



**Rowing Canada Aviron  
Para Rowing  
Athlete Assistance Program (AAP) Criteria  
2019**

Developed by Rowing Canada Aviron



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## Rowing Canada Aviron – PARA Rowing Athlete Assistance Program (AAP) Criteria 2019

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### 1. GENERAL

Sport Canada's Athlete Assistance Program (AAP) provides financial assistance to Canadian high-performance athletes to improve Canadian performances at major international sporting events such as the Olympic Games, Paralympic Games, Commonwealth Games, Pan American Games, and World Championships.

Rowing Canada Aviron (RCA), the national governing body for Rowing in Canada and a recognized National Sport Organization by Sport Canada, is tasked by Sport Canada with the management of the Rowing AAP policy. Rowing Canada Aviron and Sport Canada officials meet annually to review the athlete nominations for AAP support and to determine adjustments to the policy.

Also referred to as "carding", AAP funding is intended to contribute to an athlete's living and training costs. It is not intended to serve as an athlete's sole source of income. Furthermore, the AAP is not a reward for past performance but rather is designed to support athletes for the upcoming year who have demonstrated the potential for superior performance.

Many of the considerations that enter into the AAP nomination process are based on objective criteria. However, carding is not solely based on past performance and accordingly the nomination process will involve in part a subjective analysis of individual applicants.

### 2. ELIGIBILITY

Athletes must meet the following minimum eligibility requirements for AAP nomination to Sport Canada;

- Canadian citizen or permanent resident of Canada on January 1<sup>st</sup> in the year of application for AAP support 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 nomination.
- Be a member in good standing with RCA, FISA (the international rowing federation), and eligible to represent Canada at World Championships or Paralympic Games.
- Meet the carding criteria as a member of a Canadian Team at international events sanctioned by RCA for such purposes.
- Must complete and sign the [AAP application form](#) and submit it to RCA on or before December 15<sup>th</sup>.
- Must be classified domestically to international classification standards.
- Must complete and sign the AAP application form attached to this document as Appendix 1 and submit it to RCA on or before December 1<sup>st</sup>.
- Must complete and sign the RCA Athlete Agreement and submit it to RCA prior to the deadline for nominations to Sport Canada for AAP funding.
- Must not be under suspension or other sanction by RCA or Sport Canada for any doping or doping related offence.

Athletes achieve eligibility for nomination to the AAP through identified national and international performances each year. RCA nominates individuals to Sport Canada for AAP funding, however Sport Canada has the authority

to make the final selection decision of individuals for AAP funding. AAP nomination, and possible support, is predicated on the following expectations:

- That the athlete has the potential to meet the stated national or international performance objectives as set out in the RCA published Selection Policy and/Criteria, in the year of AAP support, or in the near future.
- That the athlete meets all the RCA mandated training and monitoring requirements throughout the AAP cycle.

(See “Criteria for all AAP Applicants” for further detail)

In the event that the athlete is nominated for AAP, he/she must continue to meet these conditions as well as additional conditions contained in the signed Athlete Agreement. RCA can recommend the withdrawal of AAP support to Sport Canada at any time during the year if an athlete is not meeting the performance requirements and/or other requirements as stipulated in the Athlete’s Agreement, Selection Policy and/or Selection Criteria.

Upon approval of support by Sport Canada, and arrival at the training location agreed by the Athlete, PARA Senior Coach and High Performance Director, athletes will be awarded AAP cards as of **January 1<sup>st</sup> to December 31<sup>st</sup> of the year** following a Paralympic Games or World Championship.

### 3. CATEGORIES OF CARDS

RCA nominates athletes for AAP in different categories. These categories have specific terms and conditions including eligibility requirements that may be in addition to the general eligibility requirements described in this document above.

Athletes are eligible for two levels of AAP support:

**Senior Cards** – awarded on the basis of **two** different sets of criteria:

***i. International Criteria (SR1/SR2 - \$1,765 per month):***

Sport Canada sets the International Criteria for Senior Cards. Athletes who meet the international criteria are eligible to be nominated by RCA 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 RCA and a training and competitive program approved by RCA and Sport Canada being maintained. The athlete must also sign an Athlete/RCA Agreement and complete an AAP Application Form for the year in question.

Only athletes who compete in the international competitions that are identified for Senior International criteria shall be eligible for such carding. Athletes who are reserves or spares and do not participate in the competition will not be considered.

Athletes selected to the Canadian National Team, and who compete at the World Rowing Senior Championships in a “Paralympic Event”, or athletes selected to the Canadian Paralympic Team and who compete at the Paralympic Games shall be eligible for SR1/SR2 nomination for two consecutive years (SR1 and SR2) according to the following criteria:

- Top 8 Finish and top 1/2 of field at the World Rowing Senior Championships or Paralympic Games.
- Paralympic Events are:

PR3 (Legs/Trunk/Arms)	4+(mixed gender)
PR2 (Trunk/Arms)	2x (mixed gender)
PR1 (Arms/Shoulders)	1x (women), 1x (men)

**ii. National Criteria (SR - \$1,765 per month & C1 - \$1,060 per month):**

RCA sets the national criteria for Senior National Cards. Senior Cards based on national criteria are awarded for one year and are called **SR** cards.

Senior cards awarded to athletes who meet national criteria for the first time are called **C1** cards and are funded at the Development Card level (**\$1,060/month**).

The following are the performance criteria required for Rowing Canada Aviron's SR Card eligibility:

Tier 1. Any athlete selected to compete in a Paralympic event (including spares) at the World Rowing Senior Championships or Paralympic Games and does not meet the International Criteria.

Tier 2. January 2019 intake

- Achieves or exceeds the **SR ergometer target for 2000m** (see Section 14 – Ergometer Targets) between September 1<sup>st</sup> and November 30<sup>th</sup>, 2018
- Competes at the 2018 National Rowing Championships

July 2019 intake (*applicable to eligible athletes outside those successful within the January Intake*)

- Achieves or exceeds the SR ergometer target for 2000m between March 1<sup>st</sup> and June 15<sup>th</sup>, 2019
- Competes at the 2019 Speed Orders National Selection Regatta

**See Section 14 for ergometer target details.**

Athletes can retain SR card status for a maximum of four years only, by the end of which SR1/SR2 card status should have been attained. This four-year period may be extended if an athlete is demonstrating improvement towards SR1/SR2 status and, after a thorough review, is recommended by RCA and approved by Sport Canada. Any extension would be for a one-year period only.

**Development Cards - (D) (\$1,060 per month):**

RCA sets the national criteria for Development Cards. Development Cards based on national criteria are awarded for one year and are called **D** cards.

Athletes may be nominated for AAP support based on **Development (D) Card** criteria outlined below. The number of cards allocated is dependent on AAP funding set by Sport Canada.

The following performance criteria outline requirements to be **Eligible** for a D Card. Meeting the eligibility allows athletes to be considered in the relative ranking process.

January 2019 intake

- Achieves or exceeds the **Dev ergometer target for 2000m** (see Section 14 – Ergometer Targets) between September 1<sup>st</sup> and November 30<sup>th</sup>, 2018
- Competes at the 2018 National Rowing Championships

July 2018 intake (*applicable to eligible athletes outside those successful within the January Intake*)

- Achieves or exceeds the **Dev ergometer target for 2000m** between March 1<sup>st</sup> and June 15<sup>th</sup>, 2019

- Competes at the 2019 Speed Orders National Selection Regatta

**See section 14 for National Ergometer Standards.**

Athletes meeting the above eligibility requirement will be ranked (see Section 4 – Relative Ranking Process) by national team coaches to create the AAP Nomination List.

It is the intention of Sport Canada that the criteria for D Cards support developing athletes with the potential to meet SR and SR1/SR2 criteria. It is Sport Canada's policy that once athletes have progressed to the Senior card level, they normally cannot go back to a D Card.

An athlete must obtain Senior carding status within **four years of first being carded as a D Card**. An athlete who has not achieved a Senior card by the end of the four years shall no longer be eligible for Development Carding.

#### **4. AAP ADMINISTRATIVE PROCESS**

In November of each year, a relative ranking of athletes will be developed after the National Rowing Championships (or its equivalent) and consideration of all AAP criteria. Athletes may be nominated by RCA for AAP support based upon the published criteria for SR1/SR2, SR, C1 and D Cards and a completed letter of intent indicating commitment for the upcoming racing season. RCA National Team Coaches, in conjunction with RCA national office staff, will develop the final AAP nomination ranking. This ranking will be presented to, and reviewed by the High Performance Director.

The relative ranking of athletes may also include consideration and assessment of each athlete based on the following:

1. On water performance at Speed Orders National Selection Regatta and the National Rowing Championships;
2. Ergometer performance in the 2km and/or 6km/20min test;
3. Ongoing technique and coachability;
4. Ongoing compatibility with other athletes and coaches;
5. Commitment to the program;
6. Assessment of competitive readiness; and
7. The athlete's experience and his or her potential to make future Paralympic Teams.

Nominations for AAP support in the coming year are restricted to the total funding of SR level cards assigned to RCA from Sport Canada (1 SR card = \$21,180). A portion of the total funding may be transferred into Development Cards (1 D card = \$12,720) if RCA's total AAP funding allocation exceeds the number of athletes that have met SR standards. As a result, Development Card funding fluctuates annually and it is possible that RCA may not be able to nominate all athletes identified through the Eligibility Criteria and Relative Ranking process.

If there are Development cards left unused after the November relative ranking process, a second intake of D cards may take place in June for a July 1<sup>st</sup> start date. Cards will be 6 months in length, July 1<sup>st</sup> to December 31<sup>st</sup>, subject to training location requirements being met. Athletes will be identified based on a relative ranking of the following factors:

1. On water performance at Speed Orders National Selection Regatta and the National Rowing Championships;
2. Ergometer performance in the 2km and/or 6km/20min test;
3. Ongoing technique and coachability;
4. Ongoing compatibility with other athletes and coaches;

5. Commitment to the program;
6. Assessment of competitive readiness; and
7. The athlete's experience and his or her potential to make future Paralympic Teams.

## 5. CRITERIA FOR ALL AAP APPLICANTS

The decision to nominate an athlete or coxswain to Sport Canada for AAP consideration shall be made by RCA and shall be based on the following criteria:

- a) RCA requires that athletes in the AAP shall be registered with the association during the application period and throughout the period of carding support.
- b) Athletes who are carded within the current year shall have commenced full training by first week of October each year to maintain carding support for the remainder of the carding cycle.
- c) Athletes who are nominated for AAP support beginning January 1<sup>st</sup>, shall have commenced full training by the identified opening date of RCA's National Training Centre (Victoria, BC) or assigned location as determined by the High Performance Director (in consultation with RCA's Head Para Coach) and identified within an approved RCA Individual Athlete Performance Plan.
- d) Athletes training outside Canada:
  - Athletes will not normally be eligible for carding support during the period they are outside of the country, if they are attending an NCAA school or if they are receiving an athletic scholarship of any kind.
- e) Athletes in training at their agreed upon venue shall be responsible for regularly communicating the details of their training programs to RCA's Head Para Coach (provide details on a daily basis).
- f) Athletes shall have competed in the **National Rowing Championships (or Speed Orders National Selection Regatta)**, (unless under special circumstances approved by the RCA High Performance Director).
- g) If invited, athletes will attend the **National Para Program Training Camp and/or Selection Camp**.
- h) Athletes shall complete the published Rowing Canada Athlete Monitoring Program testing in November in order to be ranked for nomination to Sport Canada.
- i) Athletes must provide a signed Athlete Agreement and a written declaration of intent to compete for a position on the Canadian National Rowing Team to the RCA National Team Manager. **Please see section 15 – Important Dates.**
- j) If a second intake of cards is available, performances outlined in **Section 3 – Categories of Cards**, including 2km ergometer scores from RADAR or organized National PARA Program testing received by June 15th, and performance at the Speed Orders National Selection Regatta, will be used in order to assess eligibility for AAP support. Final nominations will be submitted based on the relative ranking process outlined in **Section 4 – AAP Administrative Process.**

Any exceptions to these criteria shall be at the discretion of the RCA High Performance Director.

## 6. SPECIAL CIRCUMSTANCES

RCA's Head Para Coach will review any special cases related to injury, illness, prohibitive causes or extenuating circumstances that restrict an athlete's involvement in any of the training requirements. Full details of the special situation must be provided in writing (Doctor's note required) to RCA's Head Para Coach and RCA National Team Manager, together with a prognosis for recovery (if injury or illness) prior to **November 1<sup>st</sup>**. **To be eligible for carding under special circumstances, an athlete must have been carded in the previous year's carding cycle.**

An athlete wishing to have a special circumstance reviewed should contact RCA's Head Para Coach.

## 7. COXSWAINS

Coxswains are eligible to be nominated for an SR1/SR2, SR or C1 card if they coxed the PR3 4+ at the World Rowing Championships or Paralympic Games and have submitted a written declaration of intent to compete for

a position on the upcoming World Rowing Senior Championship or Paralympic team. In this situation, a coxswain may receive a SR1, SR2, SR, or C1 card depending on the finish of his or her crew at the World Rowing Championships utilized for carding consideration (see Senior Card Criteria).

Coxswains may be considered for a Development Card depending upon; their availability in the next competitive season, their priority commitment to the National PARA Team, and their performance history in Able-bodied or PARA rowing.

## **8. APPEAL PROCEDURE**

Athletes who are not nominated for carding, who have achieved the minimum eligibility criteria, and who have submitted a complete AAP Application before the deadline, may submit an appeal as outlined in section 21 and 22 of the [RCA Appeal Policy](#).

Appeals of Sport Canada AAP decisions (approval or not of RCA nominations, and acceptance of recommendations to withdraw carding) can be made to Sport Canada directly for AAP support consideration. The regulations for this process are outlined in section 13 of the [AAP Policies and Procedures](#).

## **9. CARDING APPLICATION PROCEDURE**

- a) RCA's Head Para Coach prepares a long list of athletes meeting the PARA - AAP nomination eligibility requirements.
- b) Sport Canada confirms with RCA the number of PARA - AAP cards available for the year in question.
- c) RCA's Head Para Coach works with RCA National Team Manager to produce a final PARA - AAP nomination list to the HPD that reflects the PARA - AAP funding RCA will receive from Sport Canada for the year in question.
- d) RCA's Head Para Coach prepares a detailed report on each athlete's performances throughout the season (including their intent to commit to the National PARA Team program for the upcoming year) and submits this information to the National Team Manager for final submission to Sport Canada for review.
- e) Representatives of Sport Canada and RCA meet to review the submission and determine final AAP support for athletes nominated.
- f) The National Team Manager sends out a confirmation letter, AAP carding applications and the RCA Athlete Agreement to athletes that have been approved for AAP support and confirms their carding level.
- g) Athletes complete their annual Sport Canada AAP application forms, sign the RCA Athlete Agreement and return them to RCA.
- h) Following the return of all documents as noted above, Sport Canada issues carding payments via direct deposit to the athletes. Athletes normally receive carding payments every two months in advance for support over a two-month period.

## **10. ATHLETE RESPONSIBILITIES**

Maintenance of AAP support requires athletes to commit to the responsibilities listed below:

- a) Adhere to the competitive and training programs and administrative requirements specified by RCA throughout the carding cycle. This includes points outlined in the RCA Athlete agreement.
- b) Athletes are expected to train at the venue and location as agreed by the Athlete, PARA Senior Coach and HPD.
- c) Refund any assistance provided if the individual's eligibility status changes or carding status is withdrawn.
- d) Abide by and comply with the Canadian Doping Control Policy and Program and the current IPC-CPC, Sport Canada and World Anti-Doping Agency ("WADA"), Canadian Center for Ethics in Sport and FISA anti-doping policies, as they may be amended from time to time.

- e) Complete the CCES on line anti-doping education program's two courses "True Sport Clean" and "Sport Canada - Athlete Assistance Program" at the beginning of each new carding cycle. Failure to do so will result in AAP payments being kept on hold until requirement is met.
- f) Respect and comply with the Canadian Anti-Doping Program of the Canadian Centre for Ethics in Sport including but not limited to:
  - o avoid the use of banned substances and methods that contravene the rules of International Olympic Committee (IOC), the rules of the respective International Federation and the Canadian Anti-Doping Program;
  - o submit, without prior warning, to unannounced doping-control tests in addition to other prior-notice tests and submit at other times to doping control testing when requested by the NSO, the Canadian Centre for Ethics in Sport (CCES) or other authorities designated to do so;
  - o avoid the possession of anabolic drugs and neither supply such drugs to others directly or indirectly, nor encourage or condone their use by knowingly aiding in any effort to avoid detection of the use of banned substances or banned performance enhancing practices;
- g) Avoid participating in any competitions where federal government sport policy has determined that such participation is not permitted;
- h) Participate in sport-related, non-commercial, promotional activities on behalf of the Government of Canada. Sport Canada usually makes the request for participation, and RCA generally makes the detailed arrangements. Such promotional activities do not normally involve more than two working days per athlete per year.
- i) Immediately advise the RCA National Office of any change in contact information.
- j) Initiate any AAP-related appeal directly to RCA. An athlete may request that Sport Canada review such AAP-related decisions after an appeal to RCA has been completed.
- k) Comply with AAP policies and procedures, including those dealing with AAP-related disputes with Sport Canada.
- l) Actively participate in all program evaluation activities. Athletes will co-operate fully in any evaluation that may be conducted by the Minister or anyone authorized to act on the Minister's behalf and provide such data as the person conducting the evaluation considers necessary for the proper conduct of the evaluation.
- m) Provide true statements in their application and supporting documentation and to verify these statements if requested by Sport Canada.
- n) Indicate if they are current or former federal government employees, and if so, confirm that they are in compliance with the Values and Ethics Code for the Public Service or the Conflict of Interest and Post-employment Code for Public Office Holders.

## **11. RCA's RESPONSIBILITIES**

- a) Communicate with athletes both orally and in writing in the official language of their choice (French or English).
- b) Produce and provide a copy of the AAP guidelines (in the form of an athlete handbook), carding criteria for the following season, a selection document for the upcoming competitive season, and discipline and appeal procedures in the official language of the athlete's choice.
- c) Submit all nominations for carding in December preceding the commencement of RCA's carding cycle on January 1<sup>st</sup> of the following year.
- d) Provide athletes with forms required for the AAP, including tuition vouchers and application forms.
- e) Review and recommend requests for special-needs assistance and deferred tuition.
- f) Ensure that each athlete adheres to RCA's approved training and competition plan throughout the carding cycle.
- g) Advise Sport Canada immediately if a carded athlete fails to honor his/her AAP commitments.
- h) Inform Sport Canada in a timely manner of an athlete's retirement and all anti-doping rule violations resulting from international testing. If RCA fails in this regard and the athlete subsequently receives excess AAP benefits, it is the responsibility of RCA to facilitate return of that overpayment to Sport Canada. RCA is also

responsible for facilitating the return of any funding provided to an athlete that is the result of a false application or fraudulent misrepresentation on the part of the athlete or RCA.

- i) Develop discipline and appeal procedures based on due process that include access to independent arbitration through the Sport Dispute Resolution Center of Canada (SDRCC).
- j) Provide Sport Canada with written confirmation that all carded athletes have signed their Athlete/NSO Agreement. This must occur within two (2) months of the start of RCA's carding cycle. The Agreement is not considered signed if any sections have been deleted or altered in any way. Athletes for whom Sport Canada has not received signed confirmation from RCA may have their AAP payments suspended until RCA confirms in writing that the Agreement is signed. The decision to suspend AAP payments of athletes who have not signed their Agreement will be made in consultation with RCA, and RCA will advise Sport Canada why the Agreement has not been signed.
- k) Actively participate in all AAP program evaluation activities. RCA will co-operate fully in any evaluation that may be conducted by the Minister or anyone authorized to act on the Minister's behalf and provide such data as the person conducting the evaluation considers necessary for the proper conduct of the evaluation.

## **12. SPORT CANADA'S RESPONSIBILITIES**

- a) Communicate with athletes both orally and in writing in the official language of their choice (French or English).
- b) Review all nominations for AAP support endorsed by RCA.
- c) Approve nominations in accordance with AAP policies and arrange payments in accordance with AAP policies and procedures.
- d) Advise RCA and athletes regarding the development and approval of carding criteria, athlete agreements, appeals procedures and due process, athlete monitoring and other areas of athlete assistance and related services as requested by RCA, the athletes or both.
- e) Provide RCA with AAP materials (application forms; the booklet *Athlete Assistance Program and Policies*, tuition vouchers; etc.)
- f) Ensure that RCA adheres to carding criteria in the selection of athletes for athlete assistance.
- g) Provide a review procedure to both athletes and RCA on AAP operational decision as per Section 13 of the [AAP Policies and Procedures](#).

## **13. WITHDRAWAL OF CARDING STATUS**

Athletes may withdraw from the AAP by expressing to RCA their wish to do so. This may involve retiring permanently or temporarily foregoing the commitments of carded status. The Athlete shall refund, on a pro-rata basis, any assistance provided to the Athlete should the Athlete's eligibility status change or carded status be withdrawn. RCA has the right to request withdrawal of AAP support.

**RCA may recommend the withdrawal of carding status for the following reasons:**

- Non-renewal of carding status
- Failure to meet training or competitive commitments
- Violation of the Athlete Agreement
- An athletes' failure to meet responsibilities outlined in the AAP guidelines
- Gross breach of discipline, including contravention of RCA policies
- Fraudulent misrepresentation
- Doping violations

## **14. RCA National Ergometer Standards**

<b>2000m</b>			
<b>MEN</b>	<b>PR3</b>	<b>PR2</b>	<b>PR1</b>
International	06:24.0	07:30.0	08:50.0
National	06:42.0	07:52.0	09:16.0
Development	07:00.0	08:14.0	09:42.0
<b>WOMEN</b>	<b>PR3</b>	<b>PR2</b>	<b>PR1</b>
International	07:30.0	08:20.0	10:10.0
National	07:52.0	08:44.0	10:40.0
Development	08:14.0	09:08.0	11:10.0

**2000m ergometer standards for PARA will be published April 5<sup>th</sup> 2019**

## 15. Important Dates

### 2018

Sept 1 – Nov 30	Erg Submission Period #1
October 8 <sup>th</sup>	National Training Centre opens for Returning Carded athletes
November 1 <sup>st</sup>	Letter of Intent due
November 8 <sup>th</sup> -11 <sup>th</sup>	National Rowing Championships, Burnaby, BC
December TBC	RCA AAP Ranking published
December TBC	AAP review meeting with Sport Canada
December 31 <sup>st</sup>	Athlete Agreement to RCA National Office

### 2019

January 1 <sup>st</sup>	Carding is initiated
January 3 <sup>rd</sup>	National Training Centre Opens for all carded athletes
March TBC	National Team Selection Trials
April 1 <sup>st</sup> – June 15 <sup>th</sup>	Erg Submission Period #2
June 14 <sup>th</sup> -16 <sup>th</sup>	Speed Orders National Selection Regatta
June 16 <sup>th</sup> -23 <sup>rd</sup>	National Selection Camp
July 1 <sup>st</sup>	Second Carding Intake initiated

For additional information on AAP services and support, please review the [RCA Athlete Handbook](#). More information about the AAP is also available from [Sport Canada](#).