



PROGRAM COMPLIANCE & STANDARDS

It is a widely held belief in the sports world that ‘culture’ has a big impact on how a program functions and performs. Culture establishes norms that convey what the expectations are. Thus, compliance requirements and standards will provide a measurable level of accountability to ensure the program is set up for success. By applying for consideration into the High Performance Program all athletes and coach agree to the below program compliance requirements and standards.

Program Compliance Requirements

May 25, 2024 – 8:30am – 10:30am

- Fitness Testing at Canada Games Centre (mandatory attendance)

Deadline May 31, 2024

- Team Program Fee (payable after acceptance into program)
 - National Podium Pathway = \$500
 - Provincial Rep Pathway = \$500
 - Foundation Pathway= \$500
 - Futures Pathway = \$500

Deadline August 1, 2024

- Form 4 – 2024/25 Team Competition Plan

Deadline August 30, 2024

- Form 2.2 – Individual Athlete Action Plan #2 (Pre-Competition)
- Coach must have the following ‘Background Screening’ on file with NS Curling:
 - Up-to-date Criminal Record Check
 - Up-to-date Child Abuse Registry Check
- Coach must have completed the following Locker ethics training modules:
 - CAC Make Ethical Decisions eLearning module and online evaluation
 - CAC Mental Health in Sport eLearning module
 - CAC Safe Sport Training eLearning module
 - NCCP Creating a Positive Sport Environment eLearning module

- NCCP Making Head Way – Concussion eLearning module
- Understanding the Rule of Two
- Anti-Racism in Coaching
- Coach must have developed team EAP, includes Medical Data Record and Emergency Contact Information for all athletes and coach.
- All teams must set up a meeting with the High Performance Director to discuss upcoming season details.

Deadline September 30, 2024

- High Performance Program logo to be placed on the team's on-ice jacket.
- Coach must be NCCP Curling Competition Coach Certified / RENEWED

Deadline December 15, 2024

- Form 2.3 – Individual Athlete Action Plan #3 (Competition)

Deadline March 15, 2025

- All teams must set up a debrief meeting with the High Performance Director to discuss achievement of goals and team progress.

Other Compliance Requirements

Athletes and coach must participate in CSIA Performance Science Program disciplines:

- Mental Performance Training
- Nutrition Services
- Strength & Conditioning
 - Every athlete must prepare in such a way as to be at peak physical fitness for the start of the season.
 - A limited number of targeted athletes will be selected to train at the Canada Games Centre.
 - Each athlete must participate in a minimum three (3) fitness testing sessions at the Canada Games Centre on May 25, 2024, September 2024, and January 2025 – dates to be determined.
 - Each athlete must meet or surpass the 'Fitness Testing Benchmark Standards.'

Conditional on club availability, athletes and coach must participate in the following training events:

- Early-season training weekend Sept./Oct. 2024 - TBD
- Early-season practice ice sessions Sept. 12 to Oct. 2, 2024

Teams must compete in a minimum of four (4) tournament competitions with an elite level of competition as identified on Form 4 submission and approved by the High Performance Director.

Coaches must submit all required information to the High Performance Director, by email, and in a timely manner. All information received will be maintained in a confidential team file.

Program Standards

Program standards are there to help the athletes and coach develop themselves by way of program expectations. If a team is not meeting program standards, it is a cause for concern, and the team needs to quickly get things back on track. On good teams, coaches hold players accountable, on great teams, players hold players accountable. To maintain the image of the program the High Performance Program is obliged to hold teams accountable, teams will be judged in the evaluation process at the end of the year. In return for any financial assistance provided by the High Performance Program the following standards must be met by the team (athletes and coach). Failure to comply will result in the immediate suspension of financial support and could ultimately lead to removal from the program.

Team Expectations

Athletes, coaches, and parents are subject to the Nova Scotia Curling Policies and Directives. The following policies can be found on the NSCA website:

- Code of Conduct
- Concussion
- Inclement Weather
- Spectator Code of Conduct
- Parent Code of Conduct
- Discrimination and Harassment
- Commit to excellence and performance in all Program areas.
- Set-up a Team Facebook account and live stream team competitive games (league games are considered training games).
- Recognition of the High Performance Program in any sponsor acknowledgements.

Note: A High Performance Team will be automatically registered for JTRS points.

Individual Athlete Expectations

- Prepare in such a way as to be at peak physical fitness for the start of the season.
- Participate in any High Performance Program training camps and competitions.
- Participate in multiple individual / teams on-ice training sessions per week.

Coach Expectations

- Put into effect a high performance culture
- Create a safe and positive sport environment
- Responsible for all actions of athletes he/she coaches
- Continuous and timely engagement with High Performance Director
- Notify the High Performance Director immediately by email of any injury or other legitimate reason beyond the athlete's control that may prevent the athlete's participation in the High Performance Program or upcoming event.
- Participate in an end of season debrief.

