



CYCLING CANADA ATHLETE HANDBOOK



WELCOME!

Cycling Canada's goal is to develop a sustainable and aligned National Team program that continuously delivers gracious champions to the world stage and lifelong ambassadors to our community.

Established in 1882, Cycling Canada is our nation's oldest National Sport Organization. The Canadian National Cycling Team has a rich history of success that stretches back to the 1908 Olympic Games, where Canada won bronze in the Team Pursuit.

Athletes competing for the Canadian National Cycling Team have won 38 Paralympic medals, 16 Olympic medals and numerous Elite, U23 and Junior world titles.

Representing your country in sport is an honour, congratulations on being named to the Canadian National Cycling Team!

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INTRODUCTION

This handbook is meant to aid and inform, and we have attempted to write it in simple and accessible language. If there is a disagreement between this document and Cycling Canada's official policies and procedures, Cycling Canada's official policies and procedures take precedent.



ABOUT CYCLING CANADA

WHAT WE DO

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At Cycling Canada, we are passionate people who work collectively to make our organization an indispensable resource for all Canadians directly or indirectly involved with cycling.

OUR PURPOSE

Inspire Canadians to cycle.

OUR ROLE

To lead, regulate and empower.

OUR MANDATE

To holistically develop the sport of cycling in Canada.

OUR KEY SUCCESS FACTORS

- Focus
- Capacity
- Alignment, Collaboration & Accountability
- Sustainability & Inclusion
- Adaptability



ABOUT CYCLING CANADA

OUR STRATEGY

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FOUR INTERRELATED AREAS OF STRATEGIC FOCUS

COMMUNITY

We will create a community with deep connection, affinity and pride in cycling; the community is our greatest collective opportunity and is the foundation for our path to sustainability, diversification and growth.

GRASSROOTS

We will teach Canadians the joy of cycling skillfully; a nationally aligned grassroots development program will drive the flow of new participants, members into the club systems and develop future champions from across the country.

EVENTS

We will produce and facilitate events that get Canadians genuinely excited about our sport; this will engage our community and stimulate new interest while supporting development pathways for our athlete, coaches and officials.

GRACIOUS CHAMPIONS

We will continue to develop sustainable and aligned performance programs that deliver gracious champions to the world stage and lifelong ambassadors to our community.



The Canadian National Cycling Team is comprised of athletes from all disciplines who represent Canada at international competitions, World Championships and Major Games.

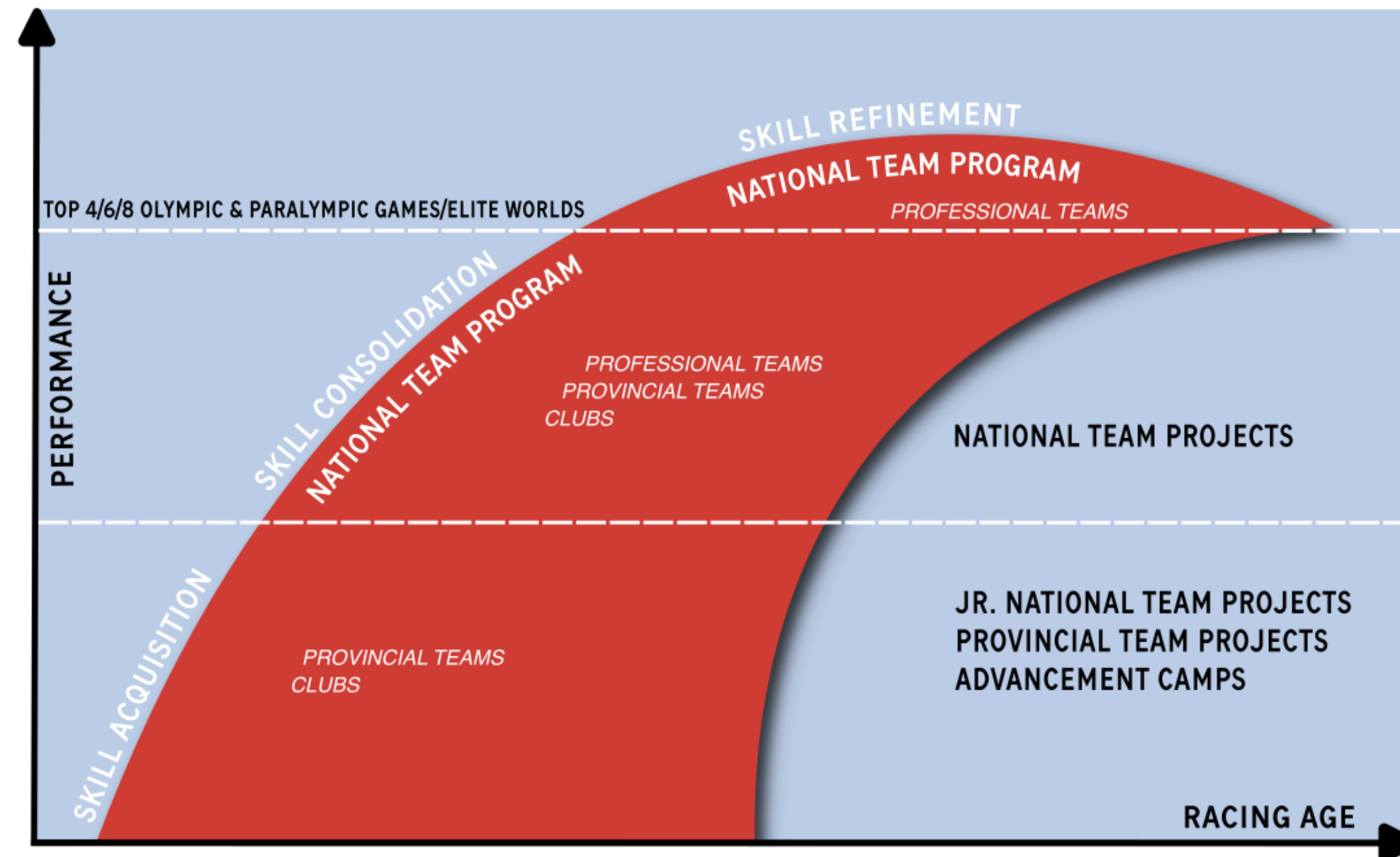
Cycling Canada refers to both camps and races as 'Projects'. Each year Cycling Canada organizes more than 80 National Team competition and training projects in road, track, mountain bike, BMX, para-cycling and cyclo-cross. In a typical season more than 200 athletes will compete for Canada as a member of the National Team.

The graphic below shows how National Team programming corresponds with the Performance Pathway for cyclists developing from the club level to international podium performances.

The list of athletes who have represented Canada in previous years can be found [HERE](#).

NATIONAL TEAM

PROGRAMMING: ONE SPORT. ONE TEAM.



NATIONAL TEAM

STANDARDS: BUILDING A POSITIVE ENVIRONMENT

Performing at a World Class level requires a performance environment where athletes and staff feel safe and supported. To help create this, Cycling Canada has created shared standards for all athletes and staff.

- Bring an optimistic attitude.
- Create a solution-oriented environment.
- Set meaningful personal goals.
- Take responsibility for your training and your performance.
- Ask for help when needed.
- Show up prepared and on time.
- Commit to doing your best.
- Be present and engaged.
- Choose to be coachable – learning faster is a competitive advantage.
- Share feedback in a way that brings out the best in others.
- Be kind.
- Learn to maintain composure under pressure.
- View setbacks and challenges as opportunities to learn.
- Celebrate your success and the success of others.



NATIONAL TEAM

PERFORMANCE POOLS OVERVIEW

Athletes are eligible for nomination to Cycling Canada Performance Pools. These pools are used to determine the level of service each athlete receives.

There are three Performance Pools:

- Podium
- Core
- Development

The required level of performance and the services available for each is outlined in the following pages.

More details on Performance Pool eligibility criteria and nomination process can be found [HERE](#).

Performance Pool status is neither a guarantee nor a requirement to be selected for National Team projects. All eligible athletes may be selected to projects per the selection criteria (see National Team Selection later in this document).



NATIONAL TEAM

PODIUM POOL

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PODIUM PERFORMANCE POOL

Athlete Level

Athletes who have demonstrated elite podium potential by achieving results equivalent to an International (SR1) Card in the previous 12 months.

Coaching from a National Team coach

Provided at no cost.

Performance Services

First priority for individualized performance solutions optimized to increase the athlete's potential to earn medals at World Championships and Major Games.

Project fees

None. In most cases, CC will cover the cost for Podium athletes to travel to and from National Team projects.



Photo credit: Alex Whitehead/SWpix.com

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CORE POOL

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CORE PERFORMANCE POOL

Athlete Level

Athletes who have demonstrated the potential to finish on the elite podium in the next 4 years by achieving results equivalent to a National (SR) Card in the previous 12 months.

Coaching from a National Team coach

Provided at no cost.

Performance Services

Services for each athlete are determined based on a detailed assessment of the athlete's Individual Performance Plan (IPP). The IPP is created by the National Team Coach in collaboration with the athlete, the athlete's personal coach (if applicable), and the Performance Services team. Service availability will depend on Cycling Canada's capacity once services have been allocated to Podium Pool athletes.

Project fees

Core athletes do not pay project fees, but they are responsible for the cost of travel to and from National Team projects.



RIYADH
2025 UCI
URBAN CYCLING WORLD
CHAMPIONSHIPS

Photo credit: Alex Whitehead/SWpix.com

NATIONAL TEAM

DEVELOPMENT POOL

DEVELOPMENT PERFORMANCE POOL

- **Performance Level:** Athletes who have demonstrated the potential to finish on the elite podium in the next 5-8 years by achieving results equivalent to a Development (D) Card in the previous 12 months.
- **Coaching:** Provided at no cost.
- **Services:** Services for each athlete are based on a gap analysis and CC's capacity to deliver these services. Service availability will be at a lower priority to that of athletes in the Podium and Core pools.
- **Project fees:** Development athletes are required to pay project fees and are responsible for the cost of travel to and from National Team projects.



NATIONAL TEAM

COACHING SERVICES

Coaching is a key element of National Team Programming and Cycling Canada's National Team Coaches are among the best in the world. Cycling Canada's Coaches have supported athletes to World Cup, World Championships, Paralympic and Olympic podium performances.

All National Team coaches are Chartered Professional Coaches (ChPC) with Coaches of Canada and maintain high standards of coach education and ongoing professional development.

When athletes attend a training or competition project with the National Team they will be led and coached by a National Team Coach.

Personal coaching is also available through the National Team. Personal coaching is provided without fees for National Team athletes who qualify into the Performance Pools.

Athletes interested in working with a National Team coach should contact Cycling Canada. The athlete will be paired with an appropriate coach based on their location, interests, and performance and results progression.

The coach will develop an Individual Performance Plan (IPP) that will help to guide the athlete's training and competition plans throughout the year. The IPP is also used by the Performance Services team to determine what services each athlete needs. The intent of the IPP is to ensure a maximal rate of learning and progression. It is a road map that enhances performance and results progression for each athlete.



NATIONAL TEAM

PERSONAL AND PRIVATE COACHES

Coaching is available to all National team athletes; however, athletes are not required to be coached by a National Team Coach in order to progress through the National Team system. It is important to build good collaboration between the athlete, personal coaches and Cycling Canada – all sharing the same goals and expectations.

Cycling Canada's main point of contact and communication will always be directly with the athlete. We believe that this leads to more efficient communication and empowers the athlete to take responsibility for their training and performance. Athletes are encouraged to include their personal coach, and/or professional team director in all communication with the National team. National Team coaches will work with the athlete and their personal coach to develop an Individual Performance Plan if required.

Athletes attending a DTE (Daily Training Environment), training camp or competition project with the National Team are expected to follow the training program set out by the National Team Coach during that project.



NATIONAL TEAM

ATHLETE EDUCATION

Cycling Canada will help connect athletes with education workshops throughout the off-season.

These sessions, delivered by Cycling Canada, the Canadian Sport Institute Network, are designed to improve each athlete's level of knowledge and skill in areas like event preparation, mental performance, nutrition, recovery, travel, career planning and many other topics.

These sessions are typically offered through video conferencing and will include athletes from all disciplines in the National Team.

We feel these sessions are critical modules of base knowledge that are needed if athletes hope to benefit from any individualized performance services in the future.



NATIONAL TEAM SELECTION CRITERIA

All athletes must earn selection for each National Team project, regardless of their history in the sport.

Cycling Canada publishes selection criteria for each National Team program; these criteria explain how athletes are nominated for each project.

It is the athlete's responsibility to thoroughly read and understand the criteria. All official selection policies can be found [HERE](#).

Athletes may appeal selection decisions if they believe they were overlooked by mistake or intentionally. Information on Cycling Canada's Appeal Process can be found [HERE](#). However, before appealing athletes are encouraged to request a meeting with Cycling Canada to better understand how the decision was made.

Once an athlete has been selected to a project, the National Team Coach will inform them and will put them in touch with our Operations team, who will plan the logistics for each project.

If you have any questions about selection policies, please contact Cycling Canada.



NATIONAL TEAM

PROJECT FEES

Project fees represent roughly 5% of Cycling Canada's total high-performance budget but allow for Cycling Canada to deliver robust programming across all cycling disciplines. Cycling Canada strives to keep athlete fees as low as possible.

Fees must be paid by the indicated deadline (usually prior to the start of each project) or the athlete's selection may be forfeited.

Specific information on project fees, flights and baggage fees can be found [HERE](#).

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NATIONAL TEAM

EQUIPMENT

National Team athletes are responsible for having their own bikes for both training and competition. Athletes must ensure their bikes are in top mechanical condition and that they travel with any spare parts they will need on project.

The exception to this is when athletes are competing in Elite National Team Track and Para Track projects. These athletes are required to use the track bikes provided by Argon 18 for competition and training.

Cycling Canada provides spare wheels, trainers and mechanical support for National Team projects in all disciplines. The level of support provided on each project will be communicated to selected athletes prior to travel.

All National Team equipment remains the property of Cycling Canada unless specified otherwise in writing and must be returned upon request. Athletes who take equipment home will be asked to sign a contract, pay a deposit, and are responsible for any loss or damage due to neglect.

It is the expectation that all Cycling Canada equipment is returned to one of the National Team Service Course facilities in Belgium or in Milton no later than the end of each season.



NATIONAL TEAM

CLOTHING

Cycling Canada is fortunate to have Jakroo as our National Team clothing partner. They provide National Team competition and casual clothing for all National Team projects free of charge.

Athletes will receive clothing once per year unless additional clothing is required based on the specific needs of a subsequent project.

The quantity and types of clothing distributed are based on the specific needs of any given project and the amount of clothing an athlete may have already received.

Athletes attending a project are expected to bring any current National Team clothing they have already received.

Any athlete who needs clothing replaced due to loss, damage or defects must contact Cycling Canada prior to travelling to a project. The athlete may be asked to provide proof of the loss or damage, and to return a defective item for quality control.



NATIONAL TEAM PROJECTS:

BEFORE THE PROJECT

Project Prerequisites

Each Athlete traveling with the National Team is required to complete the following before travel:

- Create/update athlete profile on CCN
- Complete required Canadian Safe Sport Program (CSSP) training
- Complete required Sport Integrity Canada anti-doping training
- Sign the current year's Athlete Agreement
- Pay any required project fee in full
- Communicate any allergies and medical conditions to the Project Coordinator

Project Technical Guide

Before you leave on a project with Cycling Canada, you will receive a PDF of a technical guide which outlines the following:

- Project Introduction
- Staff and contact information
- Athletes and contact information
- Schedule
- Travel
- Accommodation and meals
- Safe Sport
- Therapy Guidelines
- Centre for Ethics in Sport
- Critical Incident Protocol
- Insurance
- Social Media Guidelines

If you have not received a technical guide before departure, or if you have any questions about the information in the technical guide, please contact the Lead Coach or HP Project Coordinator.



**NATIONAL TEAM
PROJECTS:
BEFORE THE PROJECT**

Behaviour

It's an honour to be able to represent your country in sport. Please always conduct yourself in a respectful and appropriate manner while participating in Cycling Canada projects. Cycling Canada's Code of Conduct and Ethics can be found [HERE](#).

Safe Sport

Cycling Canada is committed to the Safe Sport movement and believes that all members have the right to participate in a safe environment that is free of abuse, harassment or discrimination. Both staff and athletes are required to complete Safe Sport training and will receive regular communication on what constitutes a Safe Sport violation and how to report it. Please see the Safe Sport section of this document for more information.

Anti-doping

Make sure you have completed all anti-doping education requirements and, if applicable, have a valid TUE for any medication that requires it. Please see the anti-doping section of this document for more information.

Before the project, or on the first day, the Lead Coach will host a mandatory meeting with staff and athletes to go over the High Performance guidelines, the importance of safe sport and how to report Safe Sport violations through Cycling Canada's third-party reporting system.

Any questions or concerns regarding Safe Sport should be immediately brought forward to the Lead Coach or HP Project Coordinator.



NATIONAL TEAM PROJECTS: DURING THE PROJECT

Important Safe Sport Guidelines:

- Rule of Two: A staff person should never be alone with an athlete, and all interactions should be open, observable and justifiable. This includes while driving. The only exceptions to the rule of two are treatment session with a therapist for which written consent has been given, and emergency situations.
- There will be a staff person of the same gender as each athlete on a project.
- Minor athletes must be accompanied by an adult when going to anti-doping or to the hospital.
- Intimate relationships between staff and athletes are not permitted regardless of the athlete's age.

Communication

High performance environments can be stressful. Clear, concise and respectful communication is key. When communicating with fellow athletes and staff, please remember to be positive and respectful in both tone and content. Staff are required to follow the Rule of Two when communicating with minors: all communication with minors, including via email, text and social media,, must be transparent and be sent to a group.

Accommodations

Accommodation will be booked so there are no more people than beds per room. In rental houses, common spaces may be shared by all. Assume that you will be sharing a room and be prepared to be a respectful roommate (e.g. bring pajamas, earphones and earplugs.)

Only National Team staff and athletes are allowed in accommodations booked by Cycling Canada at all times, with the exception of Para athletes who require a companion during projects. Para companions must be approved by the Lead Coach or HP Project Coordinator prior to travel. Athletes and staff must be in their assigned rooms each night.



NATIONAL TEAM PROJECTS: DURING THE PROJECT

Transfers

In specific situations in para-cycling, some athletes may require the assistance of a staff member to complete a transfer. This may be the result of a crash in competition, from a vehicle to a wheelchair, from a wheelchair to bike, during classification, therapy, or other circumstances. If a transfer is needed, staff are required to ask the athlete for verbal consent before any physical manipulation.

Injuries

An incident report must be completed if anyone gets hurt on the project (staff or athlete) and requires a hospital visit or can no longer perform their tasks (for athletes, that means not being able to start or finish a race, or visiting venue medical after a race). This form will be completed by the team therapist or medical staff, or the Lead Coach if there is no medical professional on the project. As soon as reasonably possible an on-site staff member will initiate a claim with Cycling Canada's insurance provider as listed in the project tech guide.

Concussions

Concussions are a frequent injury in cycling crashes. Please familiarize yourself with the Cycling Canada Head Injury Protocol (see the resources section of this document). If an athlete has a suspected head injury, the athlete will be immediately removed from competition or training and the staff will follow the steps outlined in the protocol.

Friends and Family

Friends and Family who choose to attend a race must provide their own transportation and accommodations and respect the boundaries of the National Team environment. That includes not entering or disrupting National Team spaces (accommodation, training and competition) without explicit permission from the staff in charge of the project.



NATIONAL TEAM PROJECTS: DURING THE PROJECT

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Paramedical

All athletes will be educated on their rights prior to treatment such as a massage, in accordance with each therapists/medical staff's governing body, including but not limited to the option to request the presence of another staff member or teammate in the room, or to decline the treatment entirely.

All therapists/medical staff will obtain written consent to perform treatment on sensitive areas. Doors will always remain open during treatment or medical sessions. The athlete may request private treatment or appointment (door closed, private room), however consent must be signed. Junior athletes are not eligible to receive treatment from therapists.

The schedule of all therapy treatment in the DTE or on a project should be shared with another staff or contractor in the building or working on the project.



Photo credit: Zac Williams/SWpix.com

NATIONAL TEAM PROJECTS:

POST PROJECT

Expenses

If an expense report is required, it will be sent out by the HP Project Coordinator and must be remitted within two weeks of the completion of a project. Failure to comply may result in the delay or nonpayment of the reimbursement.

Post Project Survey

You may be sent a survey following a project. Your honest and constructive feedback is encouraged and allows Cycling Canada to identify opportunities for improvement.



SPORT CANADA ATHLETE ASSISTANCE PROGRAM (AAP)

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The Sport Canada Athlete Assistance Program (AAP), known as “carding,” provides direct financial assistance to athletes competing in **Olympic** and **Paralympic** disciplines.

AAP Criteria will be published by April 30th each year.

The AAP criteria for cycling can be found [HERE](#).

To be nominated to the AAP all athletes, regardless of their status on the National Team, **must apply by the deadline indicated in the criteria each year.**

If you have any questions about the AAP, please contact Cycling Canada.



PERFORMANCE SERVICES

Cycling Canada supports National Team athletes and coaches with Performance Services, Research and Innovation.

Cycling Canada's performance services include:

- Therapy
- Mechanical/Equipment
- Mental Performance
- Physiology
- Strength and Conditioning
- Biomechanics
- Sport Analytics/Analysis
- Nutrition

Each National Team Coach works with a team of practitioners who provide input into the athletes' Individual Performance Plan and monitoring, and who may directly support the athlete depending on need and on the athlete's Performance Pool status. Each athlete's PSRI support is defined in their IPP.

Access to PSRI services in the DTE and on projects is determined by an athlete's Performance Pool status. To clarify what PSRI or project-based PSRI services you have access to, please contact the Lead Coach.



Cycling Canada provides facility-based daily training environments (DTEs) in Cycling Canada Hubs in Abbotsford, BC; Milton, ON; and Bromont, QC.

Services and facilities in each Hub differ, but they all provide:

- Training facilities
- Training sessions directed by a National Team Coach
- Access to performance services through Cycling Canada practitioners
- Connection with a Canadian Sport Institute (CSI)
- Connections with club and provincial cycling programs

CYCLING CANADA DAILY TRAINING ENVIRONMENT (DTE)



PERSONAL SPONSORS

Some athletes have personal sponsors they may wish to promote while competing for the National Team.

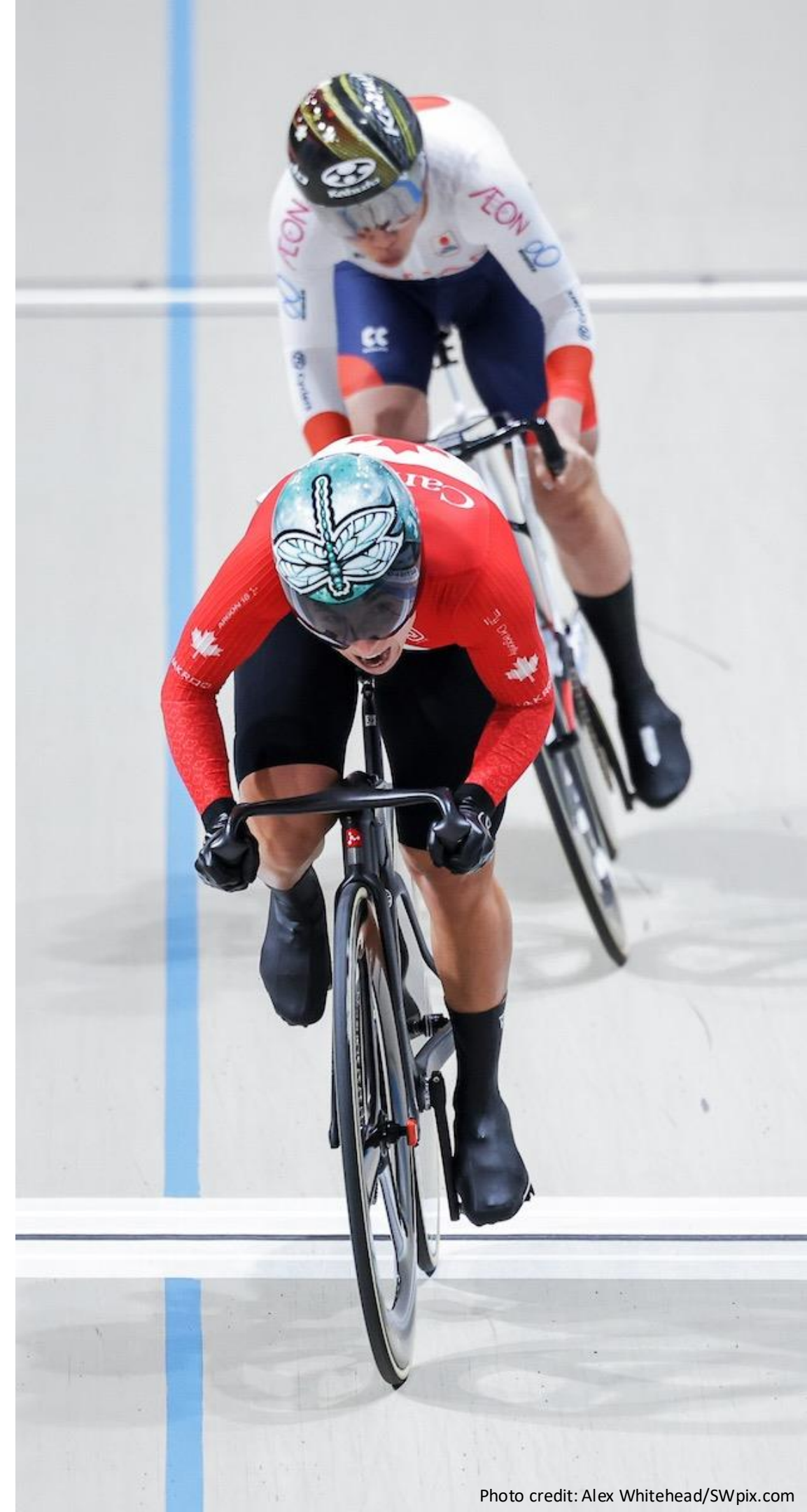
This can include everything from adding sponsor logos to the National Team uniform to promoting the sponsor on social media while acting as a member of the National Team.

Cycling Canada will work with athletes and their personal sponsors to accommodate this, providing:

- The personal sponsor is not in conflict with one of Cycling Canada's sponsors
- Any logo placements conform with the UCI regulations
- All costs are borne by the personal sponsor
- The athlete has written permission from Cycling Canada

Athletes wishing to explore this further should contact Cycling Canada in advance of the project they are attending.

Any request involving the National Team uniform must be made at least two months prior to the event in which they wish to promote their personal sponsors to allow for approval and production timelines.



SAFE SPORT

Everyone is entitled to participate in a safe and inclusive sporting environment, and that proper protocols, education and screening practices must be in place to ensure this environment is maintained.

Sport Integrity Canada independently administers the Universal Code of Conduct to Prevent and Address Maltreatment in Sport (UCCMS) through the application of the Canadian Safe Sport Program (CSSP) Rules for federally funded, national-level sport organizations.

Athletes and staff are reminded that if they feel unsafe or concerned about anything they see or experience while on a Cycling Canada project, they should bring it to the attention of the HP Project Coordinator or Lead Coach.

If you feel uncomfortable doing so, we encourage individuals to explore the appropriate channels for a complaint, which depend on the nature of the complaint but include:

- Submitting a complaint to Cycling Canada's third-party contact using the [**Complaint Form**](#)
- Reporting maltreatment or abuse to the Canadian Safe Sport Program using the [**online report form**](#) or by calling 1-866-971-2777..

For more information on Abuse-Free Sport program, including how to submit a complaint, please visit the [**Canadian Safe Sport web page**](#).



MENTAL HEALTH & WELLBEING

A career in high performance sport can be stressful, and athletes need practical ways to live healthy, balanced, lives at every stage of their journey.

What follows is a summary of Cycling Canada mental health resources; for more information, please visit the Cycling Canada website.

NOTE: If you or someone you know is in immediate danger, please call 9-1-1.

EMERGENCY SERVICES

Services available if you or someone you know is in crisis.

- **24/7 Crisis contact** for MH support – from anywhere in the world via **Homewood Health**
 - 24/7 Crisis Line: 1-888-383-3798 (from North America only)
 - 24/7 Collect number: 226-251-0821 (world-wide)
 - Athletes can also call or text 9-8-8 anywhere in Canada.

Individualized mental health support – primary contacts

For any Mental Health concern, it is highly recommended to reach out to the contacts below. Your National Coach can also help put you in touch with these individuals.

In English

- **Maggie Stein Jamieson**, our **National Mental Health Lead** at msjamieson@csiontario.ca.
 - Confidential support and guidance to help you understand what you are dealing with and what type of treatment you need, and to follow up and advocate for you along the way.
- **Dr. Andre Lui**, our **National Team Lead Physician**, at drandrelui@gmail.com, can connect you directly with a Cycling Canada-authorized physician based on your location.

In French

- **Dr. Philippe Gariépy**, our **National Team Physician**, at philippe_gariepy@yahoo.ca, can connect you directly with a Cycling Canada-authorized physician based on your location.



MENTAL HEALTH & WELLBEING

Carded athletes and their coaches

Up to \$2,500 in individualized mental health support is available through Game Plan for carded athletes and their identified coaches.

- Email: mentalhealth@mygameplan.ca to access directly.
 - A third-party organization monitors this inbox. Game Plan does not receive your personal health information or know your identity.
- More information can be found on the Game Plan website [HERE](#).

Note: This funding is available to any carded athlete or their identified coach for **2 full fiscal years** (April 1 – March 31) after they are removed from that status.

Once this funding is exhausted, carded athletes can access Homewood Health support outlined below.

Non-carded National Team athletes

Athletes in Cycling Canada's National Team Performance Pools have access to fully funded individual and group mental health support through **Homewood Health**.

- Begin by downloading the *Homewood Health App* and/or login [HERE](#).
- **Register** by searching for "Team Canada Athletes"

Other resources

Links to additional resources can be found at the end of this document.



ANTI-DOPING

REQUIREMENTS

For decades, cycling has been spearheading the fight against performance enhancing drugs. Anti-doping efforts continue to underpin the integrity and credibility of our sport.

The guiding principle of anti-doping regulations is strict liability: athletes bear the entire responsibility for any substance found in their bodies, regardless of any external advice they are given, whether the substance was taken unintentionally, or whether it was prescribed by a doctor for a medical condition.

For this reason, all athletes and staff should familiarize themselves with the rules of Sport Integrity Canada, the UCI and the World Anti-Doping Agency (WADA), including the current Prohibited List of Substances available [HERE](#).

Cycling Canada requires all National Team athletes and staff to complete Sport Integrity Canada's online [anti-doping education](#), or they will not be allowed to represent Canada as part of the National Team. This certification must be renewed annually.

Registered Testing Pools

Many of Canada's top cyclists are part of either the UCI or the Sport Integrity Canada Registered Testing Pool (RTP). These athletes are subject to out-of-competition testing and must submit their daily whereabouts. The Sport Integrity Canada RTP is listed [HERE](#). The UCI RTP is listed [HERE](#). The relevant governing body will have contacted you if you are part of an RTP.

National Athlete Pool

The Sport Integrity Canada National Athlete Pool (NAP) includes athletes competing at the top domestic and international levels who are not yet part of an RTP. These athletes are subject to out-of-competition testing but are not required to submit their whereabouts. The cycling NAP (found [HERE](#)) is updated regularly in consultation with CC and includes, but is not limited to, carded athletes, athletes who are members of UCI Trade Teams, and athletes nominated to CC's Performance Pools.



ANTI-DOPING

THERAPEUTIC USE EXEMPTIONS (TUE)

Therapeutic Use Exemptions

Athletes who require restricted medications for therapeutic purposes must obtain authorization for their use.

All athletes who are part of an RTP or the NAP must obtain a Therapeutic Use Exemption (TUE) prior to competing.

Athletes who are not yet part of an RTP or the NAP may be eligible to apply for a retroactive TUE in the event they are tested.

More information can be found on the TUE section of the [**Sport Integrity Canada website**](#).

More information

If you are not sure about your RTP or NAP status, or about a medication or supplement that you are taking, please contact Sport Integrity Canada to avoid any unpleasant surprises later:

- 1-800-672-7775 (Canada wide)
- [**sportintegrity.ca**](https://www.sportintegrity.ca)



SOCIAL MEDIA & MARKETING

Please remember, as an athlete, you are also a role model. Please use social media responsibly.

We encourage you to learn more about our Official Partners, Official Suppliers, Sport Partners, Funding Partners and Provincial Sport Organizations that all contribute to making our National Team programming a reality.

Athletes, coaches and staff are encouraged to engage with Cycling Canada digitally and help in promoting Cycling Canada social platforms and marketing campaigns. Please take the time to ensure you are following Cycling Canada digitally and where possible include mentions or hashtags for Cycling Canada promotions.

Cycling Canada's official social media handles are:

- Facebook: @CyclingCanada
- Instagram: @CyclingCanadaOfficial

Please know that our National Team also relies on the generous support of donors and volunteers to develop the next generation of World Class athletes. Please visit [**Club 1882**](#) to find out more.



RESOURCES

Cycling Canada Policies

- [Cycling Canada Code of Conduct and Ethics](#)
- [Cycling Canada Safe Sport Policy](#)
- [Cycling Canada Screening Policy](#)
- [Cycling Canada Complaints & Discipline Policy](#)
- [Equity, Access and Eliminating Discrimination Policy](#)
- [Cycling Canada Head Injury/Concussion Protocol](#)
- [Coaches Association of Canada Rule of Two](#)

Complaints and Concerns

For concerns/complaints related to National Team and Cycling Canada events/activities, we encourage individuals to complete the following Complaint Submission Form to the best of their ability and submit to our independent, third-party contact at:

- safesport_wwdrs@primus.ca
- [Complaint Safe Sport Submission Form](#)

Mental Health & Wellness

- [Game Plan](#)
- [CSIO Mental Health Resources](#)
- [Canadian Mental Health Association](#)
- [Canadian Centre for Mental Health and Sport](#)
- [International Olympic Committee Athlete 365](#)
- [Coaching Association of Canada](#)
- [Canadian Olympic Committee A Champion's Mindset: Mental Health in High-Performance Coaching](#)



CONTACT US

GENERAL@CYCLINGCANADA.CA

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