

## 2023 COMMONWEALTH YOUTH GAMES TRIATHLON SELECTION POLICY

### A. INTRODUCTION

This document outlines the eligibility and selection criteria of TriathlonCanada for determining those athletes who will be nominated to Commonwealth Sport Canada (CSC) for selection to represent Canada at the 2023 Commonwealth Youth Games as members of the Canadian Commonwealth Youth Games Triathlon Team.

The objective of this selection process is to identify and nominate athletes capable of a podium finish in the individual and mixed relay at the 2023 Commonwealth Youth Games (Trinidad & Tobago, August 04-11).

**Nomination by Triathlon Canada does NOT guarantee selection. Selection is subject to Commonwealth Sport Canada approval.**

Canada may send up to a maximum of one (1) male athlete and one (1) female athlete in triathlon to the Games subject to meeting the eligibility and selection criteria. Triathlon Canada is under no obligation to fill all quota spots. Should the number of quota spots change, Triathlon Canada will these changes accordingly.

This event is a **FULLY** self-funded event with estimated costs in Appendix B. Triathlon Canada is not obligated to provide any support other than this selection policy document and entering athletes into the event.

Within Triathlon Canada's resources, Triathlon Canada may send a Team Leader/Coach. This is yet to be confirmed.

### B. ELIGIBILITY CRITERIA

In order to be eligible for selection athletes must meet all the following criteria:

- a. Be a Canadian citizen;
- b. Be between the ages of 15 and 17 as of December 31, 2023;
- c. Hold a valid Triathlon Canada International Competition Card (ICC);
- d. Complete the World Triathlon medical Pre-Participation Evaluation (PPE);
- e. Be members in good standing with their Provincial Sport Organization (PSO) for Triathlon and Triathlon Canada at time of selection and must maintain this status until completion of the Games.
- f. Meet all applicable citizenship requirements of Commonwealth Sport Canada (CSC) at time of selection and must maintain these requirements until the completion of the Games.
- g. Be considered eligible and in good standing with World Triathlon
- h. Be deemed healthy to race as per Triathlon Canada's Competition Readiness Policy (Appendix A);

### C. SELECTION CRITERIA

Nomination by Triathlon Canada does not guarantee selection. Selection is subject to Commonwealth Sport Canada approval.

Athletes nominated under Section C will be nominated for both the individual and mixed relay events.

Nomination authority is the sole responsibility of Triathlon Canada's High-Performance Director.

A maximum of one (1) athlete per gender may be nominated. Subject to available quota spots, the below criteria apply to both male and female athletes in the following priority order;

**Priority 1**

Athletes achieving a Top 20 at a 2023 World Triathlon Continental Cup (in races with 30 or more athletes on the start list).

**Priority 2**

Subject to availability of quota spots, athletes achieving a Top 8 at the 2023 Americas Triathlon Junior North Americas Championships Sarasota.

**Priority 3**

Subject to availability of quota spots, athletes will be prioritized based on their World Triathlon World Ranking.

**Priority 4**

Subject to availability of quota spots, all remaining team allocations will be made at the discretion of the High-Performance Director.

Discretionary selection will be based on, but is not limited to, the following objective and subjective criteria (not in priority order).

- Submitted 2023 ratified times as per Triathlon Canada's Ratified Times Policy
- 2022/2023 World Triathlon draft legal race results
- 2022/23 Provincial Series events

**D. TEAM ANNOUNCEMENT**

Triathlon Canada will announce selections no later than June 19, 2023.

**E. MODIFICATION OF POLICY**

Triathlon Canada reserves the right, in extenuating circumstances, to modify this policy as it deems necessary in its sole discretion. In the event this policy is modified, Triathlon Canada will promptly post an announcement on its website announcing the changes.

Extenuating circumstances may include, but are not limited to, World Triathlon rule changes, non-competitiveness at any selection event(s), or inappropriate timing of any selection event(s) as it relates to the overall Triathlon Canada High Performance program.

**F. APPEALS**

Triathlon Canada is responsible for all team selections. Appeals regarding selection must comply with Triathlon Canada's Appeal Policy found on Triathlon Canada's website.

## APPENDIX A

### COMPETITION READINESS POLICY

#### INTRODUCTION

The purpose of this document is to outline the eligibility procedures (the “competition readiness” determinant) that will be used by Triathlon Canada to select athletes who wish to be entered in any international competition.

The objective of the *Triathlon Canada Competition Readiness Policy* (TCCRP) is to identify and support Canadian athletes who have demonstrated the ability to consistently manage and monitor their health status, adopt a safe and effective training program, communicate clearly and honestly their current health status to Triathlon Canada, and target the appropriate levels of competition; all with the intent of continued progression towards achieving a podium result at the Olympic/Paralympic Games and World Championships. Triathlon Canada will evaluate each athlete entry request on a case-by-case basis.

#### POLICY DETAILS

**As per World Triathlon rules and regulations, Triathlon Canada is solely responsible for validating and submitting entry of Canadian athletes into international competition.**

Demonstrated competition readiness is only one of many eligibility requirements outlined in Triathlon Canada’s individual event selection criteria documents. Valid and up to date athlete/coaching training logs, Triathlon Canada athlete monitoring programs, validated medical diagnosis/prognosis (through Triathlon Canada’s team physician), and athlete performance analysis will be used to evaluate and determine the competition readiness of an athlete. Triathlon Canada High Performance Director will have sole discretion to allow or deny entry into an event.

#### TRIATHLON CANADA’S AUTHORITY FOR DECISIONS

All matters relating to the nomination of athletes for international competition are the sole authority of Triathlon Canada. Competition readiness will be determined based on an athlete meeting all the following criteria

##### Criteria 1: Current Athlete Health Status

To be considered competition ready by Triathlon Canada, an athlete must provide or demonstrate the following to Triathlon Canada:

- 1.1 A medical report clearing the athlete for competition from Triathlon Canada’s team physician or from a sport science and sport medicine (SSSM) practitioner as approved by Triathlon Canada’s team physician;
- 1.2 Access to or an up-to-date Triathlon Canada approved training/monitoring log; and
- 1.3 A signed and dated Athlete Injury Accountability Form.

**Criteria 2: Athlete Monitoring and History**

To be considered competition ready, an athlete must provide or demonstrate the following:

- 2.1 Consistent use of Triathlon Canada approved monitoring tools;
- 2.2 Full compliance with Triathlon Canada's Competition Readiness Policy in previous event entry requests;
- 2.3 Adoption and adjustment of training/competition principles in line with best practices for reducing injury as advised by the Triathlon Canada approved SSSM practitioners;
- 2.4 Adherence to return to play protocols during previous injuries as defined and outlined by Triathlon Canada approved SSSM practitioners and as directed by Team Canada's team physician; and
- 2.5 Consistent, clear, and timely communication of athlete training logs and health status as requested by Triathlon Canada.

**Criteria 3: Competition Level**

To be considered competition ready, an athlete must provide or demonstrate the following:

- 3.1 A commitment to compete at Triathlon Canada National Championships;
- 3.2 Progression of results at each successive level of competition as defined by Triathlon Canada's Podium Pathway;
- 3.3 A potential to achieve a top ten (10) result in the requested event based on performance metrics (previous performances, GMP run and swim times, quality of field); and
- 3.4 A commitment to compete at events in which Triathlon Canada selected an athlete to compete.

**APPENDIX B**  
**ESTIMATED COSTS OF COMMONWEALTH YOUTH GAMES**

The estimated total cost **per athlete** as per Commonwealth Sport Canada is \$3,900.

Expense	Details	Cost (\$CDN)
Airfare	Range from \$1,000 - \$1,500	\$1,500
CSC Team Member Fee	Administration, Clothing, Gifting	\$1,100
Team Lead/Coach Cost	CSC Team Member Fee & Airfare	\$1,300
	<b>Estimated Total</b>	<b>\$3,900</b>