

2024 Quest for Gold

Ontario Athlete Assistance Program

Guidelines to assist PSO/MSOs in selecting athletes for direct funding (i.e. Athlete Selection Criteria)

This document has been amended by the PSO to reflect the specific requirements for the Quest for Gold program for the sport of Athletics.

Program Goals

What are the goals and objectives of the *Quest for Gold* - Ontario Athlete Assistance Program?

The overarching goal of the Quest for Gold – OAAP is directly related to the High Performance Sport goal of the Canadian Sport Policy – that Canadians are systematically achieving world-class results at the highest levels of international competition – by improving the performance and number of Ontario athletes performing at the national and international level; thereby contributing to the improved performance of Canada at international competitions. Specific objectives of the program are:

- a) To help athletes continue their pursuit of athletic excellence at the highest levels of national and international competition;
- b) To encourage athletes to stay in Ontario to live and train;
- c) To compensate athletes for earnings lost while training;
- d) To enable athletes to successfully pursue excellence in sport while fulfilling their educational goals;
- e) To increase athlete access to improved high performance coaching; and
- f) To enhance training and competitive opportunities available to athletes.

How are Ontario Card funds to be utilized by the PSO/MSO?

Ontario Card funds will be provided directly to eligible PSO/MSOs, to be used to support high performance athletes through either:

- i. direct support to individual athletes; or
- ii. providing high performance programming operated by the PSO/MSO that meets the objectives of the *Quest for Gold* program.

What are the eligible expenses that a carded athlete can spend funding on obtained through the *Quest for Gold* - Ontario Athlete Assistance Program?

Carded athletes receiving funding under the Ontario Athlete Assistance Program can spend funding obtained only on the following items:

- Normal living costs;
- Costs directly associated with training (e.g. coaching, facility fees, other athlete services);
- Costs associated with attending training camps and competitions (e.g. entry fees, travel costs);
- Sport-specific equipment; and
- Tuition and education related expenses (e.g. books, fees, commuting costs).

Are *Quest for Gold* – Ontario Athlete Assistance Program grants considered “income” under the Federal Income Tax Act?

Athletes who receive an OAAP grant will not be issued a T4A form.

The CRA has advised that the benefits received from the *Quest for Gold* – OAAP Program are generally to be received by recipients tax free within the meaning of the *Federal Income Tax Act*. If OAAP-funded athletes have any questions regarding their personal tax situation, they should contact the CRA at 1-800-267-6999 or online at www.cra-arc.gc.ca

Athlete Selection Requirements and Process

How are athletes selected for Canada Cards and Ontario Cards?

Canada Cards:

Ontario athletes funded through Sport Canada's Athlete Assistance Program (AAP) and continuing to meet AAP eligibility requirements will automatically be considered for Canada Card status under the OAAP. Canada Card applicants currently living/training outside Ontario must provide the MTCS with a letter from their NSO confirming their permanent Ontario residency.

Note: MTCS staff will administer all aspects of the Canada Card - the PSO/MSO Selection Committee is not responsible for this portion of the program. MTCS will seek the PSO/MSO's input to confirm that an athlete competes on behalf of Ontario.

Ontario Card Funds

It is recommended that PSO/MSOs that choose to provide funds directly to athletes should perform athlete selections using an objective sport specific selection criteria developed by a "Selection Committee". The selection criteria should be clear, objective, and transparent, and applied in a manner that is free from bias, discrimination and conflict of interest.

How should the selection criteria process work for Ontario Cards?

The following is a step-by-step outline of the process recommended for PSO/MSOs to follow in the selection of athletes for Ontario Cards.

1) Selection Committee:

The PSO/MSO forms an Athlete Selection Committee which should include a minimum of three members. Wherever possible the committee should include the PSO/MSO's High Performance Coordinator/ Director or a High Performance provincial level coach. An NSO rep is also a highly recommended contributor to this committee, to promote alignment with national level key performance indicators and national athlete selections. Parents or coaches of potential nominees should not be involved in the process.

2) Athlete Selection Criteria:

Criteria for the selection of athletes should be established and circulated to the membership. Criteria should consider the following principles:

- Performance standards used in the nomination of athletes should be prepared in consultation with the NSO.
- Selection criteria should be clear, objective, and transparent, and applied in a manner that is free from bias, discrimination and conflict of interest.
- Criteria should be based on objective results. The PSO/MSO may choose to use the results from designated provincial and national competitions (which may include National Championships), designated international competitions or a combination of these competitions.

- In addition to using international and domestic results in the development of sport-specific criteria, PSO/MSOs may also use objective measures of technical ability and skill levels. When referring to national/international tables and scores, be very specific about which scores/tables will be used, listing dates wherever possible. Example: The Selection Committee will reference the most recent 'ABC points list' available as of December 1, 2023.
- Team sport selection criteria should be linked to the Provincial Team selection criteria and any Provincial Team depth chart (where applicable). The Selection Committee should be able to explain this scoring methodology in full, if requested.
- PSO/MSOs have the option of nominating athletes from one or more developmental categories at their discretion. However, it is recommended that Cards allotted be gender equal within total carding allotment where applicable.
- Decisions should not be made in an arbitrary manner. For example, any reference to age in the selection criteria should not be established arbitrarily. The PSO/MSO shall be able to demonstrate through statistical evidence and expert opinion that there is a clear link between the reference to age in the criteria and the potential to achieve Canada Card/Sport Canada AAP status.
- No limit should be placed on the number of years an athlete can be nominated for an Ontario Card, as long as the athlete meets the selection criteria, **continues to show progression of skills** and is still age-eligible to compete on the national team in the year following receipt of Ontario Card funding.

Selection Criteria should also include:

- Process for application – Do athletes apply? To whom? By what date? Or are all eligible athletes automatically considered and ranked by the Selection Committee? If athletes are automatically ranked, a deadline date by which this is to be completed should be indicated.
- The exact process by which athletes will be ranked/scored/evaluated (whether by accumulated points, rankings, selections, etc.).
- The minimum performance standard that must be met in order for an athlete to be considered. This standard shall be reviewed by the PSO/MSO **annually**.
- A clearly stated mechanism for breaking ties in rankings.
- Eligible age ranges, which must be identified and not established arbitrarily. Include a date for determining age – example – *age calculated as of December 31, 2023.*
- **Dates and names of all competitions** that will be used in the ranking process, including any alternate competitions, or competitions that can be considered as equivalents, should the athlete not be able to attend a certain event or be given the option of choosing between multiple events. If an athlete requires advance approval from the PSO/MSO to use an alternate competition, specifically state the process for seeking such approval.
- Clearly defined policy for the ranking of injured athletes. If no such policy exists, clearly indicate that no policy exists.

- List any licences an athlete must pre-purchase in order to be eligible for ranking, including the name, fee and due date.
- Any fees the Recipient requires the successful Applicant to pay in order to participate in mandatory training programs should be presented to the Applicant in the form of a detailed budget, no less than 7 days prior to any Application deadline.
- The final application deadline and process for applying must be clearly articulated to the PSO/MSO membership. The selection criteria must indicate whether all eligible athletes are automatically ranked for nomination by the Selection Committee, or whether athletes must submit a formal application to be considered. If the latter option is used, it is recommended that PSO/MSO Selection Committees send a confirmation email by a pre-announced date confirming receipt of any athlete applications.
- If an athlete is required to submit results as part of their application, clearly state the exact requirements and accept no alternatives.
- Details about any Appeals process the PSO/MSO may provide.

3) Review of previous Selection Criteria Performance Standards:

Prior to finalizing the Selection Criteria, the Selection Committee should review the performance results of the previous year's nominees to ensure that the Criterion are at a level suitably high to nominate only those athletes with the potential to reach the national team in the next 1 to 3 years.

4) Communicating Selection Criteria:

The PSO/MSO should publish the selection criteria so that it is known to athletes and members. The final application deadline and process for applying should be clearly articulated to the PSO/MSO membership.

PSO/MSOs should consider requiring athletes to apply to be ranked, thus confirming their interest and willingness to accept the nomination. This saves the PSO/MSO from having to contact those athletes who later decline carding.

The PSO/MSO should not alter their sport specific athlete selection criteria after it has been made known to the athletes and members.

The following is a draft document the PSO/MSO may choose to share with their membership, detailing the process for selecting athletes to receive QFG funding. This is a recommended template only and will not be reviewed by MTCS staff.

ONTARIO BLIND SPORTS ASSOCIATION

***Quest for Gold* – Ontario Athlete Assistance Program**

ATHLETE SELECTION CRITERIA (Athletics)

Quest for Gold – Ontario Athlete Assistance Program (OAAP) is funded by the Government of Ontario, through the Ministry of Tourism, Culture and Sport (MTCS), and operated through the Sport, Recreation & Community Programs Division. The overarching goal of the *Quest for Gold* – OAAP is directly related to the High Performance Sport goal of the *Canadian Sport Policy* – that Canadians are systematically achieving world-class results at the highest levels of international competition – by improving the performance and number of Ontario athletes performing at the national and international level, thereby contributing to the improved performance of Canada at international competitions.

Specific objectives of the program are:

- a) To help athletes continue their pursuit of athletic excellence at the highest levels of national and international competition;
- b) To encourage athletes to stay in Ontario to live and train;
- c) To compensate athletes for earnings lost while training;
- d) To enable athletes to successfully pursue excellence in sport while fulfilling their educational goals;
- e) To increase athlete access to improved high performance coaching; and
- f) To enhance training and competitive opportunities available to athletes.

The intent of the OAAP is to provide funding to individual athletes in the sport's Train to Train through Train to Win categories based on their demonstrated commitment to high performance sport, allowing them to continue to pursue athletic excellence at the highest levels of national and international competition. **Only those athletes that meet the required minimum performance standard detailed in this Selection Criteria will be considered for this program.** Ideally an athlete will first receive a Quest for Gold "Ontario Card" for 1 to 3 years, which will allow them to train towards the goal of a national team position in subsequent years. Once an Ontario athlete reaches the national level and becomes a recipient of Sport Canada's carding program, they become eligible for the Quest for Gold "Canada Card". Athletes who are not planning to train towards this level of competition should not apply for this program.

Cards will be specifically allocated to the following categories/disciplines:

Category	Number of cards
Category name (ex. Senior level athletes)	6 Full Cards (Y male, Y female)
Category name (ex. Junior level athletes)	0 Full Cards = 0 Half Cards)

An athlete's age will be determined as of January 1st, 2024

The Selection Committee is comprised of the following members:

Richard Amelard, Program Manager

Craig Blackman, Athletics Head Coach
Jason Dunkerley, Athletics Program Advisor

With advisement from Athletics Ontario, if applicable.

Sport Eligibility Criteria:

All athletes must meet minimum athlete eligibility criteria:

- Athlete must be a Canadian citizen or permanent resident (previously known as a Landed Immigrant).
- Athlete must be a permanent resident of Ontario **for one year prior** to his/her nomination for carding status, (and continue to be a permanent resident throughout the term of the agreement).
- Athletes who have achieved Canada Card status (carded by Sport Canada) are not eligible for Ontario Cards.
- Athletes must be living in and continuing to train in Ontario.

- Athlete must be a member in good standing with the PSO/MSO;
- Athlete must enter into a Sports Organization - Athlete Agreement with the PSO/MSO and must be in full compliance with the terms and conditions of that Agreement;
- Athlete must have met all terms and conditions of any previous *Quest for Gold* Sports Organization – Athlete Agreements to the satisfaction of the PSO/MSO in order to be eligible for consideration;
- Athlete must demonstrate a commitment and dedication to a proper training and competitive program, the goal of which is to continue to train towards a national team position and Sport Canada carding;
- Athlete's coach should be minimum Level 2 NCCP certified or trained status Competition Stream or the sport's equivalent in the Instruction Stream, or be engaged in completing this training, as determined by the PSO;
- Athlete must not be under a sanction that prohibits competition as per the Canadian Anti-Doping Policy;
- If eligible, the athlete must compete, and continue to compete solely for Ontario and/or Canada for one year from the date of receiving any prior QFG funding, at Canada Games and other national competitions involving provincial team competitions;
- Athlete shall not receive financial support from any other provincial/territorial athlete assistance program. This does not include academic scholarships, bursaries, student grants, student loans, social assistance, disability pensions, and other forms of financial assistance that have nothing to do with competitive sport.

National College Athletic Association (NCAA):

On August 1, 2013, the NCAA revised their By-law that previously prevented an athlete from accepting grants from a governmental entity, such as Quest for Gold. Despite this change, any athlete considering an application to an NCAA institution is strongly encouraged to contact the NCAA Eligibility Center prior to applying for QFG funding.

The onus is entirely on the athlete to determine the impact of accepting OAAP funding on current or future NCAA eligibility and to decide whether or not to accept OAAP funding. Athletes are strongly encouraged to contact the NCAA Eligibility Center to determine the impact of *Quest for Gold* - OAAP funding on current or future eligibility for a NCAA scholarship or on eligibility to compete in a non-scholarship NCAA sport.

National Collegiate Athletic Association www.ncaa.org

700 W. Washington Street
P.O. Box 6222
Indianapolis, Indiana 46206-6222
Phone: 317-917-6222

Athlete Selection Criteria:

The following sport specific athlete selection criteria will be utilized in the identification, ranking and selection of athletes for Ontario Cards:

OBSA is not obligated to allocate all cards if there are insufficient quantities of athletes that meet the standards. The following sport specific athlete selection criteria will be utilized in the identification, ranking and selection of athletes for Ontario Cards:

Eligibility

- Athlete must be a member in good standing with Athletics Ontario and the OBSA. The athlete must also complete and submit a registration form for OBSA.
- All qualifying athletes must list a coach in their application who is registered as a coach with OBSA and/or Athletics Ontario.
- Classification categories include T11, T12, T13, F11, F12, F13
- There will be no specific age categories for Quest for Gold funding. The Quest for Gold program is meant to assist athletes on their path towards the national program and will be used accordingly.
- All athletes' performances will be compared by using the Athletics Canada (AC) Point Score system. The AC Point Score system is a living tool that is updated annually based on added performances throughout the season. Please refer to Appendix C for the AC Point Score Table.

Scoring Points

- Selection of athletes will be based on an AC Point Score that each athlete is given. This process goes as follows:
 - o The average of an athlete's best two performances achieved in the 2023-24 season will be used for scoring in the AC Point Score system
 - o The two best performances must be made in the same event at different competitions in the 2018-19 season (different day and different meet)
 - o Relay events cannot be used as best two performances for purpose of application
 - o Points will be calculated by the Selection Committee using the AC Point Score system
- The average of an athlete's best two performances must be equal to or better than an AC Point Score of 500. Achieving this threshold makes the athlete eligible to apply. Please refer to Appendix C for the 500 AC Point Score threshold for all events.
- The time period allowed for athletes to achieve their top performances for all events is from December 1, 2022 to November 30, 2023.
- Performances must be made in Athletics Ontario-sanctioned or Athletics-Ontario approved competitions and all pertinent information must be available and provided with their application (result, date, location, meet, wind readings). All performances must be verified and verifiable. The responsibility of providing accurate information lies with the applying athlete, club and/or coach. All applicants must include official results of all performances used in the application in a hard copy format or by providing a link to the online results. (Complete Appendix A)
- High school results will be accepted if they meet the above criteria.
- Hand times may not be used for qualifying performances in races of 400m or less in distance.
- Athletes may apply for the Quest for Gold AAP in one or more events, but can qualify for funding in only one event.

Breaking a Tie:

Ties for the final position(s) in the Quest for Gold AAP will be resolved on the following basis:

- o AC Point Score for the athletes' 3rd best results

*NOTE: If an athlete does not have a 3rd best, they will receive a score of “0”.

Failure to Meet Selection Criteria for Health-related Reasons

Athletes who, for strictly health-related reasons, have not achieved the standards required for nomination of carded status may be considered for nomination under the following conditions:

- The athlete has fulfilled all reasonable training and rehabilitation requirements aimed at a speedy return to full high-performance training and competition during the period of his or her injury, illness or pregnancy and, despite making every reasonable effort to attain the applicable carding standards during the year in which the injury, illness or pregnancy occurred, has failed to do so, in the view of the PSO/MSO, for reasons strictly related to the injury, illness or pregnancy.
- The PSO NAME HERE, based on its technical judgement and that of a PSO/MSO team physician or equivalent, indicates in writing the expectation that the athlete will achieve at least the minimum standards required for carding during the upcoming carding period.
- The athlete has demonstrated and continues to demonstrate his or her long-term commitment to high-performance training and competition goals, as well as his or her intention to pursue full high-performance training and competition throughout the carding period for which he or she wishes to be renewed despite not having met the carding criteria.

Selection Criteria for Athletes Unable to Meet Selection Standards due to the Health Issues: results from previous competitive season input into AC Point Score system.

To Apply:

Please read this entire Athlete Selection Criteria document and complete and submit the following:

- A typed application letter to the OBSA Selection Committee. The application letter must address and detail the following:
 - Name, date of birth, phone number, email address
 - Number of years in the AAP Quest for Gold program (if applicable)
 - Number of years competing in this sport
 - Name of athletics club you are affiliated with
 - Name and NCCP certification status of coach (include NCCP #)
 - Official classification of athlete (include date and competition when this took place)
 - How funding will be spent
 - Objectives expected to achieve as part of the AAP Quest for Gold program
 - Daily training environment
 - Long-term sport goals
 - If track (T11, T12) athlete, do you run with a guide? Is this a permanent guide situation? If yes, is the guide committed long-term to your athletic goals?
- List of all camps and competitions attended during the 2021-22 season.
 - (Please fill out template in Appendix A)
- List of all camps and competitions you plan on attending during the 2023-24 season.
 - (Please fill out template in Appendix B)
- Completed sample weekly training schedule (must be signed by coach)

Or apply through the Athletics Ontario para-athlete portal.

If applying through OBSA, all required information listed above must be submitted no later than **April 7th, 2024** to:

Richard Amelard, Program Manager
richard@blindsports.on.ca
6-14845 Yonge Street
Aurora, ON
L4G 6H8
416-434-9797

It is the sole responsibility of the athlete to provide a full and complete application that meets all stated requirements. **Ontario Blind Sports Association** will neither review applications in advance of the deadline in order to make applicants aware of any missing/incorrect information and/or attachments nor make corrections on behalf of the athlete. Any revisions on the part of the athlete will only be accepted prior to the posted submission deadline.

Ontario Blind Sports Association will publish or make known a draft list of athletes nominated for Ontario Card status by no later than **April 10th, 2024**

Appeals

Athletes who have not been nominated for an Ontario Card by the **Ontario Blind Sports Association** Selection Committee will be allowed to appeal that decision by filing a "Notice of Appeal" with the PSO/MSO.

Grounds for appeals will be limited strictly to issues related to:

- A. Whether or not the Selection Committee has completed the selection process in accordance with its own published selection criteria and related procedures;
- B. Whether or not the Selection Committee applied the selection criteria in a manner that was free from bias, discrimination and/or conflict of interest.

Issues related to the specific content or selection requirements contained in the **Ontario Blind Sports Association** Selection Criteria are not grounds for an appeal and should therefore be discussed directly with the leadership of **Ontario Blind Sports Association**.

Please note that before an athlete can file a Notice of Appeal, he or she must first ask OBSA for reasons explaining why he or she was not nominated for an Ontario Card.

If the athlete is not satisfied with the OBSA response, the athlete may submit a **Notice of Appeal**, found below. A Notice of Appeal will only be accepted from the athlete or their parent/guardian on the MHSTCI-provided template (typed or hand-printed, no hand-written entries) through email, regular post, registered mail, courier or delivered in person. One appeal cannot be written on behalf of multiple athletes. The Notice of Appeal must be received by MHSTCI by noon on the deadline day. Appeals that are delivered personally or by courier shall be deemed to be received on the date of delivery.

Once MHSTCI has received the Notice of Appeal, it will share it with OBSA, who will then submit a **"Response"** with MHSTCI by a specified deadline. The Response will outline why OBSA believes that the Selection Committee's decision not to nominate the athlete should be upheld by the Appeals Committee. MHSTCI will share the OBSA Response with the athlete.

If, after receiving the OBSA Response, the athlete believes that OBSA has raised new or additional reasons to justify the Selection Committee's decision not to nominate the athlete for an Ontario Card, then the athlete will have an opportunity to file a **"Reply"** with MHSTCI, responding to these additional reasons. The Reply must be limited to these additional reasons and cannot be used to make submissions already raised in the Notice of Appeal, or that the athlete neglected to include in the Notice of Appeal. The Reply will only be accepted on the MHSTCI-provided template.

Once MHSTCI receives the Notice of Appeal, the Response, and the Reply (if applicable), it will provide those materials to the Appeals Committee. The Appeals Committee will discuss all appeals at once. During its review of the appeals, the Appeals Committee reserves the right to request additional information from both the athlete and OBSA.

After reviewing an appeal the Appeals Committee will have the authority to:

- Direct OBSA to redo the selection process using the correct criteria/process and submit a new list of nominated athletes;
- Deny the appeal; or
- Allow the appeal and nominate the appellant for carding status.

Once the Appeals Committee has reached its decision, it will contact the athlete and OBSA in writing to communicate its decision and the reasons therefore.

An athlete who has had his or her appeal denied is not permitted to submit a second appeal to the Appeals Committee on the same or different grounds.

Note: OBSA is encouraged to resolve disputes or disagreements informally with athletes who have not been nominated to avoid, wherever possible, formal appeals.

The deadline for athletes to submit an “**Athlete’s Notice of Appeal**” to the Appeals Committee is **April 20, 2024** at **11:59pm**.

Appeals must be completed on the Notice of Appeal template below and will be directed to:

Quest for Gold Appeals Committee
c/o Sport, Recreation and Community Programs Division
Ministry of Heritage, Sport, Tourism and Culture Industries
777 Bay Street, 18th Floor
Toronto, ON, M7A 1S5 questforgold@ontario.ca

SPORTS ORGANIZATION – Athlete Agreement

It is recommended that any funded athlete sign an Athlete Agreement with the PSO/MSO, the purpose of which is to set down in writing the rights, responsibilities and obligations of the athlete and the PSO/MSO.

An Athlete Agreement should clearly specify the following:

- Eligible expenses;
- Benefits available to the Ontario Card-funded athlete through his or her PSO/MSO;
- The PSO/MSO's obligations;
- Athlete reporting requirements, as defined by the PSO/MSO (e.g. training logs);
- The athlete's obligations, including a commitment to follow an agreed-upon training and competitive program and competitive opportunities to be attended;
- Any other commitments to the PSO/MSO that the Ontario carded athlete is required to make (for instance, time, promotional activities or financial commitments/training fees, including required team/training fees payable to the PSO/MSO);
- The Agreement's duration (not to exceed one carding year);
- Specific PSO/MSO policies the carded athlete must abide by, including the following:
 - ✓ the PSO/MSO's and/or NSO's Anti-Doping policy;
 - ✓ the PSO/MSO's Codes of Conduct;
 - ✓ the Canadian Policy on Doping in Sport; and
- The dispute mechanism and related procedures/processes that will be used in any dispute between the carded athlete and the PSO/MSO relating to or arising out of the Sports Organization - Athlete Agreement. This procedure must conform to natural justice and procedural fairness.

The Athlete Agreement that follows is a sample template only and PSO/MSOs should consult legal counsel when finalizing any such Agreement.

SAMPLE Agreement

Sports Organization - Athlete Agreement

AGREEMENT made this _____ day of _____, 20__

BETWEEN

<<name of PSO/MSO>>, having its provincial office

at _____ (hereinafter referred to as "the PSO/MSO")

AND

_____, residing at

_____ (hereinafter referred to as "the Athlete").

WHEREAS the Athlete wishes to be an active competitor in PSO/MSO sanctioned events with his or her rights and obligations clearly defined;

WHEREAS the PSO/MSO is recognized by _____ (the PSO/MSO's National Federation) and the Ministry of Tourism, Culture and Sport as the sole Provincial Federation governing the sport of _____ in Ontario;

WHEREAS the PSO/MSO and _____ recognize the need to clarify the relationship between the PSO/MSO and the Athlete by establishing their respective rights and obligations;

WHEREAS the *Quest for Gold* – Ontario Athlete Assistance Program (hereinafter referred to as "the Ontario AAP") requires these rights and obligations to be stated in a written agreement to be signed by the PSO/MSO and the Athlete who applies for assistance under the Ontario AAP;

AND WHEREAS the National Federation requires that the PSO/MSO certify the eligibility of the Athlete to compete as a member in good standing;

NOW THEREFORE the parties agree to the following:

PSO/MSO's Obligations

1. The PSO/MSO shall:

- a. organize, select and operate teams of athletes, coaches and other necessary support staff (a Provincial Team) to represent Ontario in the sport of **Athletics** at Provincial and National competitions;

- b. publish criteria for the selection of athletes to the Ontario AAP before the selection process begins for the particular sport;
- c. nominate all athletes who meet Ontario AAP criteria;
- d. organize programs and provide funding for the development and provision of coaching expertise, officials and event training centres in Ontario in the sport of **Athletics** in accordance with the budget of the PSO/MSO;
- e. assist the Athlete in obtaining quality medical care and advice;
- f. regularly provide Provincial Team and Ontario AAP information (training and competition) to the Athlete in the form of mailed/emailed correspondence;
- g. provide a formal review of the Athlete's annual training program;
- h. provide funding for the Athlete for training camps and competitions in accordance with the budget of the PSO/MSO;
- i. provide and include in Agreement a dispute mechanism and related procedures/process that is in conformity with the principles of natural justice and procedural fairness, which shall include access to an independent arbitration process with respect to any dispute the carded athlete may have with the PSO/MSO related to or arising out of this Agreement.

Athlete's Obligations

2. The Athlete shall:

- a. recognize the responsibilities of the coaches in coaching-related decisions and follow the training and competitive program mutually agreed to by the following:
 - the PSO/MSO representative responsible for developing and monitoring Provincial Team training and competitive programs (the Provincial Coach or High Performance Director, for example);
 - the Athlete's personal coach; and
 - the Athlete;
- b. avoid living in an environment not conducive to high-performance achievements or taking any deliberate action that puts his or her ability to perform at risk or limits performance;
- c. provide the Provincial Coach or his or her designate, by mail sent to the PSO/MSO, with an annual training chart and monthly updates of changes to the chart or any other appropriate information that the PSO/MSO may request;
- d. participate in all mandatory training camps and competitions
- e. notify the PSO/MSO immediately in writing of any injury or other legitimate reason that will prevent the Athlete from participating in an upcoming event referred to in article 2 d. of this Agreement and ensure in the case of an injury that a certificate from a medical doctor setting out the specific nature of the injury is forwarded to the PSO/MSO within three weeks of the injury;
- f. agree to compete exclusively for Ontario and/or Canada from one year from receiving funding, dress in the Provincial Team uniform and other official clothing, if applicable, while traveling or participating as part of the Provincial Team;
- g. avoid any action or conduct that would reasonably be expected to significantly disrupt or interfere with a competition or the preparation of any Athlete for a competition;
- h. avoid the use of banned substances that contravene the rules of the International Olympic Committee (IOC), the rules of the International Federation and the Canadian Policy on Doping in Sport;

- i. submit, without prior warning, to unannounced doping-control tests in addition to other prior-notice tests and submit at other times to doping-control testing when requested by the PSO/MSO, Sport Canada, the Canadian Centre for Ethics in Sport (CCES) or other authorities designated to do so;
- j. avoid the possession of anabolic drugs and neither supply such drugs to others directly or indirectly nor encourage or condone their use by knowingly aiding in any effort to avoid detection of the use of banned substances or banned performance enhancing practices;
- k. participate, if asked by the PSO/MSO to do so, in any Doping Control/Education Program developed by the PSO/MSO in co-operation with Sport Canada and the CCES;
- l. avoid participating in any competitions where federal government sport policy has determined that such participation is not permitted;
- m. adhere to and comply with the PSO/MSO's dispute mechanism procedure in the event of a dispute relating to or arising out of this Agreement;
- n. spend the Ontario AAP funding obtained only on the following items:
 - o Normal living costs;
 - o Costs directly associated with training (e.g. coaching, facility fees, other athlete services);
 - o Costs associated with attending training camps and competitions (e.g. entry fees, travel costs);
 - o Sport specific equipment;
 - o Tuition and education related expenses (e.g. books, fees).

3. Default of Agreement

- a. Where one of the parties to this agreement is of the opinion that the other party has failed to conform with its obligations under this agreement, the following shall occur:
 - i. The one party shall notify the other party in writing of the particulars of the alleged default.
 - ii. If there exists a reasonable opportunity to correct the default and the default is not so fundamental as to amount to a repudiation of this agreement, the notifying party shall indicate in the notice the steps to be taken to remedy the default and a reasonable period of time to complete the remedial steps.
 - iii. The parties agree that the giving of the above referred-to notice by a party will not prevent that party from later asserting that the default was so fundamental as to amount to a repudiation of this agreement.
- b. If the party receiving the notice remedies the breach within the specified time, the dispute shall be considered resolved and neither party shall have any recourse against the other concerning the matter alleged to comprise the default. If the party receiving the notice fails to remedy the breach within the specified time and either party wishes recourse against the other concerning the matters alleged to comprise the default, that party shall use the dispute settlement mechanism of this agreement to resolve the differences between the parties.

4. Resolution of Disputes

PSO/MSO and the ATHLETE agree that alleged breaches and disputes relating to this Agreement shall be dealt with as follows:

- a) In dealing with alleged breaches and disputes relating to this Agreement, time shall be of the essence.

- b) Information pertaining to alleged breaches or disputes relating to this Agreement shall be kept confidential.
- c) Where the Provincial Coach, in consultation with the VP responsible for the High Performance Program, is of the view that the ATHLETE is in breach of any of the provisions of this Agreement, the ATHLETE shall be notified immediately by e-mail with a copy by regular mail. The VP responsible for High Performance shall be copied on all correspondence pertaining to the alleged breach.
- d) In the event that the Provincial Coach and VP responsible for High Performance cannot remedy the alleged breach within 14 days after the ATHLETE has been notified, the matter shall be referred to the Chair of PSO/MSO who shall, within 14 days, investigate and decide the dispute.
- e) In deciding the dispute, the Chair shall have the authority to stipulate specific performance to remedy the breach of the Agreement and/or to discipline the ATHLETE by applying any one or combination of the following disciplinary sanctions:
 - i. a written reprimand;
 - ii. removal of certain High Performance Program privileges;
 - iii. suspending the ATHLETE from further participation on the Provincial Teams Program, either for specified events or for a specified period of time;
 - iv. dismissing the ATHLETE from the Provincial Teams Program;
 - v. termination of this Agreement; and/or
 - vi. any other sanction that it considers appropriate in the circumstances.
- f) Where the ATHLETE is of the view that the Provincial Coach, the VP responsible for High Performance, or any other representative of PSO/MSO is in breach of any of the provisions of this Agreement, the ATHLETE shall notify the PSO/MSO Chair who shall investigate and decide the dispute in a timely manner.
- g) Any decision made with respect to an alleged breach of this Agreement may be referred to PSO/MSO's policies pertaining to the resolution of disputes, including the PSO/MSO Appeals Policy.

Duration of Agreement

This AGREEMENT comes into force on the date that funding is received by the ATHLETE and shall be in effect for a period of one year from the date of that Approval Letter, unless terminated earlier.

Athlete Declaration

I hereby declare that in return for any financial assistance provided by the *Quest for Gold* – Ontario Athlete Assistance Program, I undertake to fulfil all commitments and responsibilities outlined in the Athlete/PSO/MSO Agreement. I agree to refund any assistance provided to me,

should my eligibility status change or my carded status be withdrawn, effective the withdrawal/change of status date.

Athlete signature

Date

Parent signature (if athlete is under 18)

Date

PSO/MSO representative signature

Date

2022/23 CAMPS AND COMPETITIONS

Training Camp and Competition Schedule				
	Name and Location of Competition	Date (dd/mm/yyyy)	Result(s) (also include online link or attached hard copy)	Wind Reading(s)
1				
2				
3				
4				
5				
6				

Note: please feel free to use a separate page if you require more space

UPCOMING 2023/24 CAMPS AND COMPETITIONS

Training Camp & Competition Schedule			
	Name and Location of Competition	Date (dd/mm/yyyy)	Performance Goal(s)
1			
2			
3			
4			
5			
6			

Note: please feel free to use a separate page if you require more space

Athletics Canada Point Score System

Track

Event	Classification	AC Score	Men	Women
100m	T11	500	0:00:13.04	0:00:15.13
100m	T12	500	0:00:12.78	0:00:15.03
100m	T13	500	0:00:12.58	0:00:15.11
200m	T11	500	0:00:29.23	0:00:30.74
200m	T12	500	0:00:28.38	0:00:30.53
400m	T11	500	0:01:02.68	0:01:15.04
400m	T12	500	0:01:01.38	0:01:12.57
400m	T13	500	0:01:00.74	0:01:13.36
800m	T11	500	0:02:25.76	
1500m	T11	500	0:04:48.66	0:05:37.91
1500m	T12	500	0:04:38.60	0:05:08.23
1500m	T13	500	0:04:39.13	0:04:54.30
5000m	T11	500	0:16:12.91	
5000m	T12	500	0:16:12.91	
5000m	T13	500	0:16:12.91	
Marathon	T11	500	2:54:31.58	4:16:17.83
Marathon	T12	500	2:46:32.58	3:57:23.83

Field

Event	Classification	AC Score	Men	Women
Shot Put	F11	500	9.25	6.87
Shot Put	F12	500	11.37	9.09
Shot Put	F13	500	8.48	8.63
Discus	F11	500	27.07	17.75
Discus	F12	500	30.32	28.13
Discus	F13	500	27.75	21.20
Javelin	F11	500	36.03	18.28
Javelin	F12	500	42.08	27.57
Javelin	F13	500	42.56	25.51
Long Jump	F11	500	5.21	3.82
Long Jump	F12	500	5.80	4.97
Long Jump	F13	500	5.63	4.76
Triple Jump	F11	500	11.53	
Triple Jump	F12	500	13.22	
Triple Jump	F13	500	11.86	