



ATHLETE ASSISTANCE PROGRAM CRITERIA – PARALYMPIC PROGRAM.

This document should be read in conjunction with:

1. “Sport Canada Athlete Assistance Program Policies and Procedures”
<https://www.canada.ca/en/canadian-heritage/services/funding/athlete-assistance/policies-procedures.html>

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 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 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

2024 Paris Paralympic Games Event Program

Outlines the events that will be offered at the 2024 Paralympic Games. (Appendix C)

AAP

Sport Canada Athlete Assistant Program

Carding, Carded or Card

Sport Canada Athlete Assistance Program

Carded Athlete

An Athlete who has:
met all eligibility and performance requirements to be nominated for carding; and
has been nominated for carding by the NSO (Swimming Canada) and deemed by Sport Canada to have met all eligibility requirements for nomination; and
have completed and submitted an AAP application form; and
have NOT had their carding withdrawn during the current carding cycle; and
have either received AAP living and training support for any portion of the current carding cycle or have declined living and training support (and have indicated such on their AAP application form).

Carded athletes may, based on their status as such, be eligible for additional support either from AAP (e.g. tuition support) or from other parties (e.g. P/T athlete funding).



programs, sport support services offered through Canadian Olympic and Paralympic Sport Institute Network (COPSIN), etc.)

**ADHP
AWR**

Swimming Canada's Associate Director of High Performance and National Coach. Amended World Rankings, Word Para Swimming World Rankings in events on the Paris 2024 Paralympic Event Program adjusted to *three per country, per sport class, per event*, from the period January 1 to October 1, 2023.

World Ranking

Where the term "World Ranked" or World Ranking" is used these are the Word Para Swimming World Rankings as reported on the World Para Swimming Website <http://www.paralympic.org/Swimming/Results/Rankings>

**Major Swimming Canada Team
CHP-Qué**

WPS Championships or Paralympic Games

Depth of Field

Centre de haute performance – Québec, a swimming Canada High Performance Training Centre

**IPC
WPS**

Refers to the number of competitors, be it in an international event or across the range of people who contest the given stroke & distance in a given period.

WPS Recognized Competitions

The International Paralympic Committee.

World Para Swimming.

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 (WPS) Points Score

Point scoring system designed and used by World Para Swimming (WPS) for international level meets conducted by WPS which assigns a score to each performance in a Para Swimming event

Classification

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.

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.

Carding Performance

A competition performance, recorded in a Long Course pool, in an eligible Paris 2024 Paralympic event, that meets the performance standard as set out in Appendix B and inside the 'Performance Window' as defined below

Performance Window

The period between June 19th, 2023 – August 20th, 2023

SR1

A Senior International Card

SR2

A Senior International Card

SR

A Senior National Team Card

D

A Development Card

WPS Sport Class

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.

The following are valid WPS Sport Classes:

PI

Physical Impairment and denotes a swimmer who has a physical impairment and holds a Sport Class

1 – 10

VI

Visual Impairment and denotes a swimmer who is visually impaired or completely blind and holds a Sport Class

11 – 13



II	Intellectual Impairment and denotes a swimmer who has an intellectual impairment and holds a Sport Class	14
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The following refer to WPS Sport Class Status:

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

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 2022-2023 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
 2. Developmental Cards:

	\$1,060.00/month, totalling \$12,720/yr
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 - a. Depth of Field will be determined by multiplying the total number of swimmers in the event by the depth of field factor of .67 for Development Cards).
- iii. The carding cycle for the 2023-2024 seasons shall be November 1, 2023 to October 31, 2024.

THE ABOVE IS SUBJECT TO REVIEW AND REVISION BY SPORT CANADA

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 2023-2024.

ELIGIBILITY

Swimmers:

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

- Be eligible to represent Canada at either the WPS 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 2023-2024 season;
- Hold a valid WPS licence; and
- Hold a WPS International R or C or FDR Sport Class status 1-14.

Performances:

For the 2023-2024 carding cycle, carding shall be determined by Carding Performances achieved during the Performance Window.



GENERAL CONDITIONS

The following conditions apply to all Carding levels

- i. Only events for sport classes offered on **the 2024 Paralympic Games Events Program** (Appendix D) will be eligible for carding.
- ii. Carding Performances, recorded within the Performance Window will be ranked using the AWR of the WPS Rankings Database – Swimming to determine carding nominations.
- iii. If WPS determines a sport class event 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. If a swimmer becomes ineligible due to a change of Sport Class, 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. If a swimmer changes 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. **Should a nominated athlete fail to complete all application requirements by October 31, 2023, it will result in the loss of access to the card and to its benefits.**
- 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 2023-24 season (including end of training cycle performance benchmarks) no later than **November 18, 2023**. The Head Coach of CHP-Qué will submit reports based on the CHP-Qué Operational Plan.
 - The Home Coach has the opportunity to submit an updated YTP for the next training mesocycle following the 2023 Bell Canadian Swimming Trials (March 28 – April 2, 2023);
- iv. Swimmers 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, the ADHP and designated Swimming Canada Staff and/or IST practitioners are deemed necessary by the ADHP.
- v. If for any reason other than health-related circumstances 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 2022-2023 at the Senior International Card Level (SR1/SR2) who have health-related circumstances [#] 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) nominations based on criteria outlined in this document
PRIORITY 4	Swimmers carded in 2022-2023 at the Senior National Team Level who have health-related circumstances and who meet Sport Canada's policy (Section 9) 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 2022-2023 at the Development Card Level who have health-related circumstances [#] and meet Sport Canada's policy (Section 9) on curtailment of training and competition for health related reasons

[#] Please see the section **health-related circumstances**

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 2023-2024 Senior International card requires:

- i. Selection on Canada's Team for the 2023 WPS Championships.
- ii. Qualifying for or competing in a Final at the 2023 WPS Championships.

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 2023 WPS Championships.

Notes:

- Swimmers who meet the Senior International criteria at the 2023 WPS Championships 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.
- Swimmers nominated for Senior International Cards will be ranked by Final Position at the 2023 WPS Championships. In the event of a tie, swimmers will be prioritized by their depth-of-field calculation and the swimmer with the lower depth of field percentage will be ranked higher.
- 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 2023-2024 Senior National Team card requires:

- Selection on Canada's Team for the 2023 WPS Championships.
- Qualifying for or competing in a Final at the 2023 WPS Championships.

Notes:

- Swimmers nominated for Senior National Team Cards will be ranked by Final Position at the 2023 WPS Championships. In the event of a tie, swimmers will be prioritized by their depth-of-field calculation and the swimmer with the lower depth of field percentage will be ranked higher. Should further tie-breaking be required the same process will be applied to the swimmers' preliminary performances in the same event.

Notes:

- A swimmer is eligible for four (4) years total at the Senior National Team (SR) Card level

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 2024 Paralympic Games Events Program, based on:

- Performances ranked 9th to 16th at the 2023 WPS Championships; then
- Carding Performances, as reported by the WPS website, within the Performance Window of June 19th, 2023 – August 20th, 2023.

Provided these performances fall within the top two-thirds (66%) 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) 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) years total 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 WPS 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.

HEALTH-RELATED CIRCUMSTANCES

Swimming Canada will consider nominating swimmers for a health-related circumstances card in accordance with section 9.1.3 of the Sport Canada AAP policy. To be considered for nomination for a health-related circumstances card for 2023-2024, the swimmer must have:

- i. been carded during the 2022-2023 carding cycle;
- ii. duly notified Swimming Canada in writing of his/her health-related circumstances 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 health-related circumstances carding, the swimmer will be nominated for a health-related circumstances Card at the same level (i.e. Senior or Development) at which they were carded in 2022-2023.

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. Health-related circumstances reporting for a resident swimmer at the Swimming Canada CHP-Qué is to be completed through the respective IST staff and documented in the IST report.
- ii. Follow the conditions outlined in the Sport Canada AAP policy regarding curtailment of training and competition for health-related circumstances (sections 9.1.1 and 9.1.2).

Swimmers may only be nominated for a health-related circumstances 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 CSCA 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. Swimmers are, ultimately, responsible for the maintaining a suitable level of training and investment.
- iv. Any determination of unsuitable training will be made in concert with the swimmer's Home Coach and Swimming Canada staff.
- v. 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.
- vi. All Carded swimmers are required to attend any "Carded Swimmers Meetings" as outlined in the Athlete Agreement.
- vii. If for any reason other than health-related circumstances 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
- declare their availability for all Swimming Canada 2024 Selection Teams for which they are eligible; and
- compete in the events for which they were carded at the following Swimming Canada competitions:
 - 2024 Bell Canadian Swimming Trials (May 14 - 19, 2024); or
 - If not selected to represent Canada at the 2024 Paralympic Games, the Speedo Canadian Junior and Senior Championships (August 8 - 15, 2024); and
 - 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/aap-policies-procedures-2022-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 Paris Events Program

<https://www.paris2024.org/en/sport/para-swimming/>