



## Canadian Sport Institute Pacific and Curl BC Athlete and Coach Nomination Criteria

Criteria Approved: [July 23 2023]

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	Name	Signature	Date (MM/DD/YYYY)
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## PURPOSE

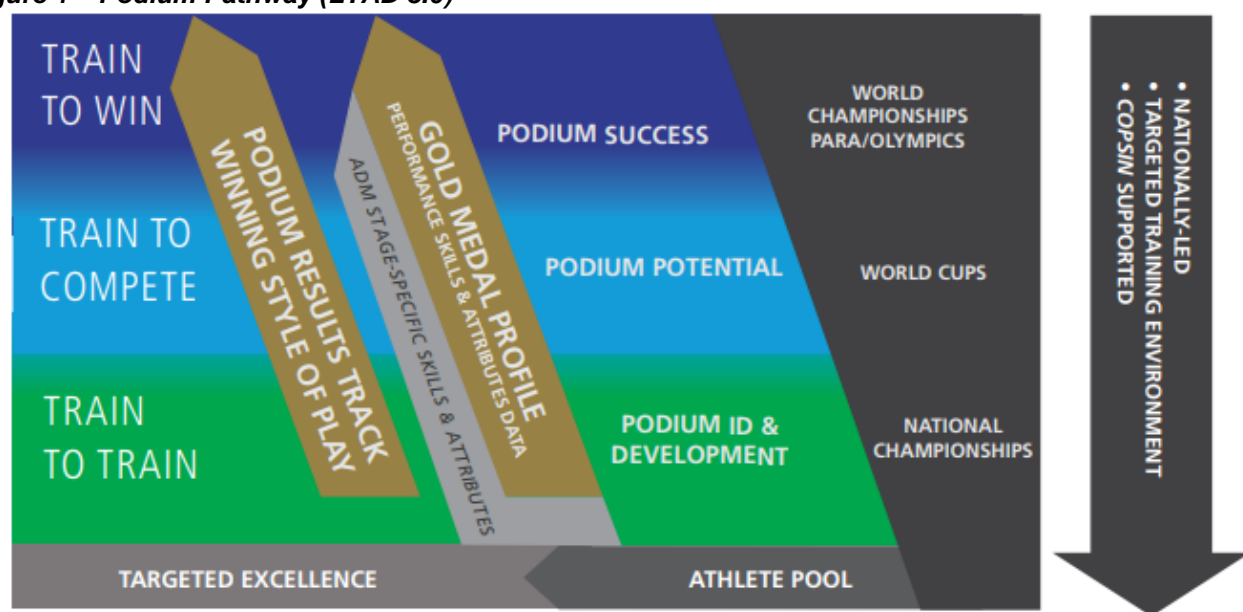
Canadian Sport Institute Pacific, through a partnership with the Province of British Columbia (BC), viaSport, the network of PacificSport centres, and Curl BC collaborates to deliver programs and services to place BC athletes<sup>1</sup> on national teams, and ensure athletes and coaches have every advantage to win medals for Canada. The partners work jointly to encourage sport excellence and increase podium performances in communities throughout BC.

This template provides a standardized process with which to identify athletes and coaches within the Curl BC high performance program as well as athletes who are tracking against key development pathway metrics toward national teams. The levels within the targeted pathway 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 Sport Canada AAP Carded nomination focuses on athletes and teams 0-4 years from the international podium, identified by the sport-specific Podium Pathway (Figure 1) 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 (Figure 1) 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.

**Figure 1 – Podium Pathway (LTAD 3.0)**



<sup>1</sup> A BC athlete is defined as an athlete born, developed, and/or trained/centralized (for a minimum of three (3) months in a twelve (12) month period) in British Columbia.

## DETAILS

Through the above partnership, and with the above purpose in mind Curl BC may nominate athletes and their coaches who meet specific criteria for Canadian Sport Institute Pacific / PacificSport athlete or coach enrollment. Upon completion of enrollment and onboarding, 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 / PacificSport athlete support is divided into four levels based on performance, each with a slate of designated benefits. Please see Appendix A for an outline of Curl BC targeted athlete benefits, programs, and services as delivered through Curl BC.

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

The athlete and coach nomination cycle for Canadian Sport Institute / PacificSport / Curl BC targeting runs annually, and athletes are selected based on performances from the previous 12 months. Athletes meeting criteria throughout the annual nomination cycle may be added to the Curl BC targeted athlete list, on a case by case basis, by contacting the PSO/DSO Technical Representative Curl BC at [MKSoligo@curlbc.ca](mailto:MKSoligo@curlbc.ca)

## ATHLETE/COACH ENROLLMENT

Once the athlete or coach is nominated, they will be notified by Curl BC and will be provided with information on how to enroll. All athletes and coaches must enroll with Canadian Sport Institute / Pacific Sport in order to receive athlete or coach supports and benefits.

## CORE CRITERIA

1. For PSO/DSO nominations, athletes must be considered in good standing at the discretion of the PSO/DSO with Curl BC as a competitive athlete and meet the definition of a BC athlete.
2. All athletes nominated should have a designated coach who is responsible for planned programming. Specific coach criteria must be identified under coach nominations
3. Athletes who fail to meet targeting criteria due to injury or absence, may remain on Curl BC's nomination list at the discretion of the PSO/DSO when:
  - a. There is an expectation the athlete in question would have met criteria if no injury or absence had occurred **AND**;
  - b. The athlete in question was nominated by Curl BC in the previous 24 months.
4. Athletes must be accepted into the current Curl BC High Performance Program. <https://www.curlbc.ca/programs/high-performance/>
5. MUST be on a team for the upcoming year and striving to compete at a National Event (Brier, Scotties, U25, U21, U18, CWG, BCWG, CCAA, USport, Mixed Doubles, Wheelchair).
6. BC athletes who train in BC but are playing with top ranked teams in other provinces. Teams must be either on Curling Canada's National team Program or Next Gen lists, or be ranked in the top 50 on the CTRS list.

## LEVEL-SPECIFIC CRITERIA

Please note both the Canadian Sport Institute criteria and the Curl BC sport-specific criteria:

### Sport Canada AAP Carded

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*Canadian Sport Institute Criteria:*

- 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.
  - It is the responsibility of Curl BC to consult with the NSO, identifying and nominating any Sport Canada AAP Carded athletes in the province of British Columbia.

### Canadian Development

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*Canadian Sport Institute Criteria:*

- 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. If the NSO does not have an approved Podium Pathway, the following criteria will be used:

- Athletes who have been targeted as “NextGen” defined as the expectation to be selected to the senior national team in eligible events **within 24 months** and verified by the NSO.

*Curl BC Sport-Specific Criteria:*

- Athletes who are ranked top-15 in the previous year’s final CTRS rankings, **OR**;
- Athletes who medaled at the previous year’s Men’s or Women’s National Championship, **OR**;
- Curling Canada NextGen targeted athletes training in BC. **OR**
- Curling Canada Mixed Doubles targeted athletes training in BC

## Provincial Development Level 1

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*Canadian Sport Institute Criteria:*

- 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 the NSO-specific Podium Pathway and Gold Medal Profile. If the NSO does not have an approved Podium Pathway, the athlete must be tracking toward Canadian Development and meet the criteria below:
  - Meet specific performance-based benchmarks in accordance with an overall athlete monitoring and tracking framework (utilizing Gold Medal Profile) **AND**;
  - Athletes at this level are anticipated to convert to national team program as a Canadian Development or Podium athlete within a maximum duration of five years (combined Provincial Development Level One and Two) **AND**;
  - Competed at the appropriate<sup>2</sup> age group or junior world championships in an eligible event (or equivalent international developmental event) in the previous 24 months **OR**;
  - Won a medal in an eligible event at their sport-specific national senior/open, appropriate<sup>2</sup> age group or junior championships (or equivalent level of performance standard) in the previous 24 months.

*Curl BC Sport-Specific Criteria:*

- Athletes who have met **all** the program requirements (as per the application process) and have been accepted into the current High-Performance Program by the Curl BC High Performance Director: physical testing, mental assessment, gap analysis, action plan, Functional Movement Screen,
- Athletes must meet all subsequent KPI’s (Appendix C) as outlined in the High-Performance Program expectations

**AND**

- Nominated athletes must complete 2 physical fitness tests by August 31<sup>st</sup>. First test is to establish a baseline and second test must show progress toward meeting the fitness standards for the athlete’s age and stage of development.
- Curl BC’s testing protocols (see Appendix B).

**OR**

- Athletes who have met **one** of the criteria below:

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<sup>2</sup> Definition of appropriate is based on a number of factors such as peak development age, average age of National Team, sport’s competition schedule, and logical pathway progression. Final determination will be made by CSI Pacific.

- Athletes who medalled at the Men's, Women's Nationals, Usport Nationals, or CCAA Nationals in the previous two years.
- Athletes who medalled at the U21 World Junior Championships in the previous two years.
- Athletes who medalled at the U21 Canadian Junior Championships in the previous two years.
- Athletes who were part of the top-3 ranked Men's and Women's, teams in BC in the previous two years.
- Athletes who are ranked top-50 in the previous two years' final CTRS rankings (<https://www.curling.ca/team-canada/>).
- Athletes who medalled at the National Wheelchair Championships in the previous two years.
- Athletes who medalled at the National Mixed Doubles Championships in the previous two years or who have won the BC Mixed Doubles Championship in the previous year.

**Note:** Athletes who are training in BC, but competing with a top-level team from another province as per Core criteria #6. These unique athletes are tracking toward Canadian development and will be nominated as Provincial Level 1.

## Provincial Development Level 2

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### *Canadian Sport Institute Criteria:*

- Athletes who are in the Athlete Identification & Development stage of the Podium Pathway, and who are tracking toward Provincial Development One according to the NSO-specific Podium Pathway and Gold Medal profile. If the NSO does not have an approved Podium Pathway, the athlete must meet the criteria below:
  - Meet specific performance-based benchmarks in accordance with an overall athlete monitoring and tracking framework (utilizing Gold Medal Profile) **AND**;
  - Athletes at this level are anticipated to convert to national team program as a Canadian Development or Podium athlete within a maximum duration of five years (combined Provincial Development Level One and Two) **AND**;
  - Competed in an eligible event at the appropriate<sup>2</sup> age group national championships (or equivalent level of performance standard) in the previous 24 months, **OR**;
  - Won a medal in an eligible event at their appropriate<sup>2</sup> age group provincial championships in the previous 12 months, **OR**;

### *Curl BC Sport-Specific Criteria:*

- Athletes who have met **all** the program requirements (as per the application process) and have been accepted into the current High-Performance Program by the Curl BC High Performance Director: physical testing, mental assessment, gap analysis, action plan, Functional Movement Screen,

### **AND**

- Nominated athletes must complete 2 physical fitness tests by August 31<sup>st</sup>. First test is to establish a baseline and second test must show progress toward meeting the fitness standards for the athlete's age and stage of development.
- Curl BC's testing protocols (see Appendix B).
- Athletes must meet all subsequent KPI's (Appendix C) as outlined in the High-Performance Program expectations

### **OR**

- Athletes who have met **one** of the criteria below:
  - Athletes who have medalled at the most recent Mixed Doubles Provincial Championship
  - Athletes who won the most recent CWG qualifier and plan to compete at the upcoming Canada Winter Games (if within one year).
  - Athletes who won the most recent U18 Provincial Championships.
  - Athletes part of the top-3 ranked Junior (U21) teams in BC the previous two years
  - Athletes who are top-3 ranked U18 teams in BC the previous two years
  - Athletes who are ranked top-50 in the Curl BC Ranking List who have competed in the Provincial Championships at least once in the previous two years.
  - Athletes who have applied to the program for the first time and are ranked Top 50 on the Curl BC Ranking List.
  - Athletes who medalled at the most recent BC Wheelchair Provincial Championships in the previous year.
  - Athletes who have medalled at the most recent BCWG event in the last 2 years.

*Note: Curling does not select Team BC athlete's – all teams are self-formed and compete in age appropriate provincials and events*

## Coach Nomination

### *Canadian Sport Institute Criteria:*

Coaches are nominated when they are the coach of an athlete who achieves designated criteria. The PSO/DSO 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. While not required, it is highly recommended that PSO/DSO nominated coaches meet at least one of the following criteria:

- Be the lead person designing and implementing an annual training program for the athlete.
- Be designated as Provincial or Regional coach by the PSO/DSO.
- Be designated as a National Development / Senior National coach by the NSO.
- Be designated as athlete's coach of record based on sport-specific criteria below.

AND,

- NCCP Competition Development Trained Status or ACD coach,

### Curl BC Criteria:

- Certification: Coaches must hold a minimum certification of a Certified Competition Coach.
- Age Requirement: Coaches must be at least 21 years old.
- Safe Sport Training
- Criminal Record Check
- Coaches will complete RCM and Rule of Two modules

## Appendices

Appendix A – LTAD Stages and Sport Specific Eligible Services and Benefits

Appendix B – Sport Specific Athlete Key Performance Indicators or Individual Profile

Appendix C – Additional program KPI's

Appendix D – Sport Specific Coaching Key performance indicators

Appendix E – Sport Specific Nominated Athlete List



## APPENDIX A

### LTCD Stages

#### Competitive Pathway

Learn to Compete (U18)

Training to Competition ratio is 50 %- 50%

Train to Compete (U21)

Training to Competition ratio is 40% - 60%

Compete for Life (21+)

Training to Competition ratio is 25-45% - 60-75%

#### Podium Pathway

Learn to Excel (U25)

Training to Competition ratio is 33% - 67%

Train to Excel (25+)

Training to Competition ratio is 25% - 75%

### Benefits

- Carding
- Minimum 5 provincial consultant sessions available (on or off ice)
- Minimum 5 sport science sessions (subsidy of \$500/pp)
- additional \$125 for out of province ice training
- Free access to ice at Chilliwack (September 2) and Royal City (September 9/10) - booking required
- Free access to webinars
- Free access to Google Drive resources (mental and physical, training plans, webinars, nutrition, etc.)
- Priority access to program equipment
- Curl BC web-ad - one non-conflicting sponsor per team displayed on the Curl BC webpage
- Free Curl BC HP gear
- Free access to Slack - providing direct contact with HP coaches
- **Performance Incentive Funding**

## APPENDIX B – Curl BC Fitness Testing Protocols

1. Par Q
2. Functional Movement Screen and instructions
3. Curl BC HP Fitness Testing Protocols (U18, U25, U35), minimum standards and instructions
4. Self reflection – to be completed after each fitness test

### 1. Par Q

<https://www.curlbc.ca/wp-content/uploads/2023/06/2020PARQPlusFillable.pdf>

### 2. Functional Movement Screening

#### Before starting;

- Measure the tibia length, floor to the top center of the tibial tuberosity
- Measure the hand length, distance from the distal wrist crease to the tip of the longest digit.

#### Scoring the FMS;

- Completed perfectly as verbally described, score a 3.
- Completed with compensation(s), score a 2.
- Unable to perform the pattern as described, score a 1.
- If there is pain with the movement pattern, score a 0 and refer them to their primary clinician.

#### Total Score, seven screens, 21 points

- Goal is to score a 14 – reduced risk of injury with physical activity.
- Score of 13 or less, increased risk of injury with physical activity.

<https://www.curlbc.ca/wp-content/uploads/2023/06/Functional-Movement-Screen-Instructions.pdf>

### 3. Curl BC High Performance Fitness Testing Protocol

Kayla MacMillan      Curl BC Fitness Consultant      Strength & Conditioning Specialist  
C: (613)391-7162      E: kmmacmillan17@gmail.com  
If you have any questions don't hesitate to contact me.

**Note:** If you have any conditions that could be made worse by exercise, please consult a healthcare professional.

Part 1: Complete Par-Q (annually)  
Part 2: Complete Functional Movement Screening (FMS) (annually)  
Part 3: Complete Fitness Testing  
Part 4: Self-Reflection

**General Guidelines:**

- FMS and Fitness Testing must be supervised by accredited personnel for safety and to uphold the integrity of the evaluations.
- The purpose of the FMS is to identify functional limitations in movement such as asymmetries, and/or deficiencies that could lead to injury, impede training, and/or hinder performance.
- The purpose of the Fitness Testing is to determine physical fitness level, provide an objective measure of progress, and provide a comparison between athletes. Fitness testing results should also be used to guide following training programs.
  - Although there is no minimum work requirement, Curl BC High Performance Athletes are expected to demonstrate improvement between subsequent tests.
- Complete the self-reflection upon completion of the fitness testing, respond as honestly as possible, as your responses will remain confidential. The purpose of the self-reflection is for the athlete to reflect on their general physical fitness, address barriers to increasing their physical fitness level, and comment on the fitness testing process. This will also aid Curl BC to support the physical training of their athletes.
- After submitting all 4 completed parts, the results will be analyzed and each athlete will receive feedback on their results.

**U25/U35 Protocol**

Note: The U25/U35 fitness testing protocol reflects the requirements of the Curling Canada High Performance Program overseen by Kyle Turcotte.

**1. Body Composition:**

- Height (cm)
- Weight (kg)

**2. Grip Strength Test:**

Rationale: Grip strength is directly correlated to shoulder strength, and it is often a limiting factor in training. In curling, grip strength is crucial to support one's body weight on the broom.

Protocol: Adjust the grip dynamometer to the comfort of the athlete. Starting with the athlete's dominant hand, grip the dynamometer with as much force as possible for a maximum of 10s. Repeat the test with the non-dominant hand. Allow athletes to perform 3 attempts on each hand. Record the highest value as their score.

	Male	Female
Minimum	120lb	70lb

**3. Power: Standing Vertical Jump**

Rationale: A measure of explosive power, which is important in both sweeping and throwing efforts. Power is a combination of force and speed, we will measure both components through the testing.

Protocol: Athlete stands next to wall and will arm closest to the wall and feet flat on the ground, mark/record the highest standing reach height. The athlete then vertically leaps as high as possible using both arms and legs to assist with upward projection. Attempt to touch the wall at the highest point of the jump. The difference in distance between the standing reach height and jump height is recorded. Athletes are allowed 3 attempts, recording the greatest score.

	Male	Female
Poor	< 40cm	< 30cm
Average	55-60cm	45-50cm
Excellent	> 70cm	> 60cm

5. **Lower Body Strength:** 1RM Back Squat

Rationale: Important for sweeping and throwing abilities.

Protocol:

- Ensure the athlete is familiar with back squat.
- Depth should be hips parallel to knees at the bottom position with no posterior pelvic shift. If an athlete is unable to attain this depth then make a note of depth attained.
- Ensure safety bars and collars are used
- Appropriately warm up athletes, and have athletes complete a 1 rep max test of 1-5 repetition depending on the athlete's comfort. 1 rep max will be estimated based on maximum repetitions achieved at the maximum weight.
- Ensure adequate rest between attempts

Back Squat Standards (as per Curling Canada)	Male	Female
Minimum	1.5 x BW	1 x BW
Better	1.75 x BW	1.25 x BW
Best	2 x BW	1.5 x BW

5. **Upper Body Strength:** 1RM Bench Press

Rationale: Important component of sweeping.

Protocol: Have athletes find a comfortable grip width. If unfamiliar with bench press, have them grip slightly wider than shoulder width so hands stay over the elbows. Feet should remain on the ground, buttocks, head and shoulders in contact with the bench at all times. Have the athlete lower until the bar touches the chest. The concentric phase should include a full range of motion at the elbow. Record the maximum successful weight (kg).

Bench Press Standards (as per Curling Canada)	Male	Female
Minimum	1 x BW	.6 x BW
Better	1.25 x BW	.75 x BW
Best	1.5 x BW	1 x BW

## 6. Upper Body Stamina

### A: Push-up Test

Protocol: Assume a plank position so that only the hands and toes are in contact with the ground, with hands directly under the shoulders, feet hip width apart, and hips are aligned with shoulders. Place a 2 inch mat under the chest. Lower the body until the chest contacts the mat. Without deviating from posture, fully extend the elbows to complete the repetition. Complete as many repetitions as possible without deviating from the posture for 2 consecutive repetitions, until failure, or volitional fatigue.

	Male	Female
Poor	<20	<15
Average	40	35
Excellent	>60	>50

### B: Pull-up Test

Protocol: Have athletes start in full extension of elbows, without the use of a swing, pull the body up until the chin passes the height of the bar. Complete as many repetitions as possible until the athlete is unable to meet the required height.

	Male	Female
Poor	<10	<3
Average	10-19	3-9
Excellent	>20	>15

## 7. Core Strength: Plank

Rationale: Important to maintain efficient delivery and sweeping postures.

Protocol: Assume an elbow plank position, with elbows under the shoulders, forearms parallel to each other, feet hip width apart, and hips in line with shoulders. Record maximum time without deviating from posture to a maximum of 2 minutes.

## 8. Aerobic Capacity

**Rationale:** Important for sustaining effort throughout a game and competition, as well as recovery between aerobic efforts while sweeping and throwing.

**Protocol:** Complete **1** of the following options to determine an estimated VO2max. (Note complete the same option with subsequent testing)

- a. Incremental Treadmill Test: Initial workload is 5-8 mph, 0% grade for 3 min followed by 2% increase every 2 min maintaining constant speed (speed that's comfortable for the athlete). Test is terminated when the athlete cannot complete a full stage. - Record time to fatigue, incline achieved, and chosen pace.
- b. Beep Test - record highest level achieved
- c. 2k Row Test - record time to completion
- d. 5k Bike Erg Test (not a Curling Canada option) - record time to completion
- e. Cooper Test (not a Curling Canada option) - record distance completed in 12 minutes

### U18 Protocol

#### 1. Body Composition:

- Height (cm)
- Weight (kg)

#### 2. Grip Strength Test:

**Rationale:** Grip strength is directly correlated to shoulder strength, and it is often a limiting factor in training. In curling, grip strength is crucial to support one's body weight on the broom.

**Protocol:** Adjust the grip dynamometer to the comfort of the athlete. Starting with the athlete's dominant hand, grip the dynamometer with as much force as possible for a maximum of 10s. Repeat the test with the non-dominant hand. Allow athletes to perform 3 attempts on each hand. Record the highest value as their score.

	Male	Female
Poor	< 40kg	< 20kg
Average	50kg	30kg
Excellent	> 65kg	> 40kg

#### 3. Power Test: Standing Vertical Jump

**Rationale:** A measure of explosive power, which is important in both sweeping and throwing efforts. Power is a combination of force and speed, we will measure both components through the testing.

**Protocol:** Athlete stands next to wall and will arm closest to the wall and feet flat on the ground, mark/record the highest standing reach height. The athlete then vertically leaps as high as possible using both arms and legs to assist with upward projection. Attempt to touch the wall at the highest point of

the jump. The difference in distance between the standing reach height and jump height is recorded. Athletes are allowed 3 attempts, recording the greatest score (make note of this).

	Male	Female
Poor	<30cm	<25cm
Average	45cm	40cm
Excellent	>65cm	>55cm

#### 4. **Lower Body Strength:** Single Leg Squat Test

Rationale: Important to support proper technique, generate power, and prevent injury with the delivery.

Protocol: On one leg, squat down to depth (top of the thigh is parallel with the ground), return to full extension of hip and knee to complete each repetition. Supporting knee should point in the same direction as the foot throughout movement. Hip knee and big toe in alignment. Speed of movement is controlled speed. Non-working leg should be positioned in front of the body on descent (option to hold foot with hand). Failure is considered if speed of movement can't be controlled, if full range is not achieved, if balance can't be maintained, if knee buckles inward, if ankle stability can't be maintained. Rest 1 minute between legs. Option to use a box/bench to control depth.

	Male & Female	Male & Female
Poor	< 10	< 10
Average	15-20	15-20
Excellent	> 25	> 25

#### 5. **Upper Body Strength**

Rationale: Important for efficient sweeping.

**A:** Push-ups

Protocol: Assume a plank position so that only the hands and toes are in contact with the ground, with hands directly under the shoulders, feet hip width apart, and hips are aligned with shoulders. Place a 2-inch mat under the chest. Lower the body until the chest contacts the mat. Without deviating from posture, fully extend the elbows to complete the repetition. Complete as many repetitions as possible without deviating from the posture for 2 consecutive repetitions, until failure, or volitional fatigue.

	Male	Female
Poor	< 15	< 10
Average	20-40	15-25
Excellent	> 50	> 30

**B: Pull-up Test**

Protocol: Have athletes start in full extension of elbows, without the use of a swing, pull the body up until the chin passes the height of the bar. Complete as many repetitions as possible until the athlete is unable to meet the required height.

	Male	Female
Poor	< 8	< 2
Average	9-14	3-9
Excellent	> 15	> 10

**6. Core Strength/Stability: Plank**

Rationale: Important to maintain efficient delivery and sweeping postures.

Protocol: Assume an elbow plank position, with elbows under the shoulders, forearms parallel to each other, feet hip width apart, and hips in line with shoulders. Record maximum time without deviating from posture to a maximum of 2 minutes.

**7. Aerobic Capacity**

Rationale: Important for sustaining effort throughout a game and competition, as well as recovery between aerobic efforts while sweeping and throwing.

Protocol: Complete **1** of the following options to determine an estimated VO<sub>2</sub>max. (Note complete the same option with subsequent testing).

- a. Beep Test (record highest level completed)
- b. Cooper Test (record distance completed in 12 minutes)
- c. 2k Row Test (record time to completion)
- d. 5k Bike Erg Test (record time to completion)

**U25/U35 Results Sheet:**

Name:		
Team:		
Age:	Height (cm):	Weight (kg):
Test	Results	Comments
Grip Test (kg)	Dominant Hand:	



	Non-Dominant Hand:	
Power (cm)		
Back Squat (kg & reps)		
Bench Press (kg)		
Push-ups (#)		
Pull-ups (#)		
Plank (min)		
Aerobic Test		(Specify which test was performed):
Signature of testing supervisor:		

### Self reflection

#### Self-Reflection

\* Highlight the answer that best fits each question, and provide comments where you feel comfortable.

This fitness testing accurately showcases my current fitness level			
No	A little	Mostly	Yes
Comments:			

I am happy with my current fitness level			
No	A little	Mostly	Yes
Comments:			

I want to improve my fitness level			
No	A little	Mostly	Yes
Comments:			

I know how to improve my fitness level			
No	A little	Mostly	Yes
Comments:			

I feel supported in improving my fitness			
No	A little	Mostly	Yes
Comments:			

I think fitness is important to becoming a high-performance curler			
No	A little	Mostly	Yes
Comments:			

Please address any barriers you feel that hinder your ability to improve your fitness level (Eg, gym access, financial support, programming, motivation, anxiety, pain, ext.)			
Comments:			

## APPENDIX C – Curl BC Additional KPI's

Athlete Category	Provincial Level 1 and 2
KPI's	Compete in a minimum of 3 events
	Attend 2 Speaker Series webinars
	Attend 1 Curl BC Webinar
	Complete Gap Analysis and action Plan
	Complete 2 Fitness tests
	Coaches – complete Safe Sport module
	Athletes – complete True Sport and Safe Sport
	Complete a YTP

## APPENDIX D

Sport Specific Coaching Key performance indicators

- Within the last 5 years, coaches must have completed the NCCP Safe Sport Training or taken a refresher course if their initial Safe Sport Module was completed more than 5 years ago.
- Coaches are required to submit a valid, current criminal record check, which must be on file with Curl BC.
- Advancement of certification: Coaches are encouraged to work towards achieving a Certified Competition Development trained status. Within the first 2 years of being carded, coaches should begin their journey towards becoming Competition Development Trained.
- High-Level Events: Coaches aspiring to coach at Adult Podium Pathway events like the Brier or Scotties, Pre-Trials, or Trials, must possess either a Certified Competition Development or a Certified Competition Coach and be "In Training" for Competition Development.

## **APPENDIX E**

### **Sport Specific Nominated Athlete List**