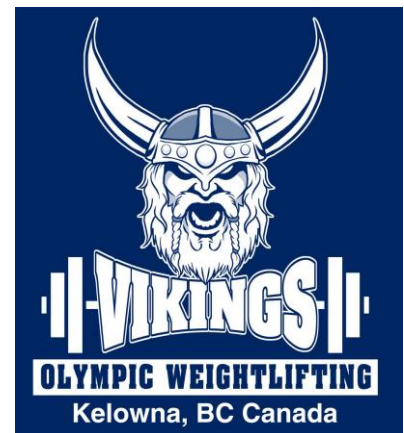


**CANADIAN WEIGHTLIFTING FEDERATION HALTÉROPHILE CANADIENNE
(CWFHC)**

2020 CANADIAN SENIOR WEIGHTLIFTING CHAMPIONSHIPS



**COMPETITION REGULATION
GENERAL INFORMATION
SCHEDULES, FORMS
DEADLINES**

MAY 16 - 17, 2020

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2020 Canadian Senior Weightlifting Championships

OFFICIAL INVITATIONS TO ALL PARTICIPANTS

Dear Friends,

On behalf of the British-Columbia Weightlifting Association and the Vikings Weightlifting Club we are honoured to invite your athletes, coaches, technical officials, team staff and spectators to participate in the 2020 Canadian Senior Weightlifting Championships, to be held in Kelowna on the May 16-17, 2020.

We wish your team the best of luck and hope you enjoy your stay in Kelowna.

Rafal Korkowski
President
British-Columbia Weightlifting Association
BCWA

Guy Greavette
President
Vikings Weightlifting club



2020 Canadian Senior Weightlifting Championships

- | | |
|---|--|
| 5.5 Changing rooms | Men – dressing room #3
Women – dressing room #4 |
| 5.6 Anti-Doping control room | Dressing room #1 |
| 5.7 Officials | Dressing room #2 |
| 5.8 Technical meeting /
OR Verification of entries | TBD |
| 5.9 Secretariat of competition | TBD |

6. EVENTS

- 6.1 Women (10): **45, 49, 55, 59, 64, 71, 76, 81, 87, +87 kg**
- 6.2 Men (10): **55, 61, 67, 73, 81, 89, 96, 102, 109, +109 kg**

7. QUALIFYING TOTALS

MENS – Categories / Standards									
55 kg	61 kg	67 kg	73 kg	81 kg	89 kg	96 kg	102 kg	109 kg	+109 kg
190 kg	208 kg	231 kg	248 kg	262 kg	275 kg	284 kg	289 kg	296 kg	310 kg

WOMEN Categories / Standards									
45 kg	49 kg	55 kg	59 kg	64 kg	71 kg	76 kg	81 kg	87 kg	+87 kg
126 kg	135 kg	150 kg	159 kg	168 kg	176 kg	182 kg	187 kg	191 kg	200 kg

ENTRY TOTAL – PRECISIONS ON THE VALIDATION PROCESS:

- .1 Athletes are expected to submit, as their entry total, the total that they achieved in a competition sanctioned by the provincial association in which he or she is a member in good standing or at a higher caliber competition.
- .2 In the event of an injury, an athlete may submit an entry total *lower* than the qualification total that they achieved. Any submitted entry total must at least be the minimum qualifying standard for the Canadian Senior Championships as set out by the CWFHC.
- .3 Athletes are not permitted to submit an entry total *higher* than the total achieved in qualification.
- .4 If an athlete qualifies in two body weight categories, the same rules apply. Athletes must submit as their entry total the total that they achieved in qualification (or lower, as set out above) in the category that they intend to compete in. A higher total achieved in higher bodyweight category will not be accepted.
- .5 As usual, at the technical meeting or the verification of entries, the athlete could move up in the higher category as long as they met the minimum qualifying standard.

2020 Canadian Senior Weightlifting Championships

8. PARTICIPANTS

ELIGIBILITY (rules adopted at the 2006 AGM)

- 8.1 An athlete participating in a national competition must be a:
- a duly affiliated member of his/her Provincial/Territorial (P/T) weightlifting association (“PA”);
 - a member in good standing (not currently being sanctioned) with his/her PA; and a Canadian Citizen of Canada OR person possessing permanent resident status in Canada.
- 8.2 - Coaches registered to participate in the Competition by their P/T weightlifting association must be Level 2 or Comp-Dev certified by the NCCP.
- The P/T Weightlifting Association may send a Level #1 NCCP or Club Coach certified coach with the team as a developing coach if (a) the developing coach is working under the supervision of a higher-level coach, and (b) if the CWFHC Executive Committee approves the Level #1/Club Coach's participation in advance.
- 8.3 Coaches, team leaders and referees registered to participate in the Competition by their respective PA weightlifting association must be:
- duly affiliated members of their respective PA;
 - members in good standing (not currently being sanctioned) with their respective PA.
- 8.4 Any questions about eligibility should be addressed at the Verification of Entries on May 15, 2020. We encourage team leaders to bring copies of team members’ proof of citizenship or permanent resident status in case it is requested. The eligibility of athletes cannot be challenged after the Verification of Entries.
- 8.5 The Competition is open to all qualified athletes nominated by their respective provincial or territorial associations who meet the qualifying standard.

Athletes must achieve their qualifying performance in a competition subject to doping control (SDC).

- 8.6 The respective PAs may nominate an additional 4 athletes who have not reached the qualifying standard, as long as they are 24 years of age or under (calculated in the calendar year of the athlete’s birthday, 2020: 1996-97 and subsequent).

These non-qualified athletes must have participated in a competition subject to doping control during the qualifying period.

NOTE: Non-qualified athletes may not compete more than two times at the Canadian Senior Weightlifting Championships. Athletes must achieve the standard to compete at the Canadian Senior Weightlifting Championships after two years as a non-qualified athlete.

2020 Canadian Senior Weightlifting Championships

9. ENTRIES

Only the provincial directors receive the competition regulation Entry Forms from the CWFHC.

- 9.1 Preliminary Team Entry Form** – The Preliminary Team Entry form must be received by the BCWA (info@vikingweightlifting.com) no later than midnight on **April 6, 2020**.
- 9.2 Final Team Entry Form** - The Final Team Entry Form must be *received* by the BCWA (**same as 9.1**) no later than midnight on **April 27, 2020**.
- 9.3 Payment of Fees** - A single cheque to cover all Team Entry Fees for each respect P/T association must be received not later than midnight on April 27, 2020.
- 9.4** All forms and the check must be sent to Mr. Paul Goldberg at the address below:
- BC Weightlifting Association
C/O Paul Goldberg
5249 Laurel Drive
Delta BC V4K 4S4

10. COMPETITION RULES & REGULATION:

The latest IWF Technical and Competition Rules & Regulations will govern the Competition, subject to the following:

- 10.1** NOTE: IWF TCRR-2019 Page 69 - Weigh-In at item #15 – “An athlete who fails to make the bodyweight within the allotted weigh-in time of their respective bodyweight category, in which he/she is officially entered and confirmation the verification of entries, is excluded from the competition of the Event.”
- 10.2** Note that the 20 kg rule will NOT be applied for CCSR-2020.
- 10.3** We still use the process of presentation of the athletes of the session, period of 10 minutes for the warm-up. In this 10 minutes period, medals of the previous session could be given.
- 10.4** When 9 athletes or more are in a session, there will be a 5 minutes break between Snatch and Clean & Jerk.
- 10.5** An athlete who does not achieve a total in the Snatch will be allowed to continue in the Clean & Jerk, but they will not be awarded a Total for the competition.

11. EQUIPMENT

11.1 Competition area

Competition platform	Regulation - 4 square meters (from 2003 World Champ.)
Competition barbell	IWF certified men’s & women’s bars Eleiko (232 kg)
Referee Lights	OWLCMS
Scoreboard	2 monitor for scoreboard & monitor with live feed

2020 Canadian Senior Weightlifting Championships

Attempt board

11.2 Warm-up area

Warm-up area	Connected to competition area
Warm-up platforms	8 platforms
Warm-up barbell	8 Eleiko sets of 180-185 kg
Scoreboard	Screen projection
Clock	yes

11.3 Weigh-in Area

Electronic scale will be placed in the multi-purpose room.

12. **RESULTS PACKAGE** will be sent electronically.

13. **ANTIDOPING CONTROL**

This competition is subject to doping control (SDC) administered by the Canadian Centre for Ethics in Sport (CCES). All athletes and coaches are strongly encouraged to familiarize themselves with the applicable rules and procedures.

For more information visit: <http://cces.ca/zoneathlete>

See Antidoping Quick Reference Card in annex – for distribution to athletes

IN CANADA, ANTIDOPING CONTROLS ARE ADMINISTERED BY THE CANADIAN CENTRE FOR ETHICS IN SPORT - CCES.
Telephone : (613) 521-3340 Fax : (613) 521-3134 1-800-672-7775 www.cces.ca
E-mail: info@cces.ca
Information on substances: substances@cces.ca
All athletes participating in the competition can be tested because it is a competition subject to doping control.
It is important to remember that in in the world of anti-doping, in sport, CANNABIS IS PROHIBITED. (CCES – link)
Athletes and coaches are strongly encouraged to familiarize themselves with the procedures and rules. For more information go to the website: http://cces.ca/athletezone
Video : http://cces.ca/sample-collection-procedures
See Antidoping Quick Reference Card in annex – for distribution to athletes
If you take supplements, drugs (Ritalin, Concerta or other similar products, anti- inflammatory, etc.) make sure they are allowed by the CCES. In case you need to use a banned medication for a legitimate medical reason TUE, you must make the request to the CCES.

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When you get this therapeutic exemption of the CCES - TUE, bring the document with you when you can be tested.
Authorization to use for therapeutic exemption: tue-aut@cces.ca
A new Canadian anti-doping policy CADP came into force on January 1 st , 2015. New rules will be applied in the coming months. So you have to meet deadlines in ADAMS, for example. For more information:
http://cces.ca/canadian-anti-doping-program
The International Weightlifting Federation IWF has also adopted a new anti-doping policy under the new anti-doping policy World Antidoping Agency WADA.
REMEMBER: EACH ATHLETE IS RESPONSIBLE FOR WHAT HE/SHE CONSUMES

14. AWARDS:

- 14.1 Gold, silver and bronze medals will be awarded for the “Total” only in each bodyweight category.
- 14.2 Best Athletes Awards (man – woman): Awarded at the Awards Ceremony, based on the Sinclair formula (calculated on exact bodyweight).

15. ACCOMMODATION

Team leaders or participants are responsible for contacting the official event accommodation, noted below and making their own arrangements.

UBC-O CONFERENCE & ACCOMMODATION –

[HTTP://OKANAGAN.UBCCONFERENCES.COM/ACCOMMODATIONS/](http://okanagan.ubconferences.com/accommodations/)

Okanagan Campus (6.5 km from competition site)
1290 International Mews Kelowna, BC Canada V1V 1V8
Free phone: 1-888-318-8666
Phone: 1-250-807-8050

More info on the rooms types can be found on our website:

<http://okanagan.ubconferences.com/accommodations/room-types/>

Go to the booking site to see availability and to book (no special code needed):

<https://reserve.ubconferences.com/okanagan/availability.asp>

	Rate for May
Single dorm Rooms	\$59 + tax (16%) per night
Adjoining singles	\$96 + tax (16%) per night
4-Bedroom apartment	\$189 + tax (16%) per night

Tax is a total of 16% (8% hotel PST, 5% GST, 3% local tax)

2020 Canadian Senior Weightlifting Championships

16. TRANSPORTATION

Each team is responsible for its transportation arrangements.

The KELOWNA INTERNATIONAL AIRPORT (YLW) is 5 minutes away from UBC-O.
5533 Airport Way Kelowna, BC V1V 1S1

<https://ylw.kelowna.ca/>

Kelowna International Airport (YLW) is located in the heart of the Central Okanagan - just 15 km from Kelowna's city centre. <https://ylw.kelowna.ca/passengers/transportation>

17. FINANCIAL CONDITIONS:

17.1 Entry Fees:

- 17.1.1: \$100 per athlete, coach and team leader.
- 17.1.2: \$50 per Technical Official

17.2 Collection:

Team leaders are responsible for collection of all fees from their respective P/T participants.

17.3 Payments

- Deadline: Must be received April 27, 2020
- Method: Single cheque
- Payed: BC Weightlifting Association
- Send with: Final Team Entry Form & Financial Remittance Form

- Send to: BC Weightlifting Association
C/O Paul Goldberg
5249 Laurel Drive
Delta BC V4K 4S4

18. FINANCIAL RESPONSIBILITIES

18.1 Offers the participants a discounted rate for accommodation at the hotel to be guaranteed until the date stated in this regulation, access to the competitions, and participation in official meetings, training, small reception and other usual technical services for all participants.

18.2 Provides, free of charge, the facilities for the CWFHC Annual General Meeting and the Verification of entries.

18.3 Provides, free of charge, the technical organization at all facilities (equipment, hall, rooms with adequate furnishing, technical staff, first aid, etc.) for the Competition for the 2019 Canadian Championships, as required by the applicable CWFHC rules.

18.4 Provides, free of charge, the Best Athlete Awards.

2020 Canadian Senior Weightlifting Championships

19. FINANCIAL RESPONSIBILITIES – Provincial/Territorial Associations (PAs)

- 19.1** The PAs will collect from their delegation members and subsequently pay to the LOC the designated fees for each participating delegation member by **April 27, 2020**. This information will be provided on the Financial Remittance Form. Those delegates who do not participate in the Canadian Championships do not pay this entry fee. In order to avoid NSF charges, PAs must pay the required fees by **cheque** or **money order**.
- 19.2** The PAs will pay for their own accommodation, according to conditions stipulated in the Competition Regulations for the Competition.
- 19.3** Each PA participating in the Competition does so at its own and its individual members' risk. The provincial and territorial associations must undertake the full moral and financial responsibility for their members participating, regarding their health and in the case of accidents or damages.
- 19.4** Each PA shall select a Team Leader (who accompanies the team) or a Team Coordinator (who does not accompany the team) and notify the Organizing Committee of its selection.
- 19.5** Pay the invoice for participation fees to be sent by the CWFHC. The basic fee is 90 \$ per athlete participant.
- 19.6** The preliminary registration form provided by the PA will show the name of the athlete's, his/her email (mandatory), category, total and date of the competition in which the total was achieved. Providing the name and email of the athlete to the CWFHC / LOC indicates that the athlete authorizes CWFHC to provide the name and email to the CCES. The athlete will be contacted by the CCES to inform about the Canadian Anti-Doping Program - CADP.

20. RESPONSIBILITIES – PARTICIPANT - ATHLETE

- 20.1** Each athlete who wishes to participate in the Competition authorizes, by his or her registration in the Competition, the director of the PA of which he/she is a member to provide his/her email to the CWFHC, which the CWFHC will provide to the CCES. This is a requirement under the new Canadian Anti-Doping Policy - CADP.
- 20.2** The CCES will provide to the athlete the instructions to complete an online anti-doping course. The athlete must complete the online course before May 8 2020. When he has completed the course, he must inform the provincial director of the provincial association of weightlifting which he is a member.
- 20.3** Each PA must ensure that the waiver/media release (provided separately) is signed by all participants (athletes, coaches and team leaders) and provided to LOC prior to the verification of entries. Further, each PA must ensure that a parent/guardian signs the waiver/media release for all minor participants (under the age of 18 as of the date the document is

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signed). Without this signed document, participants will be prohibited from participating in the Competition.

21. ACCREDITATION

Accreditation will take place at the Verification of Entries or the Technical Meeting.

22. OFFICIATING

22.1 Duties of the Host Province – appoint a Competition Secretary and appropriate assistants, to ensure the proper operation of the competition including verifying the final nomination of athletes to categories at the Verification of Entries.

22.2 Duties of the participating provinces – shall, via all Entry Forms, submit the names (maximum 2) of their National level or higher referees that want to officiate at the Championships by April 13, 2020 (5 weeks before the Competition). The LOC will forward a list of qualified officials to the CWFHC by April 16, 2020. A mailing or email address is required for communication of the referee assignments at the Competition. “Participating province” definition: a provincial association that enters a qualified athlete and a coach in this competition.

If any such referee desires to sit for promotion, please indicate on the Entry Form (from National level to International #2, or from International #2 to International #1).

Each PA is responsible for paying all travel, accommodation, meals and entry fees expenses of their selected officials in accordance with their respective provincial policies.

23. CWFHC Technical delegate – The CWFHC Technical Delegate will settle any technical dispute. If the Technical Delegate is unsure of the rule, or unable to render a decision, the CWFHC executive committee members will act in his or her stead.

24. PRACTICAL EVALUATION FOR COACHES – COMPETITION DEVELOPMENT

24.1 Provincial associations that will have candidates for the "Competition Development" practical evaluation will need to indicate the name, NCCP number and email address of the candidate (s) on their preliminary registration form.

24.2 Conditions of eligibility will be specified in a subsequent memo as well as NCCP requirements that candidates need to meet in order to be evaluated.

24.3 Depending on the number of applications received by the CWFHC, a selection process could be established based on the number of evaluators available, for example.

24.4 Pay the evaluation fees (100 \$).

25. In consideration of the acceptance of this entry, all participants hereby waive and release for themselves, their heirs, their executors and their administrators any and all rights and claims for damages they may have against the CWFHC, British Columbia Weightlifting Association, Vikings Weightlifting club and its directors, employees, and volunteers, and any sponsors of the competition, for any injuries they may suffer or may have suffered at the Competition. All P/T associations certify that all of their respective participants have

2020 Canadian Senior Weightlifting Championships

agreed to these conditions as a consequence of entering the competition, including the fact that those under the age of majority (18 years) have parental or guardian permission to participate.

- 26. T-SHIRT** There will be t-shirts on sale during the competition. Price to be determined. Thank you for encouraging the organizing committee.

GENERAL INFORMATION

1. LOCAL ORGANIZING COMMITTEE (LOC) PERSONNEL:

1.1 LOC Chairperson: Guy Greavette

2. VERIFICATION OF ENTRIES

2.1 The Verification of entries will take place at 7:00 pm under the direction of the CWFHC delegate.

2.2 The Competition Director/Secretary will verify the final entries into the categories.

2.3 Verification of the Waiver form from all participants (athl. + coaches + TL)

2.4 Verification that every participant completed the CCES online course.

2.5 The CWFHC delegate will assist with the Competition Director in assigning all LOC Technical Officials (speakers, timekeepers) for the sessions.

3. FOOD & REFRESHMENTS

Concession on site. Restaurant close by.

In the case that we reach more than 160 entries on the Preliminary entries, we may schedule some sessions for men on Friday afternoon. The technical meeting will be replaced by a verification of entries, like it was done in CCSR-2015 and 2016. To help you figure this kind of schedule, find the schedule of May 2016. We will publish the list of qualified athletes on a regular basis. It is also important that provincial associations adjust their own deadlines of registration because a preliminary entry list as close as possible will allow the Org. Comm. to begin the adjustment of the planning for the competition site.

SCHEDULE & DEADLINES

DATE

October, 2019

Distribution of competition regulations – general information doc.

Saturday October 5, 2019

Beginning of Qualifying Period

2020 Canadian Senior Weightlifting Championships

Sunday March 29, 2020 incl. Last Day of Qualifying Period
 Monday April 6, 2020 Preliminary List of entries sent
 April 27, 2020 Last day for booking rooms at preferred rates
 Monday April 27, 2020 Final Team Entry Form and cheque send to Mr. P. Goldberg

COMPETITION EVENTS

May 14 & 15 Arrival of Participants

Friday May 15, 2020

CWFHC Annual General Meeting - AGM:
 UBC-O – boardroom 09:00 AM

Technical meeting 07:00 PM
 OR OR
 Verification of Entries – competition site – TBC TBD

PRELIMINARY SCHEDULE OF COMPETITION (PREPARE FOR 150 ENTRIES AND LESS)				
<u>Saturday, May 16</u>				
<u>Session</u>		<u>Category</u>	<u>Weigh-in</u>	<u>Start</u>
1	Men	55 kg – 62 & 67 kg	8:00 – 9:00 AM	10:00 AM
2	Men	73 - 81 kg	10:00 – 11:00 PM	12:00 PM
3	Men	89 kg	12:00 – 1:00 PM	2:00 PM
4	Men	96 kg	2:00 – 3:00 PM	4:00 PM
5	Men	102 - 109 - +109 kg	4:30 – 5:30 PM	6:30 PM
<u>Sunday, May 17</u>				
6	Women	45 - 49 - 55 kg	8:00 – 9:00 AM	10:00 AM
7	Women	59 kg	10:00 – 11:00 PM	12:00 PM
8	Women	64 kg	12:00 – 1:00 PM	2:00 PM
9	Women	71 - 76 kg	2:00 – 3:00 PM	4:00 PM
10	Women	81 – 87 - +87 kg	4:30 – 5:30 PM	6:30 PM
When 9 athletes or more are in a session, there will be a 5 minutes break between Snatch and C&J				
This preliminary schedule is based on a participation of about 150 athletes. Adjustments are expected following the final entries are received.				

Monday, May 18

Departure

WAIVER AND RELEASE OF LIABILITY

This form must be completed by athletes, coaches and team leaders

In consideration of entering and participating in the 2020 Canadian Senior Weightlifting Championships (the "Competition") and any and all activities related to the Competition, the undersigned acknowledges and agrees that:

The risk of injury from the activities involved in the Competition is significant, including the potential for permanent paralysis and death, and while particular rules, equipment, coaching and personal discipline may reduce this risk, the risk of serious injury exists.

I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and I assume full responsibility for my participation.

I willingly agree to comply with the stated and customary terms and conditions for participation. If, however, I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such hazard immediately to the attention of the Canadian Weightlifting Federation Halterophile Canadienne, the British Columbia Weightlifting Association, Vikings Weightlifting Club and/or its officials immediately;

I, FOR MYSELF AND ON BEHALF OF MY HEIRS, ASSIGNS, PERSONAL REPRESENTATIVES AND NEXT OF KIN, HEREBY RELEASE AND HOLD HARMLESS THE VIKING WEIGHTLIFTING CLUB, THE BRITISH COLUMBIA WEIGHTLIFTING ASSOCIATION AND THE CANADIAN WEIGHTLIFTING FEDERATION HALTEROPHILE CANADIENNE, THEIR RESPECTIVE OFFICERS, DIRECTORS, OFFICIALS, AGENTS AND/OR EMPLOYEES, OTHER PARTICIPANTS, SPONSORING AGENCIES, ADVERTISERS, AND, IF APPLICABLE, OWNERS AND LESSORS OF PREMISES USED TO HOST TRAINING OR CONDUCT THE EVENT ("RELEASEES"), WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, OR LOSS OR DAMAGE TO PERSON OR PROPERTY, WHETHER CAUSED BY THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

NAME _____ DATE _____

SIGNATURE _____ WITNESS _____

SIGNATURE OF PARENT OR GUARDIAN (for participants under the age of 18) _____

MEDIA CONSENT AND RELEASE FORM

I, _____, hereby consent to the collection and use of my personal images by photography or video recording without any compensation whatsoever. I acknowledge these may be used on, but not limited to, the Canadian Weightlifting Federation Halterophile Canadienne (CWFHC) and/or British Columbia Weightlifting Association (BCWA) website, in newsletters and publications as well as distributed to members. I further acknowledge that my image may be used by the CWFHC and/or the BCWA to promote the sport of weightlifting in the future. I understand that no personal information, such as names, will be used in any publications unless express consent is given. I also understand that my consent can be withdrawn at any time in writing to the CWFHC executive board. I give this consent voluntarily.

NAME _____ DATE _____

SIGNATURE _____ WITNESS _____

SIGNATURE OF PARENT OR GUARDIAN (for participants under the age of 18) _____

2020 NATIONAL ATHLETE POOL - NAP

ATHLETE CONTRACT

CONTRACT BETWEEN:

Canadian Weightlifting Federation Halt rophile Canadienne (“CWFHC”)

- and -

_____ (“Athlete”)
(print name)

The undersigned Athlete expressly agrees to the following:

1. I understand that my national sport organization, the CWFHC, has adopted the 2015 Canadian Anti-Doping Program (CADP). I specifically agree that as a member of the National Athlete Pool (NAP) in my sport I am subject to the CADP and accordingly shall be bound by all the anti-doping rules and responsibilities contained in the CADP.
2. I agree that I have been educated regarding the anti-doping rules and violations contained in the CADP.
3. I acknowledge that information, including personal information about me, can be shared between anti-doping organizations for anti-doping purposes and such information will be used only in a fashion that is fully consistent with the limitations and restrictions contained in the World Anti-Doping Agency’s International Standard for the Protection of Privacy and Personal Information.
4. With the understanding that any disclosure is for the sole purpose of assisting the CCES in enforcement of the CADP, I consent to having police and law enforcement agencies, border services agencies, Sport Organizations of which I am a member and sporting clubs and athletic associations to which I belong, in Canada and elsewhere, disclose to the CCES information in their possession relating to me that is directly relevant to potential anti-doping rule violations contained in the CADP that may be asserted against me.

Date: _____, 2020

Athlete name (printed)

Athlete signature

Street Address

City

Prov. Postal Code

()

Phone

E-mail

Birth Date (dd/mm/yy)

Parent / Guardian name
(If the athlete is a minor)

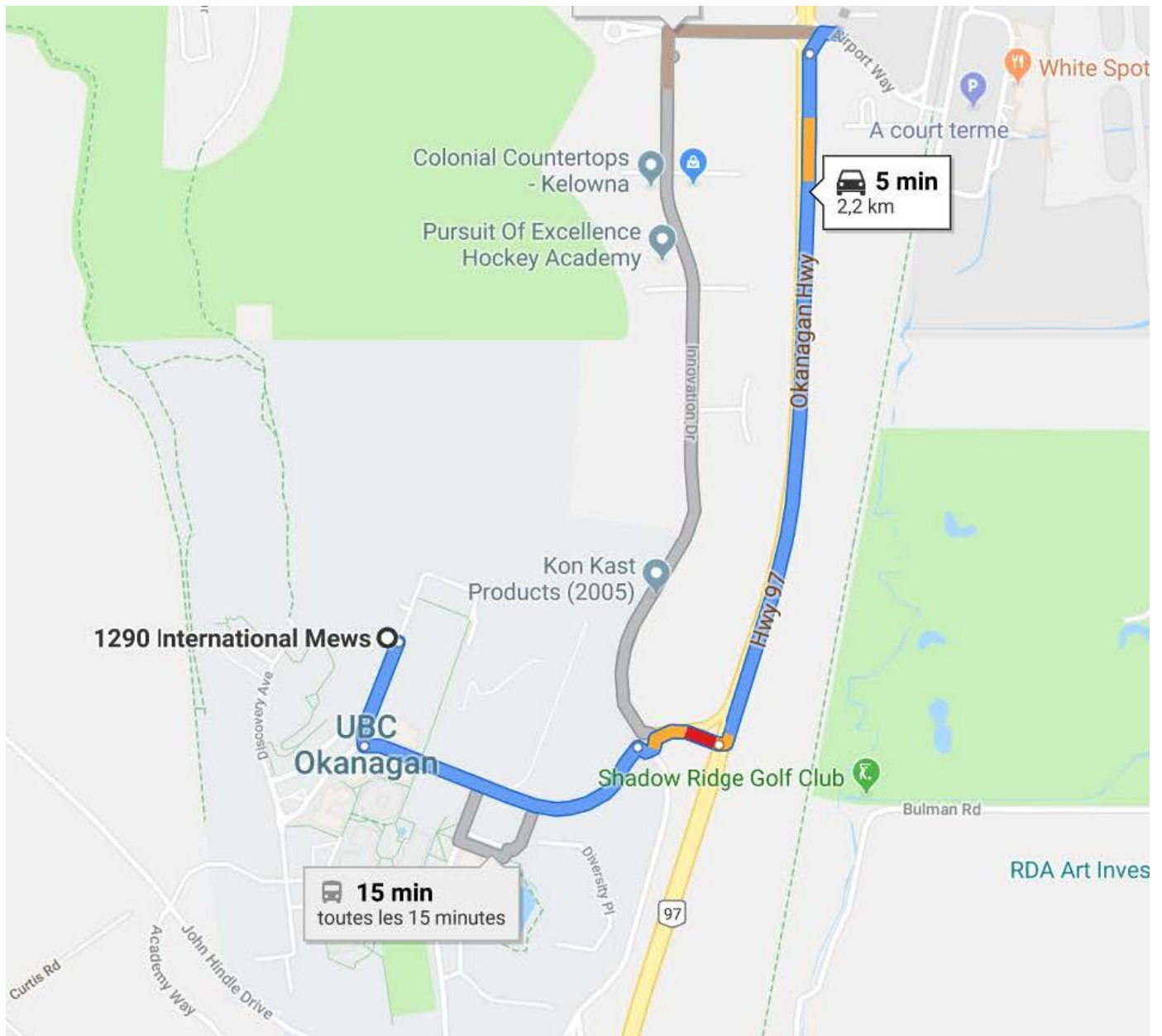
Parent / Guardian signature

After you complete the Athlete Contract, please send a copy of it to the director of your Provincial weightlifting association.

Source : Google map

Aéroport : 5533 Airport Way, Kelowna, BC V1V 1S1

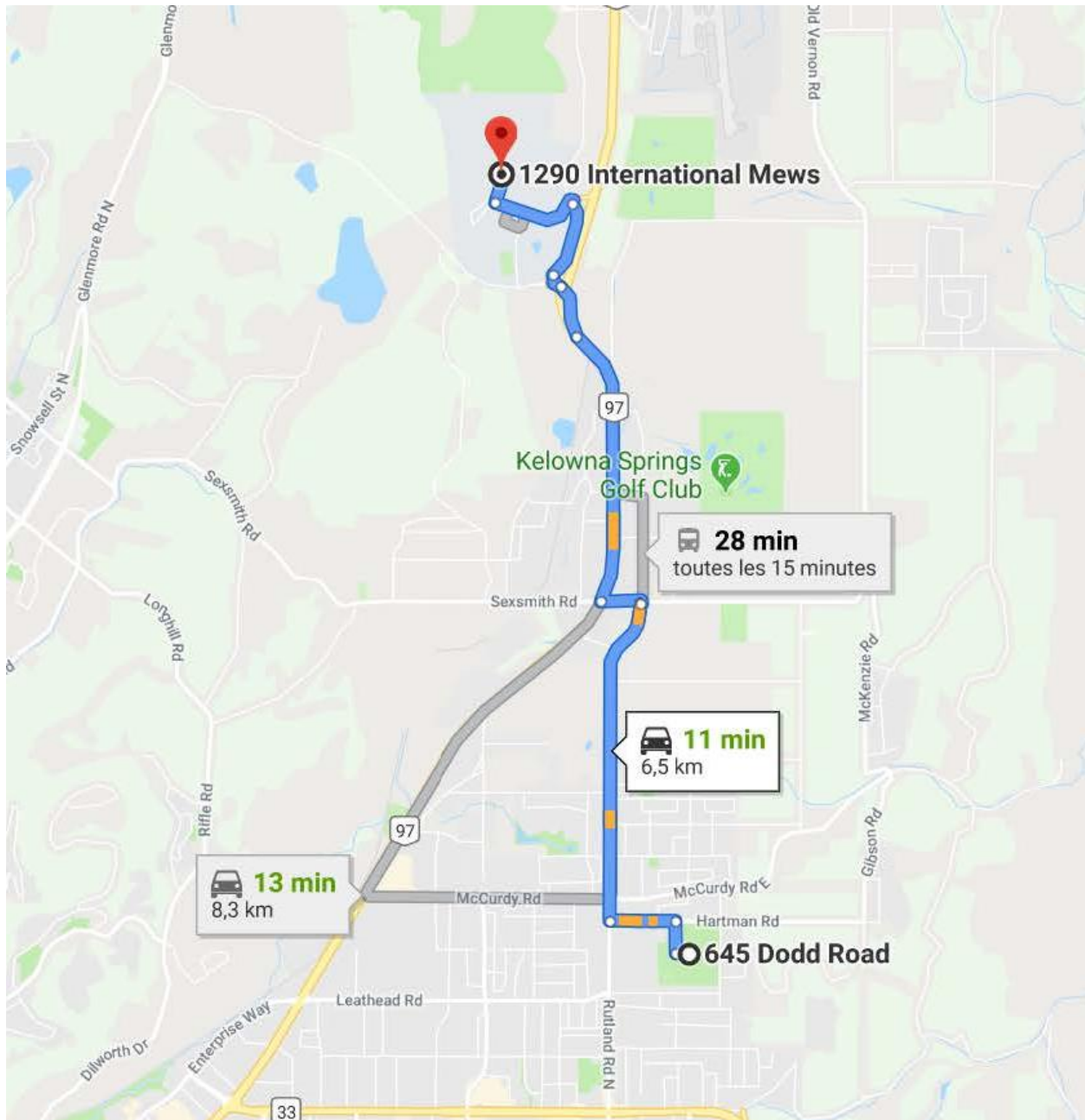
UBC-O Conference & accommodation: 1290 International Mews Kelowna, BC Canada V1V 1V8



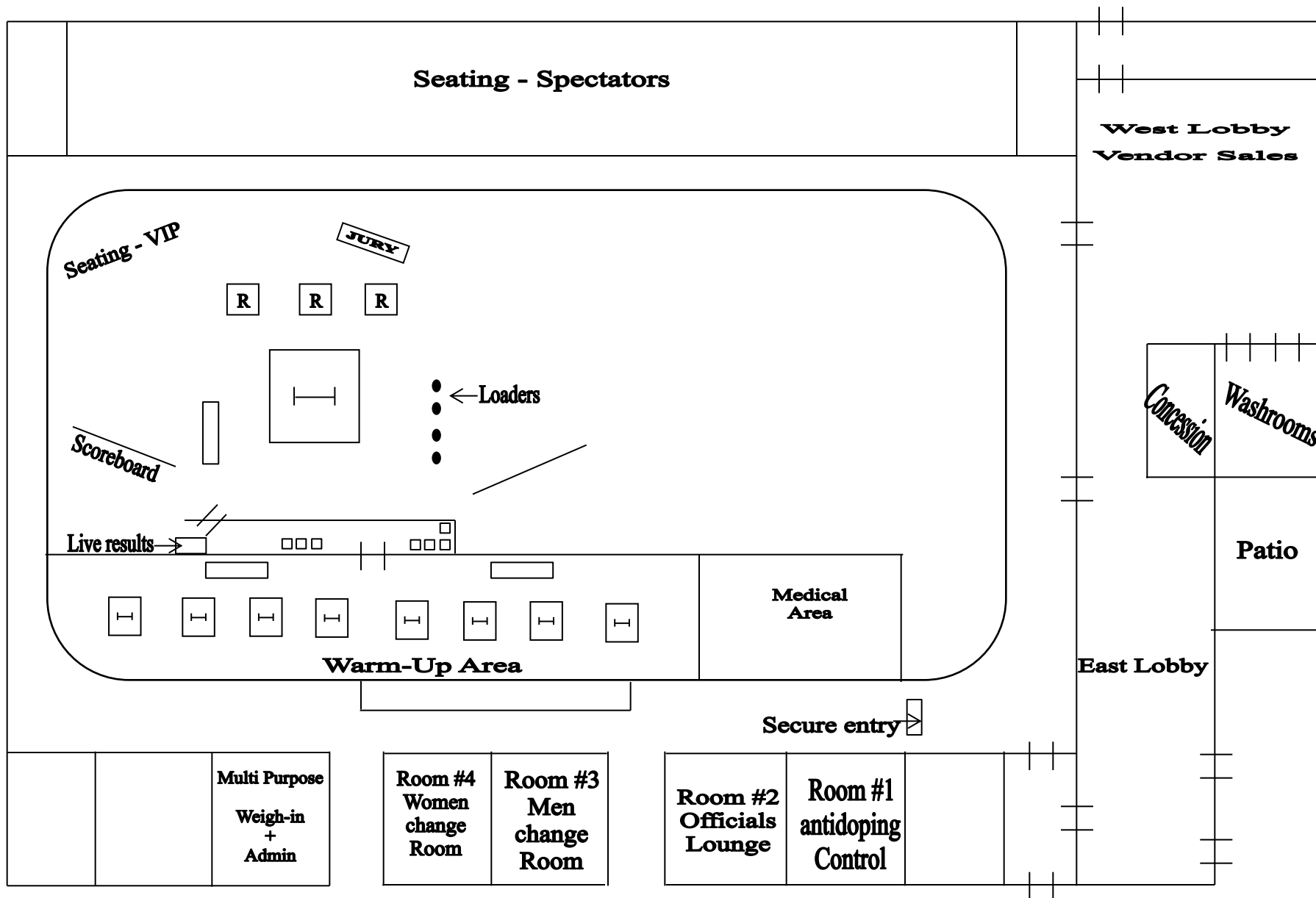
Source : Google map

UBC-O Conference & accommodation: 1290 International Mews Kelowna, BC Canada V1V 1V8

Rutland West Arena: 645, Dodd Rd, Kelowna BC V1W 5H1



2020 CANADIAN SENIOR WEIGHTLIFTING CHAMPIONSHIP – May 16 – 17, 2020 (CCSR-2020)
 RUTLAND WEST ARENA - 645, Dodd Rd, Kelowna BC V1W 5H1



AMENITIES NEAR UBC'S OKANAGAN CAMPUS

Our beautiful campus is centrally located close to spectacular award-winning wineries, golf courses, restaurants, shopping, picturesque lakes and beaches, the Kelowna International Airport, and so much more. We're the perfect homebase for visiting friends and family, or anyone wanting to make the most of the sunny Okanagan!

ENTERTAINMENT

- 1 Scandia Miniature Golf & Games - 5 km
- 2 19 Greens Putting Course - 15 km
- 3 McCurdy Bowling Centre - 6 km
- 4 Grand 10 Movie Theatres Energyplex
- 5 Kangaroo Creek Farm - 10 km
- 6 Oyama Zipline - 26 km
- 7 H2O Adventure + Fitness Centre - 17 km

GOLF COURSES

- 1 Aspen Grove Golf Club - 12 km
- 2 The Okanagan Golf Club - 5 km
- 3 Shadow Ridge Golf Club - 4 km
- 4 Sunset Ranch Golf & Country - 6 km
- 5 Kelowna Springs Golf Club - 3 km
- 6 World Beat Family Golf Driving Range - 4 km
- 7 Mission Creek Golf Club - 12 km
- 8 The Harvest Golf Club - 12 km

FITNESS & OUTDOOR VENUES

- 1 YMCA/YWCA - 5 km
- 2 Mission Creek Greenway - 9 km
- 3 Apple Bowl Stadium and Track - 10 km
- 4 Quail Ridge Linear Park Trail - 5 km
- 5 Spion Kop Summit Trails - 17 km

WINERIES

- 1 Gray Monk Winery - 15 km
- 2 Arrowleaf Cellars - 15 km
- 3 Ex Nihilo Vineyards - 15 km
- 4 Intrigue Winery - 17 km
- 5 50th Parallel Estate - 25 km
- 6 House of Rose Winery - 11 km
- 7 Calona Vineyards - 14 km
- 8 Summerhill Pyramid Winery - 19 km
- 9 Ancient Hill Estate Winery - 8 km

MEDICAL CLINICS

- 1 Lake Country Walk-in Clinic - 10 km
- 2 Superstore Walk-in Clinic - 7 km
- 3 Kelowna General Hospital - 14 km

LAKES & BEACHES

- 1 Wood Lake - 15 km
- 2 Okanagan Lake at Okanagan Centre - 17 km
- 3 Duck Lake - 5 km
- 4 Kelowna City Park and Beach - 13 km
- 5 Gyro Beach - 15 km

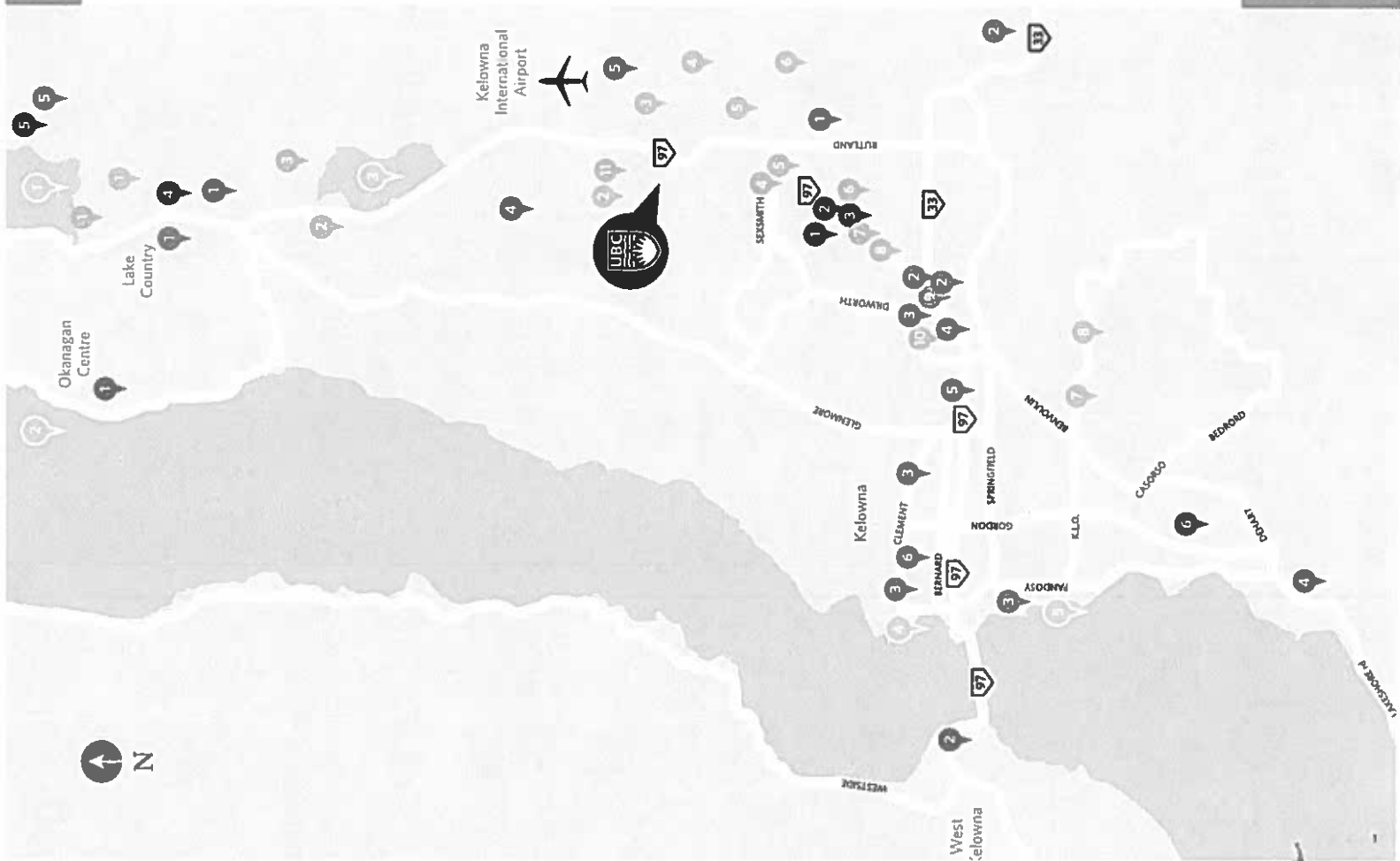
RESTAURANTS

- 1 Greek House Restaurant - 12 km
- 2 The Jammy - 4 km
- 3 Ricardo's Mediterranean Kitchen - 7 km
- 4 Tim Hortons - 3 km
- 5 SUBWAY - 3 km
- 6 Freddie's Brewpub - 5 km

- Mill Creek Brewery
Poppadoms
Quiznos
Triple O's
A&W - 5 km
Yamato Japanese - 5 km
Bluetail Sushi
JOEY Kelowna - 7 km
Cactus Club Cafe - 8 km
Extreme Pita
Montana's Cookhouse
Opa Souvlaki
Taco Del Mar
Gullstream - 2 km
Starbucks

SHOPPING

- 1 Cooper's Foods - 9 km
- 2 Costco - 8 km
- 3 HomeSense - 8 km
- 4 Pier 1 Imports
- 5 Urban Barn
- 6 Walmart
- 7 Safeway - 8 km
- 8 Orchard Park Shopping Centre - 9 km
- 9 Downtown Kelowna - 13 km



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Conferences & Accommodation
Okanagan Campus

stayatubc.ca

This is to certify that / Le CCES certifie que :

of / de: _____
Canadian Sport Canadian

completed the following elearning course / a suivi avec succès le cours en ligne suivant :

True Sport Clean 2018

Date: _____ Sport: Weightlifting

Certificate/certificat 7805666



**Your sport.
Your reputation.
Your responsibility.**

Check all medications before taking them. Make sure they don't contain banned ingredients.

Apply for a medical exemption if you need to use a banned medication for a legitimate medical reason.

Be aware of the risks of supplement use. Take all necessary precautions prior to using products like supplements, energy drinks and herbal remedies.

Know your anti-doping requirements, including whereabouts, medical exemptions and sample collection.

Find out more at:

www.cces.ca/athletezone

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During sample collection...

You have the right to:

- Have a representative and, if available, an interpreter.
- Ask for additional information about the sample collection process.
- Request a delay in reporting to the doping control station for valid reasons (e.g., victory ceremony, media commitment, further competitions, cool down). You will be chaperoned at all times during the delay.
- Request modifications if you are a minor or an athlete with a disability.
- Comment on the sample collection process or report any perceived procedural irregularities.



Caution!

Strict Liability means that you are 100% responsible for what you consume, and for what is found in your urine or blood sample.

Marijuana is prohibited in competition and can be detected in your urine for more than a month after use.

Pseudoephedrine, a common cold remedy ingredient, is banned in competition.

Supplements can contain banned substances such as steroids, stimulants, diuretics, and synthetic cannabis.

Find out more at:



www.cces.ca/athletezone

Join the True Sport
Movement at
www.true sport.ca

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LIVES HERE

Check it first...

It's your responsibility to check the status of all medications, including prescription or over-the-counter products. Use the CCES substance inquiry resources:

Global DRO
www.globaldro.com

Substance
Classification
Booklet
www.cces.ca/scb

Email the CCES
substances@cces.ca

Call the CCES Infoline
1-800-672-7775 (in North America)



**Votre sport.
Votre réputation.
Votre responsabilité.**

Vérifiez vos médicaments avant de les prendre afin de vous assurer qu'ils ne contiennent aucune substance interdite.

Faites une demande d'exemption médicale si vous devez prendre un médicament interdit pour une raison médicale.

Vous connaissez des risques liés aux suppléments. Prenez toutes les précautions nécessaires avant de prendre des produits comme des suppléments, des boissons énergisantes ou des plantes médicinales.

Connaissiez vos responsabilités liées au dopage, y compris les renseignements de localisation, les exemptions médicales et le prélèvement d'échantillon.

Pour de plus amples renseignements :

www.cces.ca/zoneathlete

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Durant le prélèvement des échantillons...

Vous avez droit à :

- Être accompagné d'un représentant et par un interprète, s'il y en a un de disponible.
- Obtenir plus de renseignements sur le processus de prélèvement d'échantillon.
- Demander un délai avant de vous présenter au poste de contrôle du dopage pour des raisons valables (p. ex. cérémonie de remise des médailles, obligations médicales, autres compétitions, récupération). Vous serez sous la supervision d'une escorte en tout temps durant le délai.
- Demander des modifications si vous êtes un mineur ou un athlète avec un handicap.
- Partager vos commentaires et signaler les irrégularités concernant les procédures.



Soyez prudent!

Selon la règle de la **responsabilité stricte**, vous êtes entièrement responsable de ce que vous ingérez et pour ce qui est trouvé dans votre échantillon d'urine ou de sang.

La **marijuana** est interdite en compétition et peut être détectée dans votre urine plus d'un mois après avoir été consommée!

La **pseudoéphédrine**, un ingrédient utilisé souvent pour soigner le rhume, est interdite en compétition.

Les **suppléments** peuvent contenir des substances interdites tel que des stéroïdes, des stimulants, des diurétiques et du cannabis synthétique.

Pour de plus amples renseignements :



www.cces.ca/zoneathlete

Adhérez au Mouvement
Sport-pur à
www.sportpur.ca

SPORT
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ÇA SE VIT ICI!

Vérifiez d'abord!

Vous avez la responsabilité de vérifier le statut de tous les médicaments, incluant les produits prescrits et en vente libre. Utilisez les ressources de vérification des substances du CCES :

DRO Global
www.droglobal.com

Livret de
classification
de substances
www.cces.ca/lcs

Écrivez au CCES
substances@cces.ca

Info Ligne du CCES
1-800-672-7775 (en Amérique du nord)

