



**BIATHLON  
CANADA**

# Should my athlete go to Nationals?

A coach's guide to determine if your athlete is ready for Canadian Biathlon Championships



# Who should help my athlete decide?

1. Coaches and athletes should work together with input from parents/guardians on whether an athlete is ready to attend the National Championships.
2. Seek out a Competition Introduction certified coach or higher to discuss your thoughts and find guidance. Your club and divisions can also be great places to gather feedback and guidance.
3. All parties must take into consideration where the athlete sits in the Long Term Athlete Development pathway.



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# Requirements for registration

1. The athlete must have their own firearms licence (minor's permit or PAL).
2. The athlete must identify a **Responsible Coach**.
3. The athlete and coach are in good standing with Biathlon Canada, their division and their club.



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# Firearms License

Athletes must have their own valid Canadian Firearms Licence/Permit.

- Not expired
- Issued to the athlete (not parent/ coach)

Note: At 18, a minor's permit automatically expires. It is the athlete's responsibility to ensure there is a smooth transition (no interruption) from a minor's permit to a PAL. It is encouraged apply for the PAL at least six months ahead of your 18th birthday.



# The athlete must identify a Responsible Coach

**Responsible Coaches** must certify that an athlete is able to compete in a safe and meaningful manner at the National level, for the athlete registration to be valid.

The designated coach must be Competition-Introduction certified or higher and have a Biathlon Canada coach membership.

Responsible coaches are not required to be the athlete's primary coach, nor attend nationals.



# Good Standing



All registered athletes, coaches and staff must be members of and in good standing with Biathlon Canada, their division, and their club.

Athletes require an athletes membership with Biathlon Canada.

All registered coaches must have a coaching membership with Biathlon Canada. The coach must also have MED certification.



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# Registration process

1. Athletes may self-register for competition at nationals, and designate their **Responsible Coach**.
2. Biathlon Canada will verify that all athletes and **Responsible Coaches** are in good standing at the national level.
3. Biathlon Canada will send a list of registered athletes and nominated **Responsible Coaches** to each Division.
4. The Division will verify that each athlete and nominated **Responsible Coach** are in good standing at the provincial level.
5. **Responsible Coaches** will then verify with Biathlon Canada that their athletes are able to compete in a safe and meaningful manner at nationals.



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# Roles of the Divisions

1. Divisions are responsible for verifying that registered athletes and coaches are in good standing at the divisional level.
2. Divisions are free to deliver any team, logistical or race support at nationals as needed.
3. Divisions are free to determine which athletes qualify for Divisional team support.
4. Divisions are free to limit Divisional team support offered to athletes at nationals based on their own capacity.
5. Divisions may not prevent qualified athletes from attending nationals.
6. Athletes are encouraged to check with their Divisions regarding support at nationals.
7. A Division Representative will be appointed by each Division. This individual is the main point of contact for the OC and will manage on-site Division logistics. For example, submitting Division relay teams, wax cabins etc. This individual must be appointed prior to the Team Captain's Meeting.



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# Characteristics of a nationals-ready athlete

1. The athlete is prepared for competition.
2. The athlete understands the rules of competition.
3. The athlete has race experience.
4. The athlete has support while attending nationals.



# The athlete is prepared for competition

Competing at nationals is a physically demanding event.

Athletes should be physically and mentally prepared through their training plan to compete.

Part of being prepared is ensuring the athlete is healthy and injury free at the start of the event.



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# The athlete understands the rules of competition

The athlete understands all racing formats and rules of IBU biathlon competition.

The athlete understands the specific rules outlined in the Canadian Hosting policy for their category.



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# The athlete has race experience



The athlete should have experience competing in the category for which they are registering at nationals.

The athlete should be competent at skiing all the course distances of their race category.

The athlete should be competent at handling a firearm in the context of a biathlon competition



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# Ensuring Safe and Meaningful Competition

An athlete may be pulled from the event at any time by the TD should they be deemed:

- Unsafe, Unfit, or Unable to reasonably compete with the competition field
- They will not receive any refund if this is the case.



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# The athlete has support while attending nationals

Your athlete has a **club** or **Team**  
or **Division** or **Coach** to support  
them at National  
Championships

Having a coaching and  
support staff is critical to a  
positive and successful  
experience



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# Preparedness Checklist

- Athlete is enthusiastic about biathlon
- Athlete attends practices on a regular basis
- Athlete attends local/provincial cup races on a regular basis
- Athlete can safely manipulate a rifle on their own
- Athlete can successfully race competitive distances
- Athlete understands the rules of biathlon
- Athlete has their own firearms license
- Athlete is in good standing which includes a membership with Biathlon Canada, their division and club
- A Responsible Coach has verified the athlete
- Athlete has support while attending nationals



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# Red flags when considering attending nationals

- Athlete does not have their own PAL
- Athlete is not a member of Biathlon Canada
- Athlete has financial constraints
- Athlete prioritizes other commitments
- Athlete infrequently attends practices
- Athlete does not participate in biathlon competitions
- Athlete is unable to safely manipulate a rifle on their own
- Athlete is unable to race the competitive distance
- Athlete does not understand the rules of biathlon
- Athlete has no support while attending nationals





# Questions?

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