



Cycling Ireland Paracycling Development Squad Selection Criteria 2023

1 OBJECTIVES

1.1 To select and/ or support riders with the following objectives:

- To provide a structured training environment with coaching support to optimise progression and potential.
- To gain International competitive experience by providing opportunity for exposure to international racing events (incl. UCI C1 & World Cup Events)
- Riders who show the capability to progress towards challenging for position on Elite National Squad
- Assist in targeting rider qualification points for 2024 Paralympic Games

2 TEAM SELECTION

2.1 To be considered for selection for the Paracycling Ireland Development Squad, riders must meet the minimum standards outlined below:

- Achieved the minimum standard for their paracycling category in either road time trial or track event times. (See Appendix 1 for Selection Criteria)
- Recommendation from National Development Coach and/ or National Coach.
- Consistent performances in National Paracycling time trial or road race leagues and squad training sessions
- Have been nationally classified for paracycling. Should you wish to seek an update on your classification status please contact classification@paralympics.ie - +353 838169229

Note: Athletes may be removed from the squad for failure to maintain or improve performances over a period.

2.2 If more than one rider per category meets the above criteria then each rider in that category will be ranked in a matrix. This will consider key rider characteristics that are required to meet the team objectives. See Appendix 2.

2.3 Coaches (National Paracycling Coach, National Paracycling Development Coach & Cycling Ireland Head Coach) may make discretionary selections for riders that have not

met the criteria but have demonstrated a rate of progression that indicates potential to perform in the future.

2.4 All riders must meet the eligibility criteria as laid out in the eligibility document for Cycling Ireland Teams

2.5 In cases where a rider does not meet the criteria outlined above, the selectors, at their discretion, may decide to hold fitness tests to identify suitable riders. This will be done with the intention to invite riders to training camps and/or races to provide further opportunities to gain selection through point 2.3. See Appendix 3

2.6 Riders must have successfully completed Sport Ireland's Anti-Doping e-learning module or attended a Sport Ireland Anti-Doping Education workshop and share their certificate with the relevant Coach

3 CODE OF CONDUCT

3.1 All riders and management team must sign the Development Squad Rider Agreement in Appendix 4.

3.2 All riders and management team must abide by the Code of Conduct contained in the Rider Agreement in Appendix 4

3.3 Failure to adhere to the agreement will be grounds for removal from the Development Squad following consultation and consideration with the Head Coach

APPENDIX 1

Performance Criteria

It is desirable that riders achieve minimum time for 16km Time Trial or 3/4km Pursuit depending on category as outlined below and certified by coach or event results. Achieving times does not assure selection. The times below are a guideline to give riders an indication of the level required and offer coaches an insight into performance capacity.

National Championship TT results and C1 event results (subject to field size and quality of field) will also be considered.

ROAD:

| MEN | ROAD TIME TRIAL | DISTANCE |
|------------|------------------------|-----------------|
| Tandem | 21.30 | 16km |
| C2 | 27 | 16km |
| C3 | 26 | 16km |
| C4 | 23 | 16km |
| C5 | 22 | 16km |
| H1 – H5 | 30-35 | 16km |
| T1 –T3 | Standard TBC | 16km |

| WOMEN | ROAD TIME TRIAL | DISTANCE |
|--------------|------------------------|-----------------|
| Tandem | 23 | 16km |
| C2 | 32 | 16km |
| C3 | 31 | 16km |
| C4 | 29 | 16km |
| C5 | 27 | 16km |
| H1 – H5 | Standard TBC | 16km |
| T1 –T3 | Standard TBC | 16km |

TRACK: (Indoor times)

| MEN | INDIVIDUAL PURSUIT | DISTANCE |
|------------|---------------------------|-----------------|
| Tandem | 4.52.00 | 4km |
| C2 | 4.05.00 | 3km |
| C3 | 3.59.00 | 3km |
| C4 | 5.04.00 | 4km |
| C5 | 4.51.00 | 4km |

| WOMEN | INDIVIDUAL PURSUIT | DISTANCE |
|--------------|---------------------------|-----------------|
| Tandem | 3.58.00 | 3km |
| C2 | 4.43.00 | 3km |
| C3 | 4.39.00 | 3km |
| C4 | 4.35.00 | 3km |
| C5 | 4.31.00 | 3km |

| MEN | KILO | DISTANCE |
|------------|-------------|-----------------|
| Tandem | 1:07.6 | 1km |
| C2 | 1:21.7 | 1km |
| C3 | 1:17.4 | 1km |
| C4 | 1:15.4 | 1km |
| C5 | 1:12.3 | 1km |

| WOMEN | KILO/500 | DISTANCE |
|--------------|-----------------|-----------------|
| Tandem | 1:15.9 | 1km |
| C2 | 50.8 | 500m |
| C3 | 48.9s | 500m |
| C4 | 46.9 | 500m |
| C5 | 45.0 | 500m |

*Above times are for indoor Velodrome, outdoor times will be considered on a case by case basis with due varying of conditions

APPENDIX 2

Rider Characteristics:

Irrespective of the category or event type of the following points will be considered when selecting members of national teams or squads:

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| <ul style="list-style-type: none">• The profile of the rider: their ability to form part of a cohesive team, accepting direction from relevant staff or event volunteers & officials and their interaction with other Cycling Ireland support personnel |
| <ul style="list-style-type: none">• Ability of rider to perform under competition stress in different environments to what they are used to. |
| <ul style="list-style-type: none">• International and National race performances in comparable events and UCI ranking (where applicable) |
| <ul style="list-style-type: none">• Training age, development potential and developmental stage of the rider and potential to perform in the future |
| <ul style="list-style-type: none">• Tactical awareness and skill levels of the riders |
| <ul style="list-style-type: none">• Commitment to National Team training sessions & training plans and capacity to commit to training requirements & racing schedule |

APPENDIX 3

Fitness Tests:

Examples of fitness tests used are:

- Physiological lab test
- Calibrated power meter test with agreed protocol from National Development Coach. (e.g., Wattbike, SRM, Powertap, Assioma etc.)
- Road test or timed effort on track.

Cycling Ireland will determine appropriate testing protocols according to event. Fitness Testing protocols can be used as part of the process to:

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| a) Assess a rider's ability and potential capacity to perform |
| b) Select a rider(s) for squad when multiple riders are in contention |
| c) Replicate demands of race / event intensity and measure athlete response. |
| e) Assess a rider's physiological response to training plan |

Physiological test results are a guideline to give riders an indication of the level required and offers coaches an insight into performance capacity. Satisfactory fitness test results can be part of a process and do not guarantee selection.

2023 TEAM MEMBER AGREEMENT FOR PARACYCLING DEVELOPMENT SQUAD

Introduction

This agreement is to be adhered to by riders and support personnel who are part of Cycling Ireland's Paracycling Development squad. The purpose of this Code is to ensure that:

- Riders, Staff and relevant Volunteers perform to the best of their ability when representing Cycling Ireland.
- Order and discipline required for best performance is always maintained.
- Membership on Cycling Ireland Paracycling teams and squads are a positive experience for all involved.
- A standard appropriate to a successful Development Programme environment is cultivated and always supported.
- Riders are prepared physically and psychologically and are aware of the requirements to transition into the High-Performance team should they be successful.

- The reputation of Cycling Ireland is enhanced and not brought into disrepute.
- Riders, Staff and relevant Volunteers know what is expected of them and what they can expect when representing the Development Squad at events and training camps.

Code of Conduct

1. Riders must comply with the applicable anti-doping rules at all times. Riders selected for anti-doping checks in competitions must immediately inform the Team/Squad manager and be accompanied to Doping Control by a team official.
2. Therapeutic Usage Exemptions (TUE) are the responsibility of the athlete; however, riders must inform the Team/Squad manager prior to the event of any medications covered by the TUE which they are taking. Any injury or onset of illness in advance of or during an event should immediately be reported to the Team/Squad manager.
3. Riders who have received corticosteroid treatment within eight days of an event must inform Team/Squad manager as soon as they are aware that they are receiving such treatment.
4. Riders must adhere to training and preparation plans when these are provided for them and submit training logs and other information relevant to the Manager/Coach on request. This includes uploading training and race data in real time to agreed software.
5. Should a rider sustain an injury or succumb to illness, either during a camp or competition or while training in the lead up to an event, notification must immediately be given to the Team/Squad Manager.
6. Riders must bring their Race License (with international authorisation if competing outside Ireland) and European Health Insurance Card (EHIC) to all competitions.
7. Riders are responsible for making their own way to the agreed departure point unless otherwise agreed. Additional travel costs incurred owing to a rider's failure to meet an agreed travel schedule are payable by the rider.
8. Punctuality is always expected from riders.
9. Riders must obey all reasonable instructions from Cycling Ireland personnel (to include volunteers representing the Paracycling Commission). Instructions to include those

governing mealtimes, meeting times, race tactics, training schedules, clothing, team activities and sponsor activities etc. when/if team management requests.

10. Riders and support personnel must be polite, courteous, and respectful to other team/squad members and personnel regardless of ability, cultural or ethnic origin, gender, sexual orientation, or religion. Appropriate behaviour is always expected from Riders, Staff and relevant Volunteers. Inappropriate behaviour will be considered a breach of this agreement.
11. Riders will extend the same respect to competitors, event staff and volunteers at competitions and training camps.
12. Riders and support personnel must not engage in any activity that would bring themselves or Cycling Ireland into disrepute. Riders and support personnel must be cognisant that their general appearance and demeanour should reflect well on Cycling Ireland and the Para Development Squad.
13. Equipment and clothing provided by Cycling Ireland and the Paracycling Commission must be used unless specific dispensation has been granted. Riders, Staff and relevant Volunteers will be provided with suitable casual and technical wear where appropriate. Clothing shall remain the property of Cycling Ireland and/or The Paracycling Commission. Equipment and all clothing are to be returned to the same condition as when distributed. Allowances will be made for normal wear and tear, crash damage etc. Clothing issued for selected events cannot be used for training, promotional or casual use outside of the same event unless with prior authorisation and consent of the Coach/Manager.
14. Riders bringing their own bicycles to events and training camps must ensure they are clean and in good working order. Should equipment be unclean beyond reason or in obvious disrepair, the team mechanic may refuse to carry out work on it.
15. It is the responsibility of the riders to securely pack and protect their own bikes, and bikes and equipment belonging to Cycling Ireland and The Paracycling Commission, prior to travel both to and from events. A suitable container with airline acceptable dimensions and specifications must be used. Cycling Ireland is not responsible for equipment in transit. Equipment not correctly packed can be refused carriage by the Team/Squad manager.
16. The use of alcohol or narcotics is forbidden. The only exception is if the Team/Squad Manager authorises the consumption of alcohol and only shall be considered post competition. Riders under the age of 18 are excluded from any such authorisation.

17. Riders and support personnel are required to cooperate with the Cycling Ireland Communications Officer and Media when requested. Any contact with the Media should be with the advance approval of the Team/Squad manager.
18. Riders and support personnel must make themselves aware of and adhere to the Cycling Ireland social media policy guidelines (<https://www.cyclingireland.ie/downloads/CyclingIrelandSocialMediaPolicyApproved220622.pdf>) Breach of these guidelines will be considered a breach of this agreement.
19. Any criticism, grievance or negative comments are to be addressed in the first instance to the Team/Squad manager directly. An aggrieved party may, if still dissatisfied, escalate the matter to the Chairperson of the Paracycling Commission. Inappropriately aired grievances (e.g. via electronic mediums or social media) can be considered a breach of this agreement.
20. Team management retains the right to remove an individual from a squad if they fail to sign this code of conduct.
21. It is the responsibility of Squad riders and Personnel to repay any outstanding monies to Cycling Ireland or the Paracycling Commission in a timely manner by liaising with the relevant staff member or volunteer, as necessary. This shall also be the case with monies borrowed from teammates and other Squad riders.
22. It is the responsibility of Squad riders and Personnel to return any equipment borrowed from Cycling Ireland in a timely manner. This Shall also be the case with equipment borrowed from teammates and other Squad riders.
23. Riders, Staff and relevant Volunteers will be asked to sign this document on an annual basis. Team management reserves the right to ask riders and staff to re-sign this document at any time, should the terms of the Code change.
24. In signing this document, Riders, Staff and relevant Volunteers agree to abide by all relevant Cycling Ireland guidelines and policies, including those relating to selection appeals.

Penalties

The imposition of penalties on members of Cycling Ireland Team/Squads should be an unusual occurrence, however in the event of disciplinary difficulties arising, the Cycling Ireland Team/Squad manager should, as soon as is practical to do so discuss the issue with the rider or official as to how the problem has arisen and outline how it is in

violation of this code. The team/Squad manager is empowered to take appropriate measures, up to and including removal from the Team/Squad, to deal with breaches of this Code and refer matters for further action under Cycling Ireland's disciplinary process.

Signing

I agree to the terms and conditions outlined in this code of conduct.

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| <p>Name of Rider/Staff Member/ Volunteer (print)</p> <p>Signature of Rider /Staff Member/ Volunteer</p> <p>Date</p> |
| <p>Name of Parent/Guardian if rider is under eighteen. (print)</p> <p>Signature of Parent/ Guardian if Rider is under eighteen</p> |

This form must be signed by the Rider / Staff member/ Volunteer and returned to the Paracycling Commission Coach or Commission member by post/email. An Electronic signature will be acceptable, as will an email source as proof of authenticity.