



ATHLETE ASSISTANCE PROGRAM CRITERIA – PARALYMPIC PROGRAM 2021-2022 NOMINATIONS

This document should be read in conjunction with Appendix A “Sport Canada Athlete Assistance Program Policies and Procedures” (https://www.canada.ca/content/dam/pch/documents/services/sport-policies-acts-regulations/app_policy_procedures_eng.pdf) also available at Appendix A to these criteria.

COVID-19

Swimming Canada is carefully following the evolution of the coronavirus (COVID-19) and how it may impact the application of the AAP carding criteria for the November 1, 2021 to October 31, 2022 cycle. In the case of unforeseen circumstances, and with the approval of Sport Canada, Swimming Canada reserves the right to modify the published AAP criteria based on the best available information. Any modifications will be made promptly and will be communicated to all affected individuals and published to the Swimming Canada website without delay.

INTRODUCTION

The purpose of this document is to present Swimming Canada criteria used to support nomination of eligible swimmers for the Sport Canada Athlete Assistance Program (AAP).

The target audiences for this document are swimmers and the coaches of such swimmers (Home Coach) who now access or wish to access the Sport Canada Athlete Assistance Program (AAP).

In general, the AAP (carding) recognizes the commitment a swimmer makes to long-term training and competitive programs and seeks to relieve some of the financial pressures associated with performing in international sport.

In particular, the AAP provides financial assistance to Canadian swimmers who have demonstrated world class performance outcomes at the highest international level in order to assist them in seeking enhanced training opportunities and progress their future performances.

To this end, the assistance helps swimmers with their training and competition needs and is paid directly to the swimmer.

The AAP objective is to support Canadian swimmers identified and nominated by Swimming Canada as performing at or having the greatest potential to achieve top 8 results at Paralympic Games and WPS Championships (*World Championships*). The coach remains a critical component of the team and in conjunction with Swimming Canada manages and directs the swimmers training plan. *The AAP is the only Sport Canada program to provide direct financial support for swimmers.*

Application Process

Swimmers and their coaches will be required to apply for a carding nomination. The application process will open August 16, 2021, must be completed in its entirety, and submitted on or before October 4, 2021.

Should you have any questions please email Emma Van Steen at evansteen@swimming.ca.



Details in Appendix C.

Application of the criteria contained within this document will be used to nominate swimmers for carding to Sport Canada. Sport Canada retains the final decision on the allocation of all AAP awards.

DEFINITIONS

2020 Tokyo Paralympic Games Event Program	Outlines the events that will be offered at the 2020 Paralympic Games. (Appendix D)
AAP	Sport Canada Athlete Assistant Program
Carding, Carded or Card	Sport Canada Athlete Assistance Program
ADHP	Swimming Canada's Associate Director of High Performance and National Coach.
AWR	<u>Amended World Rankings</u> , determined by ranking swims that have met the Meet Entry Time (MET) created for the Tokyo Paralympic Games adjusted to <i>three per country, per sport class, per event</i> , from the period January 1 to October 31, 2021.
World Ranking	Where the term "World Ranked" or World Ranking" is used, these shall be the WPS Rankings Database - swimming adjusted to 3 swimmers per country, per sport class, per event to determine ranking for performances. The rankings are generated on the World Para Swimming Website http://www.paralympic.org/Swimming/Results/Rankings
Major Swimming Canada Team	WPS Championships or Paralympic Games
CHP-Qué	Centre de haute performance – Québec, a swimming Canada High Performance Training Centre
Depth of Field	Refers to the number of competitors, based on a maximum of three swimmers, per country in any individual event, be it in an international event or across the range of people who contest the given stroke & distance in a given period
IPC	The International Paralympic Committee.
WPS	World Para Swimming.
WPS Recognized Competitions	Competitions sanctioned by WPS for the purposes of establishing MQS / MET and for the allowance of times to be entered into the IPC Sport Data Management System (SDMS) for World Rankings.
Canadian Para Swimming Points	Point scoring system designed and used by Swimming Canada for meets in Canada which assigns a score to each performance in a Para Swimming event.
World Para Swimming Points Score	Point scoring system designed and used by World Para Swimming for international level meets conducted by WPS which assigns a score to



each performance in a Para Swimming event

Classification	<p>A system put in place to minimize the impact of impairments on sport performance and to ensure the success of a swimmer is determined by skill, fitness, power, endurance, tactical ability and mental focus.</p> <p>Classification determines who is eligible to compete in a Para Sport and it groups the eligible swimmers in sport classes according to their activity limitation in a certain sport.</p>
Carding Performance	<p>A competition performance, recorded in a Long Course pool, in an eligible Tokyo 2020 Paralympic event, that meets the performance standard as set out in Appendix 2</p>
SR1	<p>A Senior International Card</p>
SR2	<p>A Senior International Card</p>
SR	<p>A Senior National (Team) Card</p>
C1	<p>First-year Senior Card Swimmer who, regardless of the number of years at a Development Card level, receives Senior Card status but is funded at Development Card (D) level</p>
D	<p>A Development Card</p>
WPS Sport Class	<p>A category defined by WPS in the Classification Rules (https://swimming.ca/content/uploads/2018/11/WPS-CLASSIFICATION-RULES-AND-REGULATIONS-JANUARY-2018-1.pdf), in which swimmers are grouped by reference to the impact of an Eligible Impairment on their ability to execute the specific tasks and activities fundamental to a sport.</p>

The following are valid WPS Sport Classes:

PI	<p>Physical Impairment and denotes a swimmer who has a physical impairment and holds a Sport Class</p>	1 – 10
VI	<p>Visual Impairment and denotes a swimmer who is visually impaired or completely blind and holds a Sport Class</p>	11 – 13
II	<p>Intellectual Impairment and denotes a swimmer who has an intellectual impairment and holds a Sport Class</p>	14

The following refer to WPS Sport Class Status:

'C' Sport Class Status	<p>a swimmer's sport class that has been <u>confirmed</u> (C) as part of the WPS classification process</p>
'R' Sport Class Status	<p>a swimmer's sport class that is under <u>review</u> (R) as part of the WPS classification process</p>
'FRD' Sport Class Status	<p>a swimmer's sport class is to be reviewed at fixed review date (e.g. R2021) as part of the WPS classification process</p>



GENERAL INFORMATION

- i. Sport Canada has allocated a maximum of **\$529,500.00, equivalent to 25 Senior International Cards** in living and training allowance to be allocated through the application 2021-2022 Swimming Canada Athlete Assistance Program Criteria.
- ii. The Sport Canada AAP funds swimmers in Paralympic events at two levels:
 1. Senior Cards:

Senior International Card	\$1,765.00/month, totalling \$21,180/yr
Senior National Team Card	\$1,765.00/month, totalling \$21,180/yr
C1 Card	\$1,060.00/month, totalling \$12,720/yr
 2. Developmental Cards: \$1,060.00/month, totalling \$12,720/yr
 - a. Depth of Field will be determined by multiplying the total number of swimmers (adjusted to three (3) per country per class) in the event by the depth of field factor of .67 for Development Cards).
- iii. The carding cycle for the 2021-2022 seasons shall be November 1, 2021 to October 31, 2022.

Swimming Canada's authority for decisions:

All matters relating to the nomination of swimmers for AAP are the sole authority of Swimming Canada. Swimming Canada makes decisions relating to the approval of AAP nomination on the basis of the approved Swimming Canada AAP Criteria and requirements. If a swimmer does not meet (at the discretion and in the opinion of Swimming Canada) any requirements set out in the Swimming Canada AAP Criteria, Swimming Canada may decide, at its sole discretion, to either recommend withdrawal of Carding, or to not nominate a swimmer for 2021-2022.

ELIGIBILITY

Swimmers:

In order to be nominated to Sport Canada for AAP Support, swimmers must:

- Be eligible to represent Canada at either the World Para Swimming Championships or the Paralympic Games;
- Be duly registered with Swimming Canada (Competitive Registration) at the time of the Carding Performance and again prior to the 2021-2022 season;
- Hold a valid World Para Swimming licence; and
- Hold a WPS International R or C Sport Class status 1-14.

Performances:

For the 2021-2022 carding cycle, carding shall be determined by Long Course performances at the following competitions:

- 2020 Paralympic Games August 24-September 5, 2021, Tokyo JPN
- 2021 Approved LCM competitions in Canada September 1 – October 31, 2021



GENERAL CONDITIONS

The following conditions apply to all Carding levels

- i. Only events for sport classes offered on **the 2020 Paralympic Games Events Program** (Appendix D) will be eligible for carding.
- ii. Eligible performances from the 2020-2021 season will be ranked using the AWR of the WPS Rankings Database – Swimming to determine carding nominations.
- iii. In the event that World Para Swimming determines a sport class is no longer included in the 2024 Paralympics Event Program, the carding of the affected swimmer will continue for two (2) months after the date of receipt of notification of such decision by Swimming Canada.
- iv. In the event that a swimmer becomes ineligible due to re-classification, the carding of the affected swimmer will continue for two (2) months after the date of notification to the affected swimmer by Swimming Canada, after which their carding would be discontinued. Swimmers would be eligible to apply for all AAP retirement assistance programs. Notification will take place via email to the address provided to Swimming Canada and Sport Canada and be available in both official languages.
- v. In the event that a swimmer moves up a sport class due to re-classification, if deemed necessary, an in-person review with the Swimming Canada Associate Director of High Performance may be required to discuss carding status and performance progression.

ADMINISTRATIVE REQUIREMENTS

- i. All carded swimmers are required to complete and submit all documentation as outlined in Appendix C, as well as documentation outlined in the Carding Notification Letter by the specified deadlines. Failure to do so may result in Swimming Canada delaying or rescinding the swimmer's nominations to Sport Canada for AAP funding. Funding will not be activated until such time that all required documentation is returned to Swimming Canada.
- ii. Under normal conditions, a Carded swimmer must be training and competing at a prescribed minimum standard for Senior and Development cards. All carded swimmers shall be expected to attend to an appropriate standard of training suitable to progress their competitive standard.
- iii. The Home Coach of any swimmer nominated for Carding is required to submit a detailed Yearly Training Plan (YTP) for the upcoming season (including end of training cycle performance benchmarks) no later than **October 15, 2021**. The Head Coach of CHP-Que will submit reports based on the CHP-Que Operational Plan.
 - The Home Coach has the opportunity to submit an updated YTP for the next training mesocycle following the Can-Am Meet tentatively scheduled for December 2021 and the April Canadian Swimming Trials (tbc, 2022);
- iv. Any swimmer not meeting the recommended minimum training requirements or failing to provide required reports during the carding cycle may be subject to review. The review will be conducted in conjunction with their home coach, and Swimming Canada Staff members.
- v. If for any reason other than injury and illness a swimmer 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.
- vi. All swimmers and home coaches of carded swimmers will be expected to submit testing data when requested by Swimming Canada.
- vii. Home coaches of carded swimmers may be required to attend Carded Coaches Meetings as directed and determined by the Swimming Canada ADHP.



PRIORITIZATION OF CARDING NOMINATIONS

The following six (6) points constitute the priority order for nominating swimmers who have met the carding criteria. Cards will be awarded in a “top down” fashion until the total allocation of cards is exhausted:

PRIORITY 1	Senior International Card nominations (SR1/SR2)
PRIORITY 2	Swimmers carded in 2020-2021 at the Senior International Card Level (SR1/SR2) who are injured [#] and who meet Sport Canada’s policy (Section 9.2) on curtailment of training and competition for health-related reasons
PRIORITY 3	Senior National Team Card (SR/C1) nominations based on criteria outlined in this document
PRIORITY 4	Swimmers carded in 2020-2021 at the Senior National Team Level (including C1 cards) who are injured [#] and who meet Sport Canada’s policy (Section 9.2) on curtailment of training and competition for health related reasons. These cards will be prioritized based on the previous year’s ranking
PRIORITY 5	Development Card nominations based on criteria outlined in this document
PRIORITY 6	Swimmers carded in 2020-2021 at the Development Card Level who are injured [#] and meet Sport Canada’s policy (Section 9.2) on curtailment of training and competition for health related reasons

[#] *Please see the section **Injury and Illness***



PERFORMANCE REQUIREMENTS

SENIOR CARDS

Senior Cards (SR1, SR2 and SR) are only available to swimmers selected# to the major Swimming Canada Team each year.

1. SENIOR INTERNATIONAL CARD CRITERIA

Subject to the conditions set out below, this may be a two-year Card.

Eligibility for a 2021-2022 Senior International card requires:

- i. Selection in 2020 Paralympic Games Team; and
- ii. Qualifying for, or competing in, a Final at the 2020 Paralympic Games.

Individual Events:

- Consistent with the policies outlined in Appendix A, section 5.2.1, eligibility for a SR1 Card requires a swimmer to finish within the top 8 places of an individual event, and finish within the top ½ (half) of the entered field at the 2020 Paralympic Games.

Notes:

- Swimmers who meet the Senior International criteria at the 2020 Paralympic Games are eligible to be nominated by Swimming Canada for two consecutive years, with the Card for the first year referred to as an SR1 Card and the Card for the second year referred to as an SR2 Card.
- The second year of Carding requires that the swimmer is re-nominated by Swimming Canada.
- Swimmers will be re-nominated if they are maintaining an approved training and competitive program recognized by Swimming Canada and Sport Canada and have maintained a performance level consistent with National Senior Team selection standards.
- Once approved, the swimmer must sign the most recent version of the Athlete/NSO Agreement and complete any additional documentation for the year in question.

2. SENIOR NATIONAL TEAM CARD CRITERIA

This is a one-year Card.

Eligibility for a 2021-2022 Senior National Team card requires:

- i. Selection in 2020 Paralympic Games Team; and
- ii. Qualifying for, or competing in, a Final at the 2020 Paralympic Games.

Notes:

- Cards for swimmers who meet the Senior National Team Criteria for the first time at the 2020 Paralympic Games are referred to C1 Cards.

C1 CARD CRITERIA

This is a one-year Card.

C1 Carded swimmers are funded at the Development Card level in the first year they meet the criteria for a Senior National Team Card even if they have previously been carded at the Development (D) level.



If, however, the swimmer has been previously Carded at the SR1 or SR2 level, has been named to the National Senior Team for that year, or has competed at the WPS Championships or Paralympic Games before meeting the criteria for the Senior National Team Card for the first time, the swimmer will be funded at the Senior National Team Card (SR) level rather than at the Development Card (C1) level

Notes:

- A swimmer is eligible for four (4) years total at the Senior National Team (SR) Card level (including C1). For the purposes of this policy, any swimmer who received a SR Card in 2020-21 will not have that year counted toward the total of four (4) years.

3. DEVELOPMENT CARDS

This is a one-year card.

A Development Card will be offered, in priority order as follows, for each event and sport class offered at the 2020 Paralympic Games Events Program, based on:

- i. Performances ranked 9th to 16th at the **2020 Paralympic Games**; then

The balance of all remaining Cards will be allocated based on the following:

World Rankings, provided they are ranked inside the top 16 in the World using AWR, for all performances at the:

- ii. 2020 Paralympic Games;
- iii. September and October (2021) LCM Competition window.

Provided these performances fall within the top two-thirds of all competitors for the year in that event.

Notes:

- The availability of Development Cards is subject to the total number of Cards available under the Sport Canada criteria and the number of Cards awarded at the Senior International and Senior National Team levels.
- Development cards will be allocated as per the process above and until resources are exhausted.
- Swimmers who have been carded at a Senior National Team Card (SR, C1) level for more than two (2) funding periods are not eligible for nomination for a Development Card.
- Sport Canada, at its sole discretion, may grant an exception for a swimmer carded at the SR level while still a junior (under 18 years of age) swimmer.
- A swimmer is eligible for four (4) consecutive years at the Development Card level.
- In the event of a tie, swimmers will be prioritized based upon the percent depth of field calculation and the swimmer with the lower depth of field percentage will be ranked higher. If the tie occurs in the same event, then the swimmer's second highest world ranked swim will be used to break the tie. Should there be no other world ranked swim, then the swimmer's second highest scoring swim, using the World Para Swimming Performance Points shall be used to break the tie.
- Development Card swimmers whose performances have regressed (season best time as compared to career best time) over a continuous two-year period will undergo a performance review to determine eligibility for carding by Swimming Canada Staff. In order to be nominated the swimmer's review must provide evidence that they are demonstrating a commitment to return to career-best times. Such evidence will be based on training frequency, quality in



programming, “in-season” performances and home coach feedback.

INJURY AND ILLNESS

Swimming Canada will consider nominating swimmers for an injury card in accordance with section 9.1.3 of the Sport Canada AAP policy. In order to be considered for nomination for an injury card for 2020-2021, the swimmer must have:

- i. been carded during the 2020-2021 carding cycle;
- ii. duly notified Swimming Canada in writing of his/her injury or illness status within 21 days of the date of diagnosis or of the date when the swimmer had to interrupt his/her training. A licensed sport medicine or medical practitioner must make and verify by way of signature any such diagnosis.

If Swimming Canada nominates a swimmer for injury carding, the swimmer will be nominated for an injury Card at the same level (i.e. Senior or Development) at which they were carded in 2020-2021.

Swimmers receiving an injury card must:

- i. Report monthly to their Swimming Canada Performance Link on their rehabilitation activity and progression. This must continue until such time as they are deemed fit to return to full training. Failure to report on a monthly basis may result in, at the sole discretion of Swimming Canada, a recommendation to Sport Canada to withdraw carding. Injury reporting for a resident swimmer at the Swimming Canada CHP-Que is to be completed through the respective HPC/ITP IST staff and documented in the HPC/ITP bi-monthly IST report.
- ii. Follow the conditions outlined in the Sport Canada AAP policy regarding curtailment of training and competition for health-related reasons (sections 9.1.1 and 9.1.2).

Swimmers may only be nominated for an injury card for two consecutive seasons.

SWIMMERS TRAINING OUTSIDE OF CANADA

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

- i. All swimmers training outside of Canada are required to support the National program as outlined at point iii) of this section
- ii. Swimming 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 may include, but not be limited to, the available daily training environment and the factors outlined at point iii) of this section.
- iii. As per Sport Canada policy (2.5.2), Swimming Canada will nominate swimmers 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 swimmers will be nominated by Swimming Canada for AAP support during the months they are not attending the foreign post-secondary institution. It is the responsibility of the individual swimmer to notify Swimming Canada of the applicable time period for which they will not be attending the foreign post-secondary educational institution.



TRAINING REQUIREMENTS

- i. All carded swimmers shall be expected to attend to an appropriate standard of training suitable to progress their competitive standard.
 - All swimmers must be training daily under the direct supervision of an CSCTA Registered swim coach or international equivalent.
 - Alternative programs may be considered at the discretion of the Swimming Canada ADHP.
- ii. Swimmers not meeting the recommended minimum training requirements or failing to provide required reports during the carding cycle will undergo a review. The review will be conducted in conjunction with their Home Coach and the Swimming Canada ADHP.
- iii. Any determination of unsuitable training will be made in concert with the swimmer's Home Coach and Swimming Canada staff.
- iv. Home Coaches of Carded swimmers may be required to attend Carded Coaches Meetings as directed and determined by the Swimming Canada ADHP. The ADHP may grant special dispensation at their sole discretion.
- v. All Carded swimmers are required to attend any "Carded Swimmers Meetings" as outlined in the Athlete Agreement.
- vi. If for any reason other than injury and illness a swimmer 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.

SUPPORT OF THE NATIONAL PROGRAM

Unless otherwise granted approval in writing by the ADHP a carded swimmer must:

- actively participate in any Swimming Canada activities for which they are selected; and
- compete in the events for which they were carded at the following Swimming Canada competitions:
 - i. If not selected to represent Canada at the 2020 Paralympic Games, they are required to compete in the 2021 Canadian Swimming Championships (tbc); and
 - ii. Any other event as determined by the Swimming Canada ADHP.



Appendix A Sport Canada AAP Criteria

https://www.canada.ca/content/dam/pch/documents/services/sport-policies-acts-regulations/app_policy_procedures_eng.pdf



Appendix B Recommended Minimum Training Requirements

Para Swimming - Recommended Minimum Training Standards for AAP Senior Carded Athletes													
Class	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13
Training Variables													
Workout duration (mins)	60-75	60-75	60-75	60-75	60-90	60-90	60-105	90-120	90-120	90-120	75-105	90-120	90-120
Workout Volume (1000 m)	1-1.15	1-1.5	2-2.5	2.5-3	3-4	3.5-4	3.5-4.5	4-5	4.5-5	4.5-5.5	3.5-4.5	4.5-5.5	4.5-5.5
Workouts per week (water)	4-5	5-6	5-7	5-7	6-8	6-8	7-9	7-9	8-10	8-10	7-9	8-10	8-10
Weekly Volume (km)	4-6	5-10	10-17.5	12.5-21	18-32	21-32	25-40	28-45	32-50	36-55	25-40	36-55	36-55
Competitions per month	1	1	1	1	1+	1+	1+	1+	1+	1+	1+	1+	1+

Para Swimming - Recommended Minimum Training Standards for AAP Developmental Carded Athletes													
Class	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13
Training Variables													
Workout duration (mins.)	45-60	60	60-75	60-75	60-90	60-90	60-90	75-90	75-90	90-120	60-75	90-120	90-120
Workout Volume (1000 m)	.75-1	1	1-2	1.5-2	2.0-3.0	2.5-3.5	3-3.5	3.5-4	3.5-4	3.5-4.5	2.5-3.5	3.5-4.5	3.5-4.5
Workouts per week (water)	4	4-5	5	5-6	5-7	5-7	6-8	6-8	7-9	7-9	6-8	7-9	7-9
Weekly Volume (km)	3-4	5-6	7.5-10	7.5-12	10-21	12.5-24	18-28	22-32	24-36	24-40	15-28	24-40	24-40
Competitions per month	1	1	1	1	1+	1+	1+	1+	1+	1+	1	1+	1+



Appendix C Carding Application Process

All carded swimmers must complete and submit all required documentation by the specified deadlines. Failure to do so will result in Swimming Canada delaying or rescinding the swimmer's nominations to Sport Canada for AAP funding. Funding will not be activated until such time that all required documentation is returned to Swimming Canada.

The following information is very important and is critical that you clearly understand it – please do not hesitate to ask questions if you don't understand or require clarification to Emma evansteen@swimming.ca

This is a process with an open application for swimmers and provides details that will be used to recommend nominations for carding to Sport Canada. Please follow this [link](#) for the online form and complete all required details before October 1, 2021. *This will be open starting August 15, 2021.*

1. AAP Application Form

This form must be completed and returned to Swimming Canada as soon as possible. The Government of Canada will not permit funds to be distributed until this form is received. You must upload the form in the [online form](#).

2. Direct Deposit Form (included within the AAP Application Form)

Please note that payments will only be done via direct deposit. Please complete the direct deposit form and attach a voided cheque or if you do not have a checking account the bank will give you a form. You must upload in the [online form](#):

If you had direct deposit previously and have not changed your banking information then you do not need to complete this form again.

3. Yearly Training Plan Please upload the via the [online form](#).

Swimming Canada requires that all carded swimmers, in conjunction with their Coach, submit an annual training plan. Your Swimming Canada Performance Link coach will review and provide feedback to your home coach on this plan before funding will be released. Annual training plans can be submitted in whatever format suits you best. However, they should include these key planning elements:

- Phases of yearly training
- Prescribed emphasis training loads with the different phases
- Training Camp dates / Competition dates / Testing Dates

4. Gap Analysis (Online)

Please note, that your coach is responsible for this and has been emailed the link once your application has been received. Please contact them to ensure that it is completed.



Appendix D Tokyo Events Program

<https://tokyo2020.org/en/games/sport/paralympic/swimming/>