



Canadian Weightlifting Fédération Haltérophile Canadienne

December 29, 2019

Dear Sir / Madam:

Re: 2020 Commonwealth Championships

On behalf of the CWFHC, we are pleased to provide you with this update on the 2020 Commonwealth Weightlifting Championships (the “**Competition**”) taking place April 21-28, 2020 in Nauru.

On December 22, 2019, the Commonwealth Weightlifting Federation extended an invitation to Canadian athletes to participate in the Competition. Since then, some athletes have expressed an interest in participating in this event. While the Competition is not a CWFHC Major Event – a major competition for which the CWFHC provides financial support – if athletes officially declare their intent to participate in this competition, the CWFHC will send a team and provide administrative support. This memo provides information on deadlines, fees, and other information that will help you prepare for the Competition.

1. CLASS OF EVENT

This event is classified as an **IWF Silver Medal Event** for the purposes of qualifying for the Tokyo 2020 Olympics. Because the Competition is not a CWFHC Major Event, the CWFHC will not provide financial support. However, if athletes officially declare their intent to participate in the Competition, the CWFHC will send a team, just like the CWFHC is doing for the ROMA 2020 Grand Prix. We will therefore provide administrative support for the Team and help coordinate arrangements with the Commonwealth Federation.

2. QUALIFICATION STANDARDS

To qualify for the Competition and represent Canada athletes must meet the traditional Minimum Threshold of Performance (MTP), which is 80% of the marker.

Women

	45	49	55	59	64	71	76	81	87	87+
Total	144	153	168	179	186	195	201	207	214	223

Men

	55	61	67	73	81	89	96	102	109	109+
Total	214	236	257	273	289	301	309	317	325	347

3. QUALIFICATION EVENTS

Interested athletes must hit the MTP at any SDC competition in the CWFHC or IWF calendars from October 21, 2019 to February 8, 2020.

4. CONFIRMATION OF PARTICIPATION AND ADMINISTRATION FEE

The deadline to declare interest to participate in this competition is January 14, 2020. All qualified athletes who declared their intent to participate must pay the \$100 CWFHC Administration Fee* by the same date. The Administration Fee can be paid by e-transfer to treasurer@cwfhc.ca. Please send your declaration to the CWFHC Secretary-Treasurer at the same time.

If you would prefer to pay by cheque, you send the Administration Fee to the Secretary – Treasurer at the following address:

CWFHC c/o Mr. Aaleem Patel
82 Malibou Road SW
Calgary, AB
T2V 1X3

*Coaches and other support personnel do not have to pay the Administration Fee.

5. REGISTRATION FEES

- (a) The IWF Anti-Doping Fee for athletes is \$50 (USD) per athlete.
- (b) There are no registration fees for athletes, coaches, and support personnel for the Competition.

6. ACCOMMODATIONS

- (a) Official accommodations for the Competition are at the Menen Hotel in Nauru.
- (b) The room rates are:
 - Single room: **\$105 (USD)/person/night**
 - Double room: **\$92 (USD)/person/night**
 - Triple room: **\$85 (USD)/person/night**
- (c) Meals are included with the accommodation fee.
- (d) Please notify the CWFHC by email at cwalker@cwfhc.ca if you would prefer a single room or a double room. If you choose a double room, please let us know your choice of roommate. We will do our best to accommodate your choice.

7. PAYMENT OF FEES

- (a) Other than the CWFHC Administration Fee, all payments for the Competition must be made in cash upon arrival to the Organizing Committee at the accreditation centre.

8. FUNDING FOR COACHES AND ATHLETES

No funding is available for coaches or athletes for this Competition. If the CWFHC determines that a Team Leader is required for this event, we will determine the level of funding available based on the current state of our finances. The Team Leader is expected to arrive with or before the first group of athletes and coaches.

9. TRAVEL TO NAURU

(a) Arrival and Transfer: Participants should book their flights from Canada to Brisbane and then through to Nauru. The organizers will arrange transportation from the airport to the hotel.

***Athletes and coaches are encouraged to travel together whenever possible. As soon as your flights are booked, please notify Craig Walker (cwalker@cwfhc.ca) of 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 **February 13, 2020**.**

(b) Flight time: There are no direct flights from Canada to Nauru. Most routes from Canada go through Brisbane, Australia. While alternative routes are available through Fiji, the organizers stress that routes through Brisbane are more reasonable and more reliable. We recommend arriving a few days early to give yourself time to acclimatize and recover from jetlag.

(c) Visa: Canadian passport holders must apply for a visa to Nauru in advance. Visa application forms must accompany the Final Entry Form, which the CWFHC will submit no later than **February 20, 2020**.

(d) Cost of Travel: The cost of flights to Brisbane, Fiji and Nauru can vary significantly. At this time, flights to Brisbane from major Canadian cities in economy class range from **\$1300 to \$1800 (CAD)** return. Flights from Brisbane to Nauru are typically \$600 to \$700. We strongly encourage participants to book their travel with the assistance of a professional travel agent, as this is an unusual itinerary and you may be able to find a more affordable route with the help of a professional.

(e) 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 Nauru. Also, many travel health insurance plans do not cover sport-related injuries incurred overseas. We strongly encourage all participants to confirm with their insurance provider whether their policy covers sport-related injuries.

(f) Health: Nauru is free from malaria, yellow fever, and major tropical diseases that are endemic in some tropical countries. Even so, the Public Health Agency of Canada recommends that all visitors consult their travel health physician about recommended vaccinations.

For more information on health and other risk in Nauru, visit

<https://travel.gc.ca/destinations/nauru>

10. PRELIMINARY SCHEDULE

The Competition Regulation with Preliminary Timetable is available for download at www.iwf.net

Key dates include:

- April 16: Arrival period begins
- April 19 (at 17:30): Verification of final entries
- April 21: Competition begins

11. 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

(b) **Athletes**

(i) **Whereabouts:** IWF rules require that all athletes competing in the Competition be registered in ADAMS and file Whereabouts for **the entire 2-month period prior to the start of the Competition through to end of the Competition**. Because the Competition starts on April 21, 2020, the deadline for all participants to file Whereabouts is February 20, 2020. Therefore, we urge all athletes who are interested in competing at the Commonwealth Championships to register in ADAMS and start filing Whereabouts immediately. To register for an ADAMS account, please contact Victor Twynstra (vtwynstra@cces.ca) at the Canadian Centre for Ethics in Sport. He is the designated contact for Weightlifting.

The IWF has a zero-tolerance policy for late filings of Whereabouts. If an athlete is even one day late in filing Whereabouts, the IWF will declare the athlete ineligible to compete.

Athletes are responsible for updating their Whereabout status if their schedules and locations change. If Doping Control Officers attempt to collect a sample and the athlete is not present, the governing agency may begin a review process and ask the athlete for an explanation.

(ii) **iLiftCLEAN:** 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 **February 13, 2020**. Once you complete this declaration, you need not complete it for any other competitions in 2020 unless otherwise specified in the competition regulation.

12. CONDUCT & SAFETY

- (a)** All athletes, coaches, team leader(s), and other support personnel are expected to adhere to the CWFHC Conduct Policy. A copy of the Conduct Policy is available at www.cwfhc.ca. The CWFHC will provide a copy of that policy to all participants following its official adoption by the Executive Committee.
- (b)** In accordance with Sport Canada requirements, the CWFHC has adopted the principles of Respect in Sport. All coaches, team leaders, technical officials, and team support personnel who participate in the Competition must complete the CWFHC Respect in Sport certification program by March 1, 2020. The details of this program and a link to the registration portal will be available soon.
- (c)** Overall, Nauru is a safe nation in which to travel. Violent crime rates are relatively low. 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 good judgment in Nauru as well. Be cautious when using debit or credit cards.
- (d)** Please monitor the Government of Canada website for updates on travel advisories (travel.gc.ca/destinations/nauru).

**Declaration Form for Coaches, Team Leaders,
and other Team Support Personnel**
as per Article 16.3 of the IWF Anti-Doping Policy

I, _____, born on _____, affiliated with 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: _____