

Speed Skating Canada Patinage de vitesse Canada

01 September 2010

To: All Branches
Canada Games Council

Re: 2011 Canada Winter Games Age Exemption Process

Good Afternoon,

Speed Skating Canada (SSC) has established a minimum age of 14 on June 30th 2010 for participation in the 2011 Canada Winter Games. This age corresponds with the minimum Junior Age of the International Skating Union (ISU). While this minimum age provides a developmentally appropriate age threshold for most participants and chronological age is a simple and valid means to define participation, exceptions are possible.

Any provincial/territorial sport organization wishing to request a minimum age exemption must submit their request in writing to the Speed Skating Canada Head Office at least 4 weeks prior to the first provincial/territorial selection event for the 2011 Canada Winter Games. Requests for exemption should be made using the attached form which is also available on the Speed Skating Canada web site and include the information described in "Assessment Criteria for Exemptions to the 2011 Canada Games Minimum Age Regulation". An Appeals Committee will review the request and render a decision within 21 days of having received the application for a minimum age exemption.

Should you require further information, please contact your Competition Development Committee Representative or Dawn L. Currie at dcurrie@speedskating.ca or 506.855.5567.

Sincerely,

Dawn L. Currie
Sport Development Director



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2011 Halifax Canada Winter Games Speed Skating Canada Minimum Age Exemptions

Speed Skating Canada (SSC) has established a minimum age of 14 on June 30th 2010 for participation in the 2011 Canada Winter Games. This age corresponds with the minimum Junior Age of the International Skating Union (ISU). While this minimum age provides a developmentally appropriate age threshold for most participants and chronological age is a simple and valid means to define participation, exceptions are possible. As recognized by the scientific literature supporting SSC's Long Term Participant and Athlete Development Model (LTPAD) individuals have different rates of growth, development and maturation, developing physically, socially, intellectually and emotionally at different rates.

The purpose of the minimum age criterion is to help ensure that participation in the Canada Winter Games is developmentally appropriate for participating skaters. The intent behind the criterion is to avoid situations where athletes are encouraged to pursue developmentally inappropriate and potentially harmful training and competition experiences. The purpose of the exemption process is to address the exceptional athlete whose growth, development and maturation is in advance of the majority of skaters.

The Canada Winter Games is a high profile event among funders and the media in which the speed skating competition includes racing events that are considered developmentally appropriate for skaters who have experienced peak height velocity (PHV) and whose linear growth is decelerating. This is generally associated with athletes exiting the Training to Train, or within the Learning/Training to Compete stages of development, and a social environment appropriate for individuals in late adolescence and early adulthood. With the established age category, the vast majority of skaters are nearing physical maturity with their linear growth rate decelerating. Further, the large majority of age eligible skaters will have gained the life and sport experiences to enable them to cope with the emotional and social stress of a weeklong multi-sport experience.

Any provincial/territorial sport organization wishing to request a minimum age exemption must submit their request in writing to the Speed Skating Canada Head Office at least 4 weeks prior to the first provincial/territorial selection event for the 2011 Canada Winter Games. Requests for exemption should be made using the form available on the Speed Skating Canada web site and include the information described in "Assessment Criteria for Exemptions to the 2011 Canada Games Minimum Age Regulation".

The Competitions Development Committee will review the request and render a decision within 21 days of having received the application for a minimum age exemption.

Assessment Criteria for Exemptions to the 2011 Canada Games Minimum Age Regulation

The provincial/territorial sport organization should demonstrate in their request for exemption that an athlete's skating ability, growth, development and maturation are at a level which corresponds to that of the majority of athletes exiting the Training to Train stage of development and that participating in the Canada Winter Games will be a meaningful, developmentally appropriate competitive experience for the skater. All skater development data submitted will be compared to normative data for the population at large, and the skating results of participants meeting the minimum age criteria in the current season and at previous Canada Winter Games.

Specifically, SSC will be seeking to confirm that the skater's growth, development and maturation is consistent with skaters exiting the Training to Train stage of development. As part of the submission, the following documentation should be provided:

Skater Development Information

The following documentation with regards to the skater's development should be submitted:

1. A list of the competitions and training attended by the athlete in the previous year that would prepare him/her for this event; and a summary of training history prior to the previous season, including number of years' experience in speed skating and other sport programs.
2. All physiological testing results available from the past 12 months including VO2 Max, Wingate, Vertical Jump, Leger-Boucher and other recognized testing protocols. Results submitted will be compared to normative data for athletes at the beginning of the Learning to Compete Stage of Development.
3. Records of the athlete's height taken at 3 month intervals, over the previous 36 months period. Measurements should follow the protocol laid out in the document: "The Role of Monitoring Growth in Long-Term Athlete Development" (Istvan Balyi & Richard Way). If less than 36 months data are available, current data should still be submitted. This data will be reviewed to confirm that the athlete has entered a phase of decelerating growth.
4. Examples of successful participation in other sporting competitions or other experiences that support this athlete's readiness for the 2011 Canada Games.

Other Documentation

1. A letter of support from the named Canada Winter Games coach stating that, in his/her opinion, the athlete has the social and emotional maturity to cope with the stress of participation in the Canada Games.
2. A letter of support from the skater's primary coach confirming the skater's readiness to participate in the Canada Winter Games. As part of this letter the coach should include his or her level of certification and coach certification number.
3. A list of steps that the provincial/territorial sport organization will take to ensure the athlete is prepared for, and does have a positive experience at the Canada Winter Games, including formal support from the Branch for the submission.
4. A letter of support from the Chef de Mission.

PLEASE NOTE: Any athlete who is granted an exemption to compete and is subsequently nominated to their provincial/territorial Canada Games team will need to submit signed waiver and release forms to the Speed Skating Canada national office prior to the date that their nomination must be submitted to the Canada Games Council/Host Society.

The waiver and release forms are available on the SSC web site.

AGE EXEMPTION - ACKNOWLEDGEMENT OF RISK

I _____ the undersigned parent or guardian acknowledge that the minimum age for eligibility to compete in the Speed Skating events of the 2011 Canada Winter Games has been set by Speed Skating Canada at 14 years of age. This age must have been attained on or before June 30, 2010.

I further acknowledge that participation in the sport of speed skating carries with it potential hazards for personal injury and I confirm that, _____, the undersigned athlete, is physically fit to participate in Long Track or Short Track Speed Skating at the 2011 Canada Winter Games and he/she has trained specifically for this purpose.

It is with this knowledge and understanding that _____ (athlete name) will apply for an age exemption under the Speed Skating Canada age exemption assessment criteria ratified by the Competitions Development Committee on August 17, 2010.

Date: _____

Parent or Guardian

(please print name of parent or Guardian above)

Witness

(please print name of Witness above)

Athlete

(please print name of Athlete above)

Witness

(please print name of Witness above)

Note: Witnesses may not be the Athlete, Parent or Guardian

AGE EXEMPTION – WAIVER & RELEASE AGREEMENT

Whereas the minimum age for eligibility to compete in the Speed Skating events of the 2011 Halifax Canada Winter Games has been set at 14 years of age. This age must have been attained on or before June 30, 2010.

And whereas, _____ (*athlete name*) has requested an exemption from this eligibility requirement as per the Speed Skating Canada age exemption assessment criteria ratified by the Competitions Development Committee on August 17, 2010.

And whereas, _____ (*athlete name*) wishes to take advantage of the opportunity to advance his/her speed skating career and gain valuable National Games experience by competing at the 2011 Canada Winter Games.

And whereas Speed Skating Canada, Canada Games Council, 2011 Halifax Canada Games Host, Provincial and Territorial Teams wish to minimize if not eliminate the risks of liability associated with personal injury and other liabilities.

In consideration for reviewing and granting the age exemption request, _____ (*athlete name*) and _____ (*parent or guardian*) hereby enter into this Waiver and Release Agreement.

AGE EXEMPTION – WAIVER & RELEASE AGREEMENT

I hereby RELEASE and FOREVER DISCHARGE SPEED SKATING CANADA, the CANADA GAMES COUNCIL, their directors, Officials, Coaches and their other employees, servants or agents, 2011 HALIFAX CANADA GAMES HOST, PROVINCIAL and TERRITORIAL TEAMS on behalf of myself and _____(*athlete name*) from any and all responsibility and liability for injuries sustained by reason of his/her participation in the 2011 Canada Winter Games and hereby agree to assume full and complete responsibility for any injuries sustained by him/her during such participation.

I hereby waive any rights I and/or _____(*athlete name*) may have to institute or prosecute an action or make any claim for damages or compensation and against the said SPEED SKATING CANADA and CANADA GAMES COUNCIL, their Directors, Officials, Coaches and their other employees, servants or agents, 2011 HALIFAX CANADA GAMES HOST, PROVINCIAL and TERRITORIAL TEAMS as a result of any injuries _____(*athlete name*) may suffer and agree to indemnify same should any legal proceeding be commenced against same.

Dated at _____ this _____ day of _____ 201__.

Witness

Signature Parent or Legal Guardian

Please print name of Witness

Please print name of Parent or Legal Guardian

Note: Witnesses may not be the Athlete, Parent or Guardian

CERTIFICATE OF INDEPENDENT LEGAL ADVICE

I hereby declare that I have been consulted by _____
(*parent/guardian*) and _____ (*athlete*) as to the rights
that he/she is releasing, by taking the following action, namely, signing the
attached *Age Exemption-Acknowledgment of Risk* form and if it is deemed to be
a valid waiver the meaning and consequences of the attached *Age Exemption-
Waiver and Release Agreement*; that I have advised both of them fully as to the
effect of the said actions and both understand the nature and effect of executing
the above noted documents and I hereby further declare that I have given this
advice to _____ (*parent or guardian*) as solicitor
for _____ (*athlete*) in interest and that of only the
aforementioned parties in connection with this matter.

Date: _____

Signature of Solicitor

Please print name above