



Canadian Sport Institute Pacific and Canoe Kayak BC Athlete and Coach Nomination Criteria Flatwater Sprint 2025 - 2026

Criteria Approved:
June 11, 2025

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

PURPOSE

Canadian Sport Institute Pacific, through a partnership with the Province of British Columbia (BC), viaSport, the network of PacificSport centers, 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.

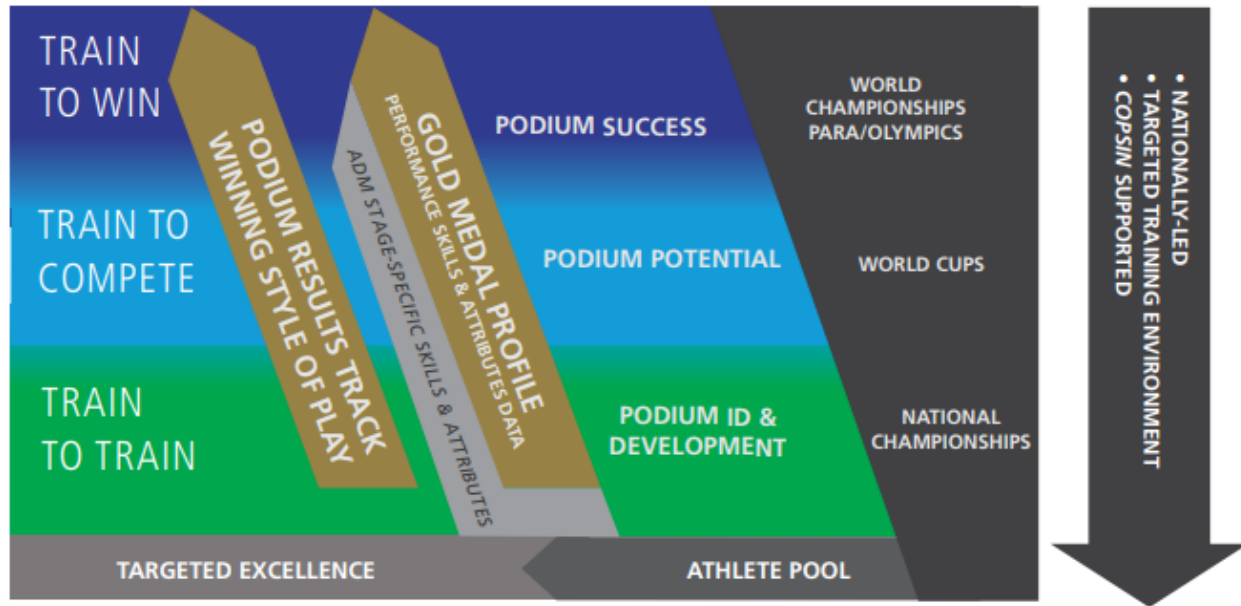
This template provides a standardized process to identify athletes and coaches within the CKBC high performance program as well as athletes who are tracking against key development pathway metrics toward national teams. The levels within the targeting seek to create a common standard across all sports; 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 enrollment. Upon enrolling, athletes and coaches can engage in enhanced programs, benefits, and selected support services through Canadian Sport Institute Pacific and the network of PacificSport regional centers 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 five levels. This ensures that athlete support is commensurate with their level of performance. Details of athlete support can be found in Appendix 6.

Targeted athletes are nominated by CKBC based on the athlete criteria below. Any enquiries regarding the sport-specific selection criteria can be made to Stan Marek (techdirector@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 **November 1st to October 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 enroll. All athletes and coaches must enroll with Canadian Sport Institute / PacificSport Center in order to receive athlete or coach supports and benefits

2025-2026 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; **AND**
- Implement Long Term Athlete Development (LTAD) principles and ideas:
Educate athletes and parents about the benefit of sport as a long term and life-lasting pathway.
Sport significantly contributes towards quality of life and creates healthy and strong communities.

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; **AND**
- Provide sport science resources for athletes and coaches; **AND**
- Ensure athletes have access to resources contributing towards athletes' short and long term physical and mental wellness
(Motto: Healthy body in healthy mind & Healthy mind in healthy body); **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 Sport Specific and General 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 ALL of the following criteria:

- Competitive member of a CKBC affiliated Club that is in good standing;
- Participate in a year round training program with a CKBC member club or under the direction or approval of the Technical Director
- Athletes must race for a CKBC-affiliated Club for the current season
- Does not have any outstanding accounts with CKBC that are more than 30-days in arrears or are without an approved payment plan;
- Not be serving a period of ineligibility pursuant to the Canadian Anti-Doping Program and/or pursuant to the ICF's Anti-Doping Rules.
- The athlete must be a resident of British Columbia and must race for a CKBC-affiliated club for one year prior to the nomination (and continue to do so throughout the whole term)

Note: Athletes receiving any type of support or funding from the High Performance Assistance Program are deemed to have participated in a selection process and are therefore committing to competing for the Province of British Columbia;

5. IDENTIFICATION

Athletes **MAY BE** named to the Provincial Team by meeting both the On-water and Off-water Criteria (see *Core Selection Criteria* below for specifics):

1. ON-WATER:

- National Team Selection/Identification or CKC Team Selection;

OR

- Achieving any **two (2)** BC Performance Standards in the SAME performance level (e.g. An athlete meets the Level 3 Performance Standard while placing top 3 at Nationals in U16 Men's K1 200m & 1000m);

OR

- Achieving **one (1)** BC Performance Standard together with **multiple** BC Performance Time Standards (see further description in section 7. Core Selection Criteria);

Note: BC Performance Time Standards shall be achieved at ANY DISTANCE OR DISCIPLINE LISTED IN APPENDIX 1 DURING ANY PHASE OF COMPETITION IN APPROVED VENUES LISTED IN SECTION 8.

AND

2. OFF-WATER:

- Achieving "Minimum Off-water Performance Standards" (**Appendix 5**)

6. APPLICATION FOR SELECTION

It is the responsibility of the athlete to apply for selection to the Provincial Team by completing and submitting the following **BY THE APPLICABLE DEADLINE** (noted below):

1. Provincial Team Application Form

- a. Form includes details on the athlete, which performance standard achieved, 2025 season debrief, goals and objectives for the 2026 season:
https://docs.google.com/forms/d/e/1FAIpQLSdCJrX_kfXc9vmYhjLolPIggBaduikvcN0z2EnwRo2I-kHA/viewform?usp=header

2. Technical video submission

- a. Kayakers:
 - i. 15-20" video from each side
- b. Canoers:
 - i. 15-20" video of the athlete's paddling side

3. Completion of the CCES True Sport Clean 101 Quiz and NCCP Safe Sport Training

- a. The Quiz and Training are free and can be completed at the following:
 - i. CCES True Sport Clean 101 Quiz: <http://cces.ca/course-outline>
 - ii. NCCP Safe Sport Training: <https://safesport.coach.ca/participants-training>;

Additional:

The above information will help inform CKBC in athlete selection and will also assist in creating (or updating) an athlete profile for each selected athlete.

Documents, videos and certificates of completion shall be sent to techdirector@canoekayakbc.ca

**** Deadline for final submission of all the parts: September 15, 2025 unless approved by the Technical Director ****

7. CORE SELECTION CRITERIA

1. For PSO/DSO nominations, athletes must be considered in good standing at the discretion of the PSO/DSO with CKBC 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 CKBC's nomination list at the discretion of the PSO/DSO **and in agreement with CSI Pacific** 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 CKBC in the previous **12-month cycle**

- c. There is an agreed timeline on the return to play process
- 4. Minimum age of targeted athlete is 16-years-old, however at the discretion of CSI staff exceptions can be approved
- 5. Maximum number of athletes at each level based on historical conversion rates from 2019-2025, identified by CSI Pacific and communicated to the sport by CSI staff. At the discretion of CSI staff exceptions can be approved

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 Criteria 1.0

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

OR

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

Evidence to be provided by PSO/DSO in order to confirm nomination.

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:
 - **2.0** Athletes who have competed at U23 or Junior World Championships in the **past 12 months**, provided they maintain their status as a Provincial Team Athlete (see Section 9. Athlete Responsibilities and Section 13. Removal Process);

OR

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

OR

- **2.2** Achieving **two (2)** BC Performance Level 3 Standards listed below

OR

- **2.3** Achieving **one (1)** BC Performance Level 3 Standard listed below **AND three (3)** BC Performance Time Standards

AND

- Meeting **3 out of 5** “Minimum Off-Water Performance Standards” results (**Appendix 5**), while participating in all disciplines

Evidence to be provided by PSO/DSO in order to confirm nomination.

BC Performance Standard CKBC Level 3: Criteria 2.0

- Arriving within the **top four (4) in an “A Final”** at the Canadian National Championships or National Team Trials in a **singles event**.
 - **2.4** 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

- **2.5** Arriving within the **top two (2) in an “A Final”** at the Canadian National Championships or National Team Trials in a **doubles 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:
 - **3.0** Achieving **two (2)** BC Performance Level 4 Standards listed below

OR

- **3.1** Achieving **one (1)** BC Performance Level 4 Standard listed below **AND three (3)** BC Performance Time Standards

AND

- **3.2** Meeting **3 out of 5** “Minimum Off-Water Performance Standards” results (**Appendix 5**), while participating in all disciplines

BC Performance Standard CKBC Level 4: Criteria 3.0

- Arriving within the **top eight (8) in an “A Final”** at the Canadian National Championships or National Team Trials in a **singles event**
 - **3.3** If there are no heats to create finals, an athlete is deemed to have achieved this standard if they arrived within the top **33%** of all boats in the event

OR

- **3.4** Arriving within the **top four (4) in an “A Final”** at the Canadian National Championships or National Team Trials in a **doubles event**.

Evidence to be provided by PSO/DSO in order to confirm nomination.

Coach Nomination

Canadian Sport Institute Canoe/Kayak Criteria:

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.
(the proof of both certificates must be submitted to CKBC TD by **October 31, 2025**)
- Submit their YTP as well as the Pro-D plan
(both documents must be submitted to CKBC TD by **October 31, 2025**)
- Demonstrate the continuing development through available educational opportunities
(e.g. NCCP courses, post-secondary courses/studies, participation in CKC projects or equivalent).
- Coaches must be NCCP Competition - Development Trained or Certified

8. 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 for this purpose:

- Provincial Team Trials, Canada Games Trials (Burnaby Lake, Kamloops - Shumway Lake)
- Ted Houk Regatta (Seattle, Green Lake)
- BC Championships/National Qualifiers Regatta (Burnaby Lake, Kamloops - Shumway Lake)
- Season Opener/Pacific Cup (Maple Ridge, Lake Whonnock)
- Canada Summer Games
- Canadian National Championships
- National Team Trials

9. ATHLETE RESPONSIBILITIES

Athletes nominated as Performance Athletes are accountable to CKBC. Specific athlete responsibilities are as follows:

The Athlete will:

- (a) participate in a year-round training program with a CKBC member club or under the direction or approval of the Technical Director
 - Year round training refers to training at least six (6) times per week;
- (b) participate in all CKBC and Provincial Team events, including fall and winter testing, training camps, selection events and webinars/workshops
- (c) complete and submit goals and performance tracking documents each year or as requested by the Technical Director;
- (d) Completing Training Monitoring sheets regularly as per TD's instructions
- (e) Complete NCCP Safe Sport Module Training
- (f) Complete CCES True Sport Clean 101

10. PERFORMANCE EXPECTATION AND PROGRESSION

All athletes are expected to meet the following specific performance objectives:

1. Total number of session for the week: 6 - 12 sessions/week (depending on the season)
2. Total on-water volume for the week or month: 2500 - 4500/year/category
3. Provincially - run performance and health assessment as scheduled (FMS, Mental performance, Nutrition assessment, VO2 max, etc)
4. Athletes must attend at minimum, unless approved by the Technical Director:

1. **Provincially:** Provincial Team Trials (if applicable)
 Provincial Championship
 Fall Provincial Camp (if applicable)
 Fall Off-water testing
 Winter Provincial Camp (if applicable)

Winter Off-water testing
 Online meetings, webinars, workshops
 RBC Training Ground
 Spring or Fall Long Distance regatta

2. Nationally: Canadian National Championship AND/OR National Team Trials

5. Working on Monitoring sheets/logs regularly as per instructions of the Technical Director

In addition, all athletes are expected to demonstrate evidence of their **ONGOING PERFORMANCE PROGRESSION** tracking toward CKC's Gold Medal Profile to remain targeted.

1. Off-water performance testing as scheduled by PSO and/or club

AND

2. On-water performance testing as scheduled by PSO and club

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 CKBC Technical Model
- **Psychological**
 - Psychological improvements using CKBC Mental Performance report

11. 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 12 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.

12. 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, Executive Director and Sprint Chair, 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.

13. REMOVAL

Any selected athlete may have their selection status reviewed by the Technical Director if any of the requirements listed in section 9 (Athlete Responsibilities) or section 10 (Performance 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 or Sprint Chair 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 and Sprint Chair, the dispute shall be resolved.

If the athlete fails to remedy the breach within 10 days of receiving the first written notice, the athlete shall be notified, in writing, by the CKBC Sprint Chair of their removal from the Provincial Team.

14. 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.

The appeal panel will consist of the Executive Director, the Sprint Chair, and an individual jointly appointed by the Executive Director and the Sprint Chair. The appeal meeting will be held at a time and date determined 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.

15. SUMMARY OF CATEGORIES

A. 2025-2026 CSIP/CKBC Levels

2025-26 CSIP Levels	2025-26 CKBC Levels
Podium	Level 1
Canadian Development	Level 2
Provincial Development – Level 1	Level 3
Provincial Development – Level 2	Level 4

APPENDIX 1: CKBC 2025-2026 Time Standards

Category		U16	U18	Junior	Senior
Women	K-1 200m	00:49.17	00:47.35	00:45.89	00:43.98
	K-1 500m	02:13.75	02:08.14	02:04.06	01:58.90
	K-1 1000m	04:43.90	04:36.15	04:31.50	04:19.50
	K-2 200m	n/a	00:41.88	00:42.02	00:40.75
	K-2 500m	01:55.23	01:53.06	01:53.34	01:49.46
	K-2 1000m	04:07.80	04:02.58	03:59.14	03:58.00
	C-1 200m	00:56.95	00:56.00	00:56.29	00:51.48
	C-1 500m	02:28.76	02:33.47	02:34.79	02:20.67
	C-1 1000m	05:28.15	05:26.03	05:28.04	05:05.57
	C-2 200m	n/a	00:50.54	00:50.34	00:49.07
	C-2 500m	02:14.73	02:13.86	02:15.65	02:10.67
	C-2 1000m	04:41.00	04:45.50	04:43.05	04:40.78

Category		U16	U18	Junior	Senior
Men	K-1 200m	00:41.95	00:39.75	00:38.50	00:37.29
	K-1 500m	01:59.60	01:53.03	01:49.19	01:43.18
	K-1 1000m	04:09.24	03:55.56	03:54.19	03:44.90
	K-2 200m	n/a	00:35.54	00:34.90	00:33.95
	K-2 500m	01:40.91	01:37.70	01:35.76	01:34.06
	K-2 1000m	03:36.91	03:31.07	03:27.12	03:25.30
	C-1 200m	00:48.93	00:46.32	00:44.56	00:42.24

	C-1 500m	02:13.73	02:08.72	02:02.81	01:55.48
	C-1 1000m	04:45.93	04:33.85	04:17.06	04:09.36
	C-2 200m	n/a	00:41.55	00:40.69	00:39.61
	C-2 500m	01:57.87	01:51.56	01:51.17	01:47.80
	C-2 1000m	04:07.65	04:03.29	04:00.38	03:49.66

APPENDIX 2: CKBC 2025-2026 High Performance KM Standards

2025-2026 CKBC KM Standards

CKBC Level	On Water KM/Year
CKBC Level 1	4000+
CKBC Level 2	3500+
CKBC Level 3	2500-3500
CKBC Level 4	2000-3000

** KM averages are based on CKC's Selection Philosophy Team Red
- Sprint 2024*

APPENDIX 3: CKC Gold Medal Profile Podium Pathway v3

CKC GMP/Podium Pathway:

- [CKC Gold Medal Profile Podium Pathway v3.docx](#)

APPENDIX 4: CKBC 2025-2026 Performance Indicators (based on CKC GMP)

High Performance Off-water standards based on Team Red v2:

[High Performance Off-water standards based on Team Red v2](#)

APPENDIX 5: CKBC 2025-2026 Minimum Off Water Performance Standards

PT					
	Pull ups in 1min	Push ups in 1min	Squat Jumps (Vertical Frogs) in 1 min	1500m run	200m swim
U16 men	32	59	53	5:18.0	3:15.0
U16 women	20	41	43	6:15.0	3:39.0
U18 men	32	59	53	5:18.0	3:15.0
U18 women	20	41	43	6:15.0	3:39.0
U19+ men	32	59	53	5:18.0	3:15.0
U19+ women	20	41	43	6:15.0	3:39.0

Note 1:

These shall be achieved under the direction of CKBC Technical Director together with respective club coaches during the 2025 Provincial Testing Meet in October 2025.

Note 2:

Those who fail achieving the "Minimum Off water Performance Standard" during the 2025 Provincial Testing Meet in October 2025, will have the opportunity to reach the "Standard" by the 2026 Provincial Testing Meet in early spring/late winter 2026 (exact date TBC). After the early spring/late winter 2026 Provincial Testing Meet, there will be NO additional opportunity to achieve the "Standards".

Attendance at the Provincial Testing Meet is mandatory for Provincial team athletes. Individual arrangements will be made with those who train/temporarily reside outside of BC.

APPENDIX 6: 2025-2026 Support for Provincial Team Athletes

- Performance service plan based on your completed intake form and meeting
- Access to sport science/sport medicine support, including:
 - Online professional development workshops throughout the year
 - Monthly performance monitoring
- Funding support through the High Performance Assistance Program (if applicable)
- Eligibility for external sport credit: Athlete 10, Athlete 11 or Athlete 12 ([more details can be found at the following link: https://canoekayakbc.ca/content/external-sport-credentials](https://canoekayakbc.ca/content/external-sport-credentials))
- Access to Canadian Sport Institute - Pacific/PacificSport benefits, programs and support services, including:
 - Community partnerships (discounted products/services)
 - GymWorks
 - Grants/bursaries