



## **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 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**

- ❖ **Team Program Fee** (payable after acceptance into program)
  - Deadline May 31, 2026
    - National Podium Pathway = \$500
    - Provincial Champion Pathway = \$500
    - Foundation Pathway = \$500
    - Future Stars Pathway = \$500
    - CWG Mixed Doubles Qualifier = \$250
  
- ❖ **CSIA Performance Science Program** – athletes and coaches must participate in the following disciplines to ensure physical fitness for the start of the season and to maintain those levels during the season: (dates and times are subject to change)
  - Strength & Conditioning (mandatory participation)
    - Fitness Testing – Manulife Recreation Centre (formerly Canada Games Centre)
      - #1 – Saturday May 23, 2026 – 8:30am – 10:00am
      - #2 – Saturday August 29, 2026 – 8:30am – 10:00am
      - #3 – Sunday January 3, 2027 – 8:30am – 10:00am
    - Weekly In-Person Training with S&C Coach – Manulife Recreation Centre
      - Mondays 7:00pm – 8:00pm starting May 25, 2026, **or**
      - Wednesdays 6:00pm – 7:00pm starting May 27, 2026

- Weekly Self-Directed Training
  - Athletes are expected to complete at least one session per week of on-your-own training. Support through the TeamBuildr app will be available to all athletes.
- Each athlete must meet or exceed the “Fitness Testing Benchmark Standards”.
- Mental Performance Training
  - Coaches will be provided with the procedure for booking sessions
- Nutrition Services Training
  - Coaches will be provided with the procedure for booking sessions

### ❖ **Programming Forms**

- Form 2.1 – Individual Athlete Action Plan #1(pre-season goal setting)
  - Deadline – April 30, 2026, with team application
- Form 4 – Team Competition and Training Plan
  - Teams must compete in a minimum of four (4) tournament competitions with an elite level of competition approved by the High-Performance Coach
  - Deadline – August 1, 2026
- Form 2.2 – Individual Athlete Action Plan #2 (pre-competition goal setting)
  - Deadline – September 15, 2026
- Form 2.3 – Individual Action Plan #3 (competition goal setting)
  - Deadline – December 15, 2026

### ❖ **Coaching Requirements**

- The 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
- The 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
- The coach must have developed team EAP, including Medical Data Record and Emergency Contact Information for all athletes and coach.

- All teams must set up a meeting with the High-Performance Coach to discuss upcoming seasonal details.
- Deadline – August 30, 2026

#### ❖ **Other Compliance Requirements**

- HP Teams Retreat
  - June 2026 (TBD) – 1 day event
- High-Performance Program logo to be placed on the team's on-ice jacket.
  - Deadline – September 30, 2026
- Coach must be NCCP Curling Competition Coach Certified / RENEWED
  - Deadline – September 30, 2026
- High-Performance Camp
  - September 2026 – date to be confirmed – 2 days
  - Halifax Curling Club
- Early-Season Practice Ice
  - Mid-September – Early October – dates to be confirmed
  - Halifax Curling Club

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

#### **Program Standards**

Programming standards are there to help the athletes and coaches 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 coaches). 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 live streaming platform for team competitive games (league games are considered training games).
- Recognition of the High-Performance Program in any sponsor acknowledgements.

### **Individual Athlete Expectations**

- Prepare in such a way as to be at peak physical fitness for the start of the season and maintain this level throughout 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 the actions of athletes he/she coaches
- Continuous and timely engagement with High-Performance Coach
- Notify the High-Performance Coach 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.