



*Cycling***CANADA***Cyclisme*

# **CYCLING CARDING CRITERIA**

**FOR NOMINATING PARA CYCLING ATHLETES  
TO THE SPORT CANADA ATHLETE ASSISTANCE PROGRAM  
FOR THE 2017 CARDING CYCLE**

*Reviewed by Sport Canada*

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Note: In case of any wording discrepancies between the English and French versions of the selection criteria, the English wording takes precedence.

Note on terminology: The different types of cycling competition (e.g. Track, Mountain Bike) are considered cycling SPORTS, while the events within that sport (e.g. Team Pursuit, XCO) are considered DISCIPLINES.



## SCHEDULE A: GENERAL CARDING CRITERIA

### 1. Introduction

The goal of the Sport Canada Athlete Assistance Program (AAP) is to contribute to improved Canadian performances at major international sporting competitions such as the Olympic/Paralympic Games, Commonwealth Games, Pan Am Games and World Championships. To this end, the AAP identifies and supports athletes already among, or having the potential to be among, the top 16 in the world.

The AAP has three objectives:

- to identify and support Canadian athletes performing at or having the greatest potential to achieve top-16 results at Paralympic/Paralympic Games and World Championships;
- to help Canada's international-calibre athletes excel at the highest level of competition while assisting them to prepare for a future career or engage in full- or part-time career activities; and
- to allow athletes to maintain a long-term commitment to training and competition to further their high performance athletic goals.

Athletes approved by Sport Canada for the AAP may be eligible for a living and training allowance, tuition support (in a Sport Canada approved University or College program), deferred tuition support, and special needs assistance. Athletes funded by AAP receive a monthly financial stipend as follows:

Card type	Monthly stipend	Annual value
Senior International Card (SR1/SR2)	\$1,500	\$18,000
Senior National Card (SR)	\$1,500	\$18,000
Senior Probationary Card (C1)	\$900	\$10,800
Development Card (D)	\$900	\$10,800

Further information on the AAP can be obtained through the Sport Canada web site at:

<http://canada.pch.gc.ca/eng/1414514343755/1414514385181>

### 2. Eligibility

In order to be considered for nomination for AAP support, an athlete must:

- Compete in cycling events on the Paralympic program;
- Achieve results meeting the carding criteria between Dec. 1, 2015 and Nov. 30, 2016;
- Compete at the 2016 National Championships, unless a written exemption has been granted by Cycling Canada (CC);
- Complete the CC application form (see CC website) and return it to CC on or before Oct. 31, 2016;
- Be a licensed member of CC and be a member in good standing with their Provincial Association;
- Be a Canadian citizen or Permanent Resident of Canada and have been a legal resident in Canada (student status, refugee status, work visa or permanent resident) for a minimum period of one year before the beginning of the carding cycle. The athlete would normally be expected to have participated in CC-sanctioned programs during that time period.
- Be eligible to represent Canada at major international competitions, including World Championships, as per the eligibility requirements of UCI;
- Participate in world championships and/or Paralympic or Olympic Games if selected by Cycling Canada\*;
- Participate in national team preparatory and annual training programs.



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Athletes with annual income after sport expenses of \$50,000 or more may decline AAP financial support.

In the case where funds are declined, the funding would go to the next named alternate.

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### 3. Non Eligibility

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Athletes are ineligible if they:

- Have made a false application and have been declared ineligible for AAP benefits by Sport Canada;
- Have been ruled ineligible to participate in sport for two years or more as a result of an anti-doping rule violation and who have not, in the case of pre-2004 violations, subsequently been reinstated;
- Are serving an anti-doping rule violation sanction of less than two years of sport ineligibility at the start of the carding cycle; and
- Meet the carding criteria as members of the national team of another nation.

Other eligibility conditions are outlined in the Athletes Assistance Program Policies and Procedures available on the Sport Canada website.

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### 4. Carding Process

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The carding process is as follows:

1. Athletes who have achieved eligible results apply to Cycling Canada by Oct. 31, 2016
2. Cycling Canada compiles all results submitted by athletes applying for AAP support, and verifies them to ensure they are accurate.
3. Cycling Canada coaches and High Performance Director evaluate all eligible athletes using the Discretionary Rubric.
4. Cycling Canada allocates Objective cards based on the Prioritization of Objective Cards (below)
5. All remaining eligible athletes are evaluated by their National Coach and the High Performance Director using the Discretionary Rubric (see Schedule C).  
Once the evaluations are complete, each athlete is given his or her rubric evaluation with a written rationale explaining the scores. The athlete will have 5 days to challenge any of the scores they have been given, or to seek additional information.
6. After this five-day period, the Discretionary Rubric ranking is used to allocate the Discretionary cards. At this point, all eligible athletes are informed of their provisional status by letter, and the nominations are posted on the Cycling Canada website.
7. After a review period, Cycling Canada presents its nominations to Sport Canada (usually in early December).
8. Sport Canada approves the nominations (usually before Christmas).
9. Nominated athletes complete Sport Canada AAP application and the Cycling Canada Carded Athlete Agreement.
10. Funding begins on Jan. 1 (this may be delayed due to an appeal, but the athlete would still receive the full funding).
11. Cycling Canada Coaches monitor carded athletes on a monthly basis (see Clause 6).

Cycling Canada (CC) makes every effort to track athletes' results that may qualify them for carding. However, a large proportion of results may be achieved at events outside the National Team program so it is impossible for CC



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to be aware of all relevant performances. Therefore it is the responsibility of each athlete to ensure that CC is aware that they are eligible for carding support.

Athletes who have met the criteria outlined in this document must apply to the CC no later than Oct. 31, 2016 in order to be considered for AAP support in the 2017 cycle. However, results can be compiled up until Nov. 30, 2016.

Athletes who have met the criteria, or who expect to meet the criteria by Nov. 30, must complete the application form posted on CC website and return it to CC on or before the deadline by mail or as an electronic document in pdf format.

A detailed Training and Competition Plan for the upcoming carding cycle must accompany the application form. Failure to respect the application deadlines may result in a suspension of funding until the necessary information is submitted.

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### 5. Monitoring

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Athletes are responsible for communicating with their national coach throughout the carding cycle at least on a monthly basis, with updates on fitness, health, progress towards YTP objectives and any injuries.

The frequency and detail of the communication will vary depending on the program and coach, but each athlete will be contacted in writing at the beginning of the carding cycle with the coach's expectations and what measures will be used to evaluate the athlete's progress.

This evaluation will closely mirror the discretionary rubric and will be used to evaluate the athlete for the next carding cycle.

The coaches' assessments will be clearly communicated to each athlete, along with an explanation of the assessments and, where appropriate, suggestions on how to improve.

In addition to the monthly monitoring, National Coaches will conduct a mid-year review in May of each athlete to assess their progress towards objectives. The outcome of this review might result in changes to training plans, modifications to objectives or intervention from IST practitioners.

In extreme cases AAP funding might be withdrawn. These cases could include, but are not limited to, the athlete:

- Refusing to communicate with the National Coach;
- Misrepresenting his or her fitness, health or training to the National Coach;
- Failing to follow the training and competition requirements outlined in the YTP, except in case of illness or injury, without consulting the National Coach.

Any proposal to withdraw AAP funding would have to be clearly documented by the National Coach and High Performance Director, and approved by the High Performance Committee. The athlete would have the right to respond to the proposal and defend their actions.

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### 6. Description of carding levels

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#### a. Senior International (SR1/SR2)



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Sport Canada sets the criteria for SR1/SR2 cards. They are based on results at the Paralympic Games in Games years and World Championships in other years, as follows:

- Finish in the top 8 counting a maximum of 3 entries per country; and
- Finish in the top half of the field

Athletes who meet the SR1/SR2 criteria are eligible to be nominated for carding for two consecutive years, with the card for the first year referred to as SR1 and the second year referred to as SR2. Athletes must meet the maintenance criteria published below to be eligible for nomination for an SR2 card, and they must also meet eligibility requirements, even if those requirements have changed since their first year of carding.

Note: In cases where the Olympic/Paralympic or World Championship field is restricted by the sport's International Federation (IF), the International Olympic Committee (IOC) or the International Paralympic Committee (IPC) as a result of qualification processes or other types of entry restrictions, the number of entries and countries in the qualification process may be taken in consideration.

### **b. Senior (SR/C1)**

The criteria for Senior cards have been designed to identify athletes with the potential to achieve the international criteria. Senior cards can be awarded through performances in international competitions or through sport-specific criteria. CC identifies three levels of Senior carding criteria: Automatic, Specific and Discretionary.

Athletes nominated for Senior cards for the first time are awarded C1 cards and are funded at the Development Card level. However, as per Sport Canada policy, athletes nominated for Senior cards for the first time who either

- a) were selected to the elite world championship team, or
- b) were carded at the D level

will be nominated for a full Senior card.

### **c. Development (D)**

Development cards are intended to support the development needs of younger athletes who clearly demonstrate the potential to achieve the Senior International criteria but are not yet able to meet the Senior criteria.

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## **7. Maximum number of years at the Senior National card level**

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Once an athlete reaches the Elite age as defined in the UCI regulations, that athlete is expected to achieve progress in their results in order to maintain Senior National carding status. Normally, seven (7) years is the maximum that an athlete will be carded at the Senior level (SR & C1) based on national criteria (excluding Injury card). After such time, Sport Canada will require a comprehensive and thoroughly documented review of the athlete's performance over the previous five years in order to demonstrate progress toward performance equivalent to top-8 and top-half at the World Championships or Paralympic Games in order to justify nomination to "Senior National" card status for an additional year. This process must be followed for all subsequent years that the athlete is nominated at this level.

For athletes who have been carded for seven or more years, Cycling Canada may, on a case-by-case basis, impose additional criteria for the athlete to maintain his or her carding in subsequent years. These criteria will be clearly



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communicated to the athlete in writing at the beginning of the carding cycle, either by the HPD or national coach, and a copy of the letter will be given to Sport Canada.

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### 8. Maximum number of years at the Development carding level

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An athlete may be carded at the D level for a maximum of one (1) year.

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### 9. Team events

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Athletes who compete in the finals of team events on the Paralympic program may be nominated for Senior Cards if they meet the criteria. In the event there are fewer cards available than eligible athletes, the team members will receive equal portions of the remaining funds if at least four months of carding is available for each athlete. If not, the discretionary rubric will be used to prioritize the athletes.

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### 10. Card Quota and distribution

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The quota available for Para-Cycling is the equivalent of 15 Senior cards, distributed as follows:

Cycling Sport	Objective Card Quota	Discretionary Card Quota
PARA	12	3

Senior cards may be converted to Development cards at the discretion of Cycling Canada as long as the final amount is within the carding quota. Due to the limited funds available meeting carding criteria does NOT automatically qualify an athlete for a card.

Each year, Sport Canada reviews carding allocations based on international results indicating Olympic/Paralympic podium potential. As a result, the number of cards allocated to cycling is subject to change. If the allocation differs from that mentioned in this document the HPC will determine the distribution. In the case where Sport Canada reduces the carding allocations, a minimum of 50% of the cards shall remain SRs.

The quota of 15 Senior cards represents \$270,000. A Senior card has a value of \$18,000 (\$1500/month) and a Development card has a value of \$10,800 (\$900/month). In general, athletes are recommended for 12 months of carding support but an athlete may be nominated for part of the carding cycle if there are at least 4 months of funding available.

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### 11. Prioritization of Objective Cards

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Objective cards will be allocated to eligible athletes before Discretionary cards, using the following order of priority:

N.B.: This priority order of nominations does not apply to Discretionary cards – please see the section on Discretionary card criteria for more information.

#### **PRIORITY OF RECOMMENDATION FOR OBJECTIVE SENIOR CARDS:**

1. Athletes meeting SR1 criteria
2. Athletes meeting SR2 criteria
3. Athletes meeting injury criteria who were SR1 the previous year
4. Athletes meeting injury criteria who were SR2 the previous year



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5. Athletes meeting SR Automatic criteria
6. Athletes meeting SR Specific criteria
7. Athletes meeting D criteria

### **PRIORITY OF RECOMMENDATION FOR ATHLETES ELIGIBLE FOR THE SAME LEVEL OF CARDING:**

*If two or more athletes are eligible for the same level of carding as outlined above, the criteria below will be used to rank them.*

1. Percentage of time standard (see Schedule D)
2. UCI Para-Cycling ranking on Nov. 30, 2015 (athlete must be in top-half of ranking)
3. If, after all of the above, there still remains a tie, the discretionary process outlined in Schedule C will be used to prioritize among the tied athletes.

#### **Notes:**

- In order for a result to be used as a tie-breaker, the athlete must have finished in the top-half of the field.
- In comparing results between different categories, the depth of field will be taken into consideration. The athlete's finishing position will be calculated as a percentage of the total number of starters.

If, after all of the above, there still remains a tie, the discretionary process outlined in Schedule C will be used to prioritize among the tied athletes.

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## **12. Tandem**

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A tandem approved for nomination will normally result in two cards – one for the visually impaired athlete and the other for the pilot. Throughout the prioritization process outlined above, both members of a tandem pair will be put forward based on the ranking of the visually impaired athlete, with the pilot ranked immediately after the stoker. In the event there is not enough funding to give both athletes a full card, the funding will be pooled and the two athletes will receive an equal amount, as long as four months of carding is available for both athletes. If there is less than four months available for each athlete, all of the funding will go to the visually impaired athlete.

If two pilots meet the criteria with the same visually impaired athlete, the pilot chosen by the visually impaired athlete for the following season will receive carding.

### **Change of pilot**

A carded visually impaired athlete may change pilots during the carding cycle if, in the opinion of CC and the athlete, it is necessary for performance-based reasons. In this case it may be possible to reallocate the remaining carding support to the new pilot.

A visually impaired athlete may also change pilots if their pilot retires at the end of the season, before carding nominations are made.

In either case, the new pilot may be recommended for the remaining carding support if he or she:

- is currently carded, or
- was carded in the previous year, or
- meets the performance standard in Schedule D in the tandem category.

The change of pilot must be approved by the Para-cycling coach and the High Performance Director.

### **Carding level of the new pilot**





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In both of the above situations, the new pilot will be eligible for recommendation as follows:

- If the new pilot is currently carded at the Senior level, he or she will maintain this carding level
- If the new pilot is not currently carded and the visually impaired athlete is carded at the Senior level, the pilot will be eligible for a Senior card if he or she has previously been carded at the C1 level, or at the C1 level if he or she has not previously been carded at the senior level.

If the new pilot is not currently carded and the visually impaired athlete is carded at the D level, the pilot will be eligible for a D card.

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### 13. Discretionary Cards

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Athletes who meet carding criteria but were not nominated for an Objective card may be nominated for a Discretionary card.

Nominations will be based on the expert assessment of the High Performance Director and the Sport's National Coach that the athlete has the potential to achieve top-16 performances at World Championships and/or Major Games and/or to assist teammates achieve podiums results in those events.

Athletes will be assessed by the National Coach(es) and the High Performance Director using the rubric in Schedule D of these criteria.

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### 14. Injury Cards

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Injury cards may be available to athletes carded at the SR1 or SR2 level the previous year who have failed to meet carding criteria strictly due to injury, illness or pregnancy, under the following conditions:

- The athlete has fulfilled all reasonable training and rehabilitation requirements aimed at a speedy return to 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, has failed to do so, in the view of the Cycling Canada for reasons strictly related to the injury, illness or pregnancy.
- The athlete is expected to meet criteria in the upcoming carding period, based on CC's expert opinion and that of a team physician or approved equivalent. This must be indicated in writing to Sport Canada.
- 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.

The injury card policy is explained in Section 9 of the Sport Canada Athlete Assistance Program Policies and Procedures.

All documentation pertaining to any injury must be submitted to CC no later than Oct. 31, 2016.

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### 15. Discretionary Rubric

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The Discretionary Rubric is a tool used by the National Coaches and the High Performance Director to assess all athletes having met carding criteria.



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These assessments quantify the coach and HPD's evaluations of the athletes across a range of criteria that encompass racing ability and attitude.

The rubric scores are used to rank athletes for the allocation of discretionary cards.

The Discretionary Rubric is described in Schedule C.



## SCHEDULE B: SPORT-SPECIFIC CARDING CRITERIA

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### 1. SENIOR CARDS

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#### SR1

Finish top-8 and top-half at the 2016 Paralympic Games

#### SR2

Athletes must meet all of the following criteria:

- Compete at the 2016 Canadian Para-Cycling Championships (Road or Track)
- Meet the B time standards for either road or track (see Schedule C)
- Finish top-8 and top-half of the field at a 2016 UCI Para-Cycling event or be the top Canadian in his or her class on the UCI Para-Cycling ranking on Nov. 30, 2016

#### SR AUTO

Be selected as a starter or as an alternate to the 2016 Paralympic Games Team.

#### SR SPECIFIC

Athletes must meet the following criteria:

- Finish top-8 and top-half\* at a UCI Para-Cycling World Cup and/or European C1 event in an event that groups classes in a format different from the Paralympic Games

\* priority will be given to the highest ranked event

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### 2. DEVELOPMENT CARDS

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#### D1

Athletes must meet one of the following criteria:

- Finish top-3 and top half at the 2016 Canadian Para-Cycling Championships (Road or Track)
- Be ranked among the top 2 Canadians in his or her class on the UCI Para-Cycling rankings on Nov. 30, 2016
- Meet the DEV time standard outlined in Schedule C



## SCHEDULE C: TIME STANDARDS

### 3. Road time standards

The standards for the Road time trial represent the average speed for every International event in 2014 (2 World Cups and 1 World Championships) per class. The A standard represents the Bronze Medal average speed and the B Standard is the Top 10 average speed. In the case of extreme circumstances (weather, course outline), an additional correction may be made to the final time. This would be at the discretion of a CC official on competition day and once on site.

	Average speed (km/h)			
Men	A Standard	B Standard	DEV Standard	Minimum Distance
Tandem	48,99	47,52	44,3	20 km
C1	39,63	38,44	36,0	15 km
C2	41,03	39,80	37,5	15 km
C3	42,81	41,53	39,3	15 km
C4	44,88	43,53	41,2	15 km
C5	45,45	44,09	42,0	15 km
T1	26,80	26,00	25,5	10 km
T2	34,76	33,71	31,1	10 km
H1	21,65	21,00	-	10 km
H2	33,65	32,64	27,4	10 km
H3	39,86	38,67	34,9	15 km
H4	40,20	39,00	34,6	15 km
H5	38,91	37,75	35,3	15 km
Women	A Standard	B Standard	DEV Standard	Minimum Distance
Tandem	42,87	41,59	39,1	20 km
C1	30,00	29,10	22,0	15 km
C2	35,80	34,73	26,0	15 km
C3	37,75	36,62	27,0	15 km
C4	37,10	35,99	35,3	15 km
C5	40,07	38,87	37,5	15 km
T1	23,30	22,60	19,0	10 km
T2	27,94	27,11	22,0	10 km
H2	-	-	-	-
H3	21,17	20,53	15,0	10 km
H4	32,92	31,93	26,9	10 km
H5	33,61	32,61	29,6	10 km

*Note: times will only be accepted from athletes having met the aforementioned time in the presence of CC accredited commissaire/official and where electronic timing was used.*



#### 4. Track Time Standards

The standards for the Track time trial (Kilo) is equivalent to the average time of the Bronze medals from every sea level World Championships from 2011 to 2015 (without considering the 2014 results because of the high altitude). The standard for the individual pursuit is equivalent to the average time of the 4<sup>th</sup> place finisher from every sea level World Championships from 2011 to 2015.

2015 Track time standard				
Men	Pursuit		Kilometre	
	A	Dev	A	Dev
Tandem	04:27,0	04:32,6	01:03,8	01:07,0
C1	04:15,3	04:20,4	01:21,1	01:23,5
C2	03:57,3	04:04,1	01:17,7	01:20,9
C3	03:44,9	03:55,9	01:11,9	01:16,5
C4	04:52,6	05:04,9	01:09,4	01:11,9
C5	04:45,7	04:56,2	01:07,9	01:11,7
Women	Pursuit		Kilometre*/ 500m	
	A	Dev	A	Dev
Tandem	03:40,4	03:44,2	01:11,5	01:15,1
C1	04:49,2	04:49,2	47,2	49,3
C2	04:37,3	04:44,9	45,7	49,1
C3	04:24,5	04:31,5	44,7	47,0
C4	04:19,1	04:26,6	41,9	44,9
C5	04:01,1	04:06,4	39,0	42,8

**Note:** Track standard time will only be accepted from athletes having met the aforementioned time in the presence of a Cycling Canada accredited commissaire/official, where electronic timing was used and on a track at sea level (ie. below 1,000 m altitude).



## SCHEDULE D: DISCRETIONARY RUBRIC

All athletes eligible for carding will be assessed by the High Performance Director and National Coach(es) using the rubric below.

Once the assessment is complete, each athlete will be given their rubric scores with a written rationale for how they have been scored. They will then have five (5) days in which to seek additional information or challenge their scores.

### Rubric:

RACING ABILITY (70%)	SCORE (0-5)
Performances in international events	
Fitness	
Technical ability	
Tactical ability	
Potential to reach Paralympic podium this quadrennial	
Potential to reach Paralympic podium next quadrennial	
Potential to contribute to Paralympic qualification	
Overall racing progression in the last 12 months	
ATTITUDE (30%)	SCORE (0-5)
Positive contribution to team environment	
Shares training plans and data with National Coach	
Communication with National Coach	
Attendance and performance at training sessions	
Takes personal responsibility for self and results	
Attitude progression in the last 12 months	

If the coach is unable to assess any one area, that will be left blank and won't be included when calculating the average scores. The total score will be calculated as follows:

	Average Racing Ability score	X 7	= total Racing Ability score
+	Average Attitude score	X 3	= total Attitude score
=	TOTAL SCORE /50		

### Scoring guideline:

As a general guide, scoring should be assessed as follows:

Score	Assessment
5	World class, an example to others
4	Close to world class, better than average
3	Average, what is expected of a national team athlete
2	Below average, needs improvement
1	Unacceptable
NA	Unable to evaluate

In order to ensure consistency in the assessment of athletes, a detailed scoring guide follows on the next page.



## DISCRETIONARY RUBRIC SCORING GUIDE

The scoring tables below have been drafted to give the National Coaches context in which to assess their athletes, in order to ensure scoring is as consistent and fair as possible among all athletes and coaches. It is understood that athletes may not align perfectly with the descriptions in the guides, in which case the National Coach is to use the descriptions as a general guide. In all cases, the High Performance Director will have final discretion on the athletes' scores.

### Racing ability scores

In all cases, the athlete is to be assessed with respect to his or her UCI category (i.e., elite, U23 or junior). U23s competing in a cycling sport with no separate U23 class will be assessed with respect to other U23 athletes in his or her cycling sport. Assessments are for the last 12 months (i.e. Dec. 1 – Nov. 30).

Score	Performances in international events
5	Current world championship or Paralympic medalist, or top-3 in the UCI rankings.
4	Top-8 at world championships or Paralympic Games; consistently top-8 at World Cups; top-8 in UCI ranking. Consistent podium finisher in other UCI events.
3	Consistent top-10 finisher in UCI events.
2	Consistent mid-field finisher in UCI events.
1	Not competitive in UCI events.
NA	Cannot assess

NOTES:

- "World Cup" can refer to equivalent events (eg. U23 Nations Cup; UCI WorldTour events, Regional Games, Continental Championships, etc.)
- "Consistent" means at least twice for world cups; at least three times for other events.
- The evaluation may take into account the relative depth of field in UCI events in different countries or regions.
- The evaluation may take into account the athlete's demonstrated ability to achieve a result if they were unable to do so due to tactical considerations, mechanical problems, crashes etc.

Score	Fitness
5	Superior fitness relative to the competition
4	Good fitness relative to the competition
3	Average fitness relative to the competition
2	Below average fitness relative to the competition
1	Poor fitness relative to the competition
NA	Cannot assess

NOTES:

- Fitness refers to how well prepared the athlete's physiological state is for the cycling sport he or she is competing in.
- "Competition" refers to international athletes competing in the same class.

Score	Technical ability
5	Among the best three in the world. The standard other athletes strive to.
4	Among the 10 best in the world.
3	In the top half of the world. In the 10 best in Canada.
2	Average for Canada.
1	Severely lacking in technical ability.
NA	Cannot assess

NOTES:

- The athlete is to be assessed for the technical skills required in the cycling sport he or she is eligible for carding in.

Score	Tactical ability
5	Among the best three in the world. The standard other athletes strive to.



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4	Among the 10 best in the world.
3	In the top half of the world. In the 10 best in Canada.
2	Average for Canada.
1	Severely lacking in tactical ability.
NA	Cannot assess

### NOTES:

- The athlete is to be assessed for the tactical skills required in the cycling sport he or she is eligible for carding in.
- In an event with limited tactical demands, the athlete is to be assessed on his or her ability to adapt the execution of the event to the demands on competition day (e.g. climatic conditions; peculiarity of the venue; etc.)

Score	Potential to reach Paralympic podium this quadrennial
5	The heavy favorite. Would only miss the podium due to a crash, mechanical or other major incident.
4	A strong favorite, but could miss the podium on a bad day.
3	Could reach the podium in exceptional circumstances.
2	A top-8 contender on a good day.
1	Unlikely to be a top-8 contender.
NA	Cannot assess

### NOTES:

- A coach may assess an athlete's Paralympic performance potential even if it is unlikely that athlete will attend the Games because of a very strong Canadian depth of field. For example, if there are six equally strong team pursuit athletes contending for four spots at the Games, all six athletes can be assessed based on their chance of reaching the podium if they were on the start line.
- By definition, development (NextGen) athletes targeting the next quadrennial will be given a poor score if they are not contenders for the current quadrennial.

Score	Potential to reach Paralympic podium next quadrennial
5	The heavy favorite. Would only miss the podium due to a crash, mechanical or other major incident.
4	A strong favorite, but could miss the podium on a bad day.
3	Could reach the podium in exceptional circumstances.
2	A top-8 contender on a good day.
1	Unlikely to be a top-8 contender.
NA	Cannot assess

### NOTES:

- This assessment is by its nature speculative, but should be based on performance data and modelling on the Podium Pathway, where possible.
- Coaches may take into account the intention of older athletes to retire between the current quadrennial and the next.

Score	Potential to contribute to Paralympic qualification
5	The top contributor of qualifying points, or an athlete whose individual result is likely to secure a Paralympic spot.
4	Among the top-5 athletes contributing qualifying points.
3	Among the top-10 athletes contributing qualifying points.
2	Earning qualifying points, but not among the top-10.
1	Not earning qualifying points at all.
NA	Cannot assess

### NOTES:

- This assessment is for the current quadrennial only.
- Athletes who are not yet in the correct UCI class (ie. Juniors) to earn qualifying points may be assessed on their potential to do so if there is a) sufficient data to show performance potential; and b) if the athlete will be old enough to contribute to qualification before the qualification period has ended. Otherwise they should be assessed "NA."

Score	Overall racing ability progression in the last 12 months
5	Improved by 75% or more





## PARA CYCLING CRITERIA for the 2017 Carding Cycle

4	Improved by 25-74%
3	Improved by 1-24%
2	Stayed the same
1	Evaluated lower than last year
NA	Cannot assess

### NOTES:

- Compare last year's racing ability scores to this year's scores. If last year's scores are not available for this athlete, assess "NA."

### Attitude scores

These scores are the personal and subjective assessments of the National Coach based on observation of the athlete in the National Team environment.

Score	Positive contribution to team environment
5	Undisputed leader of the team. Admired by other athletes. A mentor and spokesperson for other athletes.
4	One of the pillars of the team. Can step in as leader when required. Respected by other athletes.
3	A positive influence on the team and rarely causes disruptions to other athletes or staff.
2	Occasionally a negative influence on the team or causes disruptions to other athletes or staff.
1	A strongly negative influence on the team.
NA	Cannot assess

### NOTES:

- Leadership in this context is similar to being the captain on a hockey team. The leader is the one who makes sure the coach's direction is followed at the same time as ensuring the coach is aware of any concerns among the athletes.
- A pillar is an athlete who supports the influence of the leader.
- Disruptions can refer to anything that negatively influences other athletes or staff, such as a poor attitude or tardiness.

Score	Shares training plans and data with National Coach
5	Actively collaborates with national coach to develop training plans. Suggests innovations and solutions. Shares all data without prompting and constructively offers additional information.
4	Works with National Coach's training plan, or shares personal training plan and accepts input. Shows willingness to learn more and try innovative approaches. Shares all data without prompting.
3	Shares training plans and data with National Coach as instructed.
2	Inconsistently shares training plans and data with National Coach.
1	Either doesn't have plan or collect data, or doesn't share any information with the National Coach.
NA	Cannot assess

### NOTES:

- There may be National Coach-athlete collaborations that fall outside the scenarios listed above. In that case, the National Coach will assess an appropriate score that uses these scenarios as a general guide.
- Some athletes work with personal coaches. In those cases, the National Coach can take into account the collaboration between the athlete and his or her personal coach, and between the personal coach and the National Coach.

Score	Communication with National Coach
5	In constant communication with the National Coach. Has constructive and collaborative conversations.
4	Communicates with the National Coach monthly.
3	Communicates at least six times a year with the National Coach. Responds when contacted.
2	Communicates less than six times a year with the National Coach. Occasionally responds when contacted.
1	Rarely or never communicates with National Coach, and does not respond when contacted.
NA	Cannot assess

### NOTES:



## PARA CYCLING CRITERIA for the 2017 Carding Cycle

- “Communication” refers to active dialogue between the athlete and National Coach, or between the athlete’s personal coach and the National Coach, concerning training plans, National Team activities, selection, IST services or similar relevant topics.
- The National Coach may take into account the quality of the communication as well as the frequency.

Score	Attendance and performance at training sessions
5	Attends all training sessions. Outstanding preparation. Always delivers best possible performance.
4	Attends all training sessions. Above average preparation. Above average performance.
3	Attends all training sessions. Average preparation. Average performance.
2	Usually attends training sessions. Below average preparation. Below average performance.
1	Rarely attends training sessions. Unacceptable preparation. Unacceptable performance.
NA	Cannot assess

### NOTES:

- “Attendance” is defined as completing a training session that is part of a National Team camp, the National Team Daily Training Environment, or an individual session that is part of the athlete’s personal training plan. Sessions that are missed due to illness, injury or unavoidable incident should not be taken into account. The intent is not to count every session and take attendance, but to assess the athlete’s commitment to training.
- “Performance” is defined as the athlete’s execution of the planned training session at the planned duration and intensity. Doing too much is as bad as doing too little.
- “Preparation” includes knowing what the training session will be; having the correct clothing, equipment, food and drink; arriving on time; and arriving with the appropriate amount of rest and recovery.

Score	Takes personal responsibility for self and results
5	Always takes responsibility for self and results. Shows exceptional self-awareness
4	Almost always takes responsibility for self and results. Shows strong self-awareness.
3	Usually takes responsibility for self and results. Usually self-aware.
2	Sometimes takes responsibility for self and results. Sometimes self-aware.
1	Rarely takes responsibility for self and results. Rarely self-aware.
NA	Cannot assess

### NOTES:

- The intent is to gauge the athlete’s self-awareness and their understanding of what factors they can influence, the factors they cannot, the ways they can plan in order to mitigate the negative influence of elements outside their control, and how this affects their performances.

Score	Attitude in the last 12 months
5	Outstanding. The ideal team member.
4	Great. Overwhelmingly positive.
3	Good. Some shortcomings, but nothing major.
2	Below average. Lots of positives, but in the final assessment comes out on the negative side.
1	Unacceptable. Very negative and little prospect of improvement.
NA	Cannot assess

### NOTES:

- The intent is for the National Coach to give their overall impression of the athlete’s attitude as it relates to competitive cycling and the National Team environment. This is to be assessed on the coach’s interactions with the athletes as well as his or her observations of the athlete in the training and competition environment.