



# Athletics Canada Hub Integrated Support Team (IST) Policy

(\*Note this is associated with a longer Hub IST Policy and Operational guides that are available upon request)

Hub IST General Ethos: This policy is a guide to for Athletics Canada's (AC) athletes and coaches to clarify the support, resources and ways to access services within AC's Hubs (East and West) in an ever changing training environment that features CAPP Athletes (Hub-based and non-hub based) and non-CAPP athletes each with different needs and different levels of support.

## Hub Logistics / Organization:

- The Hub Manager and Sport Science and/or Sport Medicine leads (depending if request is medical or testing based) must be contacted for: all new IST appointment requests, any changes in scheduling and any change in an athlete's status.
- An online schedule is used to organize athletes and IST staff - access to this schedule for appointment sign-up is normally athlete tiered.
- Athletes on lower tiers (e.g. Talent Confirmation) may have to pay for IST.
- New athletes (and current athletes yearly) will be required to undergo an initial assessment with an S&C coach and/or therapist before commencing training. External athletes and their personal coach may be required to collaborate with the Hub S&C to have an integrated S&C plan.
- It is generally inappropriate for personal coaches to provide treatment, including massage, to their own athletes – both from an expertise perspective and from an athlete safety and ethical perspective. AC will only approve a personal coach providing these services to an athlete they coach if the coach has a relevant professionally recognised Canadian qualification AND approval is obtained from AC in advance. In almost all cases, regardless of a coach's qualifications, AC will work with the athlete to try to find a more appropriate service provider.
- Athletes/coaches are able to seek IST support outside of the Hub with certified practitioners in good standing. However, communication and transparency back to the Hub IST is required, including all reports on medical status back from the external IST.

## Hub Medical & Paramedical (Therapy) Standards:

- Standard Hub treatments for physio, chiro and AT are 30min and massage is 40min
- Maximum of 3 "hands-on" appointments/week unless medically indicated/agreed upon and depending on Athlete Tier and Hub IST service capacities (E.g. in some instances it might be 2 automatic treatments/week, with 3 upon approval from Hub SM Lead, physician in combination with coach).
- If the athlete is late, or there is a missed appointment, just like any clinic there will be a penalty – note there is a 24 hour in advance cancellation policy without penalty.
- Unless athletes are self-paying athletes generally must have CAIP (Canadian Athlete Insurance Plan) and complete their CAIP paperwork prior to their first appointment – ask Hub Manager for details.



**HUB Athlete Tiers:**

All athletes will be tiered consistently and transparently in both Hub’s and all AC Camps and competitions for IST sign-up and prioritization based on the last CAPP selection date:

1. CAPP Podium Athlete: Gold, Medal or Top 8 (at recent Worlds, Olympics or Paralympics)
2. CAPP Transition Athlete: World Class (2 to 4 years from podium)
3. CAPP Transition Athlete: International (4 to 6 years from podium)
4. CAPP Talent Confirmation Athlete (6 to 8 years from podium))
5. All others

**Hub Injury and Illness Reporting Standards:**

- It is expected that all injuries and illness that result in 2 days of altered training for athletes within the Hub are reported to the Hub SM lead immediately. For external athletes (outside the Hub) injury & illness reporting are required when there is 1 week of altered training.

**Key Hub Contacts as at January 01, 2018**

		<u>Fixed Line</u>	<u>Mobile</u>	<u>Email</u>
<b><u>East Hub</u></b>				
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Hub Sport Medicine Lead	Andrea Stephen	NA	(416) 892-2362	<a href="mailto:astephen@athletics.ca">astephen@athletics.ca</a>
<b><u>West Hub</u></b>				
Hub Manager	Julianne Zussman	NA	(250) 634-4305	<a href="mailto:jzussman@athletics.ca">jzussman@athletics.ca</a>
Hub Sport Science Lead	Trent Stellingwerff	(250) 220-2584	(250) 208-6674	<a href="mailto:tstellingwerff@csipacific.ca">tstellingwerff@csipacific.ca</a>
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