



NATIONAL SKELETON PROGRAM

SELECTION CRITERIA

2026-27 SEASON

PROGRESSION THROUGH PERFORMANCE.



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Abbreviations

The following abbreviations are used throughout this document. Where a term appears for the first time in the body text it is written in full with the abbreviation in brackets. From that point the abbreviation is used.

Abbreviation Full Term

AAP	Athlete Assistance Program
AC	Asian Cup
AP	Athlete Pool
BCS	Bobsleigh Canada Skeleton
DST	Development Skeleton Team
EC	European Cup
GMP	Gold Medal Profile
HPC	High Performance Committee
HPD	High Performance Director
IBSF	International Bobsleigh and Skeleton Federation
IPP	Individual Performance Plan
IST	Integrated Support Team
JST	Junior Skeleton Team
LTAD	Long Term Athlete Development
NAC	North American Cup
NRS	National Ranking System
NSP	National Skeleton Program
PRT	Podium Results Tracking
PSO	Provincial Sport Organization
SC	Selection Committee
SST	Senior Skeleton Team
WC	World Cup
WCh	World Championships
WJrCh	World Junior Championships

1. Overview and Preamble

The National Skeleton Program (NSP) has been through a significant period of transformation. The foundation has been rebuilt, the structure is in place, and the pathway is clear. What comes next is about execution and continued learning for every athlete in the program.

Today, nearly every athlete in the NSP is a junior or has fewer than four years of experience in the sport. That is not a gap; it is a deliberate starting point. The work now is about developing those athletes at the right pace, in the right environment, and with the right expectations at each stage of their journey.

That last part matters enormously. Moving athletes too quickly along the Long-Term Athlete Development (LTAD) pathway does not serve them, and it does not serve the program. We have seen what happens when development is rushed. Athletes arrive at the senior level before they are ready, progress stalls, and the foundation cracks. We are not going to do that. Progression in this program will be earned, paced appropriately, and grounded in evidence.

This means selection and allocation decisions are built around longitudinal trends. We are asking not just where an athlete is today, but how they are progressing, what their trajectory looks like relative to their age and experience, and whether the development plan in front of them is realistic and sustainable. A younger athlete trending consistently in the right direction will always represent a meaningful investment for this program.

What we need from every athlete in return is ownership. Ownership of the process, of the feedback, of the work required between competitions and assessments. The program will provide the structure, the coaching, and the honest evaluation. The athlete has to show up for their side of it.

This document sets out exactly how decisions are made, what is expected at each level, and how athletes can understand and if necessary, challenge those decisions. It is written to be clear, honest, and consistent. That is what athletes in this program deserve.

In this program, nothing is inherited. Every season, every athlete earns their place, their races, and their opportunities.

2. NSP Selection Process

2.1 Purpose and Intent

The NSP Selection Process exists to make sure the right athletes are in the right environments at the right time. It is the mechanism through which the program identifies, develops, and allocates athletes in a way that serves both individual progression and the long-term objectives of the NSP.

Selection decisions are evidence-informed, structured, and comparative. They are not made in isolation or based on a single moment in time. They reflect a body of work, a trajectory, and an honest assessment of where an athlete is and where they are capable of going.

It is important to understand the distinction between two things this process governs. Selection refers to an athlete's placement within the program pathway, whether that is the Senior Skeleton Team (SST), Development Skeleton Team (DST), Junior Skeleton Team (JST), or Athlete Pool (AP). Allocation refers to

the assignment of specific competitions, training camps, and development opportunities. Selection does not guarantee allocation. Being allocated a competition or IBSF event does not change an athlete's team status. These are separate decisions, made separately, and deliberate.

Decisions may be reviewed and adjusted throughout the season as new performance evidence becomes available. The program is committed to getting it right, not just getting it done quickly.

2.2 Qualification Periods

Athlete assessment within the NSP is structured around three Primary Evaluation Windows. These windows provide a consistent framework for evaluation and align with the natural phases of the competitive season. They are anchors for decision-making, not hard boundaries. The full body of evidence, including prior seasons, longitudinal progression, and individual development plans, is always part of the picture.

Window 1: June 1 to November 15 — Off-Season and Pre-Season Phase

This window is about development, preparation, and establishing the foundation for the season ahead. Evaluation includes off-season training, push performance, Gold Medal Profile assessments, and pre-season sliding. The conclusion of this window serves as the primary point for team selection confirmation.

Window 2: November 16 to December 25 — Early Season Phase

This window covers the opening competition period and early season camps. Evaluation here is used primarily to inform initial competition allocation decisions and assess competitive readiness heading into the main season.

Window 3: January 1 to March 31 — Competitive Season Phase

This window encompasses the full competitive season, including major international competitions and National Championships. Evaluation during this phase informs ongoing race allocation and reallocation, performance monitoring, and the final assessment of each athlete's progression and trajectory heading into the following season.

The relative weight given to different types of evidence will vary depending on where we are in the season and what decision is being made. That is not inconsistency. That is good evaluation.

2.3 Team Selection and Eligibility

Meeting baseline eligibility requirements is the starting point for any consideration within the NSP. Eligibility is not the same as selection. It simply means an athlete can be considered. What happens from there depends on performance, progression, and the comparative assessment of all eligible athletes.

Eligibility Requirements

To be eligible for consideration, athletes must meet all of the following:

- Be in good standing with the NSP and their Provincial Sport Organization (PSO). Standing within a PSO matters. It reflects whether an athlete is meeting their obligations to the broader sport community and living the values this program expects. An athlete who is not in good standing with their PSO has something to resolve before the selection conversation begins.

- Have no outstanding fees owing to Bobsleigh Canada Skeleton
- Hold a valid passport with sufficient validity for the competitive season
- Meet all eligibility requirements for an IBSF license
- Not be under sanction for an anti-doping rule violation
- Demonstrate on-ice sliding proficiency to the satisfaction of the HPD, informed by the HPC, Integrated Support Team, and other relevant technical experts. Assessment of sliding proficiency will be documented and communicated to the athlete in writing.
- Complete all required BCS pre-sliding and safety requirements
- Demonstrate competitive readiness, including medical, physical, and mental readiness

These requirements apply equally to every athlete, every season, regardless of history or previous team status.

Failure to meet any eligibility requirement may result in an athlete being deemed ineligible for selection or allocation, regardless of their performance record.

Exceptions and Exemptions

Requests for exceptions or exemptions to eligibility requirements must be submitted in writing to the HPD no later than five days prior to the relevant event or deadline. Requests submitted after this deadline will not be considered unless exceptional circumstances are clearly demonstrated.

Eligibility Versus Selection

Eligibility opens the door. Selection is what happens next.

Selection decisions are made through a comparative assessment of all eligible athletes. Meeting every eligibility requirement does not guarantee selection to a team, retention within the program, or allocation to training or competition opportunities.

Technical Competence and Safety

Technical competence and safety are non-negotiable. An athlete who does not meet minimum safety or technical standards will not be selected or allocated, regardless of competitive results. This is not a performance conversation. It is a responsibility to every athlete, coach, and official in the program.

A Note on Scope

The eligibility requirements in this section establish the baseline for participation in the NSP Selection Process. Athletes must also meet the team-specific criteria outlined in Section 4 to be considered for selection to a particular team or program level. Clearing the baseline is the beginning, not the destination.

3. Decision-Making Authority

3.1 Authority and Responsibility

The High Performance Committee (HPC) is the primary decision-making body for all matters relating to athlete selection, allocation, reallocation, and deselection within the NSP.

The High Performance Director (HPD) serves as Chair of the HPC and is responsible for the integrity of the selection process and the consistent application of the criteria outlined in this document.

Decision-making within the NSP is genuinely consultative. The HPC is regularly involved in allocation and selection decisions at every level of the program. This is not a formality. It exists to ensure that individual athlete circumstances, program objectives, and available opportunities are considered together, and that decisions are as fair and well-informed as possible. Nothing in this process is taken lightly.

All decisions are made in alignment with the principles, criteria, and objectives outlined in this document.

3.2 Selection Committee

An independent Selection Committee (SC) is established to provide oversight and ratification of key selection decisions.

The SC is responsible for ratifying team nominations and athlete selections for major competitions, including the World Championships and World Junior Championships.

The SC operates independently from the HPC. Its role is not to make selection decisions but to review and ratify decisions made by the HPC, confirming that the process has been applied in accordance with this document. This independence exists to protect the integrity of the process and the confidence of athletes in it.

The SC must complete ratification within ten business days of receiving recommendations from the HPC. Ratification of team nominations will occur at the conclusion of Window 1 and prior to the commencement of the competitive season. Where performance evidence is clear before the conclusion of Window 1, the SC may convene earlier at the discretion of the HPD. Athletes will be notified in writing of their selection or non-selection no later than five business days after ratification.

Athlete Pool decisions are made by the HPC and do not require Selection Committee ratification. The Athlete Pool is not a component of the National Team and therefore falls outside the scope of SC oversight. However, all AP placement decisions must be fully documented, supported by evidence, and communicated to the athlete in writing. Athletes placed in or removed from the AP retain access to the NSP appeals process as outlined in Section 9 and the BCS Appeals Policy. Being part of the NSP, regardless of National Team status, carries with it the right to a fair and transparent process.

3.3 Decision-Making Principles

All decisions made by the HPC are evidence-informed, comparative across eligible athletes, and aligned with program priorities and athlete development pathways.

The HPC conducts a professional assessment informed by performance data, longitudinal progression, technical and tactical evaluation, and coaching expertise. Decisions are made on the balance of probabilities using documented performance evidence. The HPC is not required to demonstrate absolute certainty but must demonstrate that decisions are reasonable, evidence-informed, and consistent with the criteria in this document.

The NSP is currently in a phase where the majority of athletes are progressing through junior and early development pathways. Performance data across athletes is therefore variable and not always directly comparable across competitions, tracks, and stages of development. Selection and allocation decisions in this context require structured evaluation that incorporates measurable performance data, progression trends, and competitive readiness, rather than fixed performance thresholds alone.

As the program matures and more athletes demonstrate Train to Win level performance, selection criteria will progressively incorporate more objective results-based benchmarks aligned with international standards. That evolution is part of the plan.

3.4 Communication and Transparency

Athletes in this program will not be surprised by a selection or deselection decision. That is a commitment, not an aspiration.

Ongoing feedback, documented benchmarks, and regular communication between coaches and athletes are built into the program. Where performance concerns exist, athletes will be made aware of them with enough time to respond. Where a decision is made, athletes will receive it in writing with a clear explanation grounded in the evidence.

The HPD is committed to an open communication strategy and will make themselves available through weekly open office hours during Window 1. Throughout the remainder of the season, the HPD remains available to meet with athletes on request. Athletes are encouraged to use that access. Understanding where you stand in the pathway, what is expected of you, and what progress looks like is not optional knowledge. It is your responsibility as an athlete in this program.

Athlete ownership is central to everything we do here. Athletes are required to complete and actively engage with their Individual Performance Plans (IPP) throughout the season. An IPP is not a form to be filled out and forgotten. It is a living document that reflects your development, your goals, and your commitments to the program. The details of what is expected within the IPP process and the consequences of failing to engage with it are outlined in Section 7.5.

Not understanding the process is not an excuse. The information is available, the access is there, and the expectation is clear. Every athlete in this program is responsible for knowing where they stand and what they need to do next.

This approach protects athletes. It also protects the integrity of the process. A decision that has been clearly communicated, consistently applied, and properly documented is one that can withstand scrutiny.

3.5 Integrity and Final Authority

All individuals involved in the selection process are expected to act in good faith and in the best interests of the program and its athletes.

Any real or perceived conflict of interest must be declared and managed in accordance with BCS policies. Where a conflict of interest is declared by any member of the HPC, that individual must recuse themselves from the relevant decision.

Where the HPD has a real or perceived conflict of interest in relation to a specific athlete decision, the HPD must declare that conflict and recuse themselves from that decision. In such cases the HPC will elect a Chair from among its remaining members to oversee that specific decision. The outcome will be documented accordingly. The HPD's recusal from a specific decision does not affect their broader responsibilities as Chair of the HPC.

All decisions made by the HPC are subject to the appeals process as outlined in this document and the BCS Appeals Policy.

4. Team Structure and Designations

4.1 Overview

The NSP is structured around a clear development pathway designed to bring athletes from their first experiences in the sport through to the highest levels of international competition. That journey takes time, and this program is built around respecting that.

The program consists of four designations:

- Senior Skeleton Team (SST)
- Development Skeleton Team (DST)
- Junior Skeleton Team (JST) — New for 2026-27
- Athlete Pool (AP)

These designations are organised into two pathways:

Development Pathway: JST and AP

High Performance Pathway: DST and SST

Progression through the pathway is expected but not automatic. It must be earned through demonstrated performance, technical and tactical development, and alignment with program objectives at each stage. Movement between designations is determined by the HPC based on evidence, and all decisions are documented.

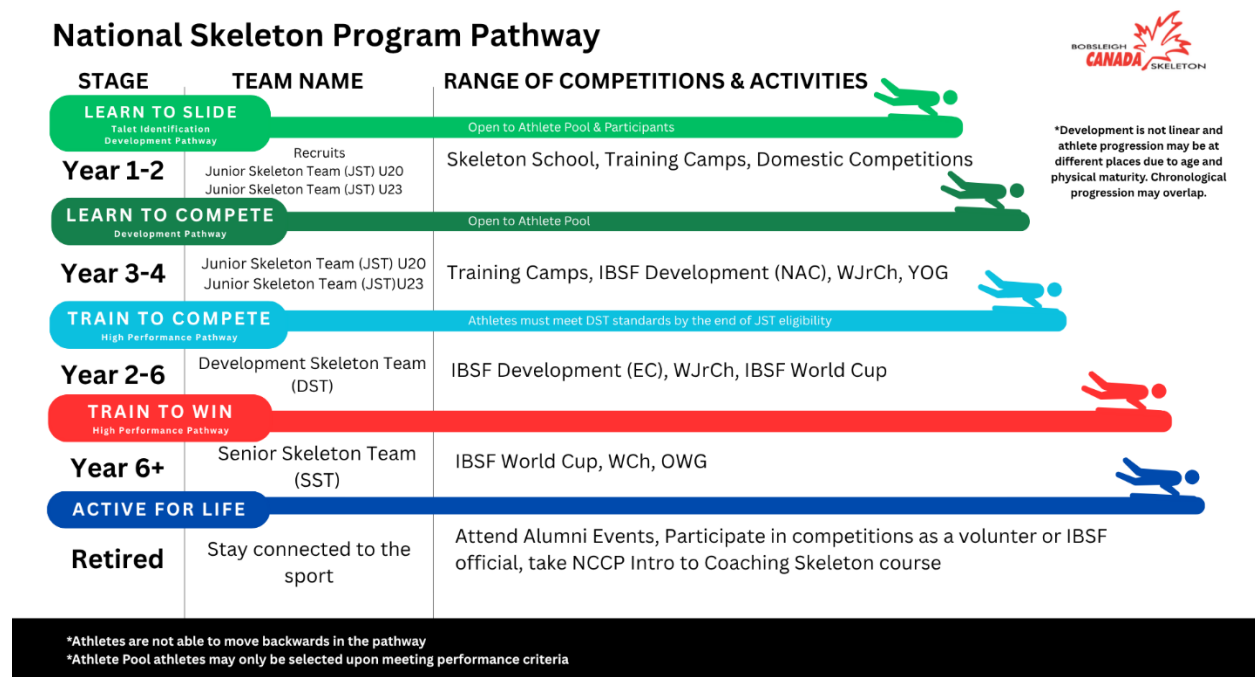
Equally important is this: progression that moves too quickly does not serve the athlete or the program. Advancing an athlete before they are genuinely ready undermines the foundation we are building. The pace of progression matters as much as the direction of it.

Meeting minimum standards or benchmarks does not guarantee selection, retention, or allocation. All decisions are comparative and made in the context of the full program.

A pathway diagram is provided for illustrative purposes only. Where any inconsistency exists between the diagram and the written criteria in this document, the written criteria take precedence.

Team designations are confirmed at the conclusion of Window 1, prior to the commencement of the competitive season. Where the performance evidence required to make a nomination is clear before the conclusion of Window 1, the SC may convene earlier to ratify those nominations. All team designations are subject to ongoing review throughout the season in accordance with the evaluation framework outlined in Section 7. Selection in a previous season does not carry forward automatically.

Where a designation review or deselection process is ongoing at the conclusion of the competitive season, the athlete retains their current designation until the process is formally concluded and the outcome has been communicated to the athlete in writing. An unresolved review does not extend an athlete's entitlement to competition allocation or program resources beyond the end of the season.



4.2 Senior Skeleton Team (SST)

LTAD Stage: Train to Win

The Senior Skeleton Team represents the highest level of the NSP. Athletes in the SST have demonstrated the capacity to compete internationally at the highest level and are on a clear trajectory toward podium performance at the World Cup and World Championship level.

SST athletes are characterised by:

- Demonstrated ability to achieve top 15 results at the IBSF World Cup and World Championships
- A performance trajectory clearly pointing toward top 8 results at the World Cup level
- Sustained competitiveness relative to Podium Results Tracking (PRT) benchmarks
- Alignment with Gold Medal Profile standards consistent with the Train to Win stage

Athletes in the SST are expected to:

- Compete primarily on the IBSF World Cup circuit
- Maintain sustained performance consistent with top 15 World Cup results
- Contribute to a high performance training and competitive environment
- Maintain full engagement with program training, competition schedules, and performance planning

No fixed push performance threshold is required at this stage. Push performance must, however, remain competitive relative to international standards and consistent with overall performance outcomes.

Sustained performance outside expected competitiveness ranges will trigger a review by the HPC, including consideration of team status, allocation priority, and alignment with program expectations.

4.3 Development Skeleton Team (DST)

LTAD Stage: Train to Compete

The Development Skeleton Team is the entry point to the high performance pathway and the primary bridge between the development pathway and the SST. Athletes in the DST have demonstrated the capacity to progress toward senior-level competitiveness and are actively tracking toward the performance standards required for success at the IBSF World Cup level.

DST athletes are characterised by:

- Demonstrated potential to reach SST level performance
- Stronger GMP performance scores than athletes in the JST, reflecting more advanced technical, tactical, physical, and psychological development
- In development race circuits, a percent back from the leader of less than 0.65, with a target of less than 0.35
- Where competing at the World Cup or World Championships level, performance trending toward top 15 results
- Where competing at the World Junior Championships, performance targeting podium and extended podium results, with percent back benchmarks consistent with those above
- Progression toward international competitiveness relative to PRT benchmarks

Athletes in the DST may be allocated to IBSF European Cup, World Cup, and other international competitions in alignment with NSP strategy. Allocation at each level will reflect demonstrated readiness and competitive performance.

Push Performance Benchmarks:

- Men: 4.75
- Women: 5.25

Failure to demonstrate continued progression toward SST standards may result in reassessment of team status, allocation priority, or reassignment within the pathway.

4.4 Junior Skeleton Team (JST)

LTAD Stage: Train to Train

The Junior Skeleton Team is new for the 2026-27 season and reflects a deliberate evolution in the NSP's approach to recruitment and development. The JST represents a commitment to a younger, more youth-centred development strategy, one that prioritises building the right foundation from the beginning rather than chasing early results.

The JST consists of two age categories:

- U23
- U20

Evaluation within the JST is fundamentally different from other pathway levels. Technical and tactical development are the primary focus. Competitive results matter less than an athlete's understanding of core concepts, their ability to acquire and apply skills, and their demonstrated potential to achieve future performance outcomes. An athlete in the JST will not be penalized for competitive results where their technical and tactical development is trending in the right direction. The timeframe expected to achieve competency in these areas is age-dependent and will be reflected in each athlete's Individual Performance Plan. This provision is an application of the broader multi-factor evaluation framework outlined in Section 4.7, within which technical and tactical development carries greater relative weight for JST athletes than at other pathway levels.

JST athletes are characterized by:

- Active development of technical, tactical, physical, and psychological competencies within the Gold Medal Profile framework
- Demonstrated ability to acquire and apply skills in both training and competition environments
- Clear evidence of progression and the capacity to advance toward DST performance and readiness standards
- Emerging competitiveness within domestic and entry level international competition environments

Athletes in the JST may participate in:

- NSP training camps
- IBSF development competitions including NAC and AC events
- IBSF EC where it aligns with NSP strategic priorities and the athlete's demonstrated competitive readiness
- World Junior Championships and Youth Olympic Games qualification events

Push Performance Benchmarks:

U23:

- Men: 4.85
- Women: 5.35

U20:

- Men: 4.95
- Women: 5.45

The JST allows for appropriate flexibility in alignment with academic, personal, and developmental commitments. This flexibility is not unlimited. Athletes must remain engaged with the program and demonstrate progression consistent with their IPP and agreed development objectives. Any flexibility or accommodation must be documented and applied consistently across comparable situations.

Meeting JST benchmarks does not guarantee selection to higher pathway levels or allocation to international competitions.

4.5 Athlete Pool (AP)

The Athlete Pool is part of the development pathway and is not a component of the National Team. An athlete may enter the AP either as a first step toward the JST or, in exceptional circumstances, as a temporary holding space from a higher designation.

The purpose of AP placement will be clearly communicated to each athlete at the time of their placement.

1. It provides a home for athletes who have not yet met JST standards but in whom the program sees genuine potential. These athletes are given continued development opportunities, maintained engagement within the pathway, and individualised benchmarks designed to support their progression toward JST entry.
2. In rare and exceptional cases, the AP may provide a supported holding space for DST or SST athletes who have either fallen below the standard required for their designation or have taken time away from the program. In these cases the AP is not a punitive measure. It is a structured environment in which the athlete can demonstrate competitive readiness and work toward re-entry into the high performance pathway. Re-entry conditions, including specific benchmarks and timelines, will be established by the HPC on an individual basis at the time of AP placement.

Inclusion in the AP reflects the program's assessment that an athlete has realistic potential for future international competitiveness. Domestic results, including Canadian National Championship performances, are considered as part of the broader evaluation but do not independently qualify an athlete for inclusion in the AP or any other program designation.

The NSP exists to develop athletes capable of competing successfully at the international level. Where an athlete's physical profile, including push performance, places them outside a realistic range of international competitiveness, and where longitudinal trends and years of experience indicate that this gap is unlikely to close, the HPC may determine that AP placement is not appropriate regardless of domestic performance outcomes.

This is not a judgment of an athlete's dedication or domestic achievement. It is an honest assessment of international potential, which is the foundation on which all NSP program investments are made.

Athletes in the AP:

- May be allocated to development level competitions including NAC and AC events
- May be considered for IBSF European Cup allocation only where it aligns with program development priorities and where JST allocation opportunities have been exhausted

AP status is limited to a maximum of three seasons, reflecting the expected development window for progression within the NSP pathway. Exceptions to this limit require documented rationale from the HPC and must reflect exceptional circumstances.

For DST or SST athletes placed in the AP under the exceptional circumstances outlined in this section, the three season limit does not apply automatically. The duration of AP placement for these athletes will be determined by the HPC on an individual basis at the time of placement, with specific timelines and re-entry conditions documented accordingly. The expectation remains that AP placement for these athletes is temporary and purposeful, with a clear pathway back to the high performance program where progress is demonstrated.

Athletes in the AP are provided with individualised benchmarks aligned with AAP standards to support their progression and entry or re-entry into the JST, DST, or SST. Inclusion in the AP does not guarantee allocation to competitions or training opportunities. Continued inclusion is contingent on demonstrated progression against individualised benchmarks.

Athletes in the Athlete Pool are not considered members of the National Team and are not eligible for Athlete Assistance Program (AAP) support.

Although AP athletes are not National Team members, they are participants in the NSP and retain full access to the appeals process as outlined in Section 9 and the BCS Appeals Policy. Any decision relating to AP placement, continuation, or removal will be communicated in writing and may be appealed in accordance with that policy. The program is committed to a fair and transparent process for every athlete within it, regardless of designation.

4.6 Progression and Movement

Progression through the pathway is not automatic and must be earned.

Movement between designations is determined by the HPC based on demonstrated performance, progression, and alignment with program objectives. All movement decisions are supported by documented performance evidence.

Movement through the pathway goes in one direction. Athletes progress forward when they have earned it, or they are reassigned to the Athlete Pool when they have not. There is no formal downward movement between the SST, DST, and JST. An athlete who is not progressing does not drop from SST to DST or from DST to JST. They either remain at their current level with documented individualized benchmarks and continued engagement, move to the Athlete Pool, or are no longer considered for selection or allocation. The Athlete Pool is the mechanism the program uses for reassessment and re-

entry. It is not a lower tier of the pathway. It is a separate space designed to support athletes in getting back on track.

4.7 Progression and Performance Benchmarks

Athletes will not progress to the next stage of the pathway until they have demonstrated the competitive readiness associated with that stage. Readiness is not defined by a single result or a single moment. It is assessed through a professional evaluation informed by evidence across multiple dimensions:

- Performance mapped against PRT benchmarks
- Alignment with GMP standards at the relevant pathway stage
- Push performance relative to team specific thresholds
- Competition results and demonstrated competitiveness
- Technical and tactical execution
- Longitudinal progression and rate of improvement over time

No single metric determines a progression outcome. All indicators are assessed collectively, with the relative importance of each factor determined by the athlete's stage of development and the specific decision being made. For JST athletes in particular, technical and tactical development will carry greater weight than competitive results, and the timeframe expected to demonstrate competency is age dependent.

The following table provides the percent back benchmarks that serve as performance reference points for progression decisions at each pathway level. These benchmarks reflect the performance standards associated with each stage of the pathway and are used as part of the broader evidence-informed assessment. They are reference points, not standalone thresholds. Context, trajectory, age, and GMP alignment are always part of the evaluation.

Pathway Level	Minimum Benchmark	Target Benchmark
AP to JST	Demonstrated potential and emerging competitiveness	Trending toward less than 0.95% back
JST to DST	Less than 0.95% back	Less than 0.65% back
DST to SST	Less than 0.65% back	Less than 0.35% back
SST	Less than 0.65% back	Less than 0.35% back

These benchmarks represent the performance component of progression assessment. They do not operate in isolation. Push performance, GMP alignment, technical and tactical execution, and longitudinal progression are assessed alongside percent back results at every pathway level. For JST

athletes specifically, technical and tactical development carries greater weight than competitive results as outlined in Section 4.4.

For athletes in the AP entering the pathway for the first time, percent back benchmarks will be established individually by the HPC based on the athlete's age, experience, and development stage. The table above serves as a general guide, with specific benchmarks documented in the athlete's IPP.

Where progression is not demonstrated, the HPC may establish individualized performance benchmarks, reassign the athlete to the Athlete Pool, or determine that the athlete is not currently eligible for selection or allocation opportunities.

Athletes will be provided with clear, documented benchmarks and expectations through formal feedback processes and their Individual Performance Plan. Progression decisions will never come without prior communication. Athletes are expected to know where they stand.

5. Selection, Allocation, and Reallocation

5.1 Overview

Selection, allocation, and reallocation are distinct but connected processes, each governed by the criteria in this document and determined by the HPC.

Selection refers to an athlete's designation within the NSP pathway as defined in Section 4. Allocation refers to the assignment of athletes to specific competitions, training camps, and development opportunities. Reallocation refers to adjustments made to those assignments within a season based on updated performance evidence.

Selection does not guarantee allocation. Allocation is competitive and earned. All decisions are supported by documented performance evidence.

5.2 Decision-Making Framework

Allocation and reallocation decisions are structured around the evaluation windows outlined in Section 2. Those windows are not arbitrary checkpoints. They are the moments at which the HPC reviews the full body of performance evidence and makes informed decisions about who is ready for what opportunity and when. Performance indicators used in these assessments are outlined in Section 4.7.

All decisions are comparative, documented, and consistently applied across athletes at the same pathway level.

5.3 Competition Allocation Principles

Allocation decisions are made to support high performance outcomes, athlete development, and the long-term strategic objectives of the NSP. They are not made to maximize individual competition opportunities or distribute starts equally. Allocation is earned through demonstrated performance, progression, and readiness.

Allocation decisions are not based on order of entry, previous participation, or a single isolated result.

Athletes may be allocated to competitions at different levels including NAC, AC, European Cup, World Cup, or other IBSF events, based on demonstrated performance and performance trends, readiness for the level of competition, technical competence and safety, and the strategic priorities of the NSP.

5.4 Allocation Prioritization

Where allocation opportunities are limited the HPC will prioritise athletes based on:

- Comparative performance within the pathway
- Demonstrated progression over time
- Readiness to compete at the assigned level
- Ability to achieve meaningful competitive outcomes
- Alignment with program objectives
- Athlete pathway status, recognising that higher pathway levels are prioritised where performance and readiness are comparable, as determined through documented performance evidence

Additional considerations may include the strength and depth of competition fields, the suitability of the competition environment for evaluation or development, and long-term athlete development planning.

5.5 Reallocation and Ongoing Evaluation

Athlete allocation is subject to ongoing evaluation throughout the season. The evaluation windows in Section 2 provide the primary structure for reallocation decisions and are the natural points at which the HPC reviews performance evidence and adjusts allocations where appropriate. All reallocation decisions are HPC consulted and supported by updated performance evidence.

Athletes will receive as much notice as possible of any reallocation decision. The NSP operates within IBSF scheduling constraints that are not always within program control. Where those constraints affect the notice period available, athletes will be informed of the reason. All reallocation decisions will be communicated in writing with a clear explanation grounded in the evidence.

Participation in any competition or circuit does not guarantee continued allocation.

5.6 Competition Schedule, Quota Management, and Independent Entry

The NSP will not necessarily utilize all available IBSF quota positions in any given season. The competition schedule is determined by the HPD in alignment with NSP strategic objectives, available resources, and the technical support requirements of athletes. The HPD retains full discretion to determine which competitions are entered and which athletes are allocated to them.

Athletes will only be entered into competitions that align with the NSP competition schedule and performance objectives, have appropriate BCS technical staff support in place, and are deemed suitable for the athlete's stage of development and competitive readiness.

All entries to IBSF-sanctioned events are submitted by BCS on behalf of athletes. No athlete may be entered into or compete at an IBSF-sanctioned event as a representative of Canada without NSP authorization. Representing Canada at any IBSF event requires NSP sanction regardless of whether a

quota position is technically available or an event appears open for entry. Athletes who request or attempt to circumvent this process, including requesting entry through another federation or third party, will be in breach of their obligations to BCS and the NSP and will be subject to review by the HPC, which may result in consequences for their standing within the program.

6. Major Competition Selection

6.1 Purpose

This section outlines the criteria and process for selection to major international competitions, specifically the IBSF World Championships and World Junior Championships.

These are the most significant competitions in the sport. Selection to either event is not given lightly and is not automatic. A quota position being available does not mean it will be filled. The NSP will only send athletes who have demonstrated they are ready to compete at that level and capable of achieving meaningful competitive outcomes. That standard exists to protect the integrity of the program and the significance of the selection itself.

6.2 World Championships Selection

6.2.1 Eligibility

To be considered for selection athletes must:

- Meet all IBSF eligibility and qualification standards
- Be named to the SST or DST
- Be actively competing on the IBSF World Cup circuit, defined as participation in a minimum of fifty percent of BCS-attended World Cup events during the current season

6.2.2 Performance Requirement

To be eligible for selection athletes must achieve a minimum of two top 20 results at IBSF World Cup events during the current season. Athletes who do not meet this requirement will not be selected. Meeting this requirement establishes eligibility but does not guarantee nomination.

The HPC is not required to fill all available quota positions. A quota position will not be allocated solely because it is available.

6.2.3 Exceptional Circumstances

In limited and specific circumstances the HPC may consider an athlete for selection who has not met the two top 20 results threshold. Exceptional circumstances are narrow in scope and must be clearly documented. They may include:

- Injury or illness that materially disrupted the athlete's competitive season, where available performance evidence clearly supports that their trajectory and readiness warrant selection
- Race cancellations or significantly disrupted conditions due to weather or factors outside athlete control that materially reduced the opportunity to achieve the threshold

- A disqualification or voided result due to equipment, technical, or officiating factors rather than athlete performance, where the underlying performance would have met the standard

Exceptional circumstances cannot be invoked solely because a quota position is available, because an athlete was close to the threshold, or on the basis of domestic results, seniority, or program history.

Where the HPC determines that exceptional circumstances apply the decision must be fully documented with specific reference to the circumstances and the supporting performance evidence. All exceptional circumstances selections are subject to SC ratification and require a higher standard of documentation than a standard selection decision. The standard SC ratification timelines outlined in Section 3.2 apply.

6.2.4 Selection Priority

Where multiple athletes meet eligibility and performance requirements selection will follow the NSP high performance pathway:

1. SST athletes meeting eligibility and performance requirements
2. DST athletes meeting eligibility and performance requirements

SST athletes will be selected ahead of DST athletes unless SST athletes fail to meet the required criteria. Where athletes are otherwise equal selection will be based on IBSF World Cup ranking.

6.2.5 Quota Allocation

Quota positions belong to the National Federation. BCS will not fill quota positions based solely on IBSF qualification standards. Athletes must meet the internal performance requirements outlined in this section.

6.2.6 World Junior Championship Quota Exception

Where a quota position is earned through a World Junior Championship podium performance that quota position will be allocated to the athlete in accordance with IBSF rules. This quota position is exempt from the performance requirement outlined in Section 6.2.2 and cannot be transferred to another athlete.

6.3 World Junior Championships Selection

6.3.1 Eligibility

To be considered for selection athletes must be named to the DST or JST and meet all IBSF eligibility requirements. Athletes in the AP are not eligible for selection to the World Junior Championships.

6.3.2 Quota Structure

The NSP may allocate up to three positions per gender and a fourth position where an eligible U20 athlete qualifies. The HPC is not required to fill all available positions. Athletes must demonstrate readiness for international competition at this level regardless of quota availability.

6.3.3 Allocation Process

Positions 1 and 2: Allocated based on IBSF Ranking List.

Position 3: Determined by the HPC based on GMP assessment, LTAD alignment, and demonstrated progression. This is a discretionary decision subject to SC ratification.

Position 4 (U20): Allocated to the highest ranked U20 athlete on the IBSF Ranking List where no U20 athlete has already been selected within Positions 1 to 3. If a U20 athlete is already selected within Positions 1 to 3 the fourth position will be allocated based on GMP and LTAD considerations.

6.4 Mixed Team Relay Selection

The Mixed Team Relay is contested at both the World Championships and World Junior Championships. Relay team composition is determined by individual competition performance and is not a separate selection process.

Relay teams will be formed as follows:

- Canada 1: The two highest ranked Canadian athletes in the individual competition results, one male and one female
- Canada 2: The next two highest ranked Canadian athletes in the individual competition results, one male and one female

Where the depth of the roster does not support two full relay teams only Canada 1 will be entered.

Health and medical status, competitive readiness, and competition schedule constraints will be considered in all relay team decisions in accordance with the framework outlined in Section 7. Where an athlete is unable to participate due to injury, illness, or other factors the next highest ranked eligible athlete will be considered for inclusion.

All relay team decisions are made by the HPC and are subject to the appeals process outlined in Section 9.

6.5 Maintenance of Selection

Selection to a major competition is not final until the competition begins. The HPC may adjust or revoke selection where performance declines below required standards, competitive readiness is no longer demonstrated, or health, injury, or other factors limit the athlete's ability to compete. Competitive readiness is assessed in accordance with the framework outlined in Section 7.

Where a selected athlete becomes unavailable the HPC will determine whether the quota position is filled by another eligible athlete or left vacant. That decision will be based on whether a suitable replacement exists who meets the performance requirements outlined in this section. A quota position will not be filled simply because it is available.

All decisions must be based on updated performance evidence, communicated in writing, and are subject to the appeals process outlined in Section 9.

7. Performance Evaluation Framework

7.1 Purpose and Scope

The Performance Evaluation Framework is the engine behind every selection, allocation, progression, and deselection decision in the NSP. It brings together five interconnected tools: Podium Results

Tracking, the Gold Medal Profile, the Individual Performance Plan, Competitive Readiness, and the National Ranking System. No single tool determines an outcome. They work together to build a complete picture of where an athlete is, how they are progressing, and where the evidence suggests they are capable of going.

While all evaluation tools contribute to decision-making within the NSP, they do not carry equal purpose within the framework.

Competitive outcomes and Podium Results Tracking (PRT) establish an athlete's demonstrated level of competitiveness relative to international standards.

The Gold Medal Profile (GMP) provides context regarding an athlete's developmental trajectory, progression capacity, and alignment with long-term performance requirements.

The Individual Performance Plan (IPP) operationalizes identified development priorities and establishes measurable objectives and accountability mechanisms.

The National Ranking System (NRS) synthesizes competitive results with pathway context and depth of field to produce a continuous comparative ranking of Canadian skeleton athletes. It serves as the primary reference tool for allocation prioritization throughout the season.

The High Performance Committee (HPC) integrates all available evidence within the context of the athlete's pathway stage, competitive environment, and longitudinal progression trends.

Performance outcomes remain central to all selection, allocation, and progression decisions. GMP, IPP, and NRS assessments are intended to support and contextualize performance evidence, not replace it.

7.2 Podium Results Tracking (PRT)

Podium Results Tracking evaluates athlete performance relative to international medal standards. It is derived from longitudinal analysis of Olympic and World Championship medal winning performances across multiple cycles, establishing objective benchmarks for what it takes to win at the highest level.

PRT evaluates two things simultaneously: performance outcome, meaning finishing position, and performance quality, meaning percent back from the leader. Both matter. A result and the margin of that result tell different stories and PRT captures both.

Performance bands are gender-specific, validated from IBSF World Cup results and the Cortina 2026 Olympic results. Men's bands are validated from 563 WC results; women's bands reflect the tighter margins at the top of the women's field, where Olympic bronze at Cortina 2026 was 0.192%.

Men's skeleton

- Less than 0.5% back: Podium contention
- 0.5 – 0.75% back: Top 6
- 0.75 – 1.2% back: Top 10
- 1.2 – 2.5% back: Mid-pack

Women's skeleton

- Less than 0.4% back: Podium contention
- 0.4 – 0.7% back: Top 6
- 0.7 – 1.1% back: Top 10
- 1.1 – 2.0% back: Mid-pack

These bands connect directly to the progression benchmarks outlined in Section 4.7. Within the NSP model, sustained progression toward top 8 performance is a key indicator of medal potential, with historical data showing a strong relationship between consistent top 8 performance and podium outcomes.

7.3 Gold Medal Profile (GMP)

The Gold Medal Profile defines the key performance factors required for success in skeleton and is the standard against which all athlete development is measured.

The GMP is built around five core performance domains:

- Physical
- Technical
- Tactical
- Psychological
- Professionalism & Accountability

Athletes are assessed across all five domains with expectations calibrated to their stage within the pathway. GMP assessments are used to evaluate overall performance capacity, identify strengths and development gaps, and inform progression decisions and Individual Performance Plans. Assessments are scored using a unified 0–6 scale and combined into a Composite GMP Score using tier-specific parameter weightings. A longitudinal Progression Modifier, reflecting rate of development and adaptation to higher levels of competition, is applied to adjust the composite score. The full GMP framework, including scoring anchors, parameter weightings, expected composite score ranges by pathway level, and progression modifier ranges, is detailed in the NSP GMP Framework document and is reviewed with athletes during formal assessment and IPP processes.

7.4 Competitive Readiness and Health Status

Athletes must demonstrate Competitive Readiness to be considered for selection, allocation, and continued participation within the NSP.

Competitive Readiness is defined as the demonstrated ability to train and compete effectively across all of the following dimensions:

- Physical capacity to train and compete at the required level
- Technical and tactical execution consistent with pathway expectations
- Psychological readiness as defined within the GMP

- Consistency of performance in training and competition environments
- Medical health and safety status confirming the athlete is fit to compete

Athletes must promptly report any injury, illness, or health concern that may impact their ability to train or compete. This is a program requirement and an athlete's responsibility, not an option.

The HPC, in consultation with the BCS Medical Lead and Integrated Support Team, may require medical documentation, fitness testing, or modified participation and may determine that an athlete is not currently competitively ready.

Exemptions from participation may be granted based on medical advice, but do not guarantee selection, retention, or allocation. All Competitive Readiness decisions must be supported by documented evidence.

7.5 Individual Performance Plan (IPP)

All athletes within the JST, DST, and SST are required to maintain an Individual Performance Plan throughout the season. The IPP is a living document that reflects each athlete's development objectives, performance benchmarks, and commitments to the program. It is not a form to be completed once and filed away.

IPPs are developed collaboratively between the athlete and coaching staff and are aligned with GMP standards and pathway expectations. They are the primary mechanism through which athletes understand what is expected of them and how their progress will be evaluated.

The IPP must reflect the athlete's current performance reality and be grounded in evidence. An IPP that does not accurately reflect current performance levels, identify genuine development gaps, or outline specific and measurable action plans will not be accepted. The HPD, or designee, has the authority to require revisions to any IPP that does not meet program standards. An IPP is not considered complete until it has been reviewed and accepted by the HPD. Athletes will receive clear written feedback outlining any required revisions and the reasons for them.

Failure to engage with the IPP process or failure to submit a revised IPP within the timeframe specified by the HPD will be reflected in evaluation decisions.

7.6 National Ranking System (NRS)

The National Ranking System provides a continuous and comprehensive ranking of skeleton athletes across Canada, including athletes outside the NSP. It is updated at a minimum at the conclusion of each evaluation window and following each World Cup event during the competitive season.

The NRS is built on the IBSF points table and applies two multipliers to ensure that results are evaluated in context rather than in isolation.

The first is a pathway status multiplier that reflects the level at which an athlete is competing within the NSP:

- SST: x1.0
- DST: x0.9

- JST: x0.8
- AP: x0.7

The second is a depth of field multiplier that reflects how competitively an athlete performed relative to the field:

- First position: x1.10
- Less than 0.3% from winning time: x1.05
- Less than 0.6% from winning time: x1.0
- Less than 1.0% from winning time: x0.85
- Less than 1.5% from winning time: x0.7

These multipliers mean that a strong performance in a competitive field at a higher pathway level will always be valued more than a dominant performance in a weak field at a lower level. The system rewards genuine competitiveness not just results.

Points are also awarded for domestic competitions as follows:

- NSP push competitions and WSL SDC-SK races: Points awarded at 50% of the IBSF NAC/EC/AC table
- NSP Canadian National Championships: Points equivalent to the IBSF World Cup points table

Unlike the IBSF ranking system there is no limit to the number of competitions an athlete can score points from in the NRS. Every competition counts.

The NRS is used to support race allocation decisions and provide a transparent and continuous performance reference across the season. Full NRS methodology including detailed scoring examples is outlined in Appendix B.

7.7 Performance Monitoring and Review

Athlete performance is monitored continuously across evaluation windows, competitions, and training environments. The HPC may conduct performance reviews at any point in the season to inform allocation and progression decisions drawing on the full evaluation framework outlined in this section.

Performance reviews support evidence informed decisions. They do not independently alter team selection status but may inform reallocation, progression, or deselection decisions in accordance with the criteria outlined in this document.

8. Athlete Conduct and Deselection

8.1 Athlete Conduct and Behaviour Standards

All athletes within the NSP are required to comply with the BCS Code of Conduct Policy and the BCS Social Media Policy at all times. Both policies apply to conduct and communications during BCS activities

and events, and to conduct outside of a BCS domain where that conduct could adversely affect relationships within BCS or be detrimental to the image and reputation of the program. All social media posts, whether personal or professional, are treated as public. Athletes are personally responsible for what they post.

Within the NSP specifically, athletes are expected to:

- Demonstrate respect, integrity, and professionalism in all interactions with coaches, staff, teammates, and officials
- Contribute positively to the training and competitive environment
- Comply with all reasonable directions from coaches, staff, and program leadership
- Engage fully with the IPP process, feedback mechanisms, and program expectations
- Meet all administrative and financial obligations to BCS
- Comply with all anti-doping obligations and whereabouts requirements

These expectations are not separate from the BCS Code of Conduct. They reflect how that Code applies within the NSP environment. Conduct that falls below these standards will be addressed within the NSP and may also be referred to the BCS Discipline and Complaints process where appropriate.

8.2 Authority in Training and Competition Environments

Technical staff present at training or competition environments have the authority to address conduct concerns immediately and to remove an athlete from a training or competition environment where necessary to ensure safety or uphold program standards.

Serious breaches of conduct will be managed in accordance with the BCS Code of Conduct Policy and may result in disciplinary action up to and including suspension or removal from the program.

8.3 Deselection — General Principles

The HPC has the authority to deselect athletes from any NSP designation, including the SST, DST, JST, and Athlete Pool.

Deselection decisions are based on a professional assessment informed by evidence and aligned with the principles outlined in this document. All deselection decisions must be supported by documented rationale and communicated to the athlete in writing. The communication framework outlined in Section 3.4, including regular feedback, IPP engagement, and access to the HPD through open office hours, means that athletes should always have a clear understanding of where they stand before any formal deselection process begins. Nothing in this process should come as a surprise.

All deselection decisions are subject to the BCS Appeals Policy.

8.4 Deselection — Performance and Progression

An athlete may be deselected where they fail to meet performance expectations, fail to demonstrate progression over time, or no longer align with the performance trajectory required for their pathway stage.

Before a deselection decision is made on performance grounds, the following process will be followed:

1. A formal performance review meeting will be convened between the athlete and the HPD, with relevant HPC members present where appropriate
2. The athlete will receive a written summary of the performance concerns identified, including reference to specific evidence, benchmarks, and the criteria outlined in this document
3. The athlete will have ten business days to respond in writing and or to meet with the HPD to present any additional evidence or context they wish the HPC to consider
4. The HPC will review the full body of evidence, including the athlete's response, and will issue its final decision within five business days of receiving the athlete's response or the expiry of the response period, whichever comes first
5. The athlete will be notified in writing of the outcome with clear reasons grounded in the documented evidence, in accordance with Section 8.3.

Deselection decisions for performance will consider longitudinal performance trends, alignment with PRT benchmarks, GMP assessments, IPP progression and engagement, and competitive readiness relative to pathway expectations. Where GMP assessments identify factors that constitute independent HPC review triggers — including technical safety concerns, sustained push performance below minimum thresholds, or repeated professionalism and conduct concerns — those factors may initiate a formal review regardless of an athlete's composite GMP score or competitive results.

8.5 Deselection — Competitive Readiness and Medical Status

Athletes are required to maintain Competitive Readiness throughout the season as defined in Section 7.4.

Athletes must promptly report any injury, illness, or mental health concern that may impact their ability to train or compete, including changes to their availability due to academic or personal commitments. Prompt reporting is a program obligation, not an option.

Where an athlete is unable to demonstrate Competitive Readiness within a timeframe consistent with program objectives, the HPC may determine the athlete's eligibility, selection, or continued participation in the NSP. All medical information will be managed in accordance with BCS's privacy policies.

8.6 Deselection — Conduct and Compliance

Conduct related deselection within the NSP operates across two distinct tracks, depending on the nature and severity of the matter.

For conduct that falls short of NSP program expectations but does not constitute a formal breach of the BCS Code of Conduct, including failure to engage with the IPP, non-compliance with program requirements, failure to meet administrative or financial obligations, or behaviour that is inconsistent with program standards, the HPC will manage the matter as a program decision in the normal course of its responsibilities.

For conduct that constitutes a potential breach of the BCS Code of Conduct, the BCS Social Media Policy, or any other BCS policy, the matter will be referred to the BCS Discipline and Complaints process

through the Independent Third Party. The HPC will determine the athlete's NSP status in alignment with any outcome of that process. Where a serious conduct matter is referred, the HPC may suspend an athlete's program participation pending the outcome of that process.

8.7 Consequences and Reinstatement

Deselection may result in removal from a team designation or the Athlete Pool, loss of competition and training opportunities, and review of Athlete Assistance Program status.

Athletes may be reconsidered for selection in future seasons where the factors leading to deselection have been resolved, the athlete demonstrates renewed progression and competitive readiness, and re-entry aligns with NSP priorities and current selection criteria. Reinstatement is not guaranteed and will be assessed on a case-by-case basis by the HPC. Any athlete seeking reinstatement following deselection should engage directly with the HPD through the open office hours process outlined in Section 3.4.

9. Appeals

Any athlete or participant who is directly affected by a decision made under this NSP Selection Criteria and Process has the right to appeal that decision in accordance with the BCS Appeals Policy, available on the BCS website at <https://www.bobsleighcanadaskelton.ca/en/team/policies/>

The BCS Appeals Policy governs all procedures, timelines, and grounds for appeal. Where there is any inconsistency between this document and the BCS Appeals Policy, the Appeals Policy shall prevail.

All BCS governing policies referenced in this document, including the Code of Conduct, Social Media Policy, and Discipline and Complaints Policy, are available on the BCS website at the same address. Athletes are encouraged to familiarise themselves with these policies. They form part of the framework within which all NSP decisions are made.

There are a few things every athlete should know before considering an appeal:

A decision cannot be appealed simply because an athlete disagrees with it or does not like the outcome. To proceed, an athlete must be able to demonstrate that the decision maker acted outside their authority, failed to follow their own procedures, was influenced by bias, or made a decision that was grossly unreasonable.

Notice of Appeal must be submitted to the Independent Third Party within fourteen days of receiving the decision. A \$250 administration fee is required at the time of submission. This fee is refunded if the appeal is successful.

The substance and content of the NSP selection criteria are not subject to appeal. What can be appealed is the application of those criteria to a specific decision.

Athletes in the Athlete Pool retain full access to the appeals process even though they are not members of the National Team. Any decision affecting an athlete's participation in the NSP is subject to appeal.

The best outcome is one where an appeal is never necessary. The program is built around honest communication, clear expectations, and documented evidence. When those things are in place, decisions are understood even when they are difficult. That is the standard we hold ourselves to.