

**To:**

Members, Registrants and other Stakeholders

**Date:**

July 14, 2023

**RE: Updates and Information****A. Annual General Meeting**

The annual general meeting for the national federation will be held on September 24<sup>th</sup>, 2023, at 6pm Mountain Standard Time. The meeting will be conducted virtually. Agenda and invites will be sent to each PSO prior to September 22, 2023.

**B. Board Vacancies**

There will be up to 4 positions available for election at this year's Annual General Meeting. The Board of Directors will be seeking interested candidates with specific skill sets as we are moving towards a competency-based board recruitment process in accordance with Sport Canada and Canadian Olympic Committee governance objectives. The nominations committee will review all submissions and put names forward for those that meet the criteria. To review the requested competencies and enter an expression of interest please use the link below.

<https://form.jotform.com/231936428586064>

**C. 2023 Senior World Championships Team**

Attached is the competition memo for the senior world championships. Please note the deadlines that are provided in the document. The following athletes have been selected for the team:

Amanda Braddock	Rosalie Dumas
Josee Gallant	Youri Simard
Rose Harvey	Nicolas Vachon
Maude Charron	Sam Guertin
Monica Knowlton	Braydon Kennedy
Alexis Ashworth	Alex Bellemarre
Megan Trupp	Boady Santavy
Shania Bedward	Noah Santavy
Maya Laylor	

**D. Expressions of Interest for Competitions (Athletes and Coaches)**

Although previously communicated, we wish to remind everyone that as international competitions are announced with sufficient details to believe they will not be changed, they will be added to the expression of interest form. Once information is received from the IWF we will make a formal call for expressions of interest, however this may have short turn around times depending on the timeliness of information received. Those athletes/coaches wishing to express interest early are encouraged to do so. You will not be required to pay the \$100 admin fee until the entry deadlines are provided.

## E. Updates to Qualifying Competitions

Please note that there has been an update to the list of qualifying competitions for international events. The new list is attached to the memo and is also available on the website for reference. There has been a request to clarify the qualification period for our National Championships, and the Board will make that determination following our next board meeting which is scheduled at the end of the month. The decision will be published within 48 hours of the meeting (by August 1, 2023).

## F. Athletes' Council

The bylaws of WCH allow for the creation of an Athletes' Council to give athletes a greater voice in the affairs and deliberations of WCH. We are therefore pleased to announce that on August 5-10, 2023, elections will take place to select the **5 members** of the Athletes' Council.

### The Role

The Athletes' Council serves as an advisory body and voice of athlete interests. Reporting to the Athletes' Representative on the Board of Directors, members of the Athletes' Council are expected to serve as members of WCH Committees and provide input on a range of matters brought before the Board, including selection of funded coaches for international events.

### Term

Members of the Athletes' Council will serve 3-year terms. Elections to the Council will take place each year. Those elected in 2023 will determine amongst themselves who will serve 1-year or 2-year terms to ensure elections are staggered going forward.

### Eligibility

To serve on the Athletes' Council, candidates must meet the following criteria:

1. Participate in the 2023 Canadian Senior National Championships or a higher-level international competition within 30 days of Senior Nationals;
2. Be a member in good standing within their PSO;
3. Not serve as an employee, director, officer, or contractor of WCH or a member PSO of WCH;
4. Be 18 years of age or older;
5. Not be subject to a disciplinary investigation or action of WCH, their PSO, the International Weightlifting Federation, or Pan American Weightlifting Federation, the Canadian Olympic Committee;
6. Not owe fees or debts to WCH.

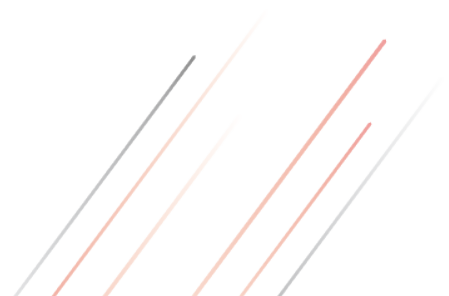
**Composition:** No more than 2 members of the Athletes' Council can come from any one province. At least 2 members of the Athletes' Council must be women.

**Deadline for Expressions of Interest:** July 31, 2023 [COMPLETE EXPRESSION OF INTEREST HERE](#)



[weightliftingcanada.ca](http://weightliftingcanada.ca)  
[dfriesen@cwfhc.ca](mailto:dfriesen@cwfhc.ca)

**Date of Election:** August 5-10, 2023. Voting will take place online. Details will be provided regarding the voting procedures closer to the date.





July 13, 2023

Dear PSOs, Athletes, and Coaches:

**Re: 2023 IWF World Championships – Riyadh**

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On behalf of WCH, we are pleased to provide you with this memorandum concerning the 2023 IWF World Championships taking place in Riyadh, Kingdom of Saudi Arabia from September 4-17, 2023 (the “**Competition**”). This memo provides important information to help you prepare for the Competition.

### 1. QUALIFICATION STANDARDS

The IWF Senior World Championships counts as an International Elite event under the WCH Qualification Standards, as set out below. The team is limited to those athletes who have already submitted their expressions of interest by deadline and met the Qualification Standard for their respective weight categories. WCH can enter no more than 2 athletes in any given weight category, and all athletes must be up to date with their ADAMS Whereabouts submissions. WCH will announce the Final Team Selection on July 14, 2023.

#### Women

	<b>45</b>	<b>49</b>	<b>55</b>	<b>59</b>	<b>64</b>	<b>71</b>	<b>76</b>	<b>81</b>	<b>87</b>	<b>+87</b>
<b>Total</b>	155	167	181	191	200	212	220	227	234	246

#### Men

	<b>55</b>	<b>61</b>	<b>67</b>	<b>73</b>	<b>81</b>	<b>89</b>	<b>96</b>	<b>102</b>	<b>109</b>	<b>+109</b>
<b>Total</b>	242	261	279	294	313	329	340	349	358	375

The standards are from the 2023-2024 marker system in effect from July 1, 2023.

### 2. QUALIFICATION EVENTS

WCH has accepted the recommendation of the High-Performance Committee that the following events serve as qualifiers for the 2023 IWF Senior World Championships:

- a. 2023 Senior Pan American Championships (Bariloche, ARG)
- b. 2023 Junior Pan American Championships (Manizales, COL)

- c. 2023 Canadian Senior Weightlifting Championships (Toronto, ON)
- d. 2023 IWF Grand Prix #1 (Havana, CUB)

### 3. EXPRESSIONS OF INTEREST

Participation in this event as an athlete is restricted to those athletes who submitted their expression of interest and paid the \$100 non-refundable administration fee prior to the deadline circulated earlier.

Coaches who are interested in participating in this event are encouraged to submit an expression of interest as soon as possible, but in no event later than **July 27, 2023**. To be eligible to participate in this event, coaches must meet the requirements of the WCH Screening Policy by completing a background check and submitting it to WCH.

### 4. CONFIRMATION OF PARTICIPATION

If you are withdrawing from the Competition, whether as an athlete, coach, or support personnel, please notify the High-Performance Manager (mread@cwfhc.ca) as soon as possible so that we can finalize the team by **July 27, 2023** deadline for Final Payment to the Local Organizing Committee (LOC).

### 5. WHEREABOUTS

As an Olympic qualification events, Article 5.5.16 of the IWF Anti-Doping Rules and Regulations requires that all athletes who wish to participate file Whereabouts for the entire 3-month period prior to the start of the competition (i.e., June 4, 2023) through to the final date of the competition (inclusive) to be eligible for selection to Team Canada. Athletes who have not filed Whereabouts by the deadline set by the IWF may not be eligible to participate.

### 6. REGISTRATION & ANTI-DOPING FEES

The IWF and LOC have set the following registration fee for this event are as follows:

- Athletes: USD 300 / person, including USD 50 IWF Special Anti-Doping Fee
- Coaches: USD 200 / person
- Team Support Personnel and WCH Delegates: USD 200 / person

### 7. ACCOMMODATIONS

(a) Official accommodations for the Competition are at the following three hotels:

- InterContinental Riyadh  
(<https://www.ihg.com/intercontinental/hotels/us/en/riyadh/ruhha/hoteldetail>)
- Narcissus Hotel and Residence Riyadh (<https://www.narcissusriyadh.com/>)
- Voco Riyadh  
(<https://www.ihg.com/voco/hotels/us/en/riyadh/ruhsd/hoteldetail>)
- Golden Tulip Riyadh (<https://riyadh.goldentulip.com/en-us/>)
- Marriott Court Riyadh (<https://www.marriott.com/en-us/hotels/ruhab-courtyard-riyadh-diplomatic-quarter/overview/>)

(b) Accommodation fees, including all meals, are as follows:

- Single room: **USD 200 / person / night**
- Double room: **USD 160 / person / night**

(c) All participants must stay a minimum of four (4) nights at one of the official hotels.

(d) Please complete the information at the following link no later than July 25<sup>th</sup>, 2023.

<https://form.jotform.com/231937098164868>

(e) Costs of any room upgrades or changes to reservations made by participants upon arrival are the sole responsibility of the party requesting the changes. The Local Organizing Committee will not accommodate any changes due to visa restrictions.

(f) Note that if your arrival time is before 2pm local time, you may be charged for the previous night's accommodations.

#### **8. PAYMENT OF FEES**

Registration, accommodation (minimum 4 nights), anti-doping, and visa fees for athletes and team support personnel must be paid by e-transfer to [treasurer@cwfhc.ca](mailto:treasurer@cwfhc.ca) no later than **July 27, 2023** based on the invoice that will be provided by July 26<sup>th</sup>, 2023.

The exchange rate will be provided on the invoice and based on the date the money is being transferred to the Local Organizing Committee.

#### **9. FUNDING FOR COACHES AND ATHLETES**

(a) **Athletes:** 1 female and 1 male athlete will receive support to a maximum amount of \$1,000 CAD for the event.

(b) **Coaches:** 1 coach will receive \$2000 support for their competition-related expenses, and 2 coaches will each receive \$1000 support for their competition-related expenses. The fully funded coach and one partially funded coach must arrive in Riyadh by September 2, 2023. The fully funded coach and second partially funded coach must remain in Riyadh until September 18 to ensure all Canadian athletes have full coaching support. Selection of funded coaches for Team Canada will take place in accordance with the WCH Coach Selection Policy.

(c) **Team Leader:** The High-performance Manager will serve as Team Leader for this event, covered by Own the Podium funding for that purpose.

#### **10. TRAVEL TO RIYADH, KSA**

(a) **Arrival and Transfer:** Participants must book their flights from Canada to KING KHALID INTERNATIONAL AIRPORT (RUH). The Competition Organizing Committee will provide transportation from King Khalid International Airport to the designated hotel. As of today, return flights to Riyadh from YUL, YYZ, YYC, and YVR are as low as \$1300 return. Prices are expected to rise soon.

**\*Athletes, coaches, and team leader\ are encouraged to travel together whenever possible. WCH strongly encourages participants to book their travel through our travel partner ATPI by contacting Ema Ionescu (Ema.Ionescu@atpi.com).**

**Team travel arrangements must be finalized no later than July 25, 2023.**

- (b) **Visa:** Canadian citizens and permanent residents must have a visa to enter the Kingdom of Saudi Arabia. The Local Organizing Committee will facilitate the visa process and requires all personal and passport information for Team Canada to be submitted before August 4. As noted above, members of Team Canada must provide the required information and pay the USD 60 Visa Fee no later than July 27, 2023.
- (c) **Passport:** Your passport expiry date must be no less than 6 months from the final date of your stay in Saudi Arabia. If your passport expires on or before **March 30, 2024**, we recommend you apply for a new passport immediately. Participants who arrive with passports expiring on or before **March 30, 2024** may be denied entry into the country.
- (d) **Pre-Arrival COVID Testing:** At this time, no pre-arrival COVID tests are required. This is subject to change at the discretion of the government of Saudi Arabia.
- (e) **Safety and Security:** The Government of Canada advises all visitors to Saudi Arabia to exercise a high degree of caution while there. While we are confident the Local Organizing Committee and government of the Kingdom of Saudi Arabia will ensure strong security measures are in place for the Competition, the legal system in the KSA is severe. All team members must respect local laws and govern themselves accordingly. For more details, please visit the Government of Canada's travel advisory site here: <https://travel.gc.ca/destinations/saudi-arabia> We hope to have more information from the IWF as to rules concerning head coverings, etc. in the competition hotels and venue soon.
- (f) **Insurance: The IWF requires** Weightlifting Canada to purchase sport accident insurance covering all sport injury risk for members of Team Canada at the Competition. WCH will therefore apply a surcharge of \$40 / person to offset that expense. All participants are responsible for obtaining their own travel medical (non-sport accident) for this event. Your provincial health care plan is unlikely to cover most or any medical expenses you incur while in Saudi Arabia.
- (g) **Health:** The Public Health Agency of Canada recommends that all travellers to Saudi Arabia consult their travel health physician about recommended vaccinations at least six weeks prior to departure.

For more information on health and other risks in Saudi Arabia, please visit <https://travel.gc.ca/destinations/saudi-arabia#health>

## 11. PRELIMINARY SCHEDULE

Please see the Competition Regulation for additional information on the Preliminary Timetable. We expect to receive further details in the coming weeks. Key dates include:

- August 21: Verification of Entries (online)
- September 1: Arrival period begins
- September 3: Technical meeting
- September 3: Opening Ceremony
- September 4: Competition begins

## 12. ANTI-DOPING

- (a) **IWF Policy.** The Competition is subject to the IWF Anti-Doping Policy, a copy of which is available for download on the IWF website: [www.iwf.net](http://www.iwf.net)

Under Section 7.4 of the IWF Anti-Doping Policy, all athletes participating in continental championship events must be registered in ADAMS and have submitted their Whereabouts for the full **90-day period** prior to the start of the Competition through the end of the Competition. Athletes who file their Whereabouts late may be considered ineligible to compete by the IWF. If you have any questions about filing Whereabouts, please contact Mr. Joe Landreville ([jlandreville@cwfhc.ca](mailto:jlandreville@cwfhc.ca)).

- (b) **Athletes**

**All** athletes and team support personnel are required to complete the **WADA ADel Online Course for Athletes** before the Competition. This course replaces the previous IWF ILiftClean platform that some team members are familiar with.

The course can be found at the following link: <https://adel.wada-ama.org/>

As was the case with the previous IWF ILiftClean platform, Athletes and team support personnel (coaches, team leaders, doctors, etc.) shall register at the site, watch the videos, and successfully complete the quiz at the end to receive the certificate.

If you have any problem with the registration process, please contact WADA at [adel@wada-ama.org](mailto:adel@wada-ama.org) and the IWF at [education@iwfnet.net](mailto:education@iwfnet.net).

- (c) **Coaches and Support Personnel:**

As per section 16.3 of the IWF Anti-Doping Policy, all coaches and team support personnel must complete and sign the Declaration Form for Athlete Support Personnel. Coaches and support personnel must provide a scanned copy of your completed Declaration by **July 27, 2023**. **Please use the following link to complete the form:**

<https://www.jotform.com/sign/230325299007049/invite/01gr9q91fwe16a4faf18dd4591>

Coaches and team support personnel must also complete the WADA Adel Online Course for Athletes as set out in subsection 9(b) above.

### **13. RESPECT IN SPORT CERTIFICATION**

In compliance with new Sport Canada regulations, all coaches, team support personnel, *and athletes* are required to complete Respect in Sport or equivalent certification prior to the Competition. If you have previously completed this training, you do not need to complete it again. The cost of the course is approximately \$35.

### **14. CONDUCT & SAFETY**

- (a) All athletes, coaches, team leader(s), and other support personnel are required to adhere to the WCH Conduct Policy at all times.

- (b) As noted above, the safety and security situation in Saudi Arabia is highly variable, and as in all countries it is subject to change no matter what part of the country you are in. While Riyadh itself is relatively safe, Saudi Arabia is involved in armed conflict with neighbouring Yemen, and as such the security situation in Riyadh could change quickly. Also, local law and customs in Saudi Arabia contrast sharply with those in



Canada. Just as you need to be aware of your surroundings and personal safety when out and about in your home country, you need to exercise discretion and act responsibly. We strongly recommend that you familiarize yourself with the security situation and local customs before the Competition and follow team guidelines at all times.

**15. TEAM CANADA AGREEMENT**

WCH requires all Team Members to sign an WCH Team Canada Agreement and the consent form for the Office of the Sport Integrity Commissioner as a condition of participation in the event. WCH will notify prospective team members who have not yet executed these documents when they are ready.

**16. READINESS TO COMPETE**

Once an athlete has been named and has accepted a spot on Team Canada, they must demonstrate their readiness to compete 4 weeks prior to the competition. Athletes and reserves will be required to send videos (with proof of date) of the snatch and clean and jerk demonstrating they are able to make at least 90% of their qualifying total for the competition. Should an athlete fail to meet this criterion, they will be removed from the team and any costs borne by WCH with respect to competition fees, will be the responsibility of the athlete to repay. Please send videos to the High-performance Manager (mread@cwfhc.ca) between Aug 1-15, 2023.

<https://weightliftingcanada.ca/wp-content/uploads/2023/02/Selection-Procedures-2023-V1.1-9-Feb-2023.pdf>

### 2023 /2024 Qualifying Competitions

Date	Qualifying Competitions	2023 Senior World Championships (Elite)	2023 Pan American Games (Major Games)	2023 IWF Junior World Championships (Elite)	IWF Grand Prix #2 (International 2)	2024 Pan Am Championships	2024 World Cup
		KSA	Chile	Mexico	Qatar	Venezuela	Phuket
		September 2-17, 2023	October 20-Nov 5, 2023	Nov-23	December 1-17 2023	March 14-21	April 2-11/2024
Mar-23	<b>2023 Senior Pan Am</b>	X	X	X	X		
May-23	<b>2023 Junior Pan Am</b>	X		X	X		
May-23	<b>2023 Senior Nats</b>	X	X	X	X		
Jun-23	<b>2023 Junior Nats</b>			X	X		
Jun-23	<b>Grand Prix #1</b>	X	X	X	X	X	
Jul-23	<b>Commonwealth Champs</b>		X	X	X	X	
Aug-23	<b>Ogo Pogo</b>			X	X	X	
Aug-23	<b>Ontario Summer Fest</b>			X	X	X	
Sep-23	<b>NAO - San Francisco</b>			X	X	X	x
Sep-23	<b>2023 Senior Worlds</b>			X	X	X	X
Oct-23	<b>2023 Pan Am Games</b>					X	X
Nov-23	<b>2023 Westerns</b>					X	X
Oct - Dec	<b>Provincial Championships held between October 1, 2023 and January 1, 2024</b>					X	X
Nov-23	<b>Junior World Championships</b>					X	X
Dec-23	<b>NAO Finals</b>					X	X
Dec-23	<b>Grand Prix #2</b>					X	X
Jan-24	<b>2024 Pan Am Championships</b>						X

Revised July 2023

Qualifying competitions are contingent on their dates - should dates deviate from what is listed it may be removed from the list