





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

Criteria Approved July 23, 2021:

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

Canoe Kayak BC (CKBC) will follow the evolution of the coronavirus (COVID-19) and how it may impact the 2021 Provincial Team Selection Criteria. CKBC reserves the right to modify this document based on the best available information. Any modifications will be made promptly and will be communicated to all affected individuals as soon as possible

PURPOSE

Canadian Sport Institute Pacific, through a partnership with the Province of British Columbia (BC), viaSport, the network of PacificSport centres, and Canoe Kayak BC (CKBC), collaborates to deliver programs and services to place BC athletes¹ onto 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 BC.

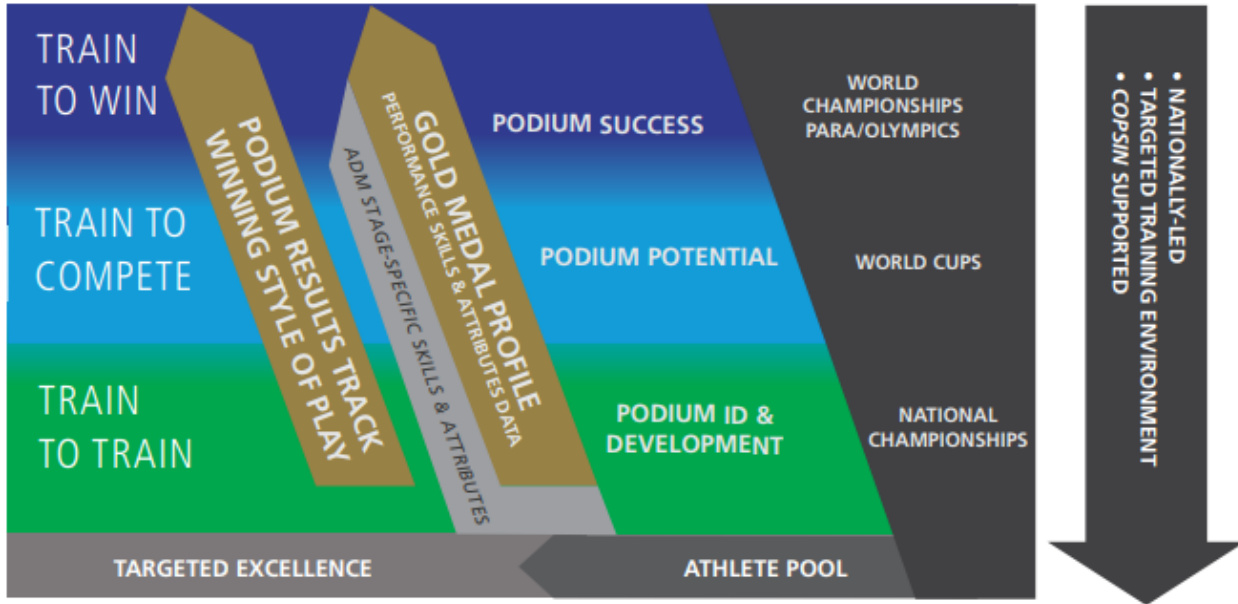
This template provides a standardized process to identify athletes and coaches within the CKBC high performance program as well as athletes who are tracking against key development pathway metrics toward national teams. The levels within the targeting seek to create a common standard across all sports; hence, the template must be used in its entirety. PSO/DSOs are able to adapt the template to suit their own purposes (e.g. branding, application process, etc.) provided all relevant information is contained within.

Canadian Sport Institute / PacificSport athlete and coach support for the Podium and Canadian Elite nomination focuses on athletes and teams 0-4 years from the international podium, identified by the sport-specific Podium Pathway (see Figure 1 below) and Gold Medal Profile. These athletes and teams represent the current generation of National Team athletes who are carded by the NSO through Sport Canada's Athlete Assistance Program.

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 international 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 away) and future generations (9-12 years away) of Olympic and Paralympic (or World Championship) medallists. Support may be focussed more toward the future generation (9-12 years away) for some targeted Paralympic sports depending on the quality of the next generation (5-8 years away) of athletes and teams.

Figure 1 – Podium Pathway (LTAD 3.0)

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, CKBC may nominate athletes and their coaches who meet specific criteria for Canadian Sport Institute Pacific / PacificSport athlete or coach registration. Upon registering, athletes and coaches can engage in enhanced programs, benefits, and selected support services through Canadian Sport Institute Pacific 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 benefits, programs, and services: <http://www.csipacific.ca/athletes/eligibility/>. CKBC levels are divided into six levels. This ensures that athlete support is commensurate with their level of performance. Details of athlete support can be found in Appendix 3.

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

The athlete and coach nomination cycle for Canadian Sport Institute / PacificSport / CKBC targeting runs December 1st to November 31st 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 CKBC targeted athlete list, on a case by case basis, by contacting the PSO/DSO Technical Representative.

ATHLETE/COACH REGISTRATION

Once the athlete or coach is nominated, he or she will be notified by CKBC and will be provided with information on how to register with his or her local Canadian Sport Institute campus or PacificSport regional centre. A Canadian Sport Institute or PacificSport. Athletes and coaches must register with their local centre in order to receive athlete or coach support.

2021 CKBC PERFORMANCE PROGRAM SELECTION POLICIES

1. GOALS

- Produce medalists at Canadian National Championships and Canada Summer Games; **AND**
- 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; **AND**
- 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-P) and PacificSport Regional Centers.

2. PROGRAM OBJECTIVES

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

3. ATHLETE SELECTION OBJECTIVES

- Identify BC athletes by their level of performance; **AND**
- Compare performances of athletes in different racing ages; **AND**
- Compare performances of athletes in different disciplines; **AND**
- Compare performances of athletes in different crews; **AND**
- Be inclusive for both sexes, canoe and kayak disciplines and para-canoe representation; **AND**
- 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.

4. 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 that is in good standing; **AND**

- Athletes must race for a CKBC-affiliated Club for the current season or club approved by the Technical Director; **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; **AND**
- Does not have any outstanding accounts with CKBC that are more than 30-days in arrears or are without an approved payment plan; **AND**
- Not be serving a period of ineligibility pursuant to the Canadian Anti-Doping Program and/or pursuant to the ICF's Anti-Doping Rules.

5. IDENTIFICATION

Athletes may be named to the Provincial Team by meeting one of the following criteria (see *Core Selection Criteria* below for specifics):

- National Team Selection/Identification or CKC Team Selection; **OR**
- Achieving BC Performance Standards; **OR**
- Achieving BC Performance Time Standards

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 performance@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, 2021 unless approved by the Technical Director ****

6. CORE SELECTION CRITERIA

CKBC Level 1 / CSIP Podium / Canadian Elite (Sport Canada AAP Carded)

- Athletes who appear on the Sport Canada AAP Carding List and verified by the NSO. These athletes are in the High Performance (HP/T2W) stage of the Podium Pathway.

**Note, it is the responsibility of CKBC, in consultation with the NSO, to identify and nominate any Sport Canada AAP Carded athletes meeting Core Criteria.*

CKBC Level 2 / CSIP Canadian Development

- Athletes who compete on the senior national team in eligible events, but do not receive Sport Canada AAP funding, and verified by the NSO. These athletes are in the High Performance (HP/T2W) stage of the Podium Pathway;

OR

- Athletes who are in the HP Athlete Development (L2W/T2W) stage of the Podium Pathway (including Gold Medal Profile), and verified by the NSO.

CKBC Level 3 / CSIP Provincial Development Level 1

- Athletes who are in the Athlete Identification & Development stage of the Podium Pathway, and who are tracking toward the HP Athlete Development stage according to CKC's Podium Pathway and Gold Medal Profile and meet the criteria below:
 - Athletes who have competed at U23 or Junior World Championships in the past 36 months, provided they maintain their status as a Provincial Team Athlete (see *Athlete Responsibilities and Removal Process*);

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

**Note, there is an expectation that athletes nominated at the Provincial Development level convert into National Team programs (Canadian Development or Podium / Canadian Elite) within a maximum duration of five years (combined Provincial Development Level 1 and Level 2).*

CKBC Level 4 / CSIP Provincial Development Level 2

- Athletes who are in the Athlete Identification & Development stage of the Podium Pathway, and who are tracking toward Provincial Development 1 according to CKC's Podium Pathway and Gold Medal profile and meet the criteria below:
 - 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

- Nominated to the CKC Junior Development Team (e.g. Olympic Hopes Team) or U23 Development Team.

CKBC Level 5 / CSIP Provincial Development Level 2

- Athletes who are in the Athlete Identification & Development stage of the Podium Pathway, and who are tracking toward Provincial Development 1 according to CKC's Podium Pathway and Gold Medal profile and meet the criteria below:
 - 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).

OR

- Achieved a CKBC Level 5 Standard listed in **Appendix 1** at an approved event.

CKBC Level 6 / CSIP Provincial Development Level 2

- Athletes who are in the Athlete Identification & Development stage of the Podium Pathway, and who are tracking toward Provincial Development 1 according to CKC's Podium Pathway and Gold Medal profile and meet the criteria below:
 - Achieved a CKBC Level 5 or CKBC Level 6 Standard listed in **Appendix 1** at an approved event;

Coach Nomination

Coaches are nominated by having his or her name included in the targeted athlete list when they are the coach of an athlete who achieves designated criteria. CKBC may nominate up to two coaches per athlete in cases where both the Provincial/National coach and a personal coach have a significant impact on the athlete's training program.

Nominated coaches must:

- Be the lead person designing and implementing an annual training program for the athlete.
- Be designated as athlete's coach of record based on sport-specific criteria above.
- Safe Sport Screened and Trained, including CAC Making Ethical Decisions certified.
- Participate in 50% of all CKBC coach development workshops
 - If unable to meet this target, the coach must demonstrate that they are continuing their development through other coach education opportunities (e.g. NCCP courses, post-secondary courses/studies, participation in CKC projects or equivalent).
- Coaches must be NCCP Competition - Development Certified
 - An exemption may be granted, however the exemption is only valid for two years.

7. ELIGIBLE VENUES

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

- BC Cup #1 (Kamloops)
- Summer Time Control Event (July 10-11 - Burnaby)
- Ridge Invitational*
- BC Championships/National Qualifiers Regatta
- Canadian National 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.

8. ATHLETE RESPONSIBILITIES

Athletes nominated as Performance Athletes are accountable to CKBC:

General:

- Participate in a year round training program with a CKBC member club or under the direction or approval of the Technical Director

- Demonstrate a commitment to high performance training and performance progression (see section 9);
- Participate in all CKBC and Team BC events, including fall and winter testing, training camps, selection events; workshops/webinars/presentations;
 - 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.
- Goals and performance tracking submissions must be completed as requested;
- Complete weekly training log; and
- Communicate monthly with the Technical Director on training and performance progression.

Documents to be submitted/Quiz and Training to be completed:

- Submit completed Provincial Team Athlete Intake Form and schedule intake meeting with the Technical Director;
- Send a signed copy of the CKBC Provincial Team Athlete Agreement to the Technical Director;
- Athletes must complete the CCES True Sport Clean 101 Quiz and NCCP Safe Sport Training. The Quiz and Training are free and can be completed at the following:
 - CCES True Sport Clean 101 Quiz: <http://cces.ca/course-outline>
 - NCCP Safe Sport Training: <https://safesport.coach.ca/participants-training>; and
- Athletes must register and obtain a Canadian Sport Institute Pacific/PacificSport Athlete Card

9. PERFORMANCE PROGRESSION

All athletes are expected to demonstrate evidence of their ongoing performance progression and tracking toward CKC's Gold Medal Profile to remain targeted..

Factors that will be considered when assessing performance progression can include:

- **Physical**
 - % differential from CKC's Gold Medal Profile (On Water Indicators)
 - % differential from CKC's Gold Medal Profile (Dryland Indicators)
 - Competition, testing and time control results
- **Technical**
 - Technical improvement using CKC's Four Stage Technical Model
- **Tactical**
 - Tactical improvements using CKC's Tactical Skills Matrix
- **Psychological**
 - Psychological improvements using CKC's Psychological Skills Matrix
- **Lifestyle**
- **Other:**
 - Total on-water volume for the week or month
 - Weekly training log
 - Participation in CKBC education events

See **Appendix 2** for reference and further information.

10. 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.

11. UNFORESEEN CIRCUMSTANCES

Situations may arise where unforeseen circumstances or circumstances beyond the control of CKBC do not allow racing or team selection to take place in a fair manner. In the event of such unforeseen circumstances as determined by the Technical Director and Executive Director, in their sole discretion, will determine if the circumstances justify selection to take place in an alternative manner. In such circumstances, the alternative selection will be posted on the CKBC website one week after the competition in question.

12. REMOVAL

Any selected athlete may have their selection status reviewed by the Technical Director if any of the requirements listed in section 8 (Athlete Responsibilities) or section 9 (Athlete Progression) are not met. The Technical Director will notify the athlete in writing as to why their Provincial Team status is under review. The athlete shall be given a reasonable opportunity (no more than seven days) to provide reasons why they should not be removed from the Provincial Team. The Technical Director may request a meeting with the athlete and their coach to discuss the training level required to remain on the Provincial Team.

If the athlete receiving the notice remedies the breach within the specified time or provides satisfactory justification for the breach to the Technical Director, the dispute shall be resolved.

If the athlete fails to remedy the breach within 14 days of receiving the first written notice, the athlete shall be notified, in writing, by the Technical Director of their removal from the Provincial Team.

13. 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 the Provincial Team or within seven days of being notified that the athlete has been removed from the Provincial Team.

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 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.

14. SUMMARY OF CATEGORIES

A. 2021 CSIP/CKBC Levels

2021 CSIP Levels	2021 CKBC Levels
Podium	Level 1
Canadian Development	Level 2
Provincial Development – Level 1	Level 3
Provincial Development – Level 2	Level 4
	Level 5
	Level 6

B. Comparison of 2021 Levels vs 2020 Levels

2021 CKBC Levels	2020 CKBC Levels
Level 1	Level 1
Level 2 (new level)	N/A
Level 3	Level 1a
Level 4	Level 2
Level 5	Level 3
Level 6	Level 4

APPENDIX 1 - 2021 CKBC Time Standards

2021 CKBC Time Standards

	U16				U18				U23				>U23			
	MK	MC	WK	WC	MK	MC	WK	WC	MK	MC	WK	WC	MK	MC	WK	WC
	Level 5															
Singles - 1000m	04:10.7	04:49.5	04:49.2	05:38.6	04:01.5	04:37.3	04:40.7	05:33.0	03:56.1	04:16.9	04:32.6	05:25.3	03:40.4	04:04.2	04:15.570	05:03.919
500m					01:54.2	02:10.6	02:09.5	02:41.5	01:49.3	02:03.8	02:04.8	02:37.2	01:41.1	01:53.4	01:57.066	02:19.786
200m	00:42.6	00:49.7	00:49.2	00:58.1	00:40.2	00:46.7	00:48.2	00:57.8	00:38.6	00:45.3	00:46.4	00:59.6	00:36.6	00:41.7	00:43.153	00:50.338
Doubles - 1000m	03:37.3	04:08.9			03:31.0	04:02.3	04:01.3	04:46.0	03:28.6	04:00.3	04:02.7	04:43.7	03:24.1	03:48.825	03:56.753	04:43.859
500m			01:54.6	02:13.8	01:37.9	01:51.9	01:53.2	02:15.9	01:35.8	01:51.8	01:52.6	02:15.8	01:34.2	01:47.814	01:48.707	02:11.267
200m					00:35.5	00:41.7	00:42.1	00:51.2	00:34.9	00:40.7	00:42.1	00:50.6	00:33.8	00:39.534	00:40.434	00:49.299
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 - Press	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 6																
Singles - 1000m	04:12.7	04:58.7	04:52.4	05:52.2	04:04.6	04:37.8	04:46.1	05:40.9	03:57.1	04:29.0	04:38.4	05:43.9	03:48.955	04:19.232	04:23.134	05:12.307
500m					01:56.3	02:13.8	02:16.0	02:44.4	01:53.7	02:08.5	02:08.1	02:44.1	01:45.469	01:57.615	01:58.984	02:24.293
200m	00:44.4	00:51.5	00:52.4	01:00.1	00:42.3	00:48.4	00:49.2	00:58.4	00:39.4	00:46.1	00:47.7	01:01.8	00:37.146	00:42.796	00:43.828	00:52.022
Doubles - 1000m	03:42.8	04:15.2			03:37.9	04:11.6	04:10.7	04:59.7	03:37.2	04:11.4	04:16.1	04:56.6	03:31.505	03:59.172	04:03.977	
500m			01:59.9	02:24.0	01:41.2	01:58.0	01:59.8	02:27.1	01:39.6	01:58.3	01:59.6	02:29.4	01:37.040	01:51.730	01:52.180	02:21.786
200m					00:36.3	00:43.3	00:44.3	00:55.1	00:36.9	00:42.1	00:45.4	00:56.6	00:35.050	00:40.568	00:41.871	00:54.769
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 - Press	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	

* 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)
 * All time standards at all levels have unlimited trailing zeroes.

Full size document can be found at the following: [2021 CKBC Time Standards.xlsx](#)

APPENDIX 2 - CKC GMP/Podium Pathway

CKC GMP/Podium Pathway:

- [CKC Gold Medal Profile Podium Pathway v3.docx](#)
- [2021 Canoe Kayak Canada Performance Indicators.xlsx](#)

APPENDIX 3 – Support for Provincial Team Athletes

- Detailed performance service plan based on your completed intake form and meeting
- Access to sport science/sport medicine support, including:
 - Support during Provincial Team/National Team Camps
 - Online professional development workshops throughout the year
 - Monthly performance monitoring
- Funding support through the High Performance Assistance Program
- Competition support at National Team Trials and National Championships
- Access to Canadian Sport Institute - Pacific/PacificSport benefits, programs and support services, including:
 - Community partnerships (discounted products/services)
 - GymWorks
 - Grants/bursaries
- Team BC gear