) based on performance, each with a slate of designated benefits. Please click on the following for an outline of Canadian Sport Institute [Athlete](#) and [Coach](#) eligibility, programs, and benefits.

Targeted athletes are nominated by Canoe Kayak BC based on the athlete criteria below. Any enquiries regarding the sport-specific selection criteria can be made to Blake Dalton (blake@canoekayakbc.ca). As a general principle, all athletes are expected to demonstrate evidence of their ongoing performance progression and tracking toward CanoeKayak BC HP program benchmarks to remain targeted. Canoe Kayak BC PSO Technical Representative and the Canadian Sport Institute technical lead working with Canoe Kayak BC have the final authority over the Canadian Sport Institute nomination process.

The athlete and coach nomination cycle for Canadian Sport Institute/PacificSport /CanoeKayak BC targeting runs November 30th annually, and athletes are selected based on performances from the previous 12 months. Athletes who meet criteria throughout the annual nomination cycle may be added to the Canoe Kayak BC targeted athlete list, on a case-by-case basis, by contacting the PSO Technical Representative.

CORE CRITERIA

- 1) For PSO/DSO nominations, athletes must be registered and in good standing with CanoeKayak BC as a competitive athlete and meet the definition of a BC athlete.
- 2) In principle, all athletes nominated should have a designated coach who is responsible for planned programming with the coach(es)'s name and email identified on the targeted athlete list.
- 3) Coaches discretion *may* be applied in the case of injured athletes who have previously been nominated and registered as a targeted athlete in the previous year and who were unable to compete for all or part of the competitive season.
- 4) Please refer to Canoe Kayak BC Provincial Team Selection Policy for specific details on each criteria, appeals and disputes.

ATHLETE/COACH REGISTRATION

Once the athlete or coach is nominated, he or she will be notified by CanoeKayak BC and will be provided with information on how to register with his or her local Canadian Sport Institute or PacificSport Regional Centre. A Canadian Sport Institute or PacificSport Athlete Coach Services representative may contact the nominated coach to encourage athlete registration. Athletes and coaches must register with their local centre to initiate the process of receiving athlete or coach support.

2019 CKBC Time Standards

Level 3

	U16				U18				U23				>U23			
	MK	MC	WK	WC	MK	MC	WK	WC	MK	MC	WK	WC	MK	MC	WK	WC
Singles - 1000m	04:11.4	04:50.8	04:50.7	05:38.6	04:06.0	04:39.3	04:41.2	05:45.9	03:56.9	04:16.5	04:34.4	05:17.7	03:40.8	04:04.8	04:16.6	05:05.7
	500m				01:54.0	02:10.0	02:11.6	02:41.9	01:49.9	02:03.8	02:05.0	02:37.1	01:41.1	01:53.7	01:57.3	02:20.1
	200m	00:42.3	00:50.0	00:49.5	00:58.1	00:40.7	00:47.7	00:49.0	00:59.4	00:38.8	00:45.6	00:46.5	00:59.8	00:36.7	00:41.8	00:43.2
Doubles - 1000m	03:36.5	04:09.7			03:32.6	04:04.1	04:04.4	04:45.8	03:27.8	04:01.1	04:03.6	04:46.0	03:23.5	03:49.1	03:57.8	04:53.3
	500m		01:55.3	02:13.8	01:38.1	01:52.7	01:53.7	02:15.2	01:35.4	01:52.5	01:53.0	02:17.9	01:33.8	01:47.7	01:48.7	02:13.1
	200m				00:35.5	00:41.6	00:41.9	00:51.3	00:35.0	00:40.7	00:42.0	00:50.3	00:33.9	00:39.4	00:40.5	00:49.4
1500m Run	05:00.0		06:00.0		04:50.0		05:55.0		04:40.0		05:45.0		04:35.0		05:40.0	
Chin-ups	25		15		27		17		N/A		N/A		N/A		N/A	
Predicted 1RM - Pull	Mass + 10%		Mass + 5%		Mass + 15%		Mass + 10%		115 kg		80 kg		120 kg		85 kg	
Predicted 1RM - Pres	Mass + 10%		Mass + 5%		Mass + 15%		Mass + 10%		115 kg		80 kg		120 kg		85 kg	
Relative Strength	2.4		2		2.5		2.1		2.8		2.3		2.95		2.4	
Power (W)	600		500		700		550		900		700		1000		800	

Level 4

	U16				U18				U23				>U23			
	MK	MC	WK	WC	MK	MC	WK	WC	MK	MC	WK	WC	MK	MC	WK	WC
Singles - 1000m	04:13.5	05:01.3	04:53.6	05:54.7	04:07.1	04:41.0	04:49.1	05:49.7	03:57.2	04:30.7	04:39.7	05:39.2	03:49.7	04:20.7	04:23.9	05:14.7
	500m				01:56.9	02:14.7	02:16.6	02:44.0	01:50.2	02:09.3	02:07.4	02:44.1	01:45.8	01:57.9	02:00.0	02:24.0
	200m	00:44.4	00:51.5	00:52.5	01:00.0	00:42.7	00:48.5	00:51.0	00:59.9	00:39.3	00:46.1	00:47.4	01:02.7	00:37.2	00:42.9	00:43.9
Doubles - 1000m	03:41.3	04:15.0			03:40.1	04:13.5	04:14.0	05:03.1	03:39.5	04:13.3	04:20.6	04:47.5	03:33.3	04:01.6	04:06.7	05:06.4
	500m		01:59.5	02:24.3	01:41.7	01:58.7	01:59.7	02:26.8	01:39.1	02:00.1	02:00.4	02:30.3	01:37.0	01:51.5	01:52.3	02:22.3
	200m				00:36.6	00:43.0	00:44.0	00:55.3	00:36.0	00:42.1	00:45.3	00:55.8	00:34.9	00:40.2	00:41.7	00:50.8
1500m Run	05:05.0		06:05.0		04:55.0		06:00.0		04:45.0		05:50.0		04:40.0		05:45.0	
Chin-ups	23		13		25		15		N/A		N/A		N/A		N/A	
Predicted 1RM - Pull	Mass + 8%		Mass + 3%		Mass + 13%		Mass + 8%		110 kg		75 kg		115 kg		80 kg	
Predicted 1RM - Pres	Mass + 8%		Mass + 3%		Mass + 13%		Mass + 8%		110 kg		75 kg		115 kg		80 kg	
Relative Strength	2.3		1.9		2.4		2		2.7		2.2		2.85		2.3	
Power (W)	575		475		675		525		875		675		975		875	

Level 5

	U16				U18				U23				>U23			
	MK	MC	WK	WC	MK	MC	WK	WC	MK	MC	WK	WC	MK	MC	WK	WC
Singles - 1000m	04:23.0	05:19.2	05:06.3	06:15.4	04:17.0	05:00.6	05:04.3	06:10.4	04:03.5	04:41.5	04:49.5	05:52.8	Not Applicable			
	500m				02:00.9	02:24.4	02:24.4	02:51.6	01:53.7	02:18.4	02:19.3	02:49.2				
	200m	00:46.0	00:54.8	00:55.6	01:09.3	00:43.3	00:51.0	00:55.0	01:05.9	00:41.3	00:49.3	00:51.8				
Doubles - 1000m	03:44.1	04:30.4			03:44.7	04:27.7	04:23.4	05:15.4	03:44.5	04:33.2	04:29.1	05:20.3	Not Applicable			
	500m		02:04.1	02:26.0	01:44.7	02:04.6	02:04.0	02:36.9	01:42.6	02:07.4	02:09.7	02:46.0				
	200m				00:38.0	00:44.4	00:45.7	00:59.2	00:37.9	00:44.3	00:48.7	00:58.9				
1500m Run	05:10.0		06:10.0		05:00.0		06:05.0		04:50.0		05:55.0		Not Applicable			
Chin-ups	21		11		23		13		N/A		N/A					
Predicted 1RM - Pull	Mass + 5%		Mass		Mass + 10%		Mass + 5%		105 kg		70 kg					
Predicted 1RM - Pres	Mass + 5%		Mass		Mass + 10%		Mass + 5%		105 kg		70 kg					
Relative Strength	2.2		1.8		2.3		1.9		2.6		2.1					
Power (W)	550		450		650		500		850		650					

* For off water standards - athletes must meet 3 of the benchmarks to meet the standard

* Athletes must meet age standard (e.g. U16 athlete can't meet U18 standards; U18 can't meet Junior standards, etc)