



BOBSLEIGH

CANADA

SKELETON

NATIONAL SKELETON PROGRAM

NSP SELECTION PROCESS & CRITERIA

2024-2026

Published: June 16, 2024

Table of Contents

- 1. Overview**
- 2. NSP - Selection Process**
 - 2.1 Purpose and Intent
 - 2.2 Qualification Periods
 - 2.3 Team Selection and Eligibility
- 3. Decision-Making Authority**
 - 3.1 High-Performance Committee (HPC)
 - 3.2 Selection Committee (SC)
- 4. Team Structure and Designations**
 - 4.1 Senior Skeleton Team (SST)
 - 4.2 Development Skeleton Team (DST)
 - 4.3 Athlete Pool (AP)
 - 4.4 Excellence Skeleton Athlete Designation (ESA)
 - 4.5 NextGen Skeleton Athlete Designation (NGSA)
- 5. Training and Competition Requirements**
 - 5.1 Training Programs
 - 5.2 Competitive Plan and Availability
 - 5.3 High-Performance Off-Season Program
 - 5.4 Participation Requirement
 - 5.5 Active Sliding Expectation
- 6. Athlete Selection Criteria**
 - 6.1 SST Selection
 - 6.2 DST Selection
 - 6.3 AP Selection
 - 6.4 Deselection Criteria
 - 6.5 Athlete Conduct and Team Values
 - 6.5.1 Expectations of Athletes' Behavior
 - 6.5.2 Zero Tolerance Policy

6.5.3 Communication of Expectations

7. World Championships and World Junior Championships Selection

7.1 Selection Criteria for World Championships

7.2 Selection Process

7.3 Selection Criteria for World Junior Championships

7.4 Selection Process

8. Performance Evaluation and National Ranking System

8.1 National Ranking System (NRS)

8.2 National Ranking System for NSP Selections

9. Athlete Empowerment and Development

9.1 Athlete-Centric Environment

10. Individual Performance Plan (IPP)

10.1 Purpose and Importance

10.2 Development and Implementation

10.3 Review and Adjustment

11. Team Position Re-Allocation

11.1 Performance Review

12. IBSF Circuit Quota Spot Allocation

12.1 Quota Priority

12.2 Performance Evaluations and Debriefs

13. Competitive Readiness, Medical, and Injury Protocol

13.1 Medical, Illness, and Mental Health Protocol

13.2 Competitive Readiness

13.3 Assessment Process and Return to Sport Protocols

13.4 Competitive Readiness Prior to Nomination to the SC

13.5 Confidentiality and Privacy

13.6 Communication Protocol

14. Fee Structure

14.1 In-season Program Fees

14.2 Additional Costs and Fees

14.3 Payment Schedule

14.4 Inclusions

15. Appeals Process

1. Overview and Preamble

The National Skeleton Program (NSP) is dedicated to nurturing high-performance athletes capable of competing and excelling at the highest levels of international competition, including the IBSF World Cup, World Championships, and the Olympic Winter Games. Our program offers a structured, performance-focused pathway that supports athletes' progression from national levels to elite international stages.

The NSP strives to create an environment where athletes are empowered to reach their full potential through comprehensive support systems. These include world-class coaching, state-of-the-art training facilities, mental health resources, and tailored training regimens. We aim to cultivate a culture that emphasizes respect, professionalism, and a relentless pursuit of excellence. Through clarity and transparency through our sport programming, we foster accountability and integrity in all aspects of the NSP, ensuring that each athlete feels supported and valued.

Our athlete-centric approach ensures that the needs, well-being, and development of our athletes are at the forefront of our program. We are committed to providing a holistic support system that includes physical, mental, and emotional development.

Highlights of NSP Support Systems:

- **World-Class Coaching:** Athletes have access to experienced and NCCP-certified coaches who are committed to lifelong learning and ongoing professional development. Our coaches provide technical guidance across all tiers of the NSP, ensuring consistent support and expertise at every level.
- **State-of-the-Art Training Facilities:** Our athletes utilize top-tier facilities at Winsport and the Whistler Sliding Centre, which are equipped with the latest technology to enhance performance and training effectiveness.
- **Integrated Wellness Program:** We offer a comprehensive wellness plan that strives to strike a balance between high-performance standards and the practice of care for the athlete's well-being. This is achieved through continued engagement with the athletes at every step of the pathway and strategic partnerships that provide psychological services that encompass both mental performance and wellness initiatives.
- **Tailored Training Regimens:** This season BCS launched the BCS-NSP off-season programming, which provides athletes with the option of customized training programs designed to address the unique needs and goals of each athlete.

The NSP has a history of producing top-tier athletes who have achieved notable successes on the world stage. Our commitment to excellence and athlete empowerment drives the NSP to continuously improve and adapt to meet the evolving needs athletes. By fostering a culture of excellence, the NSP aims to build a supportive environment that allows every athlete to thrive and achieve their full potential.

2. NSP - Selection Process

2.1 Purpose and Intent

The NSP Selection Process & Criteria (SP&C) outlines the process and criteria for athletes to become eligible and be nominated for the Senior Skeleton Team (SST), Development Skeleton Team (DST), Athlete Pool (AP), and receive Excellence Skeleton Athlete (ESA) or NextGen Skeleton Athlete (NGSA) designations.

The SP&C aligns with IBSF quota allocation, rules, and qualifications for major events, prioritizing an athlete-centric approach with Individual Performance Plans (IPPs) based on performance and historical results. All IBSF sanctioned events, except the World Cup and major events, are seen as development opportunities without hierarchy. Athletes must complete an IPP with technical coaching staff within two weeks of the qualification period (NSP-QP) or upon entry to the High-Performance Program.

2.2 Qualification Periods

- **First Qualification Period:** July 1 to November 18
- **Second Qualification Period:** January 1 to January 13

These periods allow for thorough assessment and preparation to ensure the best possible selection, race allocation, and development of athletes leading up to the 2026 Olympic Winter Games in Milan.

2.3 Team Selection and Eligibility

Eligibility:

To participate in the NSP Selection Process, athletes must:

1. Be in good standing with the National Team or their Provincial Sport Organization (PSO).
2. Have no outstanding fees.
3. Hold a valid passport for at least six months beyond the upcoming competitive season.
4. Meet eligibility requirements for a BCS IBSF license.
5. Not be under sanction for an anti-doping rule violation.
6. Demonstrate on-ice sliding proficiency to the satisfaction of the Technical Lead.
7. Complete all BCS pre-sliding requirements.
8. Confirm competitive readiness.

Selection Process:

- **Criteria Publication:** Annual criteria will be published before July 1, detailing performance benchmarks.
- **Performance Benchmarks:** Includes competition results, training performance, and push thresholds.
- **Transparency:** Prompt communication of any changes to ensure fairness.
- **Evaluation:** Based on competition and training performance, adherence to IPP, YTP and competition plans, team values, and commitment.
- **Feedback:** Regular feedback and collaborative development of an IPP.
- **Support for Compliance:** Resources available to help meet eligibility and compliance.
- **Appeals Process:** Available for contesting selection decisions to ensure fairness.

3. Decision-Making Authority

3.1 High-Performance Committee (HPC)

Composition:

- Technical Lead (Chair)
- High-Performance Director

Responsibilities:

1. Interpret and apply the NSP SP&C.
2. Confirm the number of IBSF quota spots qualified by BCS.
3. Evaluate NSP athletes for eligibility, qualification, and nomination.
4. Nominate eligible athletes to the Selection Committee (SC) for review and ratification.
5. Discuss and review the list of eligible athletes with the SC.
6. Notify athletes of their selection to the National Team and National Athlete Pool.

3.2 Selection Committee (SC)

Composition:

- BCS Board Member (Chair)
- Athletes Representative - Bobsleigh
- Independent participant

Responsibilities:

- Review the NSP SP&C, nominations from the Technical Lead, and supporting information.
- Ensure nominations align with the NSP SP&C.
- Ratify nominations for the National Team and National Athlete Pool.

4. Team Structure and Designations

4.1 Senior Skeleton Team (SST)

- **Competitions:** Participation in the IBSF World Cup, World Championships, and Olympic Winter Games.
- **Criteria:**
 - **Push thresholds:** Men: ≤ 4.70 seconds, Women: ≤ 5.15 seconds.
 - **Train to Win GMP assessment.**
 - **Safety and Competency:** Demonstrated safety and competency on the World Cup circuit.
 - **Time in Stream:** Continuous participation as long as performance benchmarks are met.
 - **Years from Podium:** 0-4 years from expected podium performances.

4.2 Development Skeleton Team (DST)

- **Competitions:** Participation in IBSF Development Tours (NAC, EC, AC).
- **Criteria:**
 - **Push thresholds:** Men: ≤ 4.80 seconds, Women: ≤ 5.25 seconds.
 - **Train to Compete GMP Assessment:** Score of 3 or above.
 - **NextGen Eligibility:** Based on competitive window assessments.
 - **Time in Stream:** Maximum of 5 years or 4 years after WJrCh eligibility.
 - **Years from Podium:** 6-8 years from expected podium performances.
 - **Active Sliding Expectation:** Athletes are expected to have a minimum run volume exceeding 100 descents. The ideal run volume to meet the LTAD model is 120-150 runs per season.

4.3 Athlete Pool (AP)

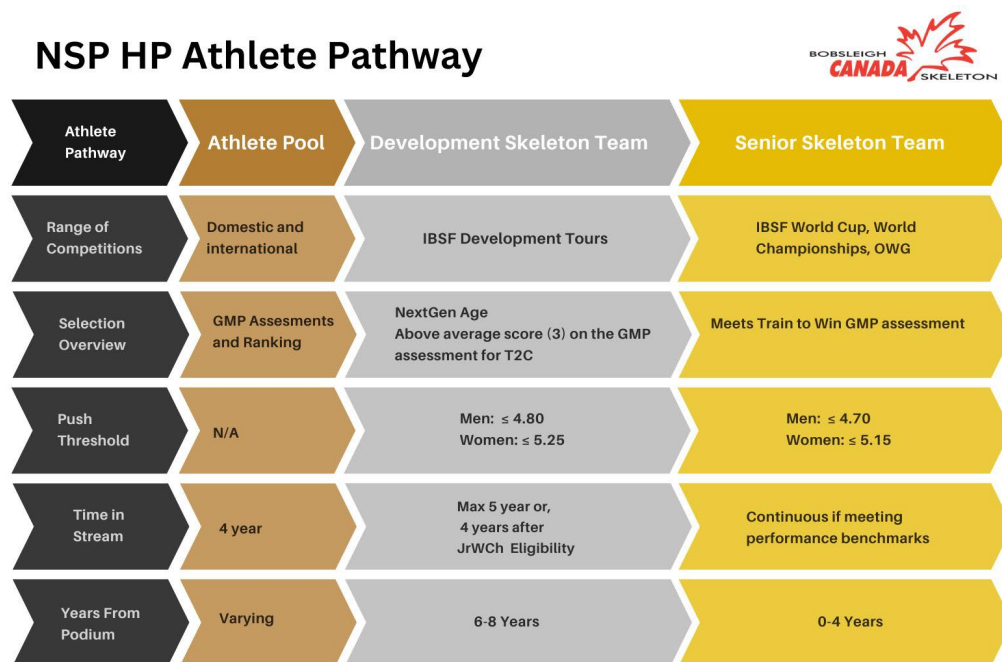
- **Entry Point:** Open to athletes with potential, assessed through domestic and international competitions (National Championship, SDC Races, NAC).
- **Criteria:** Based on GMP Assessments and rankings.

- **Evaluation Races:** The 2024/25 season AP evaluation races will be conducted as part of the SDC-SK program on November 17, 2024, prior to the Whistler and Park City NAC (North American Cup), and on January 12, 2025, prior to the Park City and Lake Placid NAC. Participation in the evaluation races is mandatory for selection.

In the event an athlete is allocated participation in an IBSF event during the evaluation races, the IBSF event will be utilized as the evaluation.

- **Active Sliding Expectation:** Athletes are expected to have a minimum run volume exceeding 100 descents. The ideal run volume to meet the LTAD model is 120-150 runs per season.
- **Developmental Goal:** Progress to DST or SST through targeted training and competition experiences.
- **Time in Stream:** 4-6 years.

**AP athletes are not considered part of the national team and are not eligible for AAP support (carding).*



4.4 Excellence Skeleton Athlete Designation (ESA)

Eligibility:

- **Compliance:** Must meet the eligibility requirements in section 2.3.
- **NSP-QP Participation:** Must have fully participated in the NSP-QP, if eligible and qualified, unless exempted by the Technical Lead.

- Medal Potential: Demonstrated medal potential within a performance funnel as determined by funding partners based on podium results tracking.

4.5 NextGen Skeleton Athlete Designation (NGSA)

Eligibility:

- Compliance: Must meet the eligibility requirements in section 2.3.
- NSP-QP Participation: Must have participated in the NSP-QP, if eligible and qualified, unless exempted by the Technical Lead.
- Age Requirement: Not born prior to January 1998.
- AAP Nomination: Must not be nominated to the Sport Canada AAP at the Senior International Level (SR1/SR2).
- Push thresholds: Men: ≤ 4.85 seconds, Women: ≤ 5.25 seconds.

5. Training and Competition Requirements

5.1 Training Programs

In 2024, BCS-NSP launched an off-season training program overseen by the Technical Lead. This program includes start and strength training as well as mental strength components, developed in response to athlete feedback from the 2023/24 debriefs and the technical staff's recognition of program gaps. It reflects the NSP's commitment to athlete-centric programming. Full participation in the BCS-NSP off-season program is not mandatory; however, participation in the off-season camps is part of the evaluation and NSP-qualification period.

5.2 Competitive Plan and Availability

Each athlete must complete a competition plan, indicating their availability for pre-season and competitive events as outlined in the appendix. This information will be used for selection, deselection, and race allocations. Adherence to this plan is crucial for efficient race allocation and team management. Athletes are expected to adhere to their stated availability unless granted an exemption by the HPC. Any costs incurred by BCS due to a change in availability will be billed back to the athlete. Any fees paid in association with the availability and agreed competition plan are not refundable, even if the absence is approved by the HPC.

5.3 High-Performance Off-Season Program

The High-Performance Off-Season Program aims to provide structured and centralized training, avoiding a fragmented team culture and varying costs. The program includes comprehensive training packages, camps, and enhanced athlete monitoring to ensure optimal preparation for the competitive season.

Camp Schedule:

- July 17 – 21, 2024

- August 21 – 25, 2024
- September 18 – 22, 2024
- October 16 – 20, 2024

Each training camp will conclude with a push competition, which will be evaluated in accordance with the National Ranking System (NRS). This evaluation will help assess athlete progress and readiness for the upcoming season.

5.4 Participation Requirement

All NSP National Team athletes are required to participate in all BCS-sanctioned events, training camps, and competitions. Exceptions will only be made if the athlete receives written approval from the HPC for absences. This policy ensures full commitment to the athlete's development and team preparedness. Absence without prior approval may impact the athlete's selection for future competitions and their standing within the team.

While participation in BCS-sanctioned events is not mandatory for AP athletes, it is highly encouraged. Active involvement in the NSP-QP maximizes the opportunity for a fair and comprehensive evaluation of each athlete's abilities and potential, thereby enhancing their development, selection prospects, and race allocation opportunities.

5.5 Active Sliding Expectation

LTAD models throughout the history of Canadian sliding sports have included minimal run volumes. With the challenges that NSP has faced in relocating to Whistler and concussion management over recent years, run volume has diminished. While run volume is not the sole factor in an athlete's progression, it is critical for improving the technical and tactical aspects of the sport.

To be considered an active slider in the NSP, athletes are expected to have a minimum run volume exceeding 100 descents. The ideal run volume to meet the LTAD model is 120-150 runs per season.

6. Athlete Selection Criteria

6.1 SST Selection

- **Criteria:** Athletes must meet all criteria outlined in section 4.1.
- **Selection Limit:** For the 2024/25 season, there is no limit to the number of athletes that may be selected to the SST. This will be reviewed for the 2025/26 season based on the resources available to optimize performance.
- **Selection Race Series:** There will be no a Selection Race Series for the 2024/25 and 2025/26 seasons. Athletes whose ranking earned the IBSF WC quota will be granted the allocation of the first two World Cup positions. If there are remaining IBSF WC quota allocations after NSP allocation, then the remaining allocations will go to the highest-ranked athletes based on the

previous season's BCS-NSP National Ranking List. In the absence of a BCS-NSP National Ranking List, the IBSF Discipline Ranking List will be utilized.

6.2 DST Selection

- **Criteria:** Athletes must meet all criteria outlined in sections 4.2 and 4.5.
- **Selection Limit:** For the 2024/25 season, there is no limit to the number of athletes that may be selected to the DST. This will be reviewed for the 2025/26 season based on the resources available to optimize athlete development.
- **Selection Race Series:** There will be no a Selection Race Series for the 2024/25 and 2025/26 seasons. IBSF quota allocations will go to the highest-ranked athletes based on the previous season's BCS-NSP National Ranking List. In the absence of a BCS-NSP National Ranking List, the IBSF Discipline Ranking List will be utilized.

6.3 AP Selection

- **Criteria:** Athletes are assessed based on their performance in domestic and international competitions, with potential for progression to DST or SST.
- **Evaluation Races:** For the 2024/25 season, AP evaluation races will be conducted as part of the WSL SDC-SK program on November 17, 2024, prior to the Whistler and Park City NAC (North American Cup), and on January 12, 2025, prior to the Park City and Lake Placid NAC. Participation in the evaluation races is mandatory for selection. In the event an athlete is allocated participation in an IBSF event during the evaluation races, the IBSF event will be utilized as the evaluation.
- **Selection Process for 2025/26:** The AP selection process will utilize both the current and the previous season's BCS-NSP National Ranking List, in addition to assessments based on their potential for progression to DST or SST.

6.4 Deselection Criteria

- **Performance:** Failure to meet performance benchmarks or a decline in performance may result in deselection.
- **Conduct:** Breach of the Athlete Agreement or violations of BCS policies, including the Code of Conduct and anti-doping regulations, may lead to deselection.
- **Injury/Illness:** Long-term injury or illness preventing training and competition commitments and/or preventing the athlete from achieving competitive readiness may result in deselection after a review process by the HPC and the BCS medical team.

6.5 Athlete Conduct and Team Values

6.5.1 Expectations of Athletes' Behavior

Athletes are expected to adhere to the highest standards of conduct and to embody the team values of respect, integrity, and professionalism at all times. This includes, but is not limited to:

- **Respectful Interaction:** Athletes must treat all team members, including technical staff, coaches, support staff, and fellow athletes, with respect and courtesy. Disrespectful or abusive behavior towards any BCS staff or team members will not be tolerated.
- **Adherence to Team Values:** Athletes must demonstrate commitment to the team's values, including maintaining a positive attitude, supporting teammates, and upholding the principles of fair play and sportsmanship.

6.5.2 Zero Tolerance Policy

- **Disrespectful and Abusive Behavior:** Any form of disrespectful or abusive behavior towards BCS staff, teammates, or any other individuals involved in the program will result in immediate removal from team activities, including training and competitions. Such behavior undermines the integrity and cohesion of the team and will not be tolerated.
- **Authority of Technical Staff:** The technical staff present during any event has full authority to address and take immediate action against any behavior that violates this policy. This includes the authority to remove athletes from the event or team activities if necessary.

6.5.3 Communication of Expectations

To ensure clarity and transparency, these expectations will be communicated to all athletes at the beginning of each season and during any team meetings or briefings. Athletes will be required to acknowledge their understanding and commitment to these standards as part of their participation in the NSP.

For further details on athlete conduct, refer to the Athletes Code of Conduct.

7. World Championships and World Junior Championships Selection

7.1 Selection Criteria for World Championships

To be eligible for the World Championships, athletes must meet the following national criteria beyond the IBSF quota qualification:

A Standard:

- Top 20 finish in 75% World Cup races.
- Top 6 finish in 75% European Cup (EC) races.
- Top 3 finish in all North American Cup (NAC) races.
- Asian Cup (AC) results will be evaluated based on the depth of field.
- Historical achievements meeting excellence designation at previous World Championships (e.g., Top 12 finish).

B Standard:

- Podium finish at the World Junior Championships (WJrCh).
- Eligibility through IBSF qualification standards.

C Standard:

- The HPC may fill any remaining quotas based on performance evaluations. Selections to the WCh under the C standard will be made in consideration of the NSP strategic and program goals. Athletes must have demonstrated they are progressing to meet the A or B standards.

7.2 Selection Process

- **Qualification:** Athletes must first qualify through IBSF criteria and demonstrate performance consistency.
- **Evaluation:** The HPC will evaluate all eligible athletes based on their performance in the qualifying events and adherence to the A and B standards.
- **Nomination:** Selected athletes will be nominated to represent Canada at the World Championships.

7.3 Selection Criteria for World Junior Championships

Athletes eligible for the World Junior Championships must meet the following criteria:

- **Age Eligibility:** As defined by IBSF rules for junior athletes.
- **Performance:** Consistent top 3 finishes in NAC races or equivalent junior competitions.
- **Developmental Milestones:** Demonstrated progression in skill and performance metrics, as outlined in their IPP.

7.4 Selection Process

- **Qualification:** Athletes must meet the age and performance criteria.
- **Evaluation:** Performance will be assessed through race results, training camp evaluations, and IPP milestones.
- **Nomination:** Eligible athletes will be nominated based on their demonstrated potential to achieve podium finishes at the WJrCh.

8. Performance Evaluation and National Ranking System

After the completion of competitions, the Technical Lead/National Head Coach and staff will conduct a performance evaluation. During this review, BCS may, at its sole discretion, reallocate quota spots to other athletes who participated in the NSP-QP if they demonstrate that they meet the performance pathway associated with the event. This reallocation will only occur in warranted situations.

It is important to note that any changes to an athlete's IPP, YTP, and Competition plan do not affect the team to which they were initially selected.

For clarity, the performance review will analyze various factors, including:

- Size and strength of the field
- Percent back from the leader
- Push differential
- Other technical and tactical parameters
- Behaviour observations and adherence to team values and expectations

Athletes will only be considered for reallocation if the HPC believes it is in the best interest of their long-term development and the NSP.

8.1 National Ranking System

The National Ranking System (NRS) for the NSP is designed to objectively assess and rank athletes based on their performance across all competitions (domestic and international) and training evaluations.

- The NRS will act to create a depth chart of all skeleton athletes within Canada, including those not part of the NSP. The NRS will utilize the current IBSF points table and will employ a multiplier depending on NSP status.
- For all IBSF events, the following multipliers will be applied:
 - - SST (Senior Skeleton Team) = x1
 - - DST (Development Skeleton Team) = x0.9
 - - AP (Athlete Pool) = x0.7
- Additional multipliers will be applied to represent the depth of field
 - - Lead (First position) = x1.10
 - - <0.3 Percent from Winning Time = x1.05
 - - <0.6 Percent from Winning Time = x1
 - - <1.0 Percent from Winning Time = x0.85
 - - <1.5 Percent from Winning Time = x0.7
- NSP push competitions will be awarded points at 50% value of the IBSF NAC/EC/AC table.
- WSL SDC-SK races will be awarded points at 50% value of the IBSF NAC/EC/AC table.
- NSP Canadian National Championships will be awarded points equivalent to the IBSF WC Points table.
- Unlike the IBSF ranking lists where the number of races scored is equal to the number of World Cup races carried out up to that specific date during the current, there is no limit to the number of competitions an athlete can be awarded points for.

8.2 NRS for NSP Selections

- **Goal:** The NRS aims to act as a continuous means of evaluating performance in competition and training over the entire season against GMP and IPP.
- **Utilization:** The NRS will be used within race allocation to provide a more comprehensive evaluation of where the athlete stands within the NSP.
- **Ranking Updates:** Rankings are updated regularly to reflect the latest performance data and provide a transparent basis for team selections and race allocation.

9. Athlete Empowerment and Development

9.1 Athlete-Centric Environment

Empowerment requires the engagement of the athlete in planning and executing their daily training, pre-competition, competition, and debriefing plans. Empowering athletes creates a sense of responsibility, knowing they are valued, and allows them to take ownership of their performance development, which can in turn create a greater level of motivation and engagement with the NSP.

Athlete-Centric vs. Athlete-Driven

An athlete-centric environment prioritizes the well-being and development of all athletes within the program, ensuring that decisions are made with the collective best interest in mind. This approach ensures that every athlete receives the support, resources, and guidance they need to reach their full potential, while also considering the overall goals and values of the team.

In an athlete-centric model, we act with care and compassion, always mindful of the broader impact on the entire team. This means that while individual needs and goals are important, they are balanced against the needs and goals of the team. Our guiding principle is "we, not me," emphasizing the greater good and fostering a sense of community and shared purpose among all NSP athletes.

This athlete-centric approach extends beyond the athletes and coaches, involving a comprehensive support network that includes medical staff, mental health professionals, sports scientists, BCS staff, High-Performance Director (HPD), Technical Lead, funding partners, and other stakeholders. Each member of this network plays a crucial role in creating an environment where athletes can thrive.

In contrast, an **athlete-driven** approach places primary emphasis on the preferences and desires of individual athletes, potentially at the expense of team cohesion and the overall program objectives. While this approach can be beneficial in certain contexts, it may not always align with the utilitarian model adopted in the NSP, which seeks the greatest benefit for the greatest number of athletes and potential success as a program.

By maintaining an athlete-centric focus, we ensure that every decision and action contributes to the collective success and well-being of our team. This approach fosters a supportive and inclusive environment where all athletes can thrive, knowing that their individual development is valued and supported within the broader context of the program's goals.

10. Individual Performance Plan (IPP)

10.1 Purpose and Importance

The IPP is a comprehensive plan tailored to each athlete's development needs, encompassing technical, tactical, physiological, and psychological aspects. It serves as a strategic roadmap for achieving performance goals. The IPP creates accountability to both the athlete and the coaching staff to ensure the athlete is progressing within the LTAD and HP Pathway and may be used as part of the evaluation process.

10.2 Development and Implementation

- **Collaborative Process:** IPPs are developed collaboratively between athletes and coaches, incorporating feedback and setting clear performance objectives. The process also involves input from support staff, including medical professionals, mental health specialists, and sports scientists, to ensure a holistic approach to athlete development.
- **Components:** The IPP includes specific skill development goals, sport-specific testing results, defined targets, and scheduled assessment points. It also outlines the resources and support available to the athlete, ensuring they have access to the necessary tools for success.

10.3 Review and Adjustment

- **Regular Reviews:** IPPs are reviewed regularly (bi-annually) to ensure they remain relevant and aligned with the athlete's progress and goals. These reviews involve the athlete, coach, and relevant support staff to provide comprehensive feedback.
- **Adjustments:** Based on review outcomes, adjustments are made to the IPP to address any new challenges or opportunities for improvement. This may include modifying training regimens, setting new targets, or adjusting support services to better meet the athlete's needs.
- **Feedback Incorporation:** Continuous feedback from competitions, training sessions, and assessments is incorporated into the IPP to keep it dynamic and responsive to the athlete's evolving requirements and their within the NSP.

11. Team Position Reallocation

The HPC may reallocate designated positions (SST, DST) at any time during the current season. For the avoidance of doubt, all competitive results, domestic and international, may be taken into consideration for the purposes of in-season reallocation.

11.1 Performance Review

All factors, including icehouse push threshold and competitive results, will be analyzed in a performance review when considering in-season team reallocation. The review will consider:

- **Size and Strength of the Field:** The competitiveness and caliber of the athletes in the field.

- **Percent Back from the Leader:** The time or performance difference between the athlete and the leader.
- **Push Differential:** The athlete's performance in push start relative to competitors.
- **Technical and Tactical Parameters:** Other relevant performance metrics and qualitative factors such as race strategy, execution, and adaptability.

Athletes will only be considered for team reallocation if the HPC believes the change is in the best interest of the long-term development of the athlete and the NSP. Additionally, the following considerations will be made:

- **Consistent Performance:** Athletes must demonstrate consistent performance improvements and meet the benchmarks set in their Individual Performance Plans (IPP).
- **Health and Fitness:** The athlete's health, fitness, and injury status will be reviewed to ensure they can handle the demands of the new team position.
- **Developmental Potential:** The potential for further development and the likelihood of achieving long-term performance goals will be considered.
- **Behavior and Conduct:** Athletes' behavior and conduct will be reviewed to ensure they align with the team values of respect, integrity, and professionalism. Any history of disrespectful or abusive behavior towards BCS staff or team members will be considered.
- **Mental Well-being:** The mental well-being of the athlete and its impact on other team members will be evaluated. The NSP is committed to maintaining a supportive and healthy team environment.
- **Feedback and Communication:** Continuous feedback from coaches and support staff will be integrated into the re-allocation decision-making process.

By maintaining a thorough and comprehensive performance review process, NSP ensures that team reallocations are made transparently and in the best interest of the athletes and the program.

Section 12: IBSF Circuit Quota Spot Allocation

The HPC will allocate BCS's WC, NAC, AC, and EC IBSF quota spots. All allocations may be changed at the sole discretion of the HPC, taking into consideration NSP development and competition strategies, plans, and all other relevant factors. IBSF WC allocation for the first two races of each season will be awarded to the athletes whose results earned BCS the quota.

In the continued effort to be athlete-centric, all athletes will complete an IPP and supporting competition plan.

12.1 Quota Priority

Following the completion of the Final Selection Process, quota spot allocation priorities will be considered based on the agreed-upon athlete IPP and competition plans in the following order:

1. Senior Skeleton Team (SST)
2. Development Skeleton Team (DST)
3. NextGen Skeleton Athlete (NGSA)
4. Athlete Pool (AP)

12.2 Performance Evaluations and Debriefs

Following the completion of competitions, a performance evaluation and debrief will take place. Performances will be reviewed by the Technical Lead/National Head Coach and technical staff to ensure a comprehensive assessment of each athlete's progress and areas for improvement. This process is integral to our athlete-centric approach, demonstrating the care and attention provided to each athlete's development.

The technical coaches present with the athlete at each event will conduct a debrief of the performance. Due to time restrictions and travel logistics, this debrief may or may not be conducted immediately. Depending on the size of the team and logistics surrounding the event, the debrief will be arranged to be conducted at a suitable time and location. Ideally, all debriefs are completed prior to the following event. In the event that an athlete or coach is leaving that group immediately following an event, a debrief may be conducted in a virtual format.

The performance evaluations and debriefs will include:

- **Individual Feedback:** Athletes will receive detailed feedback on their performance, highlighting strengths and identifying areas for development.
- **Comprehensive Assessment:** All factors including size and strength of the field, percent back from the leader, push differential, and other technical and tactical parameters will be analyzed.
- **Goal Setting:** Based on the evaluations, personalized goals will be set for each athlete to guide their training and competition focus moving forward.
- **Support Plans:** Specific support plans will be developed to address the unique needs of each athlete, ensuring they have the resources and guidance necessary to achieve their goals.
- **Team Integration:** Evaluations will also consider the athlete's role and integration within the team, fostering a cohesive and supportive team environment.
- **Values Alignment:** The athlete's commitment to the core values of the team and the organization will be evaluated. This includes their dedication to fair play, sportsmanship, and the overall mission and vision of the program.
- **Attitude and Conduct:** Evaluations will assess each athlete's attitude, conduct, and behavior both on and off the ice. This includes adherence to team values, respect for teammates and staff, and overall professionalism.
- **Quota Spot Re-Allocation:** In situations where warranted, quota spots allocated following the NSP-QP may be re-allocated to other athletes who demonstrated that they meet the

performance pathway associated with the event. All changes to the athlete's YTP and competition plan do not change the team to which they were selected.

By maintaining this structured and supportive evaluation process, we ensure that every athlete receives the attention and guidance necessary to reach their full potential, aligning with our athlete-centric philosophy

13. Competitive Readiness, Medical, and Health Protocols

13.1 Medical, Illness, and Mental Health Protocol

Athletes must promptly report any injuries, illnesses, or mental health concerns and provide the necessary medical documentation. The NSP is committed to supporting athletes through the Integrated Support Team (IST), which will conduct a thorough review to determine the best course of action. This may include modified training programs, additional medical support, or temporary withdrawal from competition. The athlete's well-being is the primary consideration, and the NSP will work collaboratively with medical professionals to ensure appropriate care. Athletes are required to follow approved recovery and rehabilitation programs to ensure a safe return to training and competition. The NSP aims to facilitate a complete recovery and help athletes regain their competitive edge.

13.2 Competitive Readiness

Throughout the NSP-QP and current season, athletes are required to maintain Competitive Readiness, defined as the ability to achieve equal or superior performance(s) during the NSP-QP, domestic competitions, international competitions, and other events compared to their personal bests. Athletes must immediately report any injury, illness, mental health concern, or change in training to the Technical Lead/Head Coach or staff.

BCS Requirements:

- **Proof of Condition:** BCS reserves the right to request proof of injury, illness, or psychological stressor that prevents participation. This proof must be documented by a healthcare professional.
- **Medical Consultation:** BCS also reserves the right to require an athlete to consult with a BCS-approved medical lead, mental health practitioner, or designated health professional. The HPC may choose the appropriate professional to ensure the athlete's readiness to return to sport.
- **Exemptions:** BCS may grant exemptions from participation based on the recommendations of the health professional. However, such exemptions do not guarantee a position for the athlete upon their return. The prognosis and length of potential return to sport at the same level will also be used to determine decisions about nominations, allocations, and team status.

13.3 Assessment Process and Return to Sport Protocols

The assessment process includes:

- **Assessments:** Conducted by the BCS Medical Lead, Mental Health Practitioner, IST Lead, or technical coaching staff as deemed necessary by the HPC. Costs associated with these assessments are the responsibility of the athlete.

- **Fitness Tests:** Athletes may be required to undergo fitness and performance tests to confirm readiness as deemed necessary by the HPC. Costs associated with these tests are the responsibility of the athlete.

Return to Sport Protocol:

1. **Initial Assessment:** Conducted by the BCS Medical Lead or a designated healthcare professional to determine the athlete's current health status and readiness for return. Costs associated with this initial assessment are the responsibility of the athlete.
2. **Rehabilitation Plan:** Development of a tailored rehabilitation plan addressing the specific needs of the athlete, including physical therapy, psychological services, and any other required interventions. Costs associated with the rehabilitation plan are the responsibility of the athlete.
3. **Progress Monitoring:** Regular monitoring of the athlete's progress through assessments and check-ins with medical and coaching staff. Costs associated with progress monitoring are the responsibility of the athlete.
4. **Gradual Reintegration:** A phased approach to reintegrating the athlete into training and competition, ensuring they meet specific milestones and performance benchmarks. Costs associated with gradual reintegration are the responsibility of the athlete.
5. **Final Evaluation:** A comprehensive evaluation by the HPC, in consultation with the BCS Medical Lead, to confirm the athlete's readiness to return to full participation in the daily training and competition environments. Costs associated with the final evaluation are the responsibility of the athlete.

13.4 Competitive Readiness Prior to Nomination to the SC

If an athlete is deemed injured, ill, or not Competitive Ready prior to the nomination by HPC to the SC, the HPC, in consultation with the BCS Medical Lead and other appropriate persons, will determine whether the athlete will be sufficiently recovered to compete at their highest level during the current season to warrant the athlete's nomination. Injured, ill, or not Competitive Ready athletes may be subject to a proof of fitness and/or Competitive Readiness test, which consists of a controlled performance, such as a competition or observed test, with a predetermined expected outcome. These athletes will not be eligible for a team (SST, DST) nomination or designation (NGSA or ESA) until this requirement has been satisfied.

Important Considerations:

- **Health Professional Recommendations:** If the BCS-approved health professional deems the athlete fit to participate and the athlete chooses not to participate, no exemption will be granted. The decision to not participate will be at the athlete's discretion, and they will be expected to follow the same protocols as all other athletes.
- **No Guarantee of Position:** Exemptions granted based on health professional recommendations do not guarantee that the athlete will retain their team position upon return. Decisions regarding nominations, allocations, and team status will consider the prognosis and length of potential return to sport at the same level.

13.5 Confidentiality and Privacy

All medical information and assessments will be handled confidentially to ensure athletes' privacy is protected. Only relevant personnel will have access to this information, and it will be used solely for the purpose of ensuring the athlete's health, safety, and competitive readiness.

13.6 Communication Protocol

Athletes must immediately report their status to the Technical Lead/Head Coach or designated staff via BCS email or other agreed-upon communication methods. Immediate reporting is crucial for timely support and intervention.

By maintaining these protocols, the NSP ensures that athletes receive comprehensive support for their health and competitive readiness, fostering a safe and effective training and competition environment.

14. Fee Structure (UNDER DEVELOPMENT)

14.1 In-season Program Fees

Program Fees ESA:

- Full Season: \$7,500

Program Fees DST and AP:

- Euro Preseason: \$3,000 (flight not included)
- AC: \$3,000 (flight not included)
- NAC: \$3,500 per bloc (flights to be determined)
- National Championships: \$1,500 (travel not included)

Additional Opportunities:

- WC (AP): \$4,500 (flight not included)
- WC (DST): \$3,500 (flight not included)
- WJrCh (DST): \$3,000
- WJrCh (AP): \$3,000 (flight not included)

14.2 Additional Costs and Fees:

- **CAIP:** BCS enrolls all NSP athletes in the Canadian Athlete Insurance Plan (CAIP) In Canada Insurance - Accident Only at the Bronze Level. Athletes have the option to upgrade their In Canada Insurance coverage plan at an additional cost. Please see the CAIP website for the CAIP Summary of Benefits for each level of coverage: <https://mkirsch.ca>
- **Summer Programming:** As part of our ongoing commitment to refining the high-performance program, we provide off-season training options through our partnership with Winsport's

Performance Training Centre. These options, designed in direct response to athlete feedback, aim to overcome historical challenges and enhance training support for the upcoming season. Costs are as follows:

- **Full Package:** \$1,400
 - **Basic:** \$1,200
 - **Camp only:** \$250 per off-season camp
- Any costs incurred by the athlete for activities outside the NSP will be the responsibility of the athlete and are not eligible for reimbursement. This includes expenses related to travel, transportation, baggage, coaching, and training that are not directly associated with NSP or organized by the NSP team manager and technical lead, even if these activities contribute to the athlete's performance or participation in NSP and BCS-sanctioned programming. All non-budgeted activities will be at the athlete's expense.

14.3 Payment Schedule: The payment schedule must be adhered to as outlined in the appendix unless approved in writing by the Technical Lead and BCS finance. Failure to meet the payment schedule will result in suspension from all scheduled NSP activities, events, and races until payment is made.

14.4 Inclusions: Program fees include a variety of essential elements to support athlete development and competition. These elements encompass, but are not limited to:

- **Transportation:** Includes both air and ground transportation for competitions and training camps (unless specified otherwise).
- **Accommodation:** Covers lodging during training camps and competitions.
- **Coaching:** Access to NSP coaching staff for technical, tactical, and strategic guidance.
- **Administration Costs:** Includes logistical support, entry fees for competitions, and other administrative expenses.

By adhering to the fee structure, athletes ensure they receive comprehensive support for their training and competitive needs. The outlined inclusions aim to provide clarity on what the program fees cover, ensuring transparency and understanding of the financial commitments required.

15. Appeals Internal

Any dispute in relation to this NSP SP&C shall be conducted in accordance with the BCS Appeals Policy available on the BCS website: <https://www.bobsleighcanadaskelton.ca/en/team/policies/>

Appendix A: Fee Schedule

Overview

The fee schedule for the NSP program will be based on each athlete's Individual Performance Plan (IPP), Yearly Training Plan (YTP), and competition plan. The schedule is divided into two main categories: Camp Fees and Program Fees.

NSP Camp Fee Schedule

Date	Amount Due
July 3, 2024	\$250
August 7, 2024	\$250
September 7, 2024	\$250
October 2, 2024	\$250

NSP Program Fees Schedule

Date	Percentage of Total Program Fees
July 21, 2024	20%
August 25, 2024	25%
September 22, 2024	25%
October 25, 2024	30%

Custom Payment Schedules

Athletes who require a more customized payment schedule may submit their request in writing to the High Performance Committee (HPC). Only athletes who have consistently maintained their payment schedules in the past will be considered for customized arrangements.

Note: It is important for athletes to adhere to the specified payment deadlines to ensure their continued participation in the NSP program and camps. Failure to do so may result in penalties or exclusion from program activities.

Failure to adhere to the payment schedule will result in the athlete's standing being changed and participation in all NSP activities suspended pending payment. Continued missed deadlines will result in probation and/or long-term suspension from programming,

Appendix B: National Ranking System

Purpose and Structure

Purpose: The NRS aims to create a comprehensive depth chart of all skeleton athletes within Canada, including those not part of the NSP.

Structure: The NRS will utilize the current IBSF points table and will employ a multiplier depending on NSP status and the depth of field in the competitions.

Multipliers for IBSF Events

Event Multiplier:

- SST (Senior Skeleton Team) = x1
- DST (Development Skeleton Team) = x0.9
- AP (Athlete Pool) = x0.7

Depth of Field Multiplier:

- Lead (First position) = x1.10
- <0.3 Percent from Winning Time = x1.05
- <0.6 Percent from Winning Time = x1
- <1 Percent from Winning Time = x0.85
- <1.5 Percent from Winning Time = x0.7

Points Allocation for Competitions

- NSP Push Competitions: Points awarded at 50% value of the IBSF NAC/EC/AC table.
- WSL SDC-SK Races: Points awarded at 50% value of the IBSF NAC/EC/AC table.
- NSP Canadian National Championships: Points equivalent to the IBSF WC Points table.

Scoring and Limitations

Unlike the IBSF ranking lists where the number of races scored is equal to the number of World Cup races carried out up to that specific date during the current season, there is no limit to the number of competitions an athlete can be awarded points for in the NRS.

Example of Multiplier Use and Percent From Winning Time Calculation

Scenario 1: An athlete from the DST (Development Skeleton Team) finishes 3rd in the IBSF North American Cup race in Whistler with 15 participants and has a finish time of 1:49.77 seconds. The winning time is 1:48.38 seconds.

1. Percent From Winning Time Calculation:

Convert the times to seconds:

- Finish Time = 1:49.77 = 109.77 seconds
- Winning Time = 1:48.38 = 108.38 seconds

Calculate:

- Percent from Winning Time = $[1 - ((109.77 - 108.38) / 108.38)] \times 100$

- Percent from Winning Time = $[1 - 0.01282] \times 100 = 98.718$

The athlete is 1.282% behind the winning time.

2. Base Points: According to the IBSF North American Cup points table, a 3rd place finish with 15 participants earns 102 points.

3. Event Multiplier: DST status applies a multiplier of 0.9.

- 102 points x 0.9 = 91.8 points

4. Depth of Field Multiplier: Finishing <1.5% behind the leader applies a multiplier of 0.7.

- 91.8 points x 0.7 = 64.26 points

Total Points Earned: **64.26 points**

The winner who is a member of the AP (Athlete Pool) finishes with a time of 1:48.38 seconds.

1. Percent From Winning Time Calculation:

- Percent from Winning Time = 100

2. Base Points: According to the IBSF North American Cup points table, a 1st place finish with 15 participants earns 120 points.

3. Event Multiplier: AP status applies a multiplier of 0.7.

- 120 points x 0.7 = 84 points

4. Depth of Field Multiplier: Being in the lead applies a multiplier of 1.10.

- 84 points x 1.10 = 92.4 points

Total Points Earned: **92.4 points**

NRS for NSP Selections

Goal: The NRS aims to act as a continuous means of evaluating performance in competition and training over the entire season against GMP (Gold Medal Profile) and IPP (Individual Performance Plan).

Utilization: The NRS will be used within race allocation to provide a more comprehensive evaluation of where the athlete stands within the NSP.

Ranking Updates: Rankings are updated regularly to reflect the latest performance data and provide a transparent basis for team selections and race allocation. This ensures that athletes are aware of their standings and the criteria used for evaluations and selections.

World Cup Points Allocation

Rank	Points
1	225
2	210

3	200
4	192
5	184
6	176
7	168
8	160
9	152
10	144
11	136
12	128
13	120
14	112
15	104
16	96
17	88
18	80
19	74
20	68
21	62
22	56
23	50
24	45
25	40
26	36
27	32
28	28
29	24
30	20
31	18
32	16
33	14
34	12
35	10
36	9
37	8
38	7
39	6
40	5

North American / Europe / Asian Cup / Junior World Championships Points Allocation

Rank	Points (100%)	Points (75%)	Points (50%)
1	120	90	60
2	110	83	55
3	102	77	51
4	96	72	48
5	92	69	46

6	88	66	44
7	84	63	42
8	80	60	40
9	76	57	38
10	72	54	36
11	68	51	34
12	64	48	32
13	60	45	30
14	56	42	28
15	52	39	26
16	48	36	24
17	44	33	22
18	40	30	20
19	37	28	19
20	34	26	17
21	31	23	16
22	28	21	14
23	25	19	13
24	22	17	11
25	20	15	10
26	18	14	9
27	16	12	8
28	14	11	7
29	12	9	6
30	11	8	6
31	10	8	5
32	9	7	5
33	8	6	4
34	7	5	4
35	6	5	3
36	5	4	3
37	4	3	2
38	3	2	2
39	2	2	1
40	1	1	1

Push Competitions and SDC-SK Races Points Allocation

Rank	Points (50%)
1	60
2	55
3	51
4	48
5	46
6	44
7	42

8	40
9	38
10	36
11	34
12	32
13	30
14	28
15	26
16	24
17	22
18	20
19	19
20	17
21	16
22	14
23	13
24	11
25	10
26	9
27	8
28	7
29	6
30	6
31	5
32	5
33	4
34	4
35	3
36	3
37	2
38	2
39	1
40	1