



**BIATHLON BRITISH COLUMBIA'S
CANADIAN SPORT FOR LIFE
VERSION 3**



Canada



viaSPORT
BRITISH COLUMBIA

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1.0 INTRODUCTION

The objective of this document is set out a four-year plan for our programs and activities that align with the Canadian Sport for Life (CS4L) framework and the Long Term Athlete Development (LTAD) model developed by Biathlon Canada.

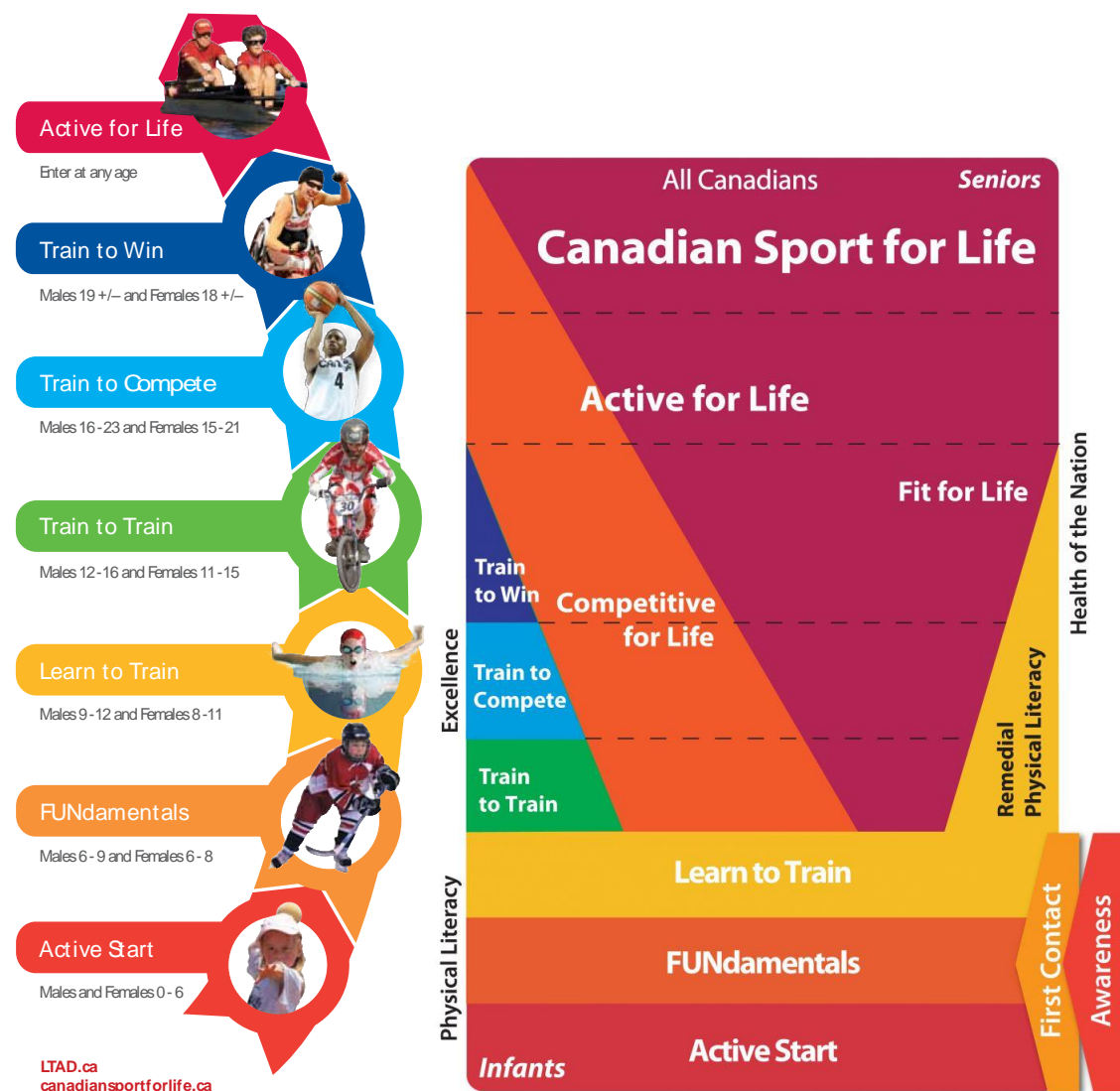


Figure 1: Long Term Athlete Development Framework

Figure 2: Progression of Long Term Athlete Development Through Canadian Sport for Life

The CS4L is an initiative of Sports Canada and Canadian Sports Centres to “provide a framework and philosophy for promoting lifelong engagement in sport and physical activity for all Canadians, while also

revitalizing Canada as a competitive force in the international arena.” It supports and promotes LTAD, which is a model for development in physical activity and sport that not only provides a safe, enjoyable, and progressive pathway for children to pursue healthy physical activity, but also provides a pathway to excellence (Canadian Sports Centre, 2007.)

The CS4L initiative recognizes the necessity for children to be physically literate starting from a very young age and also the need to provide various developmental pathways as the child grows towards adulthood and beyond.

There are seven stages within the LTAD. Biathlon Canada published its latest LTAD model in 2006. This model “provides a road map from the first experience of Biathlon in a club to international success for an athlete, but also informs coaches, parents, club officials, volunteers and educators of the importance of human growth and development as a context to the implementation of systematic athlete development nation-wide” (Biathlon Canada 2006, Volume 1, page 4). Biathlon BC has adopted the concepts and principles of this nationwide LTAD model into its programs and strategic planning.

2.0 BIATHLON LTAD MODEL

Active Start	<p>Focus on learning general movement skills such as running, jumping, tumbling, wrestling, throwing, falling and trying again.</p> <p>Avoid being sedentary for more than 60 minutes except when sleeping.</p> <p>Unstructured daily physical activity with an emphasis on fun.</p> <p>Introduce cross-country skiing early through play.</p> <p>Ski frequently during the snow season.</p>
FUNDamentals	<p>Overall movement skills.</p> <p>Integration of mental, cognitive and emotional development.</p> <p>ABC’s of athleticism and athletics.</p> <p>Daily physical activity.</p> <p>Play and games that foster repetitive rehearsal.</p> <p>Develop strength, speed, power and endurance.</p> <p>Simple rules of fair play and ethics of sport.</p> <p>Competition must be play like, engaging, fun, participatory and group oriented.</p> <p>FUN introduction to biathlon components.</p> <p>Multi-sport exposure including gymnastics, swimming and soccer.</p> <p>1-2 shooting/skiing sessions per week.</p> <p>Participation in other sports 3 times per week.</p> <p>2-3 Regional, Provincial competitions/season.</p>
Learn to Train	<p>Overall sport skills development.</p> <p>Introduction to mental preparation and ancillary capacities.</p> <p>Elaboration on earlier physical skills and further develop strength, speed,</p>

	<p>power, flexibility and endurance</p> <p>Formal practice sessions to acquire and develop biathlon skills.</p> <p>Elements of play and game still essential.</p> <p>Association with a biathlon club is recommended.</p> <p>Exposure to a variety of sports.</p> <p>3 shooting/skiing sessions per week.</p> <p>Participation in other sports 3 times per week.</p> <p>2-6 Regional, Provincial competitions/season.</p>
Train to Train Early	<p>Practicing becomes a more formalized activity.</p> <p>Sport specific skill development and refinement of early skills.</p> <p>Fitness development: speed, strength and flexibility.</p> <p>Integrated mental, cognitive and emotional development.</p> <p>Develop ancillary capabilities.</p> <p>Sport training as a means to build self-confidence.</p> <p>Develop tactical skill use.</p> <p>3-5 shooting/skiing sessions per week.</p> <p>Participation in other sports 2-5 times per week.</p> <p>200-300 hours/year of physical training.</p> <p>4000-5000 bullets + 40-45 hours dry firing/year</p> <p>6-12 Regional, Provincial competitions/season.</p>
Train to Train Late	<p>Practicing becomes a more formalized activity.</p> <p>Sport specific skill development and refinement of early skills.</p> <p>Fitness development: aerobic training, speed, strength and flexibility.</p> <p>Integrated mental, cognitive and emotional development.</p> <p>Develop ancillary capabilities.</p> <p>Sport training as a means to build self-confidence.</p> <p>Develop tactical skill use.</p> <p>3-5 shooting/skiing sessions per week.</p> <p>Participation in other sports 2-5 times per week.</p> <p>300-400 hours/year physical training</p> <p>6000-7000 bullets + 50-60 hours dry firing/year</p> <p>12-15 Regional, Provincial, National competitions/season</p>
Train to Compete	<p>Training is year round and focuses on learning competitive skills performance characteristics.</p> <p>Skill refinement for all skills.</p> <p>Advanced mental preparation.</p> <p>Develop and refine tactical use.</p> <p>Optimize ancillary capacities.</p> <p>Individually tailored fitness and recovery program.</p> <p>4-8 shooting/skiing sessions per week.</p> <p>Male: 500-700 hours/year of physical training.</p> <p>Female: 400-650 hours/year of physical training.</p>

	8000-11000 bullets + 70-100 hours dry firing/year 6-10 International Competitions 12-15 National, Provincial competitions
Train to Win	Training is high intensity and high volume year round and focuses on refining competitive skills to consistently perform at an elite level. Training is for performance on demand. Frequent preventative breaks. Maximize ancillary capacities and mental fitness. 8-12 skiing/shooting session per week Male: 650-800 hours/year of physical training Female: 600-700 hours/year of physical training. 12000-15000 bullets + 110-120 hours dry firing/year. 8-15 International Competitions (Junior) 20-24 International Competitions (Senior)
Active for Life Competitive for Life	30 – 60 minutes daily moderate physical activity. Move from highly competitive sport to lifelong competitive sport including age group competition. 2-4 sessions per week of physical training/shooting 6-12 Regional, Provincial, National, International competitions/season
Active for Life Fit for Life	30 – 60 minutes daily moderate physical activity. Training and competition as recreation. Competition should be based on athletes with similar performance. 1-2 sessions per week of physical training/shooting 2-6 Regional, Provincial, National competitions/season.
Active for Life Sport and Physical Activity Leaders	Move from competitive sport to roles as coaches, officials or administrators. May also take part in Competitive for Life and Fit for Life streams.

3.0 BIATHLON BC ATHLETE PROGRAMS AND ACTIVITIES

Biathlon BC has a mandate to promote and encourage Biathlon in all parts of British Columbia as a recreational and competitive sport. In British Columbia, the development of younger athletes is the responsibility of the individual member clubs. As clubs initiate and deliver specific developmental programs, Biathlon BC encourages the development of Biathlon through grants for club and coach development. Firearms regulations and safety concerns are a barrier to training lots of children in biathlon. Biathlon is an endurance sport with high and contrasting skill content. Participants take many years to develop into mature performers.

GIVE IT A SHOT PROMOTIONAL DAYS

Promotional Days are single-day introductory events. These events provide a great opportunity for member clubs to share the sport of biathlon in their community. Promotional day grants provided by Biathlon Canada, and Biathlon BC, when BCSPF funds are available, provide eligible clubs with promotional keepsakes, which increase the exposure and visibility of the Biathlon Bears program, and funding to ensure that the fees for these events are minimized or eliminated. These promotional events can involve games, relays, and skills stations that focus on FUNdamentals. The events are open to all members of the public and serve as a tool to increase membership by exposing a great number of participants to biathlon. They provide an opportunity for partnership with other sports and schools to try out the sport.



GIRLS AND GUNS

Girls and Guns programs offer an opportunity for girls and women to be provided with a range of activities that meet their needs, interests and experiences. These can be one day or multi day events put on by member clubs that focus on introducing girls to the sport of biathlon. The goal is to provide a positive experience to contribute to the inclusion of girls in sport, and biathlon in particular.



BRIDGE THROUGH BIATHLON

Bridge through Biathlon is a tool to introduce First Nation youth and their families to biathlon. It is a mechanism to make the sport more attractive and available, and to assist in fostering leadership through sport. It provides an opportunity for facilitators to learn more about aboriginal groups in their community and demonstrates the power of sport to break down barriers. Two events are held each year in different communities and funding for these events is provided by grants from Biathlon BC.

BIATHLON BEARS

Biathlon Bears is a comprehensive youth program that teaches the skills required for the sport of biathlon. It introduces elements of speed, stamina and flexibility while emphasizing effort and fun. It is designed for boys and girls between ages 8 and 14 and is delivered through member clubs. It is a 3-tiered, 8-week program and participants are recognized as they progress through the levels by acquiring badges as they master various skills.

BIATHLON BC DEVELOPMENT AND TALENT SQUADS



At the end of each race season, the Biathlon BC Athlete Development Committee (ADC) analyses the competition results and selects the top athletes to be nominated to the Development Squad and the Talent Squad based on preset criteria. Details can be found in the Athlete Manual, which is updated on an annual basis.

Club coaches will train these athletes during most of the winter and their training plans and logbooks are overseen by one of the Biathlon BC Regional coaches. They have five mandatory training camps to attend from May to December which focus on skill development and refinement, as well as strength and endurance training, and team building. Athletes are introduced to mental skills and strategies to assist them in coping with the demands of competitive

sport. There is an evaluation process, which takes place before and after the summer to evaluate summer training progress. This program targets Train to Train and Train to Compete athletes. Currently there are two Regional coaches who oversee these athletes.

BIATHLON BC HIGH PERFORMANCE (HP) SQUAD

The Biathlon BC Excellence Pathway focuses on the Train to Compete and Train to Win levels of the LTAD. The athletes that participate on the HP Squad have been selected based on competition results, motivation and potential to succeed on an International stage. Criteria are outlined in the Athlete Manual. It is designed as a stepping-stone towards a spot on the National Team. Currently all HP athletes train full time out of province, mostly in Canmore, Alberta. Biathlon BC is seeking to gain funding to have these athletes return to BC for their training



ACTIVE FOR LIFE - RECREATIONAL AND MASTERS PROGRAMS



Recreational and Masters programs are largely the responsibility of the individual clubs. Currently, Recreational and Masters categories are offered at all BC Cups. There has been a steady increase in participants in both these categories at all events.

Regional races and Give it a Shot events put on by member clubs provide opportunities for athletes of all ages to participate in biathlon.

Masters also have the opportunity to compete at the National Championships as well as Internationally at the Winter World Masters Games.

REGIONAL COMPETITIONS, TOONIE RACES

Individual member clubs host these events for athletes in their region. When BCSPF funding is available, clubs are assisted financially by Biathlon BC in addition to receiving promotion through the Biathlon BC website and social media accounts. These events are open to everyone and are well attended by recreational athletes of all ages. They provide experience for athletes in the FUNdamental and Learn to Train stage where they can gain some basic competition skills while still having fun.

Anyone who cannot ski can access the summer biathlon events. These competitions are generally at a low cost because there are no trail passes required, and they do not require that participants have the ability or equipment to ski.



BC CUP SERIES



Every year Biathlon BC sanctions at least three provincial-level competitive biathlon events called BC Cups. Each weekend has a competition on Saturday and Sunday, for a total of at least six competitions in the year. The goal is to increase this to four weekends in the future. These competitions are distributed throughout the province. Attending these competitions requires a significant amount of travel and preparation (both by the athletes and the organizers). These events are targeted at athletes that have acquired the basic skills involved in the sport of Biathlon and have practiced these skills with a qualified coach. The final BC Cup of the winter is also the BC Championship where prizes are given

out to the top athletes in each category over twelve years old. The summer BC Cup is also the BC Summer Championships. These events are well attended by Learn to Train, Train to Train, Train to Compete and Active for Life athletes.

BC WINTER GAMES

Biathlon BC sanctions the Biathlon events at the BC Winter Games (BCWG) and has a volunteer representative to the Winter Games Committee. The BCWG are a great development level event. Unfortunately, not all BCWG venues have biathlon ranges, which results in Biathlon not being able to participate at every event. This competition is open to qualifying Learn to Train and Train to Train athletes from all over the province.

TEAM BC FOR NATIONAL CHAMPIONSHIPS

Each year a Provincial Team (Team BC) is selected by the ADC to attend the Biathlon National Championships. Typically 16 to 20 athletes are selected for this team. Two coaches, two wax technicians and one Team Manager support the team. The National Championships are held in Mid-March and last one week. The selection of the team is based on a set of pre-determined selection competitions that occur during the season. The criteria and selection competitions are available at the start of the season and are updated annually in the Athlete Manual. Athletes in the Train to Train, Train to Compete, Train to Win and Competitive for Life attend this high level event.



TEAM BC FOR CANADA WINTER GAMES

The Canada Winter Games (CWG) occurs once every four years. British Columbia is allowed to send a team of 8 Biathletes (4 Men and 4 Women). The age of the athletes range from 17 to 21 years old. The final selection of the CWG Team occurs about 6 to 8 weeks prior to the Games. This is done at a pre-defined selection competition where everyone who wants a chance to be considered for the team must attend.



Biathlon BC identifies those athletes that have the potential to be a member of the CWG team four years in advance. The membership to this training squad does not guarantee a position on the final CWG Team. It is simply a process of early talent identification and targeting the athletes with the most potential to attend special training camps and competitions. The process is outlined in the Athlete Manual.

Team BC wins gold in Biathlon relay at CWG. Photo by Ted Clarke, Prince George Citizen.

TALENT ID

Talent Identification is the prediction of future performance based upon an evaluation of current physical, technical and psychological qualities. The athlete may not be elite athletes yet, but may possess physical and psychological attributes to eventually become one. Perhaps they have not yet grown, or been exposed to high level coaching. Perhaps they are not as skillful yet, but show a high level of coachability, sensitivity to training,



and the motivation to learn. Biathlon is a late maturing, endurance sport, so a long term approach to athlete selection and development is important.

Along with encouraging athletes to continue with biathlon past high school graduation, other endurance sports such as XC Skiing, mountain and cross country running are sports where potential biathletes may also be identified.

4.0 COACH DEVELOPMENT

Currently Biathlon BC has two Regional Coaches (RC) and one Technical Director (TD). The two RC's are primarily responsible for overseeing the Development and Talent Squads. They are also resources for local clubs and coaches to provide opportunities for development through local camps and training sessions. The TD oversees the two RC's and works to ensure that all Integrated Performance System (IPS) criteria are met.

Biathlon BC has three major responsibilities in the development of Biathlon Coaches in BC:

- Ensure that there are opportunities and resources available for continual professional development of the Biathlon BC RC's and TD.
- Ensure that there are opportunities and resources available for the professional development of Club coaches and aspiring coaches through mentorship programs with the RC's.
- Assist in the organization and delivery of club coaching programs like Community Coaching (CC) and Coaching Introduction (CI). The development of club coaches is largely the responsibility of the individual clubs, but Biathlon BC has committed to host one CI course annually. Grants are available from Biathlon BC to clubs who want to host their own CC and CI courses.

All Gold level CC and CI coaches receive the Biathlon Canada LTAD Guide. Biathlon BC has distributed these guides to each member club and presented information about the LTAD at its AGM. Regional Coaches provide support to local coaches regarding incorporation of LTAD principles into programs for athletes. The new generation of coaches has a good understanding of the LTAD.

COMMUNITY COACHING PROGRAM

	BRONZE	SILVER	GOLD	LEARNING FACILITATOR (LF)
TYPE OF COACH	Assistant for Biathlon Community Coaching program	Assistant Coach for Biathlon Community Coaching program	Head Coach for Biathlon Community Coaching program	Biathlon Canada approved and certified LF who can train and evaluate new Bronze, Silver and Gold coaches

TARGET GROUP	<ul style="list-style-type: none"> Parents Volunteers responsible for the safety and supervision of participants 	<ul style="list-style-type: none"> Parents Volunteers responsible for the safety and supervision of participants 	<ul style="list-style-type: none"> Person who trains the assistant coaches and parent volunteers 	<ul style="list-style-type: none"> Experienced Gold Community Coaches
RESPONSIBILITY FOR PROVIDING COURSE	<ul style="list-style-type: none"> Club 	<ul style="list-style-type: none"> Club 	<ul style="list-style-type: none"> Club Biathlon BC 	<ul style="list-style-type: none"> Biathlon BC Biathlon Canada
PREREQUISITES	<ul style="list-style-type: none"> Membership 	<ul style="list-style-type: none"> Membership Some skiing/shooting knowledge is beneficial 	<ul style="list-style-type: none"> Membership Silver Community Coaching Program 	<ul style="list-style-type: none"> Membership At least two years active experience as a Gold Community Coach Written support from Biathlon BC Valid Possession and Acquisition license or military equivalent
MATERIALS	<ul style="list-style-type: none"> Materials from Biathlon Bears CD Rifles or Air rifles 	<ul style="list-style-type: none"> Materials from Biathlon Bears CD Technical CD Reference material produced by LF Canadian Sport for Life Rifles or air rifles 	<ul style="list-style-type: none"> Biathlon Bears Program CD Reference material provided by LF Waxing DVD Ski technique DVD Promotional CD Tracking card Rifles or air rifles 	<ul style="list-style-type: none"> Community Coach LF CD Gold materials
HOW TO BECOME "TRAINED"	<ul style="list-style-type: none"> 4 hour course taught by a certified Gold Community coach or a Community Coaching LF 	<ul style="list-style-type: none"> 8 hour course taught by a certified Gold coach or a Community Coaching Learning Facilitator 	<ul style="list-style-type: none"> 18 Hour course taught by a Community Coaching LF 	<ul style="list-style-type: none"> 8 hour course taught by a Master Community Coaching Learning Facilitator
HOW TO	<ul style="list-style-type: none"> Biathlon Canada 	<ul style="list-style-type: none"> Biathlon Canada 	<ul style="list-style-type: none"> Community coach 	<ul style="list-style-type: none"> Apprentice teach

BECOME "CERTIFIED"	certification available for Bronze	certification available for Silver	Plan a Practice Evaluation <ul style="list-style-type: none"> • Making Ethical Decisions online module • Emergency Action Plan • Hold the Canadian Firearm Safety Course certification or equivalent Canadian Forces certification 	on two Gold coaching courses <ul style="list-style-type: none"> • Approval by a Master Community Coaching LF
MAINTENANCE OF CERTIFICATION	<ul style="list-style-type: none"> • No expiry 	<ul style="list-style-type: none"> • No expiry 	<ul style="list-style-type: none"> • 10 Professional Development Credits every 5 years 	<ul style="list-style-type: none"> • 25 Professional Development Credits every 5 years (20 points must be from facilitator activities)
BENEFITS OF COMPLETING THE COURSE	<ul style="list-style-type: none"> • Participants will leave with a useful introductory knowledge that will assist athletes in the sport of biathlon • Bronze pin and certificate 	<ul style="list-style-type: none"> • Participants will leave with many beneficial resources which allow them to an Assistant Coach to a successful biathlon program • Silver pin and certificate 	<ul style="list-style-type: none"> • Successful participants will have the skills to manage an excellent Community Coach biathlon program, including mentoring Silver Community coaches • Ability to train Bronze and Silver Community coaches as an LF • Gold pin and certificate 	<ul style="list-style-type: none"> • Successful candidates will be an expert in the area of community coaching. They will have the ability to educate and evaluate participants in all 3 Community Coaching programs

COMPETITIVE COACHING PROGRAM

	COMPETITION INTRODUCTION	COMPETITION DEVELOPMENT	COMPETITION HIGH PERFORMANCE
TARGET GROUP	Head Coach for a competitive local or regional club program	Head Coach for a Provincial program, Assistant Coach to the National program or Canada Games Coach	National Team Training Centre Coach, Divisional Head Coach, National Team Coach
RESPONSIBILITY FOR PROVIDING COURSE	<ul style="list-style-type: none"> Club Biathlon BC 	<ul style="list-style-type: none"> Biathlon Canada 	
PREREQUISITES	<ul style="list-style-type: none"> Membership Some coaching experience recommended Hold the Canadian Firearm Safety Course certification or equivalent Canadian Forces certification and valid Possession and Acquisition license or military equivalent 	<ul style="list-style-type: none"> Membership Certified Competition Introduction coach Multi-sport modules: <ul style="list-style-type: none"> * Developing Athletic Abilities * Psychology of Performance * Prevention and Recovery Hold the Canadian Firearm Safety Course certification or equivalent Canadian Forces certification and a valid Possession and Acquisition license or military equivalent 	<ul style="list-style-type: none"> Membership Level 3 or Competition Development Certification Approval from the National Office Hold the Canadian Firearm Safety Course certification or equivalent Canadian Forces certification and a valid Possession and Acquisition license or military equivalent
MATERIALS	<ul style="list-style-type: none"> Competition Introduction Workbook Part 1 and 2: In Class/On Snow and 	<ul style="list-style-type: none"> Technical Manual and other materials used in Competition Introduction Learning Facilitator will 	<ul style="list-style-type: none"> Technical Manual Other materials will be produced

	<p>Evaluation package</p> <ul style="list-style-type: none"> • Technical Manual • LTAD Volume 1,2&3 • Shooting Cookbook • IBU Rulebook* • Ski Technique DVD* • Waxing Video* • Technical CD* • Equipment including rifle, ammunition, skis/roller skis <p>* optional</p>	<p>produce other materials</p> <ul style="list-style-type: none"> • Equipment including rifle, ammunition and skis/roller skis 	
HOW TO BECOME "TRAINED"	<ul style="list-style-type: none"> • Competition Introduction 1: Dryland Workshop (16 hours) • Competition Introduction 2: On Snow Workshop (16 hours) • Multi-Sport Introduction to Competition Part A&B (20 hours) 	<ul style="list-style-type: none"> • Biathlon Competition Development Workshop (44hours) • Multi-Sport Training and Online Evaluations * Make Ethical Decisions- Competition Development * Managing Conflict * Leading a Drug Free Sport * Coaching & Leading Effectively 	<ul style="list-style-type: none"> • Begin taking level 4/5 tasks
HOW TO BECOME "CERTIFIED"	<ul style="list-style-type: none"> • Completed portfolio to be sent to Evaluator • Completed evaluation package (Forms A-F) to be sent to Biathlon Canada • Copy of the Canadian Firearm Safety Course certification or equivalent Canadian Forces certification to be sent to Evaluator • Make Ethical Decisions –Competition Introduction online evaluation 	<ul style="list-style-type: none"> • Portfolio requirements * YTP/Mesocycle/Microcycle Practice Plans * Analyze skiing * Analyze shooting * Tactics Assignment * Sport Program & Budget * Selection or Identification Policy * Season End Analysis * Plan a Competitive Tour * Ski Prep * Rifle Fit • Observation in training and in competition for Coach Effectiveness Inventory Assessment * All intervention based 	<ul style="list-style-type: none"> • Level 4 * Complete 12 tasks (must include #9 & #12) • Level 5 * Complete all 21 tasks

		evidences * All leadership based evidences minimum requirement 70%	
MAINTENANCE OF CERTIFICATION	• 20 Professional Development Credits every 5 years	• 30 Professional Development Credits every 5 years	
LEARNING FACILITATOR PATHWAY	Prerequisites: <ul style="list-style-type: none"> • Certified as one of the following: <ul style="list-style-type: none"> * Competition Introduction coach for at least 2 years * Competition Development coach • Approval from Biathlon Canada • Membership • Biathlon Learning Facilitator/Evaluator Training (8 hours) • Competition Introduction Learning Facilitator/Evaluator mentorship: Co-facilitate Competition Introduction 1: Dryland & Competition Introduction 2: On Snow Workshops • Hold a valid Canadian Firearm Safety Course certification or equivalent Canadian Forces certification a valid Possession and Acquisition license or military equivalent • 25 Professional Development Credits every 5 years (20 points 	Prerequisites: <ul style="list-style-type: none"> • Certified as one of the following: <ul style="list-style-type: none"> * Competition Development Coach for at least 2 years * Level 4 coach • Approval from the National Office • Membership • Biathlon Learning Facilitator/Evaluator Training (8 hours) • Competition Development Learning Facilitator/Evaluator mentorship: Co-facilitate Competition Development Workshop • Hold a valid Canadian Firearm Safety Course certification or equivalent Canadian Forces certification and a valid Possession and Acquisition license or military equivalent • 25 Professional Development Credits every 5 years (20 points must be from facilitator activities) 	

must be from facilitator activities)

5.0 SUMMARY OF BIATHLON BC PROGRAMS AND COACHING BY CS4L STAGE

Biathlon is a late maturing endurance sport. During the first three stages of the LTAD children improve through programs permitting a broad exposure to activities that develop overall motor and sport skills. After this there is a transition to further development in biathlon or lifelong participation in sports at the recreational or less competitive level. For athletes that chose to develop excellence in biathlon an expanding focus on competition permit them to mature athletically and aspire to national and international podiums.

CS4L Stage	Program or Activity	Coach Level Required	Delivery	Benchmark Events	Infrastructure / Equipment Required
Active Start	No structured program at this level				
FUNDamentals	Biathlon Bears Jackrabbit program Regional competitions Give it a Shot Girls and Guns	CC – Bronze, Silver	Member clubs with support from Biathlon BC	Not applicable	Cross country area with groomed trails Air rifle range Access to skis and air rifles
Learn to Train	Girls and Guns	CC – Bronze, Silver, Gold	Member clubs with support from Biathlon BC through BCSP and Community Gaming Grant (CGG)	BC Cup BC Championship BCWG	Cross country area with groomed trails .22 rifle range Snow skis Access to .22 rifle and roller skis HR monitor
	Biathlon Bears	CC- Bronze, Silver, Gold			
	Regional Competitions	CC Silver, Gold			
	Club Training Programs	CC – Silver, Gold, CI			
	BC Cup Series	CC silver, Gold			
	BCWG	CI			
Train to Train	Regional Competitions	CI	Member clubs with support from Biathlon BC	BCWG BC Cup BC Championship Western	Cross country area with groomed trails .22 rifle range

	Club Training Programs	CI, CDC	Member clubs with coach mentoring support from Biathlon BC	Canadian Championship Nationals	Training and competition skis Personal .22 rifle Personal roller skis Competitive XC clothes and summer training clothes HR monitor Yearly Training Plan (YTP) Access to SCATT Shooter Training System
	BC Cup Series	CI	Member clubs with support from Biathlon BC through CGG		
	BCWG	CI	Member clubs and Biathlon BC		
	Development and Talent Squads	CI – Talent Squad CDC – Development Squad	BiBC through specialized camps and coaching BiBC		
	Team BC for Nationals	CDC	Biathlon BC		
Train to Compete	BC Cup Series	CI, CDC	Member clubs with support from Biathlon BC through CGG	BC Cup Nationals North American Cup North American Championship CWG World Y/J Championship IBU Cup Open European Championship	Cross country area with groomed trails .22 rifle range Training and competition skis Personal .22 rifle Personal roller skis Competitive XC clothes and summer training clothes HR monitor Yearly Training Plan (YTP) Access to SCATT Shooter Training System

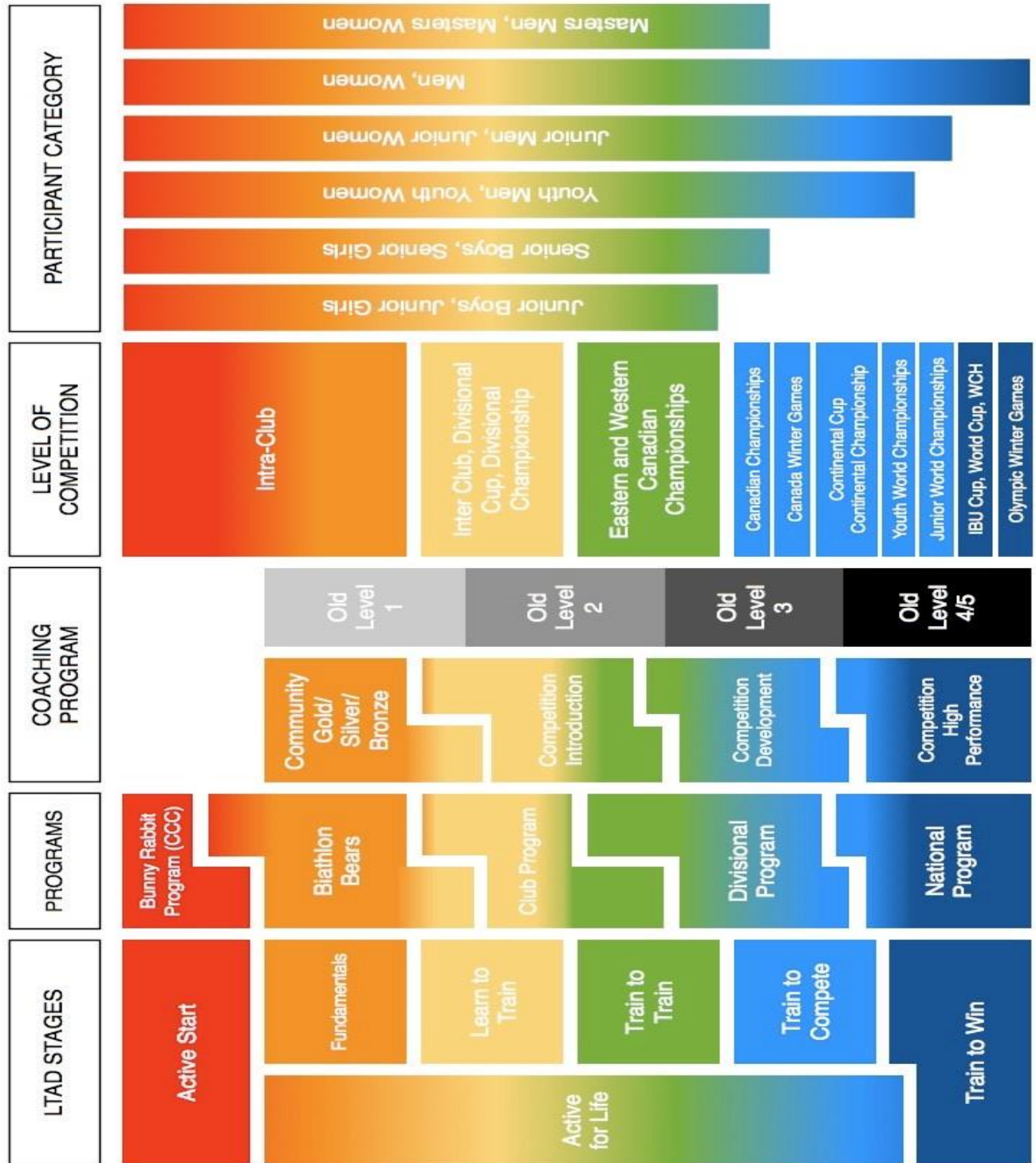
	Development Squad	CDC	BiBC through specialized camps and coaching		Cross country area with groomed trails .22 rifle range Training and competition skis Personal .22 rifle Personal roller skis Competitive XC clothes and summer training clothes HR monitor Yearly Training Plan (YTP) Access to SCATT Shooter Training System
	Team BC for Nationals	CDC	BiBC		Cross country area with groomed trails .22 rifle range Training and competition skis Personal .22 rifle Personal roller skis Competitive XC clothes and summer training clothes HR monitor Yearly Training Plan (YTP) Access to SCATT

					Shooter Training System
	CWG	CDC			Cross country area with groomed trails .22 rifle range Training and competition skis Personal .22 rifle Personal roller skis Competitive XC clothes and summer training clothes HR monitor Yearly Training Plan (YTP) Access to SCATT Shooter Training System
	HP Squad	Competition High Performance	Support provided from BiBC through athlete grants		Venue with winter and summer access (paved trails) .22 rifle range Training and competition skis (4 pair) Personal .22 rifle High quality ammunition Personal roller skis Competitive XC clothes and summer

					training clothes High quality cycling equipment Supplements Access to physiological monitoring, nutrition, sports medicine, massage
Train to Win	Team BC for Nationals	Competition High Performance	Support provided from BiBC through athlete grants. Training primarily the responsibility of Biathlon Canada	IBU Cup Open European Championship World Cup World Championship Olympic Games	Venue with winter and summer access (paved trails) .22 rifle range Training and competition skis (5-6 pair) Classic ski equipment Personal .22 rifle High quality ammunition Personal roller skis Competitive XC clothes and summer training clothes High quality cycling equipment Supplements Access to physiological monitoring, nutrition, sports medicine, massage, physiotherapy
	CWG		Support provided by Biathlon BC		
	HP Squad				

Active For Life Competitive for Life	Regional Competitions	CC CI CDC	Member clubs with support from Biathlon BC	BC Cup Nationals Winter World Masters	Cross country area with groomed trails .22 rifle range Training and competition skis Personal .22 rifle Personal roller skis HR monitor Personal Trainer Competitive XC clothes
	BC Cup Series		Member clubs with support from Biathlon BC through CGG		
	Team BC for Nationals		Member clubs with support from Biathlon BC		
	Winter World Masters Games		Member clubs		
Active for Life Fit for Life	Give it a Shot Girls and Guns Bridge through Biathlon		Member clubs with support from Biathlon BC	Not Applicable	Cross country area with groomed trails .22 rifle range Snow skis Access to .22 rifle and roller skis
	Regional Competitions				
	BC Cup Series				
Active for Life Sport and Physical Activity Leaders	Coaching		Member clubs with support from Biathlon BC	Not Applicable	
	Volunteering				
	Officiating				
	Administering				

COMBINED PARTICIPANT AND COACH DEVELOPMENT MODEL



BIATHLON CANADA 2009

6.0 OFFICIALS DEVELOPMENT

The standards for Biathlon officials and training have been developed by Biathlon Canada. There are five levels.

- Entry
- Advanced
- Leader
- Technical Delegate (TD)
- International Referee (IR)
- Instructor



Biathlon BC events require many local well-trained officials, mostly at the Entry and Advanced levels. Biathlon BC is committed to increasing the number of trained officials all over the province by providing grants to member clubs to hold officials courses. It is required at each BC Cup event that one of the Chiefs should be qualified at Leader Level and other chiefs must be at Advanced Level. The persons in critical data collecting roles must be qualified at Entry Level or higher. Leader, TD and IR courses are organized by Biathlon Canada.

BIATHLON CANADA OFFICIALS DEVELOPMENT CHART

Level	Course Length	Test Score and Length	Prerequisite and Selection	Intended Role or Purpose
Entry Bronze Badge	8 hours class or online as required (with performance requirements).	70% 10 questions or online modules	Must be at least age 15, division selects	Working official, under supervision but may perform minor supervision.
Advanced Silver Badge	14 hours in class	90% Open book homework exam	One year as Entry level with all 8 competencies completed. Biathlon Canada selects	Senior organizational positions: Officer, Supervisor.

Leader Gold Badge	14 hours in class	80% 100 minutes plus case studies	Minimum 2 years as Advanced with at least 8 competitions and as supervisor at least once. Biathlon Canada selects.	All senior leadership positions: Chief, Officer, Supervisor and Divisional TD.
Instructor White Badge	14 Hours in class	Practical Evaluation in Class	Access from Leader. Biathlon Canada selects.	Instructor for officials courses (must be TD to instruct TD Course).
Technical Delegate Red Badge	14 Hours in class	80%, 100 minutes and practical evaluation in class.	Access from Leader after minimum one year. Biathlon Canada selects.	National TD and Referee, Senior organization position.
International Referee White and Gold Badge	18 Hours in class	80% 120 minutes 25 questions.	National Official for 4 years and must be nominated by Biathlon Canada.	IR and Chief positions at IBU events.
IBU Technical Delegate Cloth Badge	22 Hours in class	80% 120 minutes 35 questions.	Access from IR, selection by IBU into TD Group.	TD or IR at OWG, WCH, WC and other IBU events.

7.0 OPPORTUNITIES AND CHALLENGES

CS4L Stage	OPPORTUNITIES	CHALLENGES
Active Start	No structured program at this level	No structured program at this level
FUNDamentals	<p>Association with Cross Country BC (CCBC) Jackrabbit program.</p> <p>Expansion of Biathlon Bears program</p> <p>Parent education regarding physical literacy, CS4L and LTAD model</p> <p>Attraction of new members through Give it a shot, Biathlon Bears and Regional competitions</p>	<p>Access to adequate number of low cost air rifles</p> <p>Access to enough qualified Community Coaches</p> <p>Firearm regulations and safety concerns are a barrier to training lots of children</p> <p>Anti firearm sentiment in many areas of the province</p>
Learn to Train	<p>Association with CCBC Track Attack Program</p> <p>Association with regional cadet biathlon programs and aboriginal communities</p> <p>Expansion of Biathlon Bears Program</p> <p>Parent education regarding physical literacy, CS4L and LTAD model</p> <p>Attraction of new members through Give it a Shot, Biathlon Bears and regional competitions</p> <p>Coach mentoring between Regional coaches and club coaches</p> <p>Expand inventory of Community Coaches throughout province</p>	<p>Access to adequate number of low cost biathlon rifles</p> <p>Access to enough qualified Community and Competition Introduction coaches</p> <p>Anti Firearm sentiment in many areas of the province</p> <p>Lack of suitable range in many areas of the province</p> <p>Firearms licensing restrictions</p>
Train to Train	Collaboration and participation with Biathlon Alberta programs	Access to adequate number of good quality biathlon rifles

	<p>Promotion of participation in CCBC Teck Cup series</p> <p>Association with physical education programs in schools</p> <p>Canadian Sport School Northern BC</p> <p>Coach mentoring between Regional coaches and club coaches</p> <p>Expand inventory of Competition Introduction coaches throughout province</p> <p>Development of summer biathlon competitions</p> <p>Ability to host high level training camps at Whistler Olympic Park</p>	<p>Access to enough qualified Community Competition Introduction and Competition Development coaches</p> <p>Anti Firearm sentiment in many areas of the province</p> <p>Lack of suitable range in many areas of the province</p> <p>Firearms licensing restrictions</p> <p>Competition grouping by chronological age lead to competition between individuals at different developmental stages which can lead to drop out</p>
Train to Compete	<p>Collaboration and participation with Biathlon Alberta programs</p> <p>Increase inventory of CDC coaches in province</p> <p>Ability to host high level training camps at Whistler Olympic Park</p> <p>Ability to host high level events at two locations in the province (Whistler Olympic Park, Otway Nordic Ski Centre)</p> <p>Development of High Performance program in partnership with Whistler Sport Legacies</p>	<p>Securing adequate funding to sustain a program at this level</p> <p>Access to enough high levels coaches</p> <p>Not enough high level domestic competition. Cost of travel to Europe sometimes prohibitive</p>
Train to Win	<p>Collaboration and participation with Biathlon Alberta programs</p> <p>Ability to host high level events at two</p>	<p>Currently no structured program in BC</p>

	locations in the province (Whistler Olympic Park, Otway Nordic ski centre)	
Active for Life	<p>Increase competitive and recreational programs available through member clubs</p> <p>Partnership with aboriginal communities and other sport groups</p>	<p>Access to adequate number of low cost biathlon rifles</p> <p>Access to enough qualified Community and Competition Introduction coaches</p> <p>Anti Firearm sentiment in many areas of the province</p> <p>Lack of suitable range in many areas of the province</p>

