

For nominations for the 2019 Athlete Assistance Program carding cycle

(Financially supported by Sport Canada)

A. INTRODUCTION

The purpose of this document is to outline the qualification and selection procedures (the “Selection Process”) that will be used by Triathlon Canada to select athletes to be nominated for Sport Canada’s Athlete Assistance Program (AAP).

The objective of the AAP is to identify and support Canadian athletes who have demonstrated the potential to achieve a top sixteen (16) result at the Olympic/Paralympic Games and World Championships. Sport Canada evaluates the number of athletes that will be supported for each sport and issues “cards” under the AAP program. The AAP is commonly referred to as the “carding” program hence the term “carded” for AAP supported athletes.

B. POLICY DETAILS

Sport Canada determines the card quotas for eligible NSOs and sport disciplines. Each eligible sport discipline is allotted a certain number of senior cards with a corresponding monetary amount. The annual allocation for Triathlon Canada is currently 6 senior cards, the equivalent of \$127,080. Sport Canada regularly reviews its allocation of cards; this quota is therefore subject to change.

Demonstrated performance is the primary requirement of the carding process. International and/or domestic results will be used to evaluate performance and determine eligibility under the carding criteria as collaboratively developed and agreed to by Sport Canada and Triathlon Canada.

DEFINITIONS

Carding Cycle refers to the period January 1st to December 31st.

Current Carding Cycle refers to the period January 1st of the current year and ending December 31st of the current year.

A Card is a general term for different types of Cards that exist:

- Senior International card (SR1/SR2)
- Senior Domestic card (SR/C1)*
- Senior Injury card (SRI)
- Development card (D)
- Development Injury card (DI)

* Senior cards awarded to athletes who meet the Senior Domestic criteria for the first time are called C1 Cards and are funded at the Development card level. If, however, the athlete has been previously carded at the SR1/SR2 level, has been named to the national senior team, or has competed in senior World Championships before meeting the national criteria for the Senior Card for the first time, the athlete will be funded at the Senior Card (SR) level rather than at the D level.

TRIATHLON CANADA'S AUTHORITY FOR DECISIONS

All matters relating to the nomination of athletes for AAP are the sole authority of Triathlon Canada. Triathlon Canada makes decisions relating to the approval of AAP nominations on the basis of the approved Triathlon Canada AAP Criteria and requirements. If an athlete does not meet the criteria or requirements set out in the Triathlon Canada AAP Criteria, the athlete will not be eligible for nomination by Triathlon Canada.

SECTION 1: CARDING ALLOCATION

- 1.1 Carding is only available for results obtained in ITU Standard, Sprint or Mixed Team Relay events in the Elite, U23 and Junior categories. Any eligible athlete must show that he/she is specializing in ITU Standard, Sprint or Mixed Relay racing.
- 1.2 The annual carding qualification period is defined by the schedule of ITU points scoring events January 1st to December 31st of the current year.
- 1.3 Cards will be allocated based on the following priority ranking:
 - i. Senior cards –SR1, SR2, SR, C1 and SR Injury cards
 - a. Athletes eligible for “Senior International” cards;
 - b. Athletes eligible for “Senior Domestic” cards;
 - ii. Development cards – Athletes eligible for “Development” cards
- 1.4 The Triathlon Canada High Performance Director makes final recommendations, upon review with Triathlon Canada's Selection Committee, on nomination to Sport Canada's AAP, based on Triathlon Canada's carding criteria. The High Performance Director is responsible for the implementation of this policy and all nominations must be ratified by the Board of Directors of Triathlon Canada
- 1.5 Sport Canada is responsible for approving nominations in accordance with the AAP policies and the published Triathlon Canada approved and AAP compliant carding criteria.

SECTION 2: MINIMUM QUALIFICATION REQUIREMENTS

- 2.1 AAP support is subject to athletes' availability to represent Canada in major international competitions, including World Championships, and the Olympic Games; participation in preparatory and annual training programs; and adherence to their Athlete/Triathlon Canada Agreement.
- 2.2 The athlete must be a **Canadian citizen or PERMANENT RESIDENT OF CANADA**, on the date of the beginning of the carding cycle, and the athlete shall have been a legal resident in Canada (student status, refugee status, work visa or permanent resident) for a minimum period of one year before being considered for AAP support. The athlete would normally be expected to have participated in Triathlon Canada-sanctioned programs during that time period.

2.3 The athlete, under the eligibility requirements of the International Triathlon Union (ITU), **as it pertains to citizenship or residency status**, must currently be eligible to represent Canada at major international events, including World Championships.

SECTION 3: SENIOR INTERNATIONAL CARDING CRITERIA (SR1/SR2)

The allocation of Senior International Cards will be based on the following performance criteria set by Sport Canada:

Olympic year	
Olympic Games	Top 8 and top ½ of the field.
Non-Olympic year	
Elite* ITU World Triathlon Series Grand Final	Top 8 and top ½ of the field.
ITU Mixed Relay World Championship	<p>Team Benchmark: Top 8 and Top ½ of the field</p> <p>Individual performance benchmarks:</p> <ul style="list-style-type: none"> i. Finishing within 5% of the fastest overall time on their relay leg; and ii. Finishing within 5% of the fastest overall time in each discipline (swim, bike and run) of the fastest time in their relay leg; and iii. Finishing within 5% of the fastest overall time in each transition (T1 and T2) of the fastest time in their relay leg. <p>Note: Triathlon Canada has adjusted the Relay placing criteria to reflect the importance of each athlete’s individual leg performance. This is consistent with Section 5.2.1 of the AAP policies and procedures.</p>

Athletes who meet the Senior International criteria are eligible to be nominated by Triathlon Canada for two consecutive years, with the card for the first year referred to as SR1 and the card for the second year referred to as SR2. The second year of carding is contingent on the athlete being re-nominated by Triathlon Canada and a training and competitive program approved by Triathlon Canada and Sport Canada being maintained. The athlete must also sign an Athlete/ Triathlon Canada Agreement and complete an AAP Application Form for the year in question.

SECTION 4: SENIOR DOMESTIC CARDING CRITERIA (SR/C1)

- .1 Senior carded athletes will normally have a maximum of 5 years, excluding the year(s) in which SR1/SR2 injury cards are awarded, to achieve International Card status (SR1) from the year they were first Senior carded, as a senior aged athlete. An athlete may be nominated for a 6th year or beyond at the SR level if the athlete meets the SR Card criteria 4.5 Priority # 1, and/or if in the opinion of Triathlon Canada’s High Performance Director based on a stringent review of past performance, future potential, and demonstrated improvement, it is determined that the athlete has the potential to qualify for a Senior International card (SR1/SR2), and/or assist other targeted athletes; in their role as a team athlete, in achieving SR1/SR2 status.
- .2 To be considered for an SR/C1 card, an athlete must have:

Requirements for ITU Senior age athletes
<ul style="list-style-type: none"> • Participated in a minimum of five (5) 2018 ITU Standard, Sprint or Mixed Relay Series events in the Elite categories. Note: the requirement to participate in five (5) ITU Events may be waived by the Triathlon Canada High Performance Director (see Appendix 1 Exemption request procedures). AND • Participated in the 2018 Triathlon Canada National Championship. Note: the requirement to participate at the Canadian Championship may be waived by the Triathlon Canada High Performance Director (see Appendix 1 Exemption request procedures). AND • Be Top 140 ITU Olympic Ranking as of Dec 1, 2018

Requirements for ITU U23 age athletes
<ul style="list-style-type: none"> • Been selected to race, and compete at the 2018 ITU U23/ World Championships AND/OR a ITU Mixed Relay Series event (see Appendix 1 Exemption request procedures). AND • Participated in the 2018 Triathlon Canada National Championship (Elite/U23) within the current carding cycle (see Appendix 1 Exemption request procedures). AND • Be Top 140 Olympic Ranking as of Dec 1 2018

- .3 Unless otherwise stated in the Senior Domestic carding criteria, all results herein refer to the season prior to the carding cycle being considered for nomination to the AAP.

SR/C1 Cards will be allocated regardless of gender, prioritized by the order of the criteria below.

- 4.5 The remaining number of Senior cards will be allocated to eligible athletes in the following priority order:**

PRIORITY #1 - World Triathlon Series Podium

Athletes who finish on the podium (top 3) at a 2018 ITU World Triathlon Series.

Prioritization:

- a. If there are fewer cards than athletes meeting the Senior Domestic Priority #1 criteria, the athletes with the higher (better) Olympic Ranking will be ranked higher;
- b. If two or more athletes have the same Olympic Ranking, then the athlete with the higher average run GMP at their best WTS event will be ranked higher;

Priority #2 – ITU Mixed Relay (MR) Series Top Three (3)

Athletes competing in a 2018 ITU Mixed Relay Series event that finish in the Top Three (3) AND meeting the following individual performance benchmarks:

- iv. Finishing within 5% of the fastest overall time on their relay leg; and
- v. Finishing within 5% of the fastest overall time in each discipline (swim, bike and run) of the fastest time in their relay leg.
- vi. Finishing within 5% of the fastest overall time in each transition (T1 and T2) of the fastest time in their relay leg.

Prioritization:

- a. If there are fewer cards than athletes meeting the Senior Domestic Priority #2 criteria, the athlete with the highest percentage of the fastest time for their relay leg (i.e. closest percentage to winner of leg 1, etc.) will be ranked higher.
- b. If two or more athletes have the same overall percent difference of the fastest overall time on their relay leg, then the athlete with the highest GMP swim, bike and run their relay leg will be ranked higher

Priority #3 – Olympic Games, or ITU World Triathlon Grand Final (WTGF)

Athletes who finish within the top 16 at the Olympic Games, or top 8 at the 2018 WTGF in Olympic Years or top 16 in non-Olympic Years.

Prioritization:

- a. If there are fewer cards than athletes meeting the Senior Domestic Priority # 3 criteria, the athletes with the best finish at the Olympic Games, or WTC will be ranked higher.
- b. If there are two athletes with the same Olympic Games, or WTC result, the athlete with the best Olympic Games, or WTC run split differential (RSD) will be ranked higher.

Priority #4 - World Triathlon Series Top 8

Athletes with a minimum of two (2) Top Eight (8) finishes at 2018 ITU World Triathlon Series (WTS)

Events. Prioritization:

- c. If there are fewer cards than athletes meeting the Senior Domestic Priority #4 criteria, the athletes with the most ITU World Ranking points earned at the two (2) WTS events will be ranked higher.
- d. If two or more athletes have the same number of ITU World Ranking points earned at the two (2) WTS events, then the athlete with the higher average run GMP at the two WTS events will be ranked higher.

Priority # 5 – Top 20 ITU Olympic Ranking

Athletes ranked within the Top 20 ITU Olympic Ranking on Dec 1, 2018.

Prioritization:

- a. If there are fewer cards than athletes meeting the Senior Domestic Priority #5 criteria, the athletes with the highest (best) ITU Olympic Ranking will be ranked higher.
- b. If two or more athlete have the same ITU Olympic Ranking, an athlete representing Canada at the ITU MR World Championships will be ranked higher.
- c. If two or more athletes have competed at MTR World Championships, the athlete with highest number of ITU Olympic Ranking points accumulated in World Triathlon Series races will be ranked higher.
- d. If the ranking is still tied at this point, run GMP at the top WTS race will be used to break the tie.

Priority #6 – SR2 Injury

Athletes carded the previous year at SR2 levels who meet the injury carding criteria.

Priority #7 – SR Injury

Athletes carded the previous year at SR/C1 levels who meet the Injury carding criteria.

Priority #8 – SR Injury 2nd Year

Remaining Senior Cards will be awarded to athletes carded the previous year at SR2 injury or SR injury levels that meet the Injury carding criteria.

SECTION 5: DEVELOPMENT CARD CRITERIA

- 5.1** The focus and guiding principle of the Development Card is to assist the transition towards achieving international excellence of development athletes who clearly demonstrate the potential to achieve the Senior International card criteria.

Athletes in the Junior and U23 age categories or within 2 seasons of their last year in U23 are eligible for Development carding support.

Athletes previously carded at the SR1/SR2 and SR/C1 (for two years or more) levels are no longer eligible to be nominated for Development cards unless they achieved the Senior International carding level at junior ages.

5.2 To be considered for a Development Card, an athlete must have:

- Participated at the Junior, U23 and/or Elite 2018 Triathlon Canada National Championship following a draft legal format, in the year of nomination for AAP support. Note: the requirement to participate at the National Championships may be waived by the Triathlon Canada High Performance Director (see Appendix 1 Exemption request procedures).
- A ITU World Ranking

5.3 The remaining number of Development cards will be allocated to eligible athletes in the following priority order:

Development Priority #1 – ITU World Cup Top 8 performances

Athletes with a minimum of two (2) Top Eight (8) finishes at 2018 ITU World Cup Triathlon Events.

Prioritization:

- a. Placing at Standard distance World Cup events.
- b. Placing at Sprint distance World Cup events.
- c. If there are fewer cards than athletes meeting the Development Priority #3 criteria, the athletes with the highest (best) ITU World Ranking will be ranked higher.
- d. If two or more athletes have the same ITU World Ranking then the athlete with the higher run GMP at the two World Cup events will be ranked higher.

Development Priority #2 - Under 23 ITU Triathlon World Championships Top 8

Athletes finishing in the Top Eight (8), and top 1/2 of the field at the 2018 ITU U23 Triathlon World Championships.

Prioritization:

- a. If there are fewer cards than athletes meeting the Development Priority #2 criteria the athletes who achieved a higher finish will rank higher.
- b. If two or more athletes achieved the same finish, the athlete with the best run GMP will be ranked higher.

Development Priority #3 - Junior World Championships Top 5

Athletes finishing in the Top Five (5) at the 2018 ITU Junior Triathlon World Championships.

Prioritization:

- a. If there are fewer cards than athletes meeting the Priority #3 criteria, priority will be given to the athlete(s) with the higher finish in their respective race.
- b. If athletes remain tied (e.g. two silver medallists), then the best run GMP will be ranked higher

Development Priority #4 - ITU Mixed Team Relay Series Top Five (5)

Athletes competing in a 2018 ITU Mixed Team Relay Series event that finish in the Top Five (5) AND meeting the following individual performance benchmarks:

- i. Finishing within 5% of the fastest overall time on their relay leg; and
- ii. Finishing within 5% of the fastest overall time in each discipline (swim, bike and run) of the fastest time in their relay leg.

Prioritization:

- a. If there are fewer cards than athletes meeting the Development Priority #4 criteria, the athlete with the highest percentage of the fastest time for their relay leg (i.e. closest percentage to winner of leg 1, etc.) will be ranked higher.
- b. If two or more athletes have the same overall percent difference of the fastest overall time on their relay leg, then the athlete with the highest swim, bike and run percentages their relay leg will be ranked higher.

Development Priority #5 – ITU Continental Cup Podiums

Athletes with a minimum of three (3) podium finishes at 2018 ITU Continental Cup/Championship events (CAMTRI, ETU and OUT only). Only 2018 ITU Continental Cup/Championship events that have a minimum of twelve (12) athletes per gender STARTING the race AND the athlete scores ITU World Ranking points are valid.

Prioritization:

- a. If there are fewer cards than athletes meeting the Development Priority #3 criteria the athletes who achieved a higher average finish will rank higher.
- b. If two or more athletes achieved the same finish, the athlete with the best average run GMP will be ranked higher.

Development Priority #6 – D Injury

Athletes carded the previous year at D levels, who meet the Injury carding criteria may be considered for Development Carding – Injury exemption.

Development Priority #7 – Selected Athletes

Prioritization:

Eligible athletes under the age of 26 (as per 5.1 & 5.2) will be ranked against each other in three categories to determine their priority for Development Carding. The sum of their rankings in these three areas will determine their priority for Development Carding, with the athlete with the lowest overall rank placing 1st. A committee, composed of High Performance Director, the Triathlon Canada Athlete Representative, and one or more Triathlon Canada Coaches will evaluate the athletes, based on this group's expert assessment and opinion, on the following criteria:

1. Placing at their respective ITU World Triathlon Championships relative to other eligible athletes (e.g. two athletes finishing 11th will receive a ranking of #1 and the next athlete who placed 12th

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will be ranked #3).

2. A review by Triathlon Canada's HP department of an athlete's best two additional in season races
3. Fastest Ratified swim and run standards relative to the current *Triathlon Canada Gold Medal Profile* document.
4. Fastest stand alone ratified swim and run standards

If two or more athletes are tied in overall ranking, the tied athletes will be prioritized according to the average of their age-graded swim and run standards, expressed as a percentage, relative to the current Triathlon Canada Gold Medal profile.

SECTION 6: INJURY CARDING CRITERIA

- 6.1 A carded athlete who at the end of the carding cycle has not achieved the standard required for the renewal of carding status because of strictly health related reasons may be considered for re-nomination for the upcoming year. In this circumstance, the athlete may make written application for an injury card to the High Performance Director, supported by a medical certificate, no later than five (5) calendar days after the conclusion of the World Triathlon Grand Final of the current year as outlined in 1.2 above in order to be considered for selection.
- 6.2 The basic philosophy for selecting an athlete by granting an injury / illness/pregnancy request is that, all things being equal, the athlete nominated has clearly demonstrated superior performances in previous competition to other athletes being considered for AAP nomination.
 - An injury / illness/pregnancy request is considered as the last means by which an athlete can earn selection and is intended to provide for exceptional circumstances outside the normal selection criteria rather than being part of the normal means by which an athlete can earn selection.
- 6.3 The athlete will be considered for nomination for an injury card at the High Performance Director's sole discretion, subject to the following conditions:
 - a. In the view of the High Performance Director, the athlete has made reasonable efforts, through rehabilitation and training, to return to full high-performance training and competition as soon as possible after acquiring the injury or illness. Despite these reasonable efforts, the athlete failed to meet the selection criteria as outlined in this Selection Criteria document.
 - b. A qualified sport medicine physician, approved by Triathlon Canada, provides a written report to the High Performance Director indicating: (i) the scope of the injury, (ii) the rehabilitation required, (iii) the normal recovery term, and (iv) the prognosis of a full recovery by the athlete (the "Physician's Report"). The Physician's Report must indicate to the High Performance Director that the athlete will be ready to compete and achieve equal or superior performances to those achieved by the athlete prior to the athlete's injury by no later than five (5) calendar days after the conclusion of the World Triathlon Grand Final of the current year as outlined in 1.2 above. Triathlon Canada's High Performance Director will review the Physician's Report and this individual may obtain a peer-reviewed evaluation of the applicant's information and readiness to return to full-time training and competition.

- 6.4 In the event that an athlete is nominated to receive Sport Canada AAP support on the basis of a successful injury/illness/pregnancy request they will be required to prove recovery, both from a medical perspective and also a performance perspective on or before March 15th.

The determination of what performance benchmarks, and/or health indicators will be utilized to constitute recovery will be made by the Triathlon Canada medical team, coaching staff and High Performance Director, and will be communicated to the individual athlete and their coach before January 15th.

These performance benchmarks, and/or health indicators will be based upon making an assessment of the athlete's ability to perform at the same performance level that earned them selection to Sport Canada AAP support.

- 6.5 If an athlete is subsequently deemed medically unfit and/or is unable to meet the required performance benchmarks on or before March 15th, their nomination will be withdrawn by Triathlon Canada for the remaining months of carding cycle.
- a. event, the request must be received at TC office within 2 weeks of occurrence of the injury;
 - b. when the injury occurs within 2 weeks of the event, the request must be received at the TC office prior to commencement of the event;
 - c. when the injury occurs at the event, the injury must be reported to the TC appointed chief medical officer within a week of the end of the event, who will be responsible to report it to TC office.
2. Except for 3 (c): the request must be made in writing, signed by the personal coach, stating the circumstances with supporting evidence faxed or mailed to the Triathlon Canada office. Injury requests must include a medical certificate that indicates the type of injury, severity and estimated recovery time. Triathlon Canada has the right to seek a second medical opinion.
 3. The Triathlon Canada High Performance Director will accept or reject all requests and deliver the decision in writing within two weeks of receiving the request.

SECTION 7: ATHLETES TRAINING OUTSIDE OF CANADA

The following shall apply to athletes who meet the carding criteria as noted above and who are training abroad:

- 7.1 All athletes training outside of Canada are required to support the National program as outlined in this document.
- 7.2 Triathlon Canada will, at its sole discretion, determine if Canadians who achieve the carding criteria while living and training outside of the country will be nominated for AAP funding. The decision will be based on a number of factors which shall include, but not be limited to, the available daily training environment, ability to support the National program as outlined in this document, current and past health status, performance potential and other objective or subjective factors. Triathlon Canada is not obliged to nominate any athletes training outside of Canada.

- 7.3 As per Sport Canada policy (2.5.1), Athletes living outside Canada are not normally eligible for AAP support. Any exceptions to this requirement must be approved by Sport Canada. An athlete leaving Canada should be fully aware that an exception will be made only through special submissions by the NSO concerned to Sport Canada. Athletes living outside Canada for athletic or academic purposes must demonstrate, to the satisfaction of Sport Canada that appropriate training programs are in place and are being monitored by their NSO. Athletes who have been living full-time outside Canada for more than two successive years will not normally be considered eligible for AAP benefits. However, if these athletes are competing within the Canadian sport system and representing Canada at international competition.
- 7.4 As per Sport Canada policy (2.5.2), Triathlon Canada will nominate athletes who are attending a foreign post-secondary educational institution and are receiving an athletic scholarship for AAP funding provided that they commit to support the National Team Program activities. These athletes will be nominated by Triathlon Canada for AAP support during the months they are not attending the foreign post-secondary institution. It is the responsibility of the individual athlete to notify Triathlon Canada of the applicable time period for which they will not be attending the foreign post-secondary educational institution.

SECTION 8: NCAA-BASED CARDED ATHLETES

- 8.1 Sport Canada policy states that athletes attending a foreign post-secondary educational institution and who are receiving an athletic scholarship are not eligible to receive AAP support in the months in which they are attending the foreign post-secondary educational institution.
- 8.2 It is the responsibility of the NCAA-based athlete who is nominated by Triathlon Canada for AAP support to notify Triathlon Canada of the time period that the athlete will not be attending the foreign post-secondary educational institution. Once notified, Triathlon Canada will request that Triathlon Canada activate the athletes AAP support for that period. AAP support will only be activated if the athlete has submitted all of the required documentation to Triathlon Canada by the prescribed deadline in the fall of 2016.
- 8.3 It is the responsibility of the NCAA-based athlete to notify their institutions compliance department to confirm that they are eligible to receive AAP support. It is also NCAA-based athlete responsibility to determine any procedures that they must follow in order to meet the requirements of the institutions compliance department.

SECTION 9: ATHLETES RECEIVING ATHLETIC SCHOLARSHIPS FROM FOREIGN POST-SECONDARY EDUCATIONAL INSTITUTIONS

- 9.4 Sport Canada policy states that athletes attending a foreign post-secondary educational institution and who are receiving an athletic scholarship are not eligible to receive AAP support in the months in which they are attending the foreign post-secondary educational institution.
- 9.5 As per Sport Canada policy (2.5.2), Triathlon Canada will nominate athletes who are attending a foreign post-secondary educational institution and are receiving an athletic scholarship for AAP funding provided that they commit to support the National Team Program activities. These athletes will be nominated by Triathlon Canada for AAP support during the months they are not attending the foreign post-secondary institution.
- 9.6 It is the responsibility of the individual athlete to notify Triathlon Canada of the applicable time period for which they will not be attending the foreign post-secondary educational institution. Once notified, Triathlon Canada will request that Triathlon Canada activate the athletes AAP support for

that period. AAP support will only be activated if the athlete has submitted all of the required documentation to Triathlon Canada by the prescribed deadline in the fall of 2017.

- 9.7 It is the responsibility of the athlete who is attending a foreign post-secondary educational institution to notify their institution's compliance department to confirm that they are eligible to receive AAP support. It is also the athlete's responsibility to determine any procedures that they must follow to meet the requirements of the institution's compliance department.

SECTION 10: NATIONAL PROGRAM MANDATORY EVENTS

Once carded all athletes must attend Triathlon Canada competitions for which they are deemed eligible and selected, and any Triathlon Canada camps for which they are selected.

Mandatory events for 2018 are as follows;

- 2018 Triathlon Canada National Championships

SECTION 10: CARDING REQUIREMENTS

- 10.1 All carded athletes must complete and submit all required documentation by the specified deadline in their carding notification letter. Failure to do so will result in Triathlon Canada delaying or rescinding the athlete's nominations to Triathlon Canada for AAP funding. Funding will not be activated until such time that all required documentation is returned to Triathlon Canada.
- 10.2 All carded athletes shall be expected to attend to an appropriate standard of training suitable to progress their competitive standard.
- 10.3 All carded athletes must register in the Triathlon Canada approved athlete monitoring system (TBD). For details please contact the Triathlon Canada High Performance Director.
- 10.4 All carded athletes AND personal coaches of carded athletes will be required to submit a Triathlon Canada approved training plan to Triathlon Canada by January 1, 2017. All Triathlon Canada National/Performance Training Centres are to submit training plans.
- 10.5 All carded athletes will be required to submit a weekly web-based monitoring report to Triathlon Canada for the entire carding period.
- 10.6 All personal coaches of carded athletes will be required to submit quarterly web-based monitoring reports to Triathlon Canada for the entire carding period. All Triathlon Canada Training/Performance Centres coaches are to submit reports.
- 10.7 All athletes AND personal coaches of carded athletes will be expected to submit testing and monitoring data when requested by Triathlon Canada.
- 10.8 All personal coaches of carded athletes will be required to attend Carded Coaches Meetings as determined by the Triathlon Canada High Performance Director.
- 10.9 Any determination of unsuitable training will be made in concert with the athlete's personal coach.
- 10.10 If for any reason other than injury and illness (see Section 6) an athlete is unable to sustain or otherwise maintain a suitable level of training, their carding status will be reviewed. Should the review provide a negative result, a recommendation for withdrawal of carding will be made to Sport Canada.
- 10.11 Triathlon Canada High Performance Director retains decision making authority in recommendations to withdraw carding to Sport Canada.

SECTION 11: APPEAL PROCESS

Appeals of Triathlon Canada AAP nomination/re-nomination decision or of a Triathlon Canada's recommendation to withdraw carding may be pursued only through Triathlon Canada's review process, which includes an application to the Sport Dispute Resolution Centre of Canada (SDRCC). Appeals of AAP Decision made under Section 6 (Application for and Approval of Cards) or Section 11



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(Withdrawal of Carding Status) may be pursued through Section 13 of the AAP Policies, Procedures and Guidelines.

APPENDIX 1 – EXEMPTION REQUEST AND PROCEDURES

As a condition of nomination to the AAP, athletes are required to compete in a minimum of five (5) ITU International events (i.e. major games (Olympic Games; Paralympic Games; Commonwealth Games; Pan American Games); World Triathlon Series; World Cup; and CAMTRI events as posted on www.triathlon.org) and the Triathlon Canada National Championships. Exemptions can only be requested for exceptional circumstances to the Triathlon Canada High Performance Director.

4. Exceptional circumstances for exemption may include but are not limited to: a death in the immediate family, an injury, an academic conflict, or a calendar conflict with another competition that is deemed more appropriate, by the Triathlon Canada High Performance Director. Triathlon Canada High Performance Director has the sole authority to determine what an exceptional circumstance is.
5. Request must be made as soon as the problem/issue is known.
6. In an injury case:
 - a. unless the injury occurs within 2 weeks of the event, the request must be received at TC office within 2 weeks of occurrence of the injury;
 - b. when the injury occurs within 2 weeks of the event, the request must be received at the TC office prior to commencement of the event;
 - c. when the injury occurs at the event, the injury must be reported to the TC appointed chief medical officer within a week of the end of the event, who will be responsible to report it to TC office.
7. Except for 3 (c): the request must be made in writing, signed by the personal coach, stating the circumstances with supporting evidence faxed or mailed to the Triathlon Canada office. Injury requests must include a medical certificate that indicates the type of injury, severity and estimated recovery time. Triathlon Canada has the right to seek a second medical opinion.
8. The Triathlon Canada High Performance Director will accept or reject all requests and deliver the decision in writing within two weeks of receiving the request.