

# FIELD HOCKEY CANADA

ATHLETE HANDBOOK

Revised January 2023



CANADA

# INTRODUCTION

Congratulations on your selection to the Canadian National Field Hockey Squad!

The following Athlete Handbook contains everything you need to know about being a Field Hockey Canada High Performance Athlete. It is important for you to read and understand the enclosed material. If you are unclear about anything, feel free to contact your National Team Athlete Representative, your National Team Coaches or your Team Manager for clarification.

Modifications may be made to the material described herein. Any changes to this Athlete Handbook will be communicated directly to you.

Periodically, Field Hockey Canada and National Team Coaches will communicate special notices by email to you. Email is the primary mode of communication for Field Hockey Canada. Please ensure the National Office has your current email address.

Nothing in the Athlete Handbook overrides the rules of Field Hockey Canada unless specifically noted.

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## 1.1 ABOUT FIELD HOCKEY CANADA

From grass roots to high performance, Field Hockey Canada (FHC) is working to develop and strengthen field hockey across the country, and to position our National Teams for World Cup podium contention in 201 and beyond. As the National Sports Organization for field hockey in Canada, FHC works in collaboration with provincial and club members to provide programs and resources to support the field hockey community from the pitch to the podium.

We look at sport development across the entire spectrum - from grass roots to high performance - to thrive on the world stage. We believe that adapting and applying the same philosophy developed for our high performance model to all levels of play works to establish a culture of performance, technical proficiency, physiological excellence and mental toughness across the entire development spectrum.

We also believe that long-term development from the grass roots up is necessary to achieve consistent performance at the national level. At clubs and schools across Canada, new players are introduced to the game... at first in small, casual groups, and then with a team. As their passion for the game ignites, it is up to all of us to ensure there is a clear path on which they can grow and learn as individuals and athletes - a path that leads to both participation and competitive opportunities, and a broader community to which they can belong. Our game, our community.

The majority of FHC's funding for high performance programs comes from Sport Canada, a branch of the Canadian Identity Sector within the Federal Department of Canadian Heritage, Own the Podium and the Canadian Olympic Committee.

The FHC Board of Directors in collaboration with the Chief Executive Officer are responsible for the strategic planning and ongoing effective governance of the organization at all levels. The day-to-day operations of the High Performance programs are entrusted to the High Performance personnel, including National Team Coaches, managers and support staff.

**Strategy 2020** is being implemented with the support of Sport Canada, Own the Podium and the field hockey community. Two key areas of the overall strategy:

- H. Development. Our priority is to develop a Long Term Field Hockey Development Pathway for athletes, coaches, officials, parents and volunteers. There are many entry points, and our goal is to provide navigation, training and support to everyone who would like to become involved.
- I. High Performance. The High Performance aspect of Strategy 2020 is focused on world-class performance and podium contention for Paris 2024 and beyond. Sport Canada and Own the Podium have provided significant financial support, enabling us to invest in: technical leadership and coaching, sport science and medical support, talent development, and a high performance training environment.

## 1.2 CONTACT INFORMATION

### NATIONAL OFFICES MAILING ADDRESS

Field Hockey Canada  
6111 River Road  
Richmond, BC, V7C 0A2

### ADMINISTRATION & BOARD CONTACTS

Chair, Board of Directors	Peadar O’Riain	peadar@dev2.ca	AB
CEO	Susan Ahrens	sahrens@fieldhockey.ca	BC
Director of Operations	Emma Bray	ebray@fieldhockey.ca	BC
Finances		invoices@fieldhockey.ca	BC
Communications Manager	Kevin Underhill	kunderhill@fieldhockey.ca	BC
Men’s Athlete Rep	Ben Martin	bje.martin@gmail.com	MASS
Women’s Athlete Rep	Krissy Wishart	kwishart@alumni.uoguelph.ca	ON
Events & Engagement	Hailey Yhap	hyhap@fieldhockey.ca	ON
Administrator	Chan Campbell	ccampbell@fieldhockey.ca	AB

### NATIONAL TEAM STAFF

Coach, MNT	Patrick Tshutshani	ptshutshani@fieldhockey.ca	RSA
Coach, WNT	Vacant (TBD)		
NextGen Director	Jenn Beagan	jbeagan@fieldhockey.ca	BC
IST Lead	Ayesha Koome	akoome@fieldhockey.ca	BC
Coach, JMNT	Geoff Matthews	gmatthews@fieldhockey.ca	BC
TAP Manager	Manon Bordeleau	mbordeleau@fieldhockey.ca	QC

Contact information updated January 2023

## 1.3 ATHLETE COMMITMENT + DOCUMENTATION

A critical ingredient for high performance success starts with your commitment. This commitment is demonstrated by taking part in the high performance programs with a positive, professional attitude.

Listed below are the minimum requirements for participation in the FHC High Performance Program:

- Adherence to all FHC policies and procedures
- Sign and commitment to the FHC Athlete Agreement as approved by Sport Canada
- Follow the individual training programs and sport science/medicine testing protocol as determined by the National Coaches
- Participation in all national training camps and competitions
- Participation in all high performance program evaluations as requested

### **ATHLETE AGREEMENTS AND CARDING APPLICATION BOOKLETS**

Carded athletes must sign and return the FHC Athlete Agreement and the Carding Application form to the High Performance Manager or the designated Field Hockey Canada staff member to receive AAP financial support. Sport Canada will not deposit funds until they receive the signed applications and confirmation of signed athlete agreements from FHC.

### **NATIONAL SQUAD ATHLETE DATABASE AND PROFILE FORMS**

FHC Athlete online profile forms must be completed as soon as possible when requested. This information is critical to the effective operation of the high performance programs, i.e., communication, media, training programs, etc.

### **CHANGE OF ADDRESS**

Any change of address or contact information should be given to your High Performance Manager or the designated Field Hockey Canada staff member within two weeks of the change to provide effective communication with the athlete both from FHC and other partner organizations.

### **CANADIAN PASSPORTS**

All athletes who wish to compete for Canada in major international events and Games must be a Canadian citizen. Please ensure that your passport is always up to date and any passport changes should be forwarded to your High Performance Manager or designated Field Hockey Canada staff member immediately.

## 1.4 ATHLETE FORM CHECKLIST

1. **All athletes** training with the Field Hockey Canada High Performance Program are required to complete the following forms:
  - ✓ Player Profile Form: <http://www.fieldhockey.ca/athlete-information/>
  - ✓ FHC Athlete Agreement, which includes
    - FHC Assumption of Risk (for minors, under the age of 19) **OR**
    - Release of Liability (19 years of age and older)
    - FHC Code of Conduct
    - Photo Release
    - Medical Release
    - Appendices A-G in the FHC Handbook
  
2. Sport Canada **Carded Athletes**
  - ✓ Sport Canada Athlete Assistance Program (AAP) Application Form
  - ✓ Athlete Assistance Program (AAP) Direct Deposit, only if you are new to carding or your banking details have changed.
  
3. Yearly e-learning courses/reviews with Canadian Centre for Ethics in Sport (CCES).
  - ✓ Athletes who have completed the Anti-Doping Online courses previously will be instructed to complete a review.
  - ✓ Athletes signing up for the first time will be sent instructions for CCES sign up and Anti-Doping Online course completion.
  - ✓ Canadian Anti-Doping Program (CADP) contract. Signed once every 6 years.

## 1.5 TRAVEL

### TRAVEL RULES

- a) Athletes relocating to Vancouver from their permanent residences for training will not have their travel costs reimbursed.
- b) Athletes are responsible for covering all costs associated with participation in national identification camps regardless of their carding status.
- c) From time to time, domestic centralization of squad members will be necessary. Athletes will be given a minimum of eight (8) weeks' notice for all periods of centralization.
- d) Athletes are responsible for covering all costs associated with periods of domestic centralization regardless of their carding status.

- e) National program will cover the cost of transporting an athlete to and from a national team tour:
  - a. From their home province
  - b. From a location overseas if they are participating in a program sanctioned event (e.g.: overseas league play etc.)
- f) If athletes have approval from the national coach for participation in any additional activities (league play etc.) during a national team tour, the cost of the deviation, in its entirety, will be borne by the athlete.

#### **FLIGHT INFORMATION**

- a) Athletes should be prepared to pack all gear in one checked bag (including sticks). Athletes will be responsible for any extra personal baggage or extra weight charges on personal baggage beyond 1 x 23 kg checked bag, except goalies, who are allowed two bags.
- b) Airlines have different rules for frequent flyers as well as specific routes – please contact the tour manager for baggage details and visit the airline web site to check the baggage allowance.
- c) Be prepared to help when asked to carry team luggage on board. Each tour is unique and the whole team is responsible for team equipment. Athletes are requested to assist.
- d) Flight deviations for tours cannot be made until the team has been named and the Head Coach approves a deviation. If athletes wish to change their ticket home from a tour, they must contact the High Performance / Tour Manager, the travel agent and pay all deviation charges. Athletes are also required to provide their own off-shore insurance coverage for extended travel.



- e) If athletes wish to receive air mile points, the name on the airline ticket must match their passport name that should match the air mile plan name. Air mile plan information should be given to the National Office to forward to our travel agent to keep on file for future reference.
- f) All preliminary travel arrangements are done through the High Performance Manager or the designated Field Hockey Canada staff member in consultation with the National Coaches. E-tickets are e-mailed to the touring manager.
- g) In the event tickets are issued directly to the athlete, the e-ticket will be sent to the e-mail address appearing on the athlete's database unless otherwise instructed. **TICKETS MUST ALWAYS BE CHECKED ONCE RECEIVED IT; VERIFY THE ROUTING, NAME AND DATES.** Contact the High Performance Manager or the designated Field Hockey Canada staff member as soon as possible if there are any issues at all.
- h) Tickets are issued from the athlete's home city. If variations occur, any cost exceeding the amount from the athlete's home city is the responsibility of the athlete. If the ticket cost is less, the athlete will not be reimbursed.

## 1.6 OVERSEAS LEAGUES

- a) Athletes looking to participate in overseas leagues require the consent and endorsement of the National Coach to do so.
- b) Athletes agree to overseas league contracts do so with the understanding that their priority in the National Program and its associated commitments.
- c) Athletes understand that Sport Canada AAP funding is not guaranteed during overseas league play. Approval must be received by both the Head Coach and Sport Canada to continue receiving AAP funding while participating in an overseas league.
- d) Athletes playing in overseas leagues agree to make themselves eligible for all National Team tours and training camps with at least four (4) weeks' notice given for said tours, camps and domestic centralization
- e) Athletes while playing in overseas leagues, if selected, can expect to bear the full cost of a return flight in the following instances:
  - a. Identified Domestic selection camps.
  - b. Identified Domestic selection/identification events such as a National Championships.
- f) Athletes participating in overseas leagues are expected to submit a written or verbal report to the national coach on a monthly basis for the duration of their overseas commitment.
- g) Athletes must request a No Objection Certificate (NOC) from the High Performance Manager or designated Field Hockey Canada staff member prior to participation in an overseas league. One e-copy will be kept at FHC and an e-copy will be provided to the International host club.

## 1.7 INJURY MANAGEMENT

### YOUR HEALTH

- a) Please report any injuries immediately to the Head Coach. If you are injured, you are expected to be at practices unless you have had exemption from the Head Coach.
- b) Please ensure that your childhood vaccinations are up to date. It is also a good idea to get your Hep A and Hep B vaccinations or booster. It is your responsibility to maintain your immunizations records. The team doctor can answer your questions about this issue.
- c) Athletes injured to the extent that they are likely to miss two or more national team training sessions (regardless of whether they are training domestically or overseas) are expected to do the following:
  - i. Inform the national coach immediately
  - ii. See a qualified physiotherapist and/or sports medicine doctor to have the injury properly assessed
  - iii. Inform and coordinate as necessary with MNT or WNT lead physiotherapist and physician on return to play dates and any on-field restrictions

## 1.8 DRUGS + ALCOHOL

### **POLICY ON ALCOHOL USE**

Field Hockey Canada discourages any regular alcohol consumption that can be identified with the National Team or groups of athletes from the National Squad.

FHC does not support any consumption of alcohol by minors.

### **THERAPUTIC USE EXEMPTIONS (TUE).**

If a medication for an athlete is required to treat an illness or condition falls under the World Anti-Doping Agency's Prohibited List, a medical exception may be given to the athlete authorizing the usage of the needed medicine. It is the athlete's responsibility to obtain a Therapeutic Use Exemption (TUE) for any prescribed medication that is on the prohibited list. The athlete must give an e-copy of the TUE to the medical staff and High Performance Manager or designated Field Hockey Canada staff member.

Please refer to the CCES Website at <http://cces.ca/medical-exemptions> for more information about TUE's.

### **THE CANADIAN ANTI-DOPING PROGRAM**

As a member of Field Hockey Canada (FHC), the Canadian Anti-Doping Program (CADP) applies to you. It is important to know that by participating in activities sanctioned by FHC, you are subject to the CADP and, accordingly, may be selected for doping control.

The Canadian Centre for Ethics in Sport (CCES) is the custodian of the Canadian Anti-Doping Program (CADP), the set of rules that govern anti-doping in Canada. The CADP consists of several components such as in- and out-of-competition testing, education, medical exemptions, and the consequences of doping violations. The CADP is compliant with the World Anti-Doping Code and all international standards.

FHC has adopted the CADP which means that you can be confident that you are part of a world-class anti-doping program that is designed to protect athletes' rights and ensure a level playing field. FHC's anti-doping policy and code of conduct reflect and support the CADP.

While the CCES administers anti-doping for the Canadian sport community, you may also be subject to the rules of the International Hockey Federation (FIH). Learn more about [FIH's anti-doping policies and procedures](#).

#### **Important Information**

The CCES recommends that athletes take the following actions to ensure they don't commit an inadvertent anti-doping rule violation:

#### **Doping Control**

Review the sample collection procedures. <http://cces.ca/sample-collection-procedures>

Know your anti-doping rights and responsibilities. <http://cces.ca/athletes-rights-and-responsibilities>

Always comply with a testing request if you are notified for doping control. <http://cces.ca/sample-collection-procedures>

### **Prohibited Substances & Methods**

Check all medications and products before taking them to ensure they do not contain ingredients that are banned in sport. <http://cces.ca/checkmeds>

Verify your medical exemption requirements. <http://cces.ca/medical-exemptions>

Learn about the doping risks associated with supplement use and how to minimize them. <http://cces.ca/supplements>

### **News**

[Sign up](#) to receive CCES media releases and advisory notes and get the latest anti-doping news.

Follow the CCES on social media:

Facebook: [@CanadianCentreforEthicsinSport](#)

Twitter: [@EthicsinSPORT](#)

### **Report Doping**

Report doping activity. Call the hotline at 1-800-710-CCES or [fill in the online form](#).

Additional Resources and Information

Read more about the [Canadian Anti-Doping Program](#)

The [World Anti-Doping Agency](#) works towards a vision of a world where all athletes compete in a doping-free sporting environment.

Become a member of the [True Sport Movement](#) - a movement that is based on the simple idea that good sport can make a great difference.

### **Contact**

For additional resources and more about anti-doping, please contact the CCES:

Email: [info@cces.ca](mailto:info@cces.ca)

Call toll-free: 1-800-672-7775

Online: [www.cces.ca/athletezone](http://www.cces.ca/athletezone)

## **E-LEARNING COURSES FROM CANADIAN CENTRE FOR ETHICS IN SPORT**

It is a Field Hockey Canada and Sport Canada requirement that all identified National Athletes complete e-learning courses (or review course) once a year. AAP funding will not be released until the courses are complete. In addition, if you are not an AAP funded athlete and have not completed the online course, you will not be allowed to compete internationally at events supported by the COC.

Athletes will be provided with the relevant information about completing the e-learning courses and reviews from the High Performance Manager or the designated Field Hockey Canada staff member.

From time to time information will be sent with updates from Canadian Centre for Ethics in Sport or our International Governing body (FIH). It is very important that athletes read and understand all forwarded information about anti-doping, banned list substances, compliance and their rights, as soon as it arrives.

## 1.9 SOCIAL MEDIA GUIDELINES

Social media (Twitter, Facebook, YouTube, etc.) is invaluable to amateur athletes – and we encourage you to engage fans, partner sport organizations and potential sponsors via social media platforms. It is important to remember that when you use social media – you do so as an elite athlete, member of Field Hockey Canada, and representative of Canada.

Local, national and international media are utilizing Twitter to connect directly to athletes – this means your Tweets are being used as direct quotes in news articles whether you like it or not.

Along with tracking Field Hockey Canada in the news, FHC monitors and promotes your social media channels.

The FHC Athlete Agreement explains that athletes must “at all times exercise self-control and show respect for peers, opponents, officials, spectators and volunteers” and “at all times be respectful, professional and responsible.” This applies to every tweet you share, status you update, and photo you post. Nothing you post is private – regardless of privacy settings.

### THINGS TO KEEP IN MIND WHEN USING SOCIAL MEDIA...

- Your opponents love it when you identify any injuries or illnesses that you or your teammates may be experiencing – so best to avoid.
- Similarly, refrain from revealing the new technologies your team is utilizing to improve performance.
- Avoid comments that could be considered disrespectful or offensive to other nationalities and/ or cultures.
- Posting photos of you or teammates drinking alcohol is not responsible.
- Avoid words you wouldn't say in front of your grandmother. We are confident you can convey your message in less than 140 characters without dropping an f-bomb.
- Adhere to branding policies of the COC and Commonwealth Games when competing at multi-sport events
- Keep Tweeting and blogging! When it's done right - we love it, fans love it and sponsors love it.

Learn more about managing effective social media as an athlete...

- [“50 Twitter Tips for Division I Student – Athletes”](#)
- [“Professional Athletes on Social Media: Why Some Get Fans and Others Fines”](#)

If you have a question or concern regarding your social media practices, feel free to contact Field Hockey Canada's Communication Manager by e-mailing [kunderhill@fieldhockey.ca](mailto:kunderhill@fieldhockey.ca)

## 2.1 ATHLETE ASSISTANCE PROGRAM (AAP)

As an Athlete Assistance Program (APP), also known as carding, member of the National Team, you have access to some financial benefits you may not be aware of. The following information provides an overview of the AAP and describes the benefits you may be entitled to and how to go about applying for the support.

The following is a summary of the AAP support available to carded athletes in Canada. More detailed information can be found at <http://www.pch.gc.ca/pgm/sc/pol/athl/102-eng.cfm>.

### WHAT IS THE AAP?

The AAP is a national-level program designed to contribute towards improving Canadian performances at major international sporting events. Funding is provided directly to athletes that have placed, or show potential to place, in the top 16 in the world.

The program is administered and funded by Sport Canada and they determine the number of cards allocated on an annual basis according to criteria relating to the program and our international results. Field Hockey Canada does not approve AAP funding for athletes, it makes nominations to Sport Canada, who has final approval on all AAP matters.

### FINANCIAL BENEFITS:

Carded athletes are eligible for three types of AAP support.

1. Living and training allowance
2. Tuition and deferred tuition support
3. Special-needs assistance\_

#### 1. Living and Training Allowance:

- a. The amount of support received by a carded athlete varies depending on carding status.
- b. Senior cards receive a month allowance of \$1765.00. Developmental carded athletes receive \$1060 monthly.
- c. Payments are made only by direct deposit to your bank. They are paid in advance every other month.

#### 2. Tuition and Deferred Tuition Support:

Through the AAP support, athletes can receive financial support towards a post-secondary education while being a carded athlete or can defer attending a post-secondary institution for up to five years from the last day of carding. **Even if you receive a few months of carding, you are still entitled to tuition support.** Normally, an athlete is entitled to 2 semesters of tuition support for each carding cycle they are carded up to the maximum stated limits. Should an athlete retire during the carding cycle, their tuition eligibility will decline.

In order to receive tuition support for a post-secondary education, an athlete must

- a. Be eligible to attend school at the post-secondary level to receive tuition support while carded or to defer tuition credits. For example, if an athlete is too young to be eligible for post-secondary education (a 16-year-old in high school, for example), the athlete would not be to take

advantage of the tuition support during that year of carding and would not be able to defer that year of tuition for later.

- b. Be able to meet all high-performance training and competitive requirements
- c. Attend a publicly supported educational institution in Canada
- d. Not be receiving a scholarship, athletic, or academic award designed to offset tuition fees

The maximum allowable tuition per year is \$5500.00.

#### **PROCEDURE FOR GETTING TUITION VOUCHER:**

Carded athletes who are attending a Canadian publicly supported educational institution may request a tuition voucher from the AAP. A tuition voucher will not be provided to a carded athlete attending private educational institutions.

- Carded athletes request a tuition voucher from the AAP.
- Field Hockey Canada's current contact at AAP for tuition vouchers is **Danielle Laramée**, [danielle.laramee@canada.ca](mailto:danielle.laramee@canada.ca)
- The AAP may approve the Tuition Support based on AAP policies and procedures.
- The AAP completes the first part of the tuition voucher and then provides the tuition voucher to the eligible carded athlete.
- The carded athlete completes the second part of the tuition voucher and submits it to the eligible educational institution.
- The educational institution completes the tuition voucher and lists the courses being taken or attaches an official school registration form with a list of courses being taken.
- The educational institution sends an invoice along with a copy of the completed tuition voucher and a breakdown of incidental costs to the AAP.
- For the AAP to pay Tuition Support directly to the school, the school must have completed the application process for direct deposit of payments into the appropriate school bank account.
- If the athlete paid for the tuition directly and needs to be compensated, the athlete must forward the AAP the original official receipt of payment along with the official list of courses in which he or she is registered, the fee for each course and the breakdown of incidental costs.

Note: AAP pays for tuition expenses. The school will invoice the student for costs such as bus passes, parking fees, health fees, etc.



### 3. Special-Needs Assistance:

Generally, special-needs requests are considered only for athletes for whom AAP support is their primary or major source of income or for athletes who must relocate for sport purposes. All requests must be for the current carding year and is limited to a maximum of \$5,000 annually.

The following expenses are eligible for special-needs assistance: Child-care expenses:

- Maximum of \$1,000 annually
- Consideration will be given if an athlete must obtain baby-sitting services to attend approved training or competitions and no member of the family or other ongoing daycare service is available

Relocation expenses:

- Limited to one-half of actual transportation costs associated with relocation to a maximum of \$500 annually
- Limited to two moves during an athlete's career (home to training centre or training centre to home)
- Available when the NSO and AAP determines that a carded athlete must move to or from a single-sport National Team Training Centre

Retirement expenses

- Athletes who have been carded for a minimum of three years at the senior level may receive some support for their adjustment to retirement.

Procedure:

- Athlete send their special-needs request along with original receipts to the NSO
- Athletes requesting child-care or retirement assistance will undergo an assessment of financial means
- NSO forwards request to the AAP
- AAP approves or denies the request. A request will be denied if the AAP determines that the athlete can adequately support the special-need for which he or she is requesting support for.

## 2.2 INSURANCE – All Sport

Insurance for Field Hockey Canada athletes is provided through All Sport Insurance.

If you are NOT a carded athlete but training and/or competing within a National Program, the applicable insurance policy is the same one you receive when you register with your club and/or Province.

### Insurance for Carded Athletes:

If you are a carded athlete or you are entitled to an extended insurance policy at no cost. For carded athletes your insurance is for coverage in Canada only (i.e. you can't claim for physio expenses while playing for a club outside of Canada). Carded athlete insurance is divided in to two different categories - Sport Accident & Overuse Reimbursement Expenses. It is important to understand when and how to access coverage in each of these categories.

1. **Sport Accident:** This coverage is for an accident that occurs while you are playing or training within the National Program in Canada or abroad. An Accident Claim Form needs to be completed within 30 days of the accident, along with a physician's note:

<http://www.allsportinsurance.com/products/forms-applications.htm#athletic>

When you have filled in the form, All Sport can walk you through the process. They will be able to advise what you what you can claim. This insurance is for coverage beyond other personal insurance policies you might have (i.e. through school, through work, government).

If you suffer an accident email your High Performance Manager or designated Field Hockey Canada staff member.

2. **Overuse Injury:** No claim forms or physician's notes are required for overuse reimbursement expenses (except for Orthotic inserts). For the period of February 1 to January 31 of a given year, athletes can claim up to:
  - a. \$1,500 for physiotherapy, athletic therapy or massage therapy
  - b. \$1,500 for chiropractic treatment
  - c. \$500 for orthotic inserts. Referral is required.

To be reimbursed, simply e-mail the following information to Simone Bertoldo, [Simone.Bertoldo@crowco.ca](mailto:Simone.Bertoldo@crowco.ca).

- Subject: Field Hockey Canada-National Athlete **ACL6457**
- Surname
- First Name
- Date of Treatment
- Type of Treatment
- Number of invoices. Everything must be attached.
- Total Claim being made in \$.
- Mailing address (where you want the reimbursement cheque mailed)
- Phone number
- A JPEG or PDF copy of receipts

Make sure you retain the original receipts as Allsport may ask for you to submit them at a later date.

**Additional Coverage:**

National Athletes are only covered under Field Hockey Canada's All Sport insurance policy while they are playing and training with the national team. For personal travel, or while playing for another field hockey team/organization, athletes are advised to purchase personal medical insurance. To find out more about a variety of extended health insurance plans and travel insurance available to athletes you can visit the CSI website (<http://www.csipacific.ca/athletes/benefits/medical/>). If you are looking for additional travel insurance such as, trip cancellation, baggage insurance, lost or stolen property, etc., BCAA is a popular source. AthletesCAN has an extended health and dental policy that athletes can buy into. <http://athletescan.com/programs-services/health-and-dental-plan/>

# APPENDICES

Please see links below for all 2023 athlete appendices. For up to date policies, you can always visit the Field Hockey Canada website and go to the Athlete Documents and Policies pages.

ATHLETE DOCUMENTS:

POLICIES:

## **DOWNLOAD AND VIEW APPENDICES:**

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[B. Discipline & Complaints Policy](#)

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