



March 6, 2023

Dear PSOs, Athletes, Coaches, and Parents:

**Re: 2023 IWF Grand Prix 1 – Havana, Cuba**

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On behalf of WCH, we are pleased to provide you with this memorandum concerning the 2023 IWF Grand Prix 1 in Havana, Cuba from June 8 – June 18, 2023 (the “**Competition**”). This memo provides important information to help you prepare for the Competition.

### 1. QUALIFICATION STANDARDS

The IWF Grand Prix 1 counts as an International 2 event under the WCH Qualification Standards, as set out below. The team will be limited to those athletes who submit their expressions of interest by the March 7, 2023 deadline. WCH can enter no more than 2 athletes in any given weight category, and all athletes must be up to date with their ADAMS Whereabouts submissions. Final Team Selection will occur on April 9, 2023.

#### Women

	<b>45</b>	<b>49</b>	<b>55</b>	<b>59</b>	<b>64</b>	<b>71</b>	<b>76</b>	<b>81</b>	<b>87</b>	<b>+87</b>
<b>Total</b>	137	162	175	188	197	202	207	209	210	226

#### Men

	<b>55</b>	<b>61</b>	<b>67</b>	<b>73</b>	<b>81</b>	<b>89</b>	<b>96</b>	<b>102</b>	<b>109</b>	<b>+109</b>
<b>Total</b>	218	246	266	283	298	304	323	325	329	349

The standards are from the 2022-2023 marker system. The 2023-2024 marker system will be in effect on July 1, 2023, for all competitions after July 1.

### 2. QUALIFICATION EVENTS

A list of qualifying events can be found [here](#)

### 3. EXPRESSIONS OF INTEREST

At this time, we are seeking an expression of interest from athletes. Please complete the form found at the link below to express interest.

### [Athlete Declaration of Interest Form](#)

Please note that you should submit interest if you believe you have a reasonable chance of hitting the standard by the deadline, so we can plan accordingly.

The information is due no later than **March 7, 2023 – 10 pm Mountain Time**

Athletes expressing interest are required to pay a \$100 non-refundable administration fee prior to the deadline above.

Coaches who are interested in participating in this event are encouraged to submit an expression of interest as soon as possible, but in no event later than **March 8, 2023**.

### [Coach Expression of Interest Form](#)

To be eligible to participate in this event, coaches must meet the requirements of the WCH Screening Policy by completing a background check and submitting it to WCH.

#### **4. CONFIRMATION OF PARTICIPATION**

Per the preliminary memo sent earlier, the deadline to notify WCH of intent to participate in the Competition is **March 7, 2023**. That part of the process is now closed.

The deadline for all participants to pay the registration fee and the accommodation fee **in full** is **May 18, 2023**.

If you are withdrawing from the Competition, whether as an athlete, coach, or support personnel, please notify the High-Performance Manager (mread@cwfhc.ca) as soon as possible so that we can finalize the team before **May 7, 2023** to meet the deadline for Final Entries and payment to the Local Organizing Committee (LOC).

#### **5. WHEREABOUTS**

As an Olympic qualification events, Article 5.5.16 of the IWF Anti-Doping Rules and Regulations requires that all athletes who wish to participate file Whereabouts for the entire 3-month period prior to the start of the competition (i.e., March 8, 2023) through to the final date of the competition (inclusive) to be eligible for selection to Team Canada. Athletes who have not filed Whereabouts by the deadline set by the IWF will not be considered for selection.

#### **6. REGISTRATION & ANTI-DOPING FEES**

The IWF and LOC have set the following registration fee for this event are as follows:

- Athletes: EUR 300 / person, including EUR 100 IWF Special Anti-Doping Fee
- Coaches: EUR 200 / person
- Team Support Personnel and WCH Delegates: EUR 200 / person

#### **7. ACCOMMODATIONS**

(a) Official accommodations for the Competition are at the following three hotels:

- Hotel Melia Cohiba (<https://www.meliacuba.com/cuba-hotels/hotel-melia-cohiba>)

- Hotel Melia Habana (<https://www.meliacuba.es/hoteles-en-cuba/hotel-melia-habana>)
  - Hotel Grand Aston la Habana (<https://www.astonhotelsinternational.com/en/hotel/view/86/grand-aston-la-habana>)
- (b) Accommodation fees, including all meals, are as follows:
- Single room: **EUR 170 / person / night**
  - Double room: **EUR 140 / person / night**
- (c) All participants must stay a minimum of four (4) nights at one of the official hotels.
- (d) Please notify WCH by email ([mread@cwfhc.ca](mailto:mread@cwfhc.ca)) if you would prefer a single or a double/triple room. If you choose a double room, please let us know your choice of roommate. We will do our best to accommodate your choice.
- (e) Costs of any room upgrades or changes to reservations made by participants upon arrival are the sole responsibility of the party requesting the changes.
- (f) Note that if your arrival time is before 3pm local time, you will be charged for the previous night accommodations.

#### 8. PAYMENT OF FEES

An invoice will be issued for registration and accommodation fees (minimum 4 nights) for athletes and coaches must be paid by e-transfer to [treasurer@cwfhc.ca](mailto:treasurer@cwfhc.ca) no later than **May 18, 2023**.

When paying by e-transfer in Canadian dollars, the exchange rate will be provided on the invoice and based on the date the money is being transferred to the Local Organizing Committee.

#### 9. FUNDING FOR COACHES AND ATHLETES

- (a) **Athletes:** Athlete funding will be determined upon receipt of our annual funding amounts from Sport Canada.
- (b) **Coaches:** 2 coaches will receive 100% support for their accommodations and registration for the event. The funded coach(es) must arrive in Havana by June 7, 2023. Verification of entries will take place online on March 23, 2023. Selection of funded coaches for Team Canada will take place in accordance with the WCH Coach Selection Policy.
- (c) **Team Leader:** As an Olympic qualifying event the High Performance Manager will serve as Team Leader for this competition.

#### 10. TRAVEL TO HAVANA, CUBA

- (a) **Arrival and Transfer:** Participants must book their flights from Canada to JOSE MARTI INTERNATIONAL AIRPORT (HAV). The Competition Organizing Committee will provide transportation from Tirana International Airport to the designated hotel.

**\*Athletes, coaches, team leader, and parents are encouraged to travel together whenever possible. WCH strongly encourages participants to book their travel through our travel partner ATPI by contacting Ema Ionescu (Ema.Ionescu@atpi.com).**

**Team travel arrangements must be finalized no later than May 7, 2023.**

- (b) **Visa:** Canadian citizens and permanent residents must fill out a type of tourist visa called a “tourist card”. The tourist card is generally provided by the airline you book with. Individuals can also obtain it from a Cuban government office in Canada or at some airports.
- (c) **Passport:** **Your passport expiry date must be no less than 1 month from the final date of your stay in Cuba.** If your passport expires on or before July 8, 2023, we recommend you apply for a new passport immediately. Participants who arrive with passports expiring on or before July 8, 2023 may be denied entry into the country.
- (d) **Pre-Arrival COVID Testing:** At this time, no pre-arrival COVID tests are required. This is subject to change at the discretion of the Cuban government.
- (e) **Safety and Security:** The Government of Canada advises all visitors to Cuba to take normal security precautions while there. For more details, please visit the Government of Canada’s travel advisory site here: <https://travel.gc.ca/destinations/cuba#risk>
- (f) **Insurance: The IWF requires** Weightlifting Canada to purchase sport accident insurance covering all sport injury risk for members of Team Canada at the Competition. WCH may apply a surcharge to athletes to offset that expense. All participants are responsible for obtaining their own travel medical (non-sport accident) for this event. Your provincial health care plan is unlikely to cover most or any medical expenses you incur while in Cuba.
- (g) **Health:** The Public Health Agency of Canada recommends that all travellers to Cuba consult their travel health physician about recommended vaccinations at least six weeks prior to departure.

For more information on health and other risks in Cuba, please visit <https://travel.gc.ca/destinations/cuba#health>

## **11. PRELIMINARY SCHEDULE**

Please see the Competition Regulation for additional information on the Preliminary Timetable. We expect to receive further details in the coming weeks. Key dates include:

- June 4: Arrival period begins
- June 6 (at 12:00): Verification of Final Entries ONLINE
- June 7 (at 17:00): Technical meeting
- June 7 (19:00): Technical Officials meeting
- June 8 (09:00): Competition begins
- June 8 (17:00): Opening Ceremonies

## **12. ANTI-DOPING**

- (a) **IWF Policy.** The Competition is subject to the IWF Anti-Doping Policy, a copy of which is available for download on the IWF website: [www.iwf.net](http://www.iwf.net)

Under Section 7.4 of the IWF Anti-Doping Policy, all athletes participating in continental championship events must be registered in ADAMS and have submitted their Whereabouts for the full **90-day period** prior to the start of the Competition through the end of the Competition. Athletes who file their Whereabouts late may be considered ineligible to compete by the IWF. If you have any questions about filing Whereabouts, please contact Mr. Joe Landreville ([jlandreville@cwfhc.ca](mailto:jlandreville@cwfhc.ca)).

- (b) **Athletes**

**All** athletes and team support personnel are required to complete the **WADA ADeL Online Course for Athletes** before the Competition. This course replaces the previous IWF ILiftClean platform that some team members are familiar with.

The course can be found at the following link: <https://adel.wada-ama.org/>

As was the case with the previous IWF ILiftClean platform, Athletes and team support personnel (coaches, team leaders, doctors, etc.) shall register at the site, watch the videos, and successfully complete the quiz at the end to receive the certificate.

If you have any problem with the registration process, please contact WADA at [adel@wada-ama.org](mailto:adel@wada-ama.org) and the IWF at [education@iwfnet.net](mailto:education@iwfnet.net).

- (c) **Coaches and Support Personnel:**

As per section 16.3 of the IWF Anti-Doping Policy, all coaches and team support personnel must complete and sign the Declaration Form for Athlete Support Personnel. WCH will provide those who have not yet signed the form with a link once preliminary registration is complete.

Coaches and team support personnel must also complete the WADA Adel Online Course for Athletes as set out in subsection 12(b) above.

### **13. RESPECT IN SPORT CERTIFICATION**

In compliance with new Sport Canada regulations, all coaches, team support personnel, *and athletes* are required to complete Respect in Sport or equivalent certification prior to the Competition. If you have previously completed this training, you do not need to complete the training again. The cost of the course is approximately \$35.

### **14. CONDUCT & SAFETY**

- (a) All athletes, coaches, team leader(s), and other support personnel are required to adhere to the WCH Conduct Policy at all times.
- (b) As noted above, the safety and security situation in Cuba is stable, but as in all countries it is subject to change. Just as you need to be aware of your surroundings and personal safety when out and about in your home country, you need to exercise discretion and act responsibly. We strongly recommend that you familiarize yourself with the security situation in before the Competition and follow team guidelines at all times.

**15. TEAM CANADA AGREEMENT**

WCH requires all Team Members to sign an WCH Team Canada Agreement and the consent form for the Office of the Sport Integrity Commissioner as a condition of participation in the event. WCH will notify team members who have not signed the document where to go to complete that process.