



Canadian Weightlifting Fédération Haltérophile Canadienne

March 31, 2021

Dear Sir / Madam:

Re: 2020 Junior Pan American Championship

On behalf of the CWFHC, we are pleased to provide you with this introductory memorandum for the 2020 Junior Pan American Championships (the “**Competition**”) taking place in Manizales, Colombia from June 7-11, 2021. This memo is to provide you with some important information to help you and your athletes prepare for the Competition.

1. QUALIFICATION STANDARDS

The qualification standards for the Competition are as set out below. These are based on the markers established by the CWFHC High Performance Committee (February 13, 2021). The qualification period for this competition is August 23, 2020 to April 22, 2021. Athletes must have achieved the required total within this time period to be eligible. CWFHC reserves the right to further verify any declared totals that were achieved in an online competition.

Women

	45	49	55	59	64	71	76	81	87	87+
Total	132	145	162	164	175	178	179	180	185	203

Men

	55	61	67	73	81	89	96	102	109	109+
Total	192	220	248	262	282	284	288	289	295	319

2. CONFIRMATION OF PARTICIPATION

All qualified athletes, or athletes that believe they will meet the qualification period within the time period outlined above, as well as coaches, and support personnel who would like to participate in the Competition must notify the CWFHC of their intent to participate in the Competition by **April 6, 2021** at the latest. Please send your notification to Secretary – Treasurer Deanne Friesen at dfriesen@cwfhc.ca. Athletes who confirm their intent to participate must also pay the \$100 CWFHC Administration Fee by e-transfer to dfriesen@cwfhc.ca. Coaches do not have to pay the Administration Fee.

If you are withdrawing from the Competition, whether as an athlete, coach, or support personnel, please notify Ms. Friesen as soon as possible so that we can finalize the team before the **May 7, 2021** deadline for Final Entries.

3. REGISTRATION FEES

- (a) The registration fee for each athlete is \$175 (USD).
- (b) The registration fee for each delegate, coach, team leader, or other support team support person is \$125 (USD).

4. ACCOMMODATIONS

- (a) Official accommodations for the Competition are at the Varuna hotel, located in Manizales Caldas.
- (b) All participants must stay a minimum of four (4) nights at the hotel.
- (c) The room rates are:
 - Single room: **\$140 (USD)/person/night**
 - Double room: **\$90 (USD)/person/night**
 - Triple room: **\$90 (USD)/person/night**
- (d) Meals are included with the accommodation fee.
- (e) Please notify the CWFHC by email (dfriesen@cwfhc.ca) if you would prefer a single, double, or triple room. If you choose a double or triple room, please let us know your choice of roommate. We will do our best to accommodate your choice.

5. PAYMENT OF FEES

Registration and accommodation fees (minimum 4 nights) for athletes and coaches must be paid in **US dollars** by money order to the CWFHC or by e-transfer to dfriesen@cwfhc.ca no later than **May 4, 2021**. Please send payment to:

Deanne Friesen
221 Hawks Ridge Blvd
Edmonton, AB
T5S 0M1

If paying by e-transfer in Canadian dollars, the exchange rate will be 1.35 CAD : 1 USD.

6. FUNDING FOR COACHES AND ATHLETES

- (a) **Athletes:** The top 2 female and top 2 male athletes will receive 80% support for registration fees, accommodations for 4 nights based on double room, and flight (Air Canada Basic Economy fare or equivalent).
- (b) **Coaches:** The coach of the top female athlete and of the top male athlete will receive 100% support for registration fees, accommodations, and flight (Air Canada Basic Economy fare or equivalent). Funded coaches must arrive in Manizales by June 6, 2021 and are expected to attend the Technical Meeting for verification of final entries on June 7, 2021.

(c) **Team Leader:** If the CWFHC determines that a Team Leader is required for this event given the potential logistical challenges, the Team Leader will receive 100% support for registration fees, accommodations, and flight (Air Canada Basic Economy fare or equivalent). The Team Leader is expected to arrive with or before the first group of athletes and coaches and remain with the team until the last Team Member leaves the competition. Selection of a Team Leader will take place in accordance with the CWFHC Team Leader Selection Policy.

7. TRAVEL TO Manizales, Colombia

(a) **Arrival and Transfer:** Participants should book their flights from Canada to Airport La Nubia (MZL). The Competition Organizing Committee will arrange transportation from the airport to the hotel, which is 40 minutes away, depending on traffic.

***Athletes and coaches are encouraged to travel together whenever possible. As soon as your flights are booked, please submit your completed Travel and Accommodation Form to dfriesen@cwfhc.ca with your travel dates and flight numbers so that we can provide that to the Competition Organizing Committee. We ask that you provide this information no later than May 7th, 2021.**

(b) **Flight time:** Flights from major Canadian cities to Manizales are typically 14 – 20 hours, depending on connections. We recommend arriving a few days early to give yourself time to acclimatize and recover from jetlag.

Here are some examples of recommended routes with Air Canada and other reputable airlines:

YYZ → El Salvador → Sarmiento → Manizales. Total time 14h 56m.

YUL → Dulles → J El Salvador → Sarmiento → Manizales. Total time 18h 11m

YVR → Toronto → El Salvador → Sarmiento → Manizales . Total time 20h 51m

(c) **Visa:** Canadians who are visiting Colombia for tourism purposes do not require a visa.

(d) **Passport:** **Your passport must be valid for at least 6 months beyond the date you intend to leave Colombia.** If your passport has less than 6 months remaining on it, we recommend you apply for a new passport immediately. Participants who arrive with less than 6 months remaining on their visa may be denied entry into the country.

(e) **Cost of Travel:** The cost of flights to Manizales can vary significantly. At this time, flights to Manizales from major Canadian cities in economy class range from **\$900 to \$1500 (CAD)** return. We expect those prices to rise in the coming weeks, so all participants are encouraged to book their flights as soon as their participation in the Competition is confirmed.

(f) **Safety and Security:** The security situation in Colombia is unpredictable, and certain regions of the country are particularly volatile and should be avoided.

The Government of Canada advises all travelers to Colombia to exercise a high degree of caution due to high levels of crime.

- (g) **Insurance:** All athletes and coaches are responsible for obtaining their own travel and health insurance for this event. Your provincial health care plan is unlikely to cover most or any medical expenses you incur while in Colombia. We strongly recommend you obtain travel and health insurance and confirm that your insurance policy covers injuries suffered while participating in sporting events and medical treatment for COVID-19.
- (h) **Health:** The Public Health Agency of Canada recommends that all travellers to Colombia consult their travel health physician about recommended vaccinations prior to departure.

COVID: There is an ongoing outbreak of COVID-19 in Colombia. Please monitor the Government of Canada website for daily updates of COVID-19 entry/exit requirements for Colombia, including PCR tests, 2-day mandatory quarantine period, and mandatory tracking apps that may be required.

For more information on health and other risk in Colombia, visit <https://travel.gc.ca/destinations/colombia>

8. PRELIMINARY SCHEDULE

The Competition Regulation with Preliminary Timetable is available for download at <https://www.iwf.net/downloads/?category=253>

Key dates include:

- June 6: Arrival period begins
- June 7 (at 18:00): Verification of Final Entries
- June 8: Competition begins

9. ANTI-DOPING

- (a) **IWF Policy.** This competition is subject to the IWF Anti-Doping Policy, a copy of which is available for download on the IWF website: 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 60-day period prior to the start of the Competition through the end of the competition. Athletes who file their Whereabouts even one day late will be considered ineligible to compete by the IWF. Athletes who wish to compete in Colombia who are not already registered in ADAMS are encouraged to register as soon as possible by contacting Mr. Richard Mason (vpadmin@cwfhc.ca) to create an account.

- (b) **Athletes**

All athletes are required to complete the **IWF iLiftCLEAN E-learning Course** before the Competition.

To successfully complete the iLiftCLEAN course, the Athlete must take the final test at the end of the course and obtain a final score of at least 80%. The course is available in English, French, Spanish, Russian, Arabic and Japanese. It takes approximately 30 minutes to complete.

The IWF Anti-Doping E-learning platform can be reached on the following website:
<https://iliftclean.com>

Here are the steps to follow:

Step 1: Register;

Step 2: Create an account on the platform for yourself;

Step 3: Confirm your account by clicking on the link received by e-mail from the website;

Step 4: Sign in with your username and password;

Step 5: Watch the Anti-Doping videos and complete the test after;

Step 6: Receive your Certificate;

Step 7: Show your Certificate to the IWF by sending it to
www.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 attached Declaration Form for Athlete Support Personnel on the last page of this memo. Coaches and support personnel must provide a scanned copy of your completed Declaration by **May 5, 2021**.

*In compliance with new Sport Canada regulations, all coaches and team support personnel are required to complete Respect in Sport or equivalent certification prior to the competition. If your province already requires this, you do not need to complete the training again. If you have not completed this training before, the CWFHC will provide you with a license, free of charge, to complete the training in French or English.

10. CONDUCT & SAFETY

- (a)** All athletes, coaches, team leader(s), and other support personnel are required to adhere to the CWFHC Conduct Policy at all times.
- (b)** As noted above, the safety and security situation in Colombia is unpredictable. Just as you need to be aware of your surroundings and personal safety when out and about in your home country, you need to keep your wits about you in Colombia as well. We strongly recommend that you familiarize yourself with the evolving security situation in Colombia and follow team guidelines at all times.

**Declaration Form for Coaches and Athlete Support Personnel
as per Article 16.3 of the IWF Anti-Doping Policy**

I, _____, born on _____, affiliated to the **Canadian Weightlifting Fédération Haltérophile Canadienne**, hereby expressly undertake to at all times comply with and to be bound by the provisions of the IWF Anti-Doping Policy.

I, _____, specifically acknowledge that in accordance with Article 16.3 of the IWF Anti-Doping Policy, the **Canadian Weightlifting Fédération Haltérophile Canadienne** is obliged to share personal information about me with the IWF to which I have given my consent.

I, _____ undertake to act at all times in the spirit of fair play.

Place: _____

Date: _____

Name: _____

Signature: _____