

Notable Changes to the 2024 Athlete & Sport Program Plan

Page 3	Program Goals	Our primary focus in 2024 will be on athletes who have the best chance of earning a medal at the 2024 Paris Paralympic Games. This goes away from focusing on emerging and emerging elite athletes as in 2023.
Page 3	2024 National Team	The addition of athletes who earned a national team B standard in Term 2 of 2023 has been added to the criteria to be named to the national team beginning January 1, 2024.
Page 4	2024 National Team	Team nomination based on marathon results has been updated.
Page 8	Talent Protection Program	Athletes who meet these criteria are now eligible to receive stipends, grant assistance and EAHI support. The criteria, however, have become more stringent due to the added benefits. There is also a defined time period allowed to be a part of the TPP.
Page 12	Emerging Athlete Eligibility	Athletes who have a national provisional classification are not eligible to be selected to the emerging team. Athletes who have previously been nominated to the national team are not eligible for emerging team selection. Long jump and High Jump are considered track events at 15% of the standard for the emerging team.
Page 13	Program Activities	Nationals & Trials are mandatory events for national team athletes
Page 27	Coaches Reimbursement	Coaching reimbursements amounts and criteria have been updated.
Page 28	Other Stipends	Athletes in eligible classifications will be provided an additional \$1,000 for the year to support their PCA or Guide Athlete (not on national team) on trips to competitions that are not funded and supported by USPTF.
Page 33	Team Rules & Expectations	Athletes must submit a monthly training update. A link will be sent monthly to eligible athletes.

U.S. Paralympics Track & Field 2024 Athlete and Sport Program Plan

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Athletes' Advisory Group: <https://www.teamusa.org/usparatrackandfield/athlete-advisory-group>

DEFINITIONS

1. **“2024”**: The following dates and seasons:
 - a. Summer Sports – the 2024 season, which lasts January 1, 2024 through December 31, 2024
2. **“2025”**: The following dates and seasons:
 - a. Summer Sports – 2025 season / January 1, 2025 through December 31, 2025
3. **“Athlete Stipend”**: Previously referred to as Direct Athlete Support or DAS
4. **“EAHI”**: Elite Athlete Health Insurance
5. **“IF”**: an International Federation
 - a. ATH – [World Para Athletics \(WPA\)](#)
 - b. BKG – [World Dance Sport Federation \(WDSF\)](#)
 - c. CYC – [Union Cycliste Internationale \(UCI\)](#)
 - d. PEL – [International Federation of Pelota Vasca \(FIPV\)](#)
 - e. POW – [World Para Powerlifting \(WPPO\)](#)
 - f. SKB – [World Skate](#)
 - g. SKN – [International Ski and Snowboard Federation \(FIS\)](#)
 - h. SMT – [International Ski Mountaineering Federation \(ISMF\)](#)
 - i. SUR – [International Surfing Association \(ISA\)](#)
 - j. SWI – [World Para Swimming \(WPS\)](#)
6. **“NGB”**: National Governing Body.
7. **“USADA”**: The U.S. Anti-Doping Agency

8. **“Guide”**: For the purposes of these procedures (except as noted throughout), guides will be considered athletes.
9. **“USPTF”**: U.S. Paralympics Track & Field
10. **“Team”**: National Team

PROGRAM GOALS

The primary focus in 2024 is to support athletes who have the best chance of obtaining a medal at the 2024 Paris Paralympic Games and prioritize top athletes who have the potential to medal however have not earned a slot for the Paralympic Games. This includes prioritizing athletes for funding and support who are in the top five (5) of their Paralympic Games classification event(s) and identifying opportunities domestically and internationally through Grand Prix competitions to compete.

We, USPTF will focus on hosting two high level competitions in 2024 to include U.S. Paralympics Track & Field National Championships, which will host international classification as well as the 2024 U.S. Paralympics Track & Field Trials. We will continue to prioritize the health and well-being of our athletes while maintaining an environment centered around accountability and performance on the field of play. In preparation for future years, we will continue to have a focus on talent identification, coaching education, athlete development and tech and innovation.

Specific activities in pursuit of these program goals will include:

- Provide international competition stipends to Tier 1 athletes
- Provide increased prize money opportunities for National Team athletes at National Championships and various competitions.
- Select a team for World Championships prioritizing athletes who have not earned a country quota slot for Paris 2024 and have the potential to do so. This priority is critical to the overall team size for the Paralympic Games.
- Select a team for the Paris Paralympic Games that gives us the best chance of earning a top three finish in overall medals.
- Provide opportunities to development athletes who use prosthetics with equipment advancement and standard testing.

2024 NATIONAL TEAM

USPTF will nominate a National Team for 2024, based on athlete performances below.

- Athlete performances at the 2023 WPA Championships.
- 2024 National Team status applies for January 1, 2024-July 31, 2024 (Term 1) and August 1, 2024-December 31, 2024 (Term 2). National Team status and benefits are only awarded to athletes who accept, sign, and remain current with their obligations under the National Team Athlete Agreement and Personal performance plan.
- Athletes who meet a National Team standard during 2024, at a WPA sanctioned competition, become eligible for National Team benefits and will retain their National Team status

through December 31, 2024. Athletes will be nominated to the team on the first day of the month following the achievement of the National Team standard.

- Athletes nominated to the 2024 National Team will be added to the USADA Registered Testing Pool/Clean Athlete Program/Education Testing Pool and will be responsible for remaining compliant with all policies and procedures required by USADA. More information regarding USADA can be found in Attachment E.
- Athletes nominated to the 2024 National Team(s) must be compliant with the [USOPC Background Check Policy](#), [USOPC Anti-Doping Policy](#), [USOPC Internally Managed Sport Code of Conduct](#), [USOPC Athlete Safety Policy](#) and [USOPC Minor Athlete Abuse Prevention Policy](#).
- Prior to being nominated to the National Team, athletes ***must have undergone international classification evaluation and hold an international Paralympic-eligible sport class*** (with the exception of the TPP) as per the WPA master list and hold a current season license for Paralympic Track & Field from WPA. Please note, guide athletes do not undergo international classification evaluation but must meet WPA requirements to fulfill a guide role for a specified athlete on the Team.

More information on licensing and classification can be found at:

[Licensing for World Para Athletics](#)
[U.S. Paralympics Track & Field Classification Information](#)
[2024 International Classification Evaluation Opportunities](#)

2024 National Team standards (Attachment A) are based on the following:

- National Team A standard – Average of the third-best performance (mark or time) from the WPA’s two most recent major international competitions (Paralympic Games & World Championships). Results from the final round are utilized unless noted below.
 - A Standard = (Paris World Championships 3rd Place mark + Tokyo Paralympic Games 3rd Place Mark)/2
- National Team B standard – Average of the fifth-best performance (mark or time) from the WPA’s two most recent major international competitions (Paralympic Games & World Championships)
 - B Standard = (Paris World Championships 5th Place mark + Tokyo Paralympic Games 5th Place Mark)/2

Standards Exceptions- Exceptions were factored where there were not five (5) marks available for the specific event in the final round of competition.

- Wheelchair marathon standards only include Abbott Series leaderboard results.
- Men’s & Women’s T11 and T12 100m, 200m (women only) and 400m.
 - All athletes best mark from any round considered

- Men's T44 100m
 - A standard includes third best mark from Paris World Championships Only
 - B standard includes fifth best mark from Paris World Championships Only
- Men's T62 400m
 - A standard includes third best mark from Tokyo Paralympic Games Only
 - B standard includes fifth best mark from Tokyo Paralympic Games Only
- Men's T53/54 Javelin
 - B standard includes fifth best mark from Tokyo Paralympic Games Only
- Women's T64 (44) 100m
 - B standard includes fifth best mark from Tokyo Paralympic Games Only
- Women's T53 800m
 - B standard includes fifth best mark from Tokyo Paralympic Games Only
- Women's F62-64 (42-44) Shot
 - A standard includes third best mark from Paris World Championships Only
 - B standard includes fifth best mark from Paris World Championships Only

Athletes nominated to the Team on January 1, 2024:

USPTF will nominate a National Team for 2024, based on athlete performances during 2023 at a World Para Athletics (WPA) approved competition between January 1, 2023 and November 30, 2023. Athletes who meet the following criteria will be named to the 2024 National Team.

- Athletes who earn a Gold, Silver or Bronze medal at the 2023 Paris WPA Championships.
- Athletes who place 4th or 5th in the finals of their event at the 2023 Paris WPA Championships. (The finals must include a minimum of eight (8) competitors excluding the track event finals for the T11 and T12, 100m and 400m classification events where a final is comprised of fewer than eight competitors).
- Athletes who obtain a 2024 National Team A or National Team B standard at a WPA approved competition between January 1, 2023 and November 30, 2023.
- Athletes who obtain a 2023 National Team A or National Team B standard between August 1, 2023 and November 30, 2023.
- Athletes who obtain a verified WPA World Record between January 1, 2023 and November 30, 2023 in an event on the 2024 Paris Paralympic Games Program. The record must place the athlete first in the World Rankings overall for the respective Paris 2024 medal event.
- Athletes who are listed in the rankings of the Abbott Series marathon leaderboard who have earned at least a top 5 finish in an Abbott Series marathon event. Athletes who are on the leaderboard who have earned bonus points within the Abbot Series marathon series are not eligible. [Click here to view the Abbott World Marathon Majors Elite Leaderboards](#)

Eligible events must be included on the 2024 Paris Paralympic Games Program. Marathon standards for National Team selection in 2024 may only be met at Abbott Series Marathon events.

** National Team status may not be earned solely from performances in relays or team events.**

**Abbot Series point system rules can be found at the following link. [Click here for information on the Abbott Series Point System.](#) **

Guide athletes nominated to the Team on January 1, 2024:

- Guide athletes currently assigned to an athlete by U.S Paralympics Track & Field staff and competing with an athlete in an event the athlete was nominated to the team on January 1, 2024 based on the criteria outlined above will be nominated to the team on January 1, 2024. All nominated guide athletes must be approved by the Director, U.S. Paralympics Track & Field.

Athletes nominated to the team throughout 2024:

Athletes must meet one of the following criteria to be considered for nomination to the National Team in 2024. The athlete will be added to the National Team at the start of the month following the competition in which the criteria was met.

- Athletes who achieve the 2024 National Team A or B standard between January 1, 2024 and November 30, 2024 at an approved WPA competition.
- Athletes who earn a medal in an event on the 2024 Paris Paralympic Games program at the 2024 Kobe WPA World Championships.

Guide athletes nominated to the National Team throughout 2024:

All eligible and contracted guide athletes not assigned to or training directly with a National Team athlete may receive athlete stipends as a part of the guide pool on an individual basis as agreed upon by the guide athlete and Director, USPTF. Guide athletes must meet the same requirements as National Team athletes including, but not limited to, having a WPA athlete license and showing proof of performance from a WPA approved competition or USATF sanctioned meet within the last 12 months.

National Team Tiers

Tier 1- Athletes nominated to Tier 1 must meet at least one of the following requirements.

Athletes who earned a Gold, Silver or Bronze medal in an event at the 2023 WPA Championships will be nominated to Tier 1.

OR

Athletes who established a verified WPA World Record between January 1, 2023 through December 31, 2023. In medal events that are combined on the 2024 Paris Paralympic Games program, the World Record mark must place the athlete first overall in the rankings for the combined event. The athletes who meet these criteria will be nominated to Tier 1.

If a Tier 1 athlete nominated on January 1, 2024 does not meet the National Team A or B standard in Term 1 OR if they are not nominated to, accept nomination and intend to compete at

the 2024 Paris Paralympic Games, they will be removed from the National Team effective on August 1, 2024. If an athlete is removed from Tier 1 status at the end of Term 1, the athlete may only be nominated to the National Team if a standard is hit at a later time using the process for athletes nominated throughout 2024 as listed in this plan.

Tier 2- Athletes nominated to Tier 2 must meet at least one of the following requirements.

Athletes who achieve the U.S. Paralympics Track & Field 2024 National Team A Standard at a WPA approved competition after January 1, 2024 will be nominated to Tier 2.

OR

Athletes who have obtained 33 points in the Abbott Series Marathon Leaderboard.

Athletes nominated to Tier 2 on January 1, 2024 must obtain a National A or B standard by July 31, 2024 OR be nominated to, and accept nomination and compete at the 2024 Paris Paralympic Games in order to maintain Tier 2 status. If a Tier 2 athlete does not obtain a National A or B standard in Term 1 between January 1, 2024 and July 31, 2024 they will be removed from the National Team effective August 1, 2024. If an athlete is removed from Tier 2 status at the end of Term 1, the athlete may only be nominated to the National Team using the process for athletes nominated throughout 2024 listed in this plan.

Tier 3- Athletes nominated to Tier 3 must meet at least one of the following requirements.

Athletes who placed 4th or 5th at the 2023 WPA Championships will be nominated to Tier 3.

OR

Athletes who achieved the U.S. Paralympics Track & Field 2024 National Team B Standard at a WPA approved competition after January 1, 2024 will be nominated to Tier 3.

OR

Athletes who are listed on the Abbott Series Marathon Wheelchair Athlete Leaderboard who do not qualify for Tier 2.

Athletes nominated to Tier 3 on January 1, 2024, must obtain a National Team A or B standard by July 31, 2024, or must be nominated to, accept nomination and intend to compete at the 2024 Paris Paralympic Games, in order to maintain Tier 3 funding in Term 2. If an athlete named to the team on January 1, 2024, does not obtain at least a National Team B standard by July 31, 2024, the athlete will be removed from the National Team effective August 1, 2024. If an athlete nominated to Tier 3 obtains a 2024 National A standard in 2024, they will be nominated to Tier 2 at the beginning of the following month and will remain on the National Team throughout Term 2.

Tier System

If an athlete is removed from Tier 1, Tier 2, or Tier 3 at the end of Term 1 and then obtains a National Team A or B standard in Term 2, they will be nominated to the National Team utilizing the criteria for athletes nominated throughout 2024.

Athletes can only be nominated to Tier 1 status after January 1, 2024 if at least one of the following criteria is met:

- Athlete obtains a WPA verified World Record at a WPA Grand Prix competition held between January 1, 2024 and November 30, 2024 in medal events that are combined on the 2024 Paris Paralympic Games program, the World Record mark must place the athlete first overall in the combined event.
- Athlete wins a Gold, Silver or Bronze medal in an individual event at the 2024 Paris Paralympic Games.
- Athletes wins a Gold, Silver or Bronze medal in an individual event at the 2024 Kobe WPA World Championships.

Talent Protection Program (TPP) - The purpose of the TPP is to provide temporary financial support for athletes who for “various reasons” have not obtained a national team standard. The purpose of the TPP is to also offer support for athlete’s successes at the major international competition level for athletes who have made it to the finals of a major competition (Senior WPA World Championships or Paralympic Games) but have not obtained a standard.

The TPP is meant to serve the following purposes:

1. Identify development athletes who are on their way to achieving higher levels of national team status in the near future.
2. Identify development athletes who are progressing towards a medal performance at a Paralympic Games and/or senior World Championships.
3. Provide a short-term opportunity for athletes recently removed from the national team the opportunity to receive support while working to re-obtain their national team status.

To be eligible for 2024 TPP an athlete must meet one of the following performance criteria:

- Earn a Top 8 finish in an event that is on the 2024 Paris Paralympic Games program at the following competitions, 2023 WPA Championships, 2024 WPA Championships and/or 2024 Paralympic Games.
 - The athlete must finish in the top 70% of athletes, rounded up, who started the event to include all rounds (preliminary, semifinal, final) (i.e. athletes who are listed as DNS will not be factored into the 70%).
- An athlete who is nominated to the 2024 WPA Championships team via the ranking list in section 1.3, however, has not obtained a standard. Athletes selected via discretion or by direct invite from WPA are not eligible to be on the TPP using this criteria.
- Be a member of the 2023 Team at the end of Term 2 (December 31, 2023) and not be named to the 2024 Team on January 1, 2024.

- Be a member of the 2024 Team and did not meet requirements to remain on the national team in Term 2 of 2024.
- Be an athlete selected for the Universal Relay Team pool for the 2024 Paralympic Games who is not on the national team.
- An athlete who has met a National Team A or National Team B standard but is not yet internationally classified.

To be eligible for the 2024 TPP an athlete must meet all of the following eligibility criteria:

- Be an athlete who is internationally classified by WPA or nationally classified at a USPTF approved national classification opportunity. Athletes who have a national provisional classification are not eligible to be selected to the TPP.

Removal from the TPP for athletes who have never been nominated to a U.S. Paralympics Track & Field National Team.

TPP athletes are only eligible to be nominated to TPP for a maximum of three years (does not have to be consecutive). TPP athletes that fail to advance to Tier 1, 2 or 3 will no longer be eligible to be nominated to TPP after they have exhausted their 3-year eligibility.

Removal from the TPP for athletes who have previously been nominated to a U.S. Paralympics Track & Field National Team.

TPP athletes who have been nominated to a U.S. Paralympics Track & Field national team, may not remain on the TPP for more than 2 consecutive terms.

TPP Benefits

Athletes in the TPP will be eligible for athlete support as outlined in attachments B & C.

TPP Requirements

- If not internationally classified, athletes must have been nationally classified at a U.S. Paralympics Track & Field approved national classification opportunity prior to the TPP eligible mark being achieved.
- Prior to receiving TPP benefits, the athlete must hold a current WPA athlete license, USA Track & Field athlete license, must be compliant with USOPC Background Check Policy, USOPC Anti-Doping Policy (athletes will be entered into the national testing pool for USADA), USOPC Internally Managed Sport Code of Conduct, USOPC Athlete Safety Policy and USOPC Minor Athlete Abuse Prevention Policy.

There is no application process for eligible TPP athletes. U.S. Paralympics Track & Field will review submitted results at the end of each month and directly notify eligible athletes that will be entered into the TPP. If you believe you have met the requirements of a TPP athlete and have not heard from U.S. Paralympics Track & Field staff, please contact us at USParaTFInfo@usopc.org.

2025 NATIONAL TEAM

USPTF will nominate a National Team(s) for 2025, based on athlete performance during 2024 at a WPA approved competitions.

- Athletes who earn a Gold, Silver or Bronze medal at the 2024 Paris Paralympic Games or at the 2024 WPA Kobe World Championships in an event on the 2028 Los Angeles Medal Program.
- Athletes who finish 4th or 5th at the 2024 Paris Paralympic Games. (The finals must include a minimum of eight (8) competitors excluding track event finals for T11 and T12 100m and 400m classification events where a final is comprised of fewer than eight competitors).
- Athletes who obtain a 2025 National Team A or 2025 National Team B standard at a WPA approved competition between January 1, 2024-November 30, 2024.
- Athletes who obtain a 2024 National Team A or National Team B standard between August 1, 2024-November 30, 2024.

****Eligible events must be included on the 2028 Los Angeles Paralympic Games medal event program. Marathon standards for National Team selection in 2024 may only be met at the Abbott Series marathon events.****

2025 National Team standards

Based on athlete feedback, the opportunity to reassess the new standards will be available throughout 2024. If you have recommendations on standards, please contact your athlete reps listed on page 1 of this plan. If changes are made, they will be confirmed to all athletes by December 1, 2024.

DISCRETIONARY CRITERIA

U.S. Paralympics Track & Field may use discretionary criteria to select additional athletes onto the National Team who have not met the objective criteria for the National Team for several reasons. These include, but are not limited to, injury or illness (via the “Injury or Illness Provision” of the National Team Agreement) and the occurrence of exceptional circumstances (e.g. earthquakes, cancellation of IF events, epidemics, riots).

Discretionary nominations, if any, may be based on a variety of factors, including consideration of competition results outside of the (12-month) selection period and data analytics of individual and relay events, to ensure that U.S. Paralympics Track & Field is investing in the most qualified athletes with the greatest potential of winning Paralympic Games medals. The following factors may be considered (not in priority order and not an exhaustive list) when considering an athlete for discretionary selection:

- An athlete has a verifiable mark that ranks them in the Top 3 of their classification event however was not internationally classified at the time the mark was obtained. The athlete must have an international classification at the time of discretionary selection.
- An athlete has a documented long-term injury that prohibited the athlete from training & competing between January 1, 2023 and the time of discretionary selection. Athlete who has a documented long-term injury must be listed in the top 5 of the World Rankings in

2022 or 2023. 2024 World Rankings will only be considered for Term 2 Discretionary Selection. Medical documentation will be required.

Athletes are only eligible to be selected to the National Team by discretion once per quadrennium (e.g. 2020-2024, 2024-2028, etc.). A maximum of two (2) athletes per gender may but are not required to be selected to the National Team by discretion in 2024.

Discretionary nominations for the National Team, along with tier level and term length, will be determined by a panel of USPTF high performance program staff and two athlete representatives meeting the eligibility requirements under, and appointed pursuant to, the USOPC Bylaws. Tier level includes Tier 1, Tier 2, Tier 3 and TPP.

There will be two periods for discretionary applications. The application deadlines are:
Term 1 Discretionary Selection: Application opens January 16th and closes January 23rd.
Term 2 Discretionary Selection: Application opens July 30 and closes August 6th.

It is not required that any athletes are selected by the discretionary process. To apply for discretionary selection to the National Team an application link will be posted at the following link during the application open period. Late applications will not be considered for any reason.
<https://www.teamusa.org/usparatrackandfield/athlete-and-sport-information>

NATIONAL TEAM BENEFITS AND RESOURCES

National Team athletes MAY be eligible for the following benefits – all athlete support recommendations submitted by the NGB are subject to USOPC Sport Performance approval:

1. USOPC Athlete Stipend (Attachment B)
2. Operation Gold
3. USPTF Additional Athlete Support Programs (Attachment C)
2. [USOPC Elite Athlete Health Insurance Program](#) (Attachment D)
3. [USOPC Athlete Career & Education Program](#)
[Mental Health & Mental Performance Resources](#)
4. [Athlete Marketing Resources](#)
 1. [Athlete Marketing Platform](#)
5. Confidential Advising – [Team USA Athlete Ombuds](#) (Attachment H)
6. Air transportation (or ground equivalent), lodging, ground transportation, meal per diem, and/or coaching support at designated USPTF training and competition activities.
7. USPTF National Team uniform. Guidelines for apparel are outlined in the team rules and athlete handbook for each competition or team activity.
8. Access to service providers including nutrition, sport psych, strength & condition, etc. Services may be limited due to provider capacity.

EMERGING ATHLETES

Athletes who meet the Emerging standard during 2023 or 2024 at a WPA approved meet **may** be invited to participate in selected USPTF Program activities as outlined below.

2024 Emerging standards (Attachment A) are based on marks that are 15% off the National Team A standard for track and jumps events and 25% for throws events.

Athletes nominated to the Emerging Team must be internationally classified by WPA OR nationally classified by USPTF and **hold a Paralympic-eligible sport class** as per WPA or USPTF master list and hold a current season license for USPTF from WPA. Please note, guide athletes do not undergo international classification evaluation but must meet WPA requirements to fulfill guide role for specified athlete. Athletes must be in good standing with USPTF, WPA, USADA, etc. to be nominated to the emerging team. Please note, sport class status of national provisional will not be accepted for emerging team status.

Athletes who have been previous members of the U.S. Paralympics Track & Field National Team are not eligible for nomination to the Emerging Team.

Emerging Team Benefits:

1. Congratulatory letter from USPTF
2. T-shirt provided by USPTF (T-shirt only provided once)
3. Acknowledgment on USPTF website

2024 PROGRAM ACTIVITIES

The 2024 National Team(s) activities are outlined below. Athletes will be required to attend all 2024 activities included in their personal performance plan which will be developed in conjunction with the USPTF staff.

Each athlete is responsible for individual arrangements (including expenses) to attend these activities (i.e. travel, lodging, accommodation, entries) **unless otherwise indicated** in the activity listing or the athlete's personal performance plan.

National Team athletes are required to obtain a 2024 WPA License. National Team athletes are required to be registered members of USA Track & Field.

WPA approved competitions are noted in the 2024 Program Activities listed below.

Selection procedures for events noted below can be found at: <https://www.usparatf.org/selection-procedures>

The 2024 USPTF program calendar is subject to change. Mandatory competitions are indicated below. Mandatory applies to all National Team athletes who are named to the team on January 1, 2024. Exceptions to these mandatory events will be granted on a case-by-case basis. All exception requests must be submitted in writing to Director by February 28, 2024. This is not an exhaustive list of exceptions, however exceptions may include:

- Athlete has no desire to compete at World Championships so they can prioritize peak performance at Trials and the Paralympic Games.
- Athlete has already earned a qualification slot for Team USA at the 2023 WPA Championships by placing in the top four (4) of an event on the 2024 Games Program.
- Athlete is competing on a NCAA team and has team commitments during this time.

- Athlete has sustained a recent injury that may be made worse by competing at the Championships.

2024 U.S. Paralympics Track & Field National Championships (Selection Procedure Competition)

March 15-17, 2024

Walnut, CA

Mt. Sac- Hilmer Lodge Stadium

Mandatory, not funded. Exception requests must be submitted via email to Sherrice by February 28, 2024.

2024 Mt. Sac Relays

April 18-21, 2024

Walnut, CA

Mt. Sac- Hilmer Lodge Stadium

(Invite Only)

2024 Drake Relays

April 25-28, 2024

Des Moines, IA

Drake Stadium

(Invite Only)

MVA Meet 1

June 2, 2024

Chula Vista, CA

(Limited housing support)

MVA Meet 2

June 8, 2024

Chula Vista, CA

(Limited housing support)

2024 U.S. Paralympics Trials- Track & Field (Selection Procedure Competition)

July 18-21, 2024

Location TBC

Mandatory, not funded. Exception requests must be submitted via email to Sherrice by July 1, 2024.

Additional competition information can be found on our website.

<https://www.usparatf.org/competition>

2024 OPERATION GOLD

The operation gold qualifying event for U.S. Paralympics Track & Field is the 2024 Paris Paralympic Games in Paris, France.

In a Paralympic Games year, teams and individuals must place in the top-three at the Paralympic Games to qualify for Operation Gold Awards; multiple Operation Gold Awards can be received if an athlete has multiple top-three finishes at the Paralympic Games.

In non-Paralympic years, Operation Gold Awards are limited to one award per athlete in a program year in the respective sport; athletes who qualify for more than one award automatically receive the higher award. Individuals must finish in one of the top eight places, while teams must finish in one of the top six places at the qualifying event in order to qualify for Operation Gold Awards in non-Paralympic years, provided individuals/teams finish among the top 50% of the individuals/teams who started the event.

For purposes of Operation Gold, a team is defined as three or more athletes (pairs are awarded at the same rate as individual athletes).

NOTE: For Paralympic sports with a discipline or event that is not included on the program of the upcoming Paralympic Games, that discipline or event will not be eligible for Operation Gold. However, if a Paralympic sport has a revolving program for the Paralympic Games (i.e., an event is taken from the program one quad, but is added back to the program the next quad), that event or discipline will remain eligible for Operation Gold at the approved qualifying event.

Paralympic Sport Payment Schedule

Place	1st Year of Quad	2 nd Year of Quad	3 rd Year of Quad	Paralympic Games Year (Paralympic Games Only)
1st	\$6,250	\$6,250	\$7,500	\$37,500
2nd	\$5,000	\$5,000	\$6,250	\$22,500
3rd	\$4,375	\$4,375	\$5,000	\$15,000
4th	\$3,750	\$3,750	\$4,375	
5th	\$3,125	\$3,125	\$3,750	
6th	\$3,125	\$3,125	\$3,750	
7th	\$2,500	\$2,500	\$2,500	
8th	\$2,500	\$2,500	\$2,500	

Enhanced Operation Gold Event

The USOPC has designated the following elite-level events as part of its expanded Enhanced Operation Gold program. Sports Org will assist in the management of the Enhanced Operation Gold program for the designated events listed below.

NGB performance-based bonuses:

- 2024 U.S. Paralympics Track & Field National Championships
- 2024 World Para Athletics Championships

Performance based bonuses for these identified Enhanced Operation Gold events will be distributed by USOPC directly to qualified athletes as outlined in section for Prize Money.

Attachment A
2024 U.S. Paralympics Track & Field Standards

2024 Men's Standards

Class	Event	National A	National B	Emerging/ VMAA
T11	100 m	11.08	11.27	12.74
T12	100 m	10.87	10.98	12.49
T13	100 m	10.75	10.92	12.36
T33/34	100 m	15.39	15.64	17.69
T35	100 m	12.17	12.65	14.00
T36	100 m	12.03	12.21	13.83
T37	100 m	11.35	11.77	13.05
T38	100 m	11.07	11.36	12.73
T44	100 m	12.05	12.42	13.86
T45/46/47	100 m	10.77	10.98	12.38
T51	100 m	20.66	22.93	23.76
T52	100 m	17.73	18.15	20.39
T53	100 m	14.84	15.24	17.06
T54	100 m	13.86	14.15	15.93
T63 (42)	100 m	12.20	12.35	14.03
T62/64	100 m	10.82	11.01	12.44
T35	200 m	24.58	26.52	28.26
T37	200 m	23.01	23.60	26.46
T51	200 m	38.11	40.94	43.82
T64 (44)	200 m	22.71	23.35	26.11
T11	400 m	51.48	52.10	59.20
T12	400 m	48.63	50.24	55.92
T13	400 m	48.99	49.77	56.33
T20	400 m	47.65	48.11	54.79
T36	400 m	54.66	56.19	62.86
T37	400 m	51.74	53.31	59.50
T38	400 m	50.73	51.23	58.34
T45/46/47	400 m	48.52	49.52	55.80
T51/52	400 m	1:00.40	1:02.46	1:09.45
T53	400 m	48.86	49.25	56.18
T54	400 m	46.23	46.98	53.16
T62	400 m	48.69	52.51	55.99
T33/34	800 m	1:42.90	1:44.01	1:58.34
T53	800 m	1:38.16	1:39.02	1:52.88

T54	800 m	1:31.96	1:32.33	1:45.75
T11	1500 m	4:06.95	4:10.35	4:43.99
T12/13	1500 m	3:57.91	3:59.00	4:33.60
T20	1500 m	3:55.64	3:58.29	4:30.99
T37/38	1500 m	4:04.47	4:06.77	4:41.14
T45/46	1500 m	3:55.64	3:57.77	4:30.99
T53/54	1500 m	2:51.43	2:51.68	3:17.14
T11	5000 m	15:16.70	15:35.80	17:34.21
T12/13	5000 m	15:00.14	15:06.57	17:15.16
T53/54	5000 m	10:22.91	10:23.42	11:56.34
T11/T12	Marathon	2:28:01	2:30:44	2:50:13
T45/46/47	High Jump	2.05	1.95	1.74
T63 (42)	High Jump	1.82	1.79	1.54
T64 (44)	High Jump	2.03	1.87	1.72
T11	Long Jump	6.15	5.97	5.23
T12	Long Jump	7.07	6.86	6.01
T13	Long Jump	6.95	6.61	5.91
T20	Long Jump	7.12	6.83	6.05
T36	Long Jump	5.66	5.53	4.81
T37	Long Jump	5.99	5.86	5.09
T38	Long Jump	6.65	6.27	5.65
T45/46/47	Long Jump	7.20	7.07	6.12
T61/63 (42)	Long Jump	7.00	6.50	5.95
T62/64 (44)	Long Jump	7.21	6.85	6.13
F11	Shot	13.21	12.23	9.90
F12	Shot	15.68	13.94	11.76
F20	Shot	16.46	14.64	12.35
F32	Shot	10.55	9.52	7.91
F33	Shot	11.17	10.11	8.37
F34	Shot	11.36	10.85	8.52
F35	Shot	15.37	14.40	11.53
F36	Shot	15.28	14.25	11.46
F37	Shot	14.54	14.02	10.90
F40	Shot	10.95	9.65	8.21
F41	Shot	13.39	11.61	10.04
F45/46	Shot	15.60	15.21	11.70
F53	Shot	8.26	7.89	6.20
F54/55	Shot	12.01	11.76	9.01
F56/57	Shot	14.79	13.93	11.09
F61/63 (42)	Shot	14.10	13.08	10.57

F11	Discus	38.56	34.48	28.92
F37	Discus	52.10	49.56	39.07
F51/52	Discus	19.05	16.63	14.28
F54/55/56	Discus	43.03	40.45	32.27
F62/64 (43/44)	Discus	55.74	47.63	41.81
F12/13	Javelin	60.46	59.00	45.35
F33/34	Javelin	37.48	32.27	28.11
F38	Javelin	51.86	49.48	38.89
F40/41	Javelin	41.74	37.99	31.31
F45/46	Javelin	64.70	60.76	48.52
F53/54	Javelin	27.63	29.02	20.72
F56/57	Javelin	48.62	44.08	36.47
F61-64 (42-44)	Javelin	64.84	59.21	48.63
F31/32	Club	36.42	34.42	27.32
F51	Club	31.27	29.09	23.45

Women's Standards

Class	Event	National A	National B	Emerging/ VMAA
T11	100 m	12.23	12.37	14.06
T12	100 m	12.43	12.61	14.29
T13	100 m	12.12	12.52	13.94
T33/34	100 m	18.91	19.28	21.75
T35	100 m	14.47	15.58	16.64
T36	100 m	14.72	15.03	16.93
T37	100 m	13.10	13.68	15.07
T38	100 m	12.75	13.09	14.66
T45/46/47	100 m	12.27	12.45	14.10
T53	100 m	16.38	17.08	18.84
T54	100 m	16.22	16.51	18.65
T63 (42)	100 m	14.70	15.14	16.91
T62/64 (44)	100 m	13.01	13.07	14.96
T11	200 m	25.04	25.94	28.79
T12	200 m	25.14	25.83	28.91
T35	200 m	30.63	32.66	35.22
T36	200 m	30.90	31.26	35.54
T37	200 m	27.17	27.78	31.25
T45/46/47	200 m	25.51	25.94	29.34
T64 (44)	200 m	27.02	27.08	31.07
T11	400 m	57.84	59.49	66.52
T12	400 m	57.54	0.00	66.17
T13	400 m	57.35	57.60	65.95
T20	400 m	57.97	59.62	66.67
T37	400 m	1:03.04	1:07.13	1:12.50
T38	400 m	1:01.81	1:04.79	1:11.08
T45/46/47	400 m	58.04	59.13	66.75
T53	400 m	55.46	56.05	63.77
T54	400 m	53.87	54.31	61.94
T33/34	800 m	2:05.48	2:16.99	2:24.30
T53	800 m	1:49.14	1:48.94	2:05.51
T54	800 m	1:45.47	1:48.73	2:01.29
T11	1500 m	4:47.37	5:08.81	5:30.48
T12/13	1500 m	4:31.38	4:37.21	5:12.09
T20	1500 m	4:34.14	4:47.94	5:15.26
T53/54	1500 m	3:25.38	3:26.05	3:56.19

T53/54	5000 m	11:12.14	11:18.97	12:52.96
T11/T12	Marathon	3:11:13	3:17:44	3:39:54
T11	Long Jump	4.85	4.67	4.12
T12	Long Jump	5.28	5.07	4.49
T20	Long Jump	5.48	5.35	4.65
T37	Long Jump	4.66	4.28	3.96
T38	Long Jump	4.78	4.37	4.06
T45/46/47	Long Jump	5.64	5.32	4.79
T61/63 (42)	Long Jump	4.96	4.28	4.21
T62/64 (44)	Long Jump	5.58	5.14	4.74
F11/12	Shot	13.25	11.48	9.94
F20	Shot	13.61	13.25	10.21
F32	Shot	6.57	6.19	4.92
F33	Shot	6.67	6.05	5.00
F34	Shot	8.10	7.13	6.07
F35	Shot	8.72	8.49	6.54
F37	Shot	12.92	10.54	9.69
F40	Shot	8.56	8.21	6.42
F41	Shot	9.56	8.93	7.17
F45/46	Shot	11.42	10.47	8.57
F54	Shot	7.58	6.61	5.68
F56/57	Shot	10.46	10.20	7.84
F62-64 (42-44)	Shot	10.83	10.53	8.12
F11	Discus	36.32	33.14	27.24
F37/38	Discus	34.75	32.77	26.06
F40/41	Discus	29.79	28.38	22.34
F51/52/53	Discus	14.24	11.95	10.68
F54/55	Discus	24.37	23.40	18.28
F56/57	Discus	30.49	29.85	22.87
F62/64 (43/44)	Discus	37.85	33.94	28.38
F12/13	Javelin	36.81	33.34	27.61
F33/34	Javelin	17.19	16.24	12.89
F45/46	Javelin	39.57	37.05	29.67
F53/54	Javelin	16.27	14.54	12.20
F55/56	Javelin	23.59	19.34	17.69
F31/32	Club	24.28	21.68	18.21

Attachment B
2024 U.S. Paralympics Track & Field Athlete Stipends

1. Athlete stipends are processed monthly on/before the first day of each month.
2. Athletes are eligible for athlete stipends at the beginning of the month following nomination to the National Team(s).
3. Athlete stipends are provided to athletes in compliance with their 2024 Athlete Agreement and personal performance plan obligations. If an athlete is not current with the agreement/plan obligations and/or USADA on the first day of the month in which the payment is being made, the athlete's payment will be withheld until he/she is compliant.
4. Athletes sanctioned by USADA, WADA and/or the respective sport IF for a doping violation are not eligible for an athlete stipend, regardless of any National Team(s) status, during the period of such sanction.
5. Athletes sanctioned by the IPC and/or the respective sport IF for classification Intentional Misrepresentation are not eligible for an athlete stipend, regardless of any National Team(s) status, during the period of such sanction.
6. Athletes sanctioned by the U.S. Center for SafeSport, the USOPC, or another National Governing Body (NGB) for a SafeSport Code violation are not eligible for athlete stipends, regardless of any National Team(s) status, during the period of such sanction.
7. Athlete stipends will only be paid once the USOPC's Athlete Stipend Designee Form, Direct Deposit Form and W-9 Form have been completed and submitted (annual basis).
8. Athlete stipends are paid directly to the athlete. National Team athletes are responsible for understanding and maintaining their own eligibility status with other organizations where applicable (i.e. NCAA, NFHS, etc.), and may choose to decline athlete stipend payments in order to retain high school or collegiate eligibility.
9. Athlete stipends will be reported to the IRS and may be subject to federal and state income tax. The USOPC encourages athletes to speak with a tax professional to receive guidance regarding tax implications.
10. Female athletes who become pregnant must inform the USOPC health benefits administrator at eahi@USOPC.org. More information can be found on the [EAHI Website](#).
11. Athlete support is contingent upon:
 - a. Athlete training in a year-round program that is approved by U.S. Paralympics Track & Field.
 - b. Maintaining consistent performance standards and competition results as well as complying with team obligations (e.g., proper communication, following travel policies, competition commitments, team rules, etc.).
 - c. Meeting all requested deadlines for travel forms, reimbursements, athlete agreements and code of conduct.
 - d. Athlete stipends will only be paid to athletes who are training with a licensed/certified or coach. Athletes who do not have a coach must submit a yearly training plan with their personal performance plan. Also, athletes without a coach must submit the results from the training plan for the prior month and the training plan for the next two months in order to receive athlete stipend payments each month.

- e. Athlete support is contingent upon maintaining consistent performance standards and competition results as well as complying with team obligations (e.g. following travel policies, competition commitments, team rules, etc.)

2024 Criteria for U.S. Paralympics Track & Field Athlete Stipends:

<u>Tier</u>	<u>Monthly 2024 Athlete Stipend</u>	<u>EAI</u>	<u>Monthly Coaching Stipend</u>	<u>Training, Competition & Equipment Grants</u>	<u>International Travel Stipend</u>
Tier 1	\$1,300	Yes	\$100 No Coaches Ed Certification \$300 USATF Level I \$300 USTFCCCA TFTC 201, 251 \$300 USATF Level II \$300 USTFCCCA 302-306 \$350 Coach of a Medalist or World Record holder	Up to \$3,000 in Term 1 for competitions only Up to \$250 in Term 1 to for equipment only	Up to \$3,000 in Term 1
Tier 2	\$950	Yes	\$100 No Coaches Ed Certification \$300 USATF Level I \$300 USTFCCCA TFTC 201, 251 \$300 USATF Level II \$300 USTFCCCA 302-306	Up to \$2,000 in Term 1 for competitions only Up to \$250 in Term 1 to for equipment only	N/A
Tier 3	\$600	Yes	\$100 No Coaches Ed Certification \$300 USATF Level I \$300 USTFCCCA TFTC 201, 251 \$300 USATF Level II \$300 USTFCCCA 302-306	Up to \$1,000 in Term 1 for competition only Up to \$250 in Term 1 to for equipment only	N/A
TPP	\$100	Yes	N/A	Up to \$1,000 for competition or equipment	N/A

				(through Sept 30 only)	
Emerging	N/A	No	N/A	N/A	N/A

**Coaching certifications not listed as eligible for monthly coaching stipend will be evaluated and awarded on a case-by-case basis. The coaches of medalist stipend only applies to athletes who earned a medal at the 2023 WPA World Championships, 2024 WPA World Championships and 2024 Paralympic Games for the athlete who earned a medal. The coach receiving the medal stipend and the world record stipend must have been declared the coach of the athlete at the time the medal or record was earned. Coaches of athlete assistants, as defined by WPA, are not eligible for a monthly stipend for coaching an athlete assistant. **

Attachment C
2024 U.S. Paralympics Track & Field Additional Athlete Support Programs

Athletes must meet criteria in Attachment B to be eligible for additional athlete support programs.

TRAVEL SUPPORT

Athletes who are nominated to the Team may be eligible for training, competition and travel grants and competition stipends or reimbursements to attend a WPA approved competition. Athletes may be invited to camps and competitions depending on availability and contested events.

The available grants should be used for athletes attending domestic competitions and events as noted in Attachment B. When indicated as invite only, USPTF will fund and make travel arrangements (flights, meals, housing, ground transportation, entries, etc.). USPTF and/or the USOPC will cover travel arrangements (flight, meals, housing, ground transportation, entries) for athletes who are nominated to the 2024 WPA World Championship Team and the 2024 Paralympic Games Team. Athletes must request funding grant support for competitions based on the following schedule:

Month of Funding Request	Deadline for Request	Payments Sent to Athletes
January/February	January 19, 2024	January 23, 2024
March/April	February 2, 2024	February 6, 2024
May/June/July	April 5, 2024	April 9, 2024
August through December	June 14, 2024	June 18, 2024

To be eligible to be approved for grant funding as a National Team athlete:

- Competition must be submitted for WPA approval and approved in advance.
- Athletes must be licensed and meet all paperwork requirements to be on the national team.
- Athletes must sign an agreement to confirm what the funds will be used for. This process will require post competition follow-up for any competition grant request above four-hundred dollars (\$400). Post competition follow-up links will be sent directly to athletes.
- Athletes must be in good standing and all relevant national team paperwork must be completed.

Process to apply for funding:

- Eligible athletes will receive the application link via email to request funding at least seven (7) days prior to the deadline for requests to be submitted.
- When possible, the athlete should submit one funding request for the full available period. (i.e. all request for competitions in March and April should be submitted with the February request)
- Late requests for advanced grant funding will not be accepted.

Late request for funding:

- Any late request is eligible for reimbursement only up to the athlete's eligible grant amount outlined in Attachment B.
- Reimbursed expenses may *only* include the following: athlete entry fees, housing to include 1 day prior and 1 day following competition, airfare for athlete only, ground transportation will be reimbursed if competition was more than 50 miles from athlete's home residence, athlete meals for competition days only.

If an athlete does not utilize their allocated grant funding for competitions and training in Term 1, the funding does not roll over and will be reallocated into overall program support.

Athletes requesting an international travel stipend may be asked to show proof of performance or provide updates on training prior to funds being approved.

If an athlete receives funding and does not use the funding for its intended purpose, the athlete is responsible for returning the funds to USPTF (i.e. the athlete does not compete in the competition). If an athlete suffers a documented illness or an injury, the athlete must notify USPTF at USParaTFTeam@usopc.org as soon as possible to discuss alternative competitions to utilize the funding or make arrangements to return the funding to USPTF.

All grant funding and travel stipends are subject to approval by USPTF and the same requirements outlined in (Attachment B) and National Team Procedures & Obligations (Attachment F). If all of the requirements are not met or an athlete cancels from the competition after confirmation outlined in their agreed upon/signed personal performance plan, the athlete may be subject to team fines and will be required to pay back the travel or stipend costs. The athlete's stipend payments will be withheld for the remainder of the calendar year or until the correct sum is repaid—whichever is applicable.

Invite Only Competitions

Invitations to competitions are sent out based on Team status as well as goals of the competition or camp. Athletes not on the Team may be invited to invite only competitions based on their percentage to the A standard, event availability at a competition or goals of the camp/competition. Athletes invited to a competition listed below will have all expenses paid for by USPTF. Athletes not on the Team who would like to be considered for invite only competitions, must complete the U.S. Paralympics Track & Field Questionnaire which can be found at the following link and should reach out to us at USParaTFInfo@usopc.org. <https://www.teamusa.org/USParaTrackandField/Athletes-Development>.

The following competitions are considered invite only competitions for USPTF in 2024. Any high school events contested during the competitions below follow a separate selection process not managed by USPTF. Any athlete who is a military veteran interested in attending the Luke Camp should contact USParaTFInfo@usopc.org no later than February 15, 2024.

1. Mt. Sac Relays
2. Drake Relays
3. Luke Air Force Base Camp/Desert Challenge Games (tentative)

USPTF does **not** fund National Team athletes to attend Trials, National Championships or selection events; however, attendance at 2024 U.S. Paralympics National Championships and 2024 U.S. Paralympics Team Trials- Track & Field is required as per the athlete's personal performance plan.

COACHING SUPPORT

Each 2024 National Team athlete may nominate their personal coach by submitting their personal performance plan and other documents as outlined below. National Team athletes who are coached by a USOPC employee are not eligible for this benefit but are required to submit the plan. National Team athletes may not nominate themselves nor any family member, partner, friend, etc. as a coach to receive the coaching stipend unless extenuating circumstances apply that are directly related to impairment and lack of available coaching opportunities. If a National Team athlete does not have a coach or is unable to locate one, U.S. Paralympics Track & Field will work with the athlete to help find an appropriate coach in their area. If a coach cannot be assigned or the athlete prefers not to have a coach assigned, the athlete must submit the required training documents each month (outlined in Attachment B and below). Athlete Stipends will be held each month until the required training documents are received.

After approval, the coach will receive a confirmation email to include all required documents that must be completed prior to first payment. Coach payments will only be processed after all requirements are met. Additional requirements may be added at any time based on USOPC policies and/or USPTF policies.

Coaches will be required to submit a monthly invoice no later than 30 days after the service was completed to receive payment. Late invoices will not be accepted, and backpay will not be distributed. The Coaching Stipend amount will be paid directly to the coach according to the chart outlined above in Attachment B.

Coaches of Tier 3 athletes are required to submit a periodization plan at the beginning of the year. A periodization plan is a general overview of training with focus areas for each month or six-week block (i.e., endurance, speed endurance, interval training speed, etc. race pace, competition, tactical training, strength training, volume throws/jumps, recovery, etc.).

Coaches will be required to submit a monthly training update. A month training update is a brief overview of what the athlete did the previous month as well as a brief overview of what the athlete will do the next month. All coaches are responsible for submitting a monthly training update for each athlete in order to receive payments. Personal links will be distributed directly to coaches monthly.

If an athlete has a coaching change, this change must be reported to USParaTFInfo@usopc.org by the athlete prior to any change in coaching stipend occurring. The previous coach will not be eligible for a coaching stipend effective immediately unless the coaching notification occurred after the 15th of the respective month. The new and approved coach will be eligible for the coaching stipend beginning the month following the athlete notification and completion of an updated personal performance plan by the athlete and coach if the notification occurs after the 15th.

Travel Reimbursement for Coaches

- Coaches of Tier 1, Tier 2, and Tier 3 athletes are eligible for reimbursement for a domestic competition attended between January 1, 2024 and August 1, 2024 in which their assigned athlete(s) competed. The competition(s) must be a WPA approved domestic competition to be eligible. Coaches are not eligible for reimbursement for any National Championships, Trials or selection event competitions.
- Eligible reimbursements will only be considered for coach entry fees, airfare, rental car, hotel accommodation and mileage (50 miles or more from coaches home). Mileage will not be reimbursed if a rental car reimbursement is also requested. Receipts and documentation must be included for reimbursement consideration.
- Coaches must request reimbursement for the competition(s) within 30 days of the conclusion of the competition or they will not be reimbursed. Coaches can obtain a reimbursement form by contacting Tanner Warmoth.
- Coaches must be eligible to receive a credential or coaches pass for the competition in which they are requesting reimbursement for.
- Coaches who coach one (1) or two (2) athletes are eligible for a one-time reimbursement. Coaches who coach more than three (3) athletes may be eligible for two reimbursements in 2024 for domestic competitions. The second reimbursement request must be used for at least one athlete(s) who did not compete at the first reimbursed competition.

Domestic Travel Reimbursement Amounts for Coaches

- Tier 1 and Tier 2 coaches are eligible for reimbursement up to \$400 for domestic competitions.
- Tier 3 coaches are eligible for a reimbursement of up to \$250 for a domestic competition.
- Coaches assigned to a domestic team staff are not eligible for domestic reimbursement for their assigned competition.

International Travel Reimbursement Amounts for Coaches

- Coaches of Tier 1 athletes are eligible for a one-time reimbursement of up to \$1,000 for an international competition to include a WPA Grand Prix (excludes domestic Grand Prix), World Championships or Paralympic Games. Any additional international competition must be pre-approved by the Director.
- Coaches of Tier 1, Tier 2, and Tier 3 athletes attending the 2024 Paralympic Games are eligible for housing assistance through USPTF. This support is for coaches only and is not extended to family or friends. Coaches attending or interested in attending the Paralympic Games must contact Tanner no later than March 1, 2024 to ensure you are included on our 2024 Paris Paralympic Games long list by March 10, 2024.
- Coaches who are assigned to an international team staff or who receive support from U.S. Paralympics Track & Field to attend are not eligible for additional reimbursement. Coaches with more than one athlete are only eligible for a one-time reimbursement for international competitions.

PERFORMANCE INCENTIVE SUPPORT

World Record Bonus

U.S. Paralympics Track & Field will provide a world record bonus incentive program for 2024 national team athletes. World record bonuses will be awarded only for events on the 2024 Paris Paralympic Games program and based on results from WPA approved competitions. Indoor events are not eligible for the world record bonus at this time. Two thousand dollars (\$2,000) will be awarded for each world record after it has been ratified and published by WPA on the 2024 WPA world records list. Athletes may only collect one world record bonus per competitive event between January 1, 2024 and December 31, 2024. (i.e., athlete X can only receive one world record bonus payment for the Men's T35 100m, but athlete X will receive an additional payment if the world record is approved in the Men's T35 200m). Relay world record bonuses will be split and paid to each of the four athletes establishing the World Record (\$500/person/relay event).

Prize Money

Prize money will be awarded to National Team athletes and coaches based on results compared to the 2024 National A standard at WPA approved competitions as follows:

National Championships

\$11,500/gender (1st place = \$4,000, 2nd place = \$3,000, 3rd place = \$2,000, 4th Place=\$500, 5th Place = \$500, 6th Place = \$500, 7th Place = \$500, 8th Place = \$500)

Coach of 1st place performance per gender: \$500

World Championships

\$5,000/gender (1st place = \$2,500, 2nd place = \$1,500, 3rd place = \$1,000)

Coach of 1st place performance per gender: \$500

Eligible results must meet a minimum of 90% of the National Team A standard to be awarded prize money.

****Prize money amounts, opportunities and dates may be adjusted or added due to changes in the competition schedule for 2024. Adjustments will be made by the first of the month prior to the start of the month in which prize money is scheduled to be awarded.****

OTHER SUPPORT

Primary Care Assistant Support Grant

Athletes in the following sport classes are eligible to receive an additional \$1,000 in Term 1 to be utilized for a personal care assistant to attend domestic competitions that are not considered "invite only" unless approved in advance. Payments for a personal care assistant will be made on a reimbursement basis only and must be pre-approved by Director, USPTF at least four (4) weeks prior to the start of competition when possible. Requests for pre-approval must be submitted in writing via email to Sherrice Fox. Eligible sport classes include, T/F 11, T/F 12, T/F 13, T/F 20, T/F 31, T/F 32, T/F 51, T/F 52.

2024 WPA World Championships Team Training & 2024 Paralympic Games Team Support Grant

Athletes who are not members of the 2024 Team, who are nominated to and meet all the requirements to be named to the WPA Championships team and/or the 2024 Paralympic Games team, will be eligible for a training support grant. The grant purpose is to help support training, equipment, sports medicine, and travel needs leading up to the 2024 WPA Championships and/or the 2024 Paralympic Games. Applications for the -training support grant will be sent directly to all eligible athletes within one week of nomination to the team. Please note, deadlines are firm, and grants may be approved for up to a maximum of \$1,000 per eligible athlete in 2024.

Attachment D
2024 U.S. Paralympics Track & Field Elite Athlete Health Insurance (EAHI)

All 2024 National Team athletes are eligible for EAHI. Upon meeting the criteria below eligible athletes will receive an email from the USOPC outlining the EAHI program benefits for further consideration.

1. Athletes must be currently training and competing to receive EAHI.
2. Athletes must sign and be in compliance with 2024 Athlete Agreement obligations and Personal performance plan obligations.
3. Athletes are eligible for EAHI at the beginning of the month following nomination to the National Team(s).
4. Enrollment in EAHI will only be completed once the athlete has accepted an EAHI offer via email from eahi@USOPC.org and has completed and submitted the USOPC Elite Athlete Health Insurance Designee Form and W-9 Form (annual basis).
5. Athletes sanctioned by USADA, WADA and/or the respective sport IF for a doping violation are not eligible for EAHI, regardless of any National Team(s) status, during the period of such sanction.
6. Athletes sanctioned by the IPC and/or the respective sport IF for classification Intentional Misrepresentation are not eligible for EAHI, regardless of any National Team(s) status, during the period of such sanction.
7. Athletes sanctioned by the U.S. Center for SafeSport, the USOPC, or another National Governing Body (NGB) for a SafeSport Code violation are not eligible for EAHI, regardless of any National Team(s) status, during the period of such sanction.
8. When National Team status is no longer conferred upon the athlete, EAHI benefits will cease. Termination is effective the first of the month following 30 days written notification.
9. Athlete stipends will be reported to the IRS and may be subject to federal and state income tax. The USOPC encourages athletes to speak with a tax professional to receive guidance regarding tax implications.
10. Female athletes who become pregnant must inform the USOPC health benefits administrator at eahi@USOPC.org. More information can be found on the [EAHI Website](#).

All Tier 1, Tier 2, Tier 3 and TPP athletes will be awarded EAHI through at least December 31, 2024 as long as they remain in good standing with USPTF.

Attachment E

[U.S. Anti-Doping Agency \(USADA\) Resources](#)

Whereabouts:

An important part of USADA's testing program is the ability to test athletes without any advance notice in an out-of-competition setting. Athletes are subject to testing 365 days a year and do not have "off-seasons" or cutoff periods in which testing does not occur. Whereabouts information, (dates, times, locations, etc.) is information submitted to USADA by an athlete that allows the athlete to be located for out-of-competition testing.

Therapeutic Use Exemptions (TUEs):

In some situations, an athlete may have an illness or condition that requires the use of medication listed on the [World Anti-Doping Agency's Prohibited List](#). USADA can grant a Therapeutic Use Exemption (TUE) in these situations in compliance with the World Anti-Doping Agency International Standard for TUEs. The TUE application process is thorough and designed to balance the need to provide athletes access to critical medication while protecting the rights of clean athletes to compete on a level playing field.

Global Drug Reference Online (Global DRO):

The Global Drug Reference Online (Global DRO) provides athletes and support personnel with information about the prohibited status of specific medications based on the current World Anti-Doping Agency (WADA) Prohibited List.

Clean Sport Handbook:

A comprehensive resource providing an overview of the doping control process, athlete rights and responsibilities, and other crucial information for athletes and athlete support personnel.

Pocket Guide:

A condensed resource providing an overview of the doping control process, athlete rights and responsibilities, and other crucial information for athletes and athlete support personnel.

Supplement Guide:

The TrueSport Supplement Guide details the benefits of a food-first nutrition strategy, providing food and supplement comparisons, as well as ways to help athletes realize and reduce the risks associated with dietary supplements.

Nutrition Guide:

In consultation with registered dietitians, USADA and its TrueSport program created an optimal dietary intake guide for those looking to reach their full potential through nutrition.

Attachment F
2024 U.S. Paralympics Track & Field National Team
Procedures & Obligations

U.S. Paralympics Track & Field Team Procedures

- Failure to comply with the Athlete Obligations listed below or violating the Athlete Agreement will result in a suspension of athlete stipends, other team benefits, and/or removal from the National Team.
- The Complaint Procedures can be found at <https://www.usparatf.org/athlete-and-sport-information>.
- Failure to attend National Team competition(s) as outlined in the athlete personal performance plan may result in forfeiture of National Team benefits including future invitations to camps, clinics & competitions hosted by U.S. Paralympics Track & Field, prize money eligibility, travel stipends, and/or travel and training grants.
- Failure to submit all 2024 National Team paperwork by January 31, 2024, may result in loss of benefits until paperwork has been completed.
- Failure to compete in required meets as listed in athlete's Personal performance plan may result in athlete fines. 1st occurrence- \$100, 2nd occurrence-\$250, 3rd occurrence- \$500.
- Failure to compete or travel to a competition that is already paid for by USOPC for reasons beyond illness, injury, death in the family or other extenuating circumstances will result in athlete fines. 1st occurrence- \$500 (or cost of losses by USPTF if less), 2nd occurrence- repayment of any lost fees to include competition entry fees, housing cancellation fees, airfare cancellation fees, 3rd occurrence- athlete will be responsible for funding their own travel up front to be reimbursed by U.S. Paralympics Track & Field upon conclusion of future competitions.
- U.S. Paralympics Track & Field issues a National Team apparel package. The apparel package should be worn during all competitions funded by U.S. Paralympics Track & Field. Funded events will be noted in the athlete competition invitation. Failure to wear the issued team uniform without prior written exception from the Director will result in fines.
 - 1st occurrence- \$100
 - 2nd occurrence- \$250
 - 3rd occurrence- \$500.

Team uniforms must be worn at all times during transportation to/from competition and training venues, during athlete warm-ups, during competitions (including at all times on the field of play) and during any post-competition media opportunities.

- Funded events include:
 - Direct funding- USPTF pays for expenses for an athlete
 - Travel stipend- USPTF provides stipend or grant for athlete to attend a competition (domestic or international)

U.S. Paralympics Track & Field Athlete Obligations

- Maintain compliance with U.S. Paralympics Track & Field Athlete Agreement
- Maintain compliance with 2024 Personal performance plan Performance Plan
- Maintain compliance with the National Team Code of Conduct
- Maintain compliance with USADA, IPC, IF, and WADA anti-doping policies

- Maintain proper level of fitness through 2024. (i.e. maintain a fitness level that puts an athlete in the position to obtain a national team standard or be nominated to the 2024 Paralympic Games Team)
- Maintain regular communication with USPTF and participate in national team meetings
- Maintain compliance with USTPF team rules, regulations and travel policies
- Maintain compliance with athlete monthly training updates (i.e. links will be sent monthly to each individual athlete)

U.S. Paralympics Track & Field Team Rules and Regulations

- The possession or use of controlled substances by any athlete during competition is prohibited.
- The possession or use of alcohol by any athlete prior to their final event within a competition is prohibited.
- The possession or use of weapons, such as guns, knives, swords, etc., by any athlete or staff member is prohibited.
- Daily Curfews (“lights out” times) established by the Team Staff must be observed by all athletes.
- Team members and staff will attend all team functions including meetings, practices, exhibitions, press conferences, competitions, etc., unless otherwise excused or instructed by the Head Coach or Team Leader.
- Team members and staff will cooperate with all Team leadership and U.S. Paralympics staff (captains, Program Manager, Team Leader, Head Coach, Director, U.S. Paralympics Track & Field).
- Team members and staff will refrain from behavior that would detract from a positive image of the U.S. Paralympics Track & Field National Team or that would be detrimental to its performance objectives.
- Team members and staff will display proper respect and sportsmanship toward coaches, officials, administrators, fellow competitors, and the public.
- Team members and staff will wear USOPC and/or U.S. Paralympics Track & Field provided apparel as required and as designated by Team leadership (captains, Program Manager, Team Leader, Head Coach, Director, U.S. Paralympics Track & Field).
- Team members are required to sleep in their assigned rooms and are not permitted to switch rooms – even temporarily – without prior approval from team staff.
- Public intoxication or consuming alcohol to excess is prohibited.
- Staff drinking with athletes is not allowed. This includes being in the same establishment or in the same room together.
- Team members are not permitted to be in a room other than their assigned room or dedicated team activity rooms or medical rooms as assigned by U.S. Paralympics Track & Field staff.
- During U.S. Paralympics Track & Field funded and supported trips team members must comply with all rules related to team curfew and departing team housing/village notification guidelines.
- Team members and staff are required to adhere to team logistical assignments as arranged by U.S. Paralympics Track & Field staff. This includes flight confirmations, ground transportation, team meals and hotel accommodation. Changes are not permitted without written approval from U.S. Paralympics Track & Field staff.

- Team members and staff credentials are dedicated to that specific team member or staff. It is prohibited to pass your credential to a friend, family, personal coach, other athlete, etc. in order to gain access to credentials areas.
- Team members must comply with team travel policies including guidelines in place due to COVID-19 or any other illnesses.
- Athletes under the age of 21 may not consume alcohol regardless of the laws in the country the team is competing or training in.
- To ensure the propriety of the athletes and to protect the staff, there will be no male athletes in female athletes' rooms, and no female athletes in male athletes' rooms. There will be a team room provided for relaxation and recreation whenever possible.
- Team members and staff will keep and leave accommodation clean and in good condition.
- An open and observable environment should be maintained for all interactions between staff and athlete. Private, or one-on-one situations should be avoided unless open and observable. Common sense should be used to move a meeting to an open and observable location if the meeting inadvertently begins in private.
- Bullying, disparagement, or defamation of teammates, fellow competitors, team staff, event organizers, or IF representatives – verbally, through social media, email, or text – is prohibited.
- Friends and family are not permitted in athlete rooms or beyond the hotel lobby.
- No friends/family/partners/personal coaches permitted on the field of play and in designated team tent areas. Only Team USA staff are allowed in these areas unless prior approval is received in writing from Director, U.S. Paralympics Track & Field.
- For athletes who need help putting on competition apparel (i.e. bibs):
 - Athletes are not required to have assistance and should request it from the staff if/when they require it.
 - There will always be at least three persons present when assisting with competition apparel:
 - Three persons can be defined as two athletes (including the athlete putting on the competition apparel) and one staff member or one athlete and two staff members.
 - The make-up of staff and athletes when assisting with competition apparel should be the same gender when possible.
 - Staff will be considerate of the athlete and will avoid all but inadvertent touching of the groin, buttocks, and breast area.

Attachment G

2024 U.S. Paralympics Track & Field Resident Program

U.S. Paralympics Track & Field implements an on & off campus athlete resident and rotation program at the Chula Vista Elite Athlete Training Center (CVEATC).

Eligibility:

- Be at least 18 years of age.
- Be a current US Citizen eligible to represent the USA in the Paralympic Games.
- Applicants who take college courses must maintain a 2.0 GPA.
- Be willing to submit to a complete health profile coordinated by USOPC Sports Medicine including thorough medical history and comprehensive physical examination.
- Any athlete age 18 or older will be required to undergo a background screen in accordance with the current USOPC Background Check Policy.
- Any athlete age 18 or older will be required to complete the U.S. Center for SafeSport's online training.

The USOPC has specific criteria and eligibility requirements for athletes with an Intellectual Impairment. Please discuss the on-site resident as well as off-site resident athlete requirements with your NGB Sport Director. More information, including the Supporting Athletes with an Intellectual Impairment Policy can be found at [U.S. Paralympics Track & Field | Athlete and Sport Information \(usparatf.org\)](https://www.usparatf.org)

Interested athletes should view the resident and rotation program memo at the following link for additional information and requirements including application information, program description, participant responsibilities, important dates, etc.

<https://www.teamusa.org/usparatrackandfield/resident-and-rotation-program>

Athletes with an Intellectual Impairment

The USOPC welcomes athletes with an Intellectual Impairment to live and train at an OPTC as a resident athlete if the athlete meets the following requirements:

- The athlete is at least 18 years of age
- Meets their NGB performance and baseline participation criteria
- Is able to take care of all personal needs without supervision including but not limited to satisfying all team obligations, attending meetings, showering, dressing, eating, and is able to navigate and use basic technology to include utilizing a cell phone to communicate via text, phone call, and email

If an athlete with an Intellectual Impairment would like to be considered for off-site OPTC residency, they must meet the following requirements:

- Meets their NGB performance and baseline participation criteria
- Is able to take care of all personal needs without supervision including but not limited to satisfying all team obligations, attending meetings, showering, dressing, eating, and is

able to navigate and use basic technology with any accommodation outlined in the Athlete Participation Plan

- Is able to manage transportation to and from the OPTC to satisfy team obligations

More information on supporting athletes with an Intellectual Impairment including the policy, procedure, and participation plan can be found at [U.S. Paralympics Track & Field | Athlete and Sport Information \(usparatf.org\)](https://www.teamusa.org/US-Paralympics-Track-&-Field/Athlete-and-Sport-Information)

The Application and all necessary forms for the Resident Program are available at <https://www.teamusa.org/usparatrackandfield/resident-and-rotation-program>. Any athlete who wishes to participate must apply and be accepted into the Resident Program.

Attachment H Ombuds' Policy

Athlete Ombuds

Team USA athletes may contact the Office of the Athlete Ombuds for independent and confidential advice on a variety of sport related matters, including their rights, applicable rules, policies or processes, and questions related to resolving disputes and grievances. The Athlete Ombuds can also help Team USA athletes connect with legal counsel or mental health resources if needed. All other NGB athletes (i.e., athletes competing domestically at the masters or youth level, recreational athletes, foreign athletes) are welcome to visit the Athlete Ombuds website to review informational resources and should work directly with their NGB to understand additional resources and options available to them.

Phone: 719-866-5000

Email: ombudsman@usathlete.org

Website: usathlete.org

Athlete Ombuds Confidentiality and Privacy Policy:

(A) In general.—The Office of the Athlete Ombuds shall maintain as confidential any information communicated or provided to the Office of the Athlete Ombuds in confidence in any matter involving the exercise of the official duties of the Office of the Athlete Ombuds.

(B) Exception.—The Office of the Athlete Ombuds may disclose information described in subparagraph (A) as necessary to resolve or mediate a dispute, with the permission of the parties involved.

(C) Judicial and administrative proceedings.—(i) In general.—The ombudsman and the staff of the Office of the Athlete Ombuds shall not be compelled to testify or produce evidence in any judicial or administrative proceeding with respect to any matter involving the exercise of the duties of the Office of the Athlete Ombuds . (ii) Work product.—Any memorandum, work product, notes, or case file of the Office of the Athlete Ombuds—(I) shall be confidential; and (II) shall not be—(aa) subject to discovery, subpoena, or any other means of legal compulsion; or (bb) admissible as evidence in a judicial or administrative proceeding.

(D) Applicability.—The confidentiality requirements under this paragraph shall not apply to information relating to—(i) applicable federally mandated reporting requirements; (ii) a felony personally witnessed by a member of the Office of the Athlete Ombuds;(iii) a situation, communicated to the Office of the Athlete Ombuds, in which an individual is at imminent risk of serious harm; or (iv) a congressional subpoena.

Anti-retaliation Statement

No employee, contractor, agent, volunteer, or member of the NGB or USOPC shall take or threaten action against an athlete as a reprisal for disclosing information to or seeking assistance from the Office of the Athlete Ombuds.

Attachment I Athlete Safety

Athlete safety is of the utmost importance to the U.S. Olympic & Paralympic Committee (USOPC). In an effort to create a safe environment that is free from misconduct and abuse, it is critical that you review the policies and reporting requirements listed below. While we have provided some important highlights from the policies below, please take the time to review them thoroughly. For additional information regarding the USOPC's Athlete Safety Program, or to report an allegation of misconduct or abuse please visit www.usopc.org/safe-sport.

Policies

- [USOPC Athlete Safety Policy](#)
- [USOPC Minor Athlete Abuse Prevention Policies \(MAAPP\)](#)
- U.S. Center for SafeSport's [SafeSport Code for the U.S. Olympic and Paralympic Movement](#) (SafeSport Code)

Prohibited Conduct

Adult participants are expected to refrain from engaging in Prohibited Conduct as defined in the [USOPC Athlete Safety Policy](#), and the U.S. Center for SafeSport's [SafeSport Code for the U.S. Olympic and Paralympic Movement](#). Prohibited Conduct includes, but is not limited to the following:

- Sexual misconduct
- Child abuse
- Emotional misconduct
- Physical misconduct
- Bullying
- Harassment
- Hazing
- Retaliation
- Violations of the USOPC MAAPP

USOPC MAAPP

Adult participants are required to be familiar with and comply with the USOPC MAAPP. The USOPC MAAPP establishes clear requirements for interactions between Adult Participants and Minor Athletes. Minor Athletes, and their parent/legal guardian, should also be familiar with the USOPC MAAPP.

Reporting Requirements

As detailed in the USOPC Athlete Safety Policy, Adult Participants are required to report allegations of Prohibited Conduct, to include violations of the MAAPP. While the mandatory reporting requirements apply to Adult Participants, the USOPC encourages anyone who becomes aware of, or experiences misconduct or abuse, to report those allegations. For additional information regarding the USOPC's Athlete Safety Program or to report an allegation of

Prohibited Conduct please visit www.usopc.org/safe-sport and review the USOPC Reporting Guidelines below.

Training Requirements

Adult participants must complete, or have completed within the last calendar year, the U.S. Center for SafeSport's SafeSport™ Trained Core training, or applicable Refresher training course if they have previously taken the SafeSport™ Trained Core training. Please note, NGB membership with SafeSport training will be accepted. If you are not in compliance with training, depending on the required course, it will take at least between 30 to 90 minutes to complete the training. Taking the SafeSport™ Trained Core or Refresher training is free.

If you are a Minor Athlete, completing SafeSport training is not required, however, we recommend Minor Athletes work with their parent/guardian to take the free youth training course offered by the U.S. Center for SafeSport. The U.S. Center for SafeSport also has resources available to parents/guardians regarding abuse prevention in sport, to include the Parent Toolkit, and free online training. These resources, and information regarding the training for both minor athletes and parents/guardians is available at: <https://uscenterforsafesport.org/training-and-education/safesport-courses-for-all/>.

USOPC Reporting Guidelines

If you learn of any allegation of emotional, physical or sexual misconduct, retaliation, or a violation of the USOPC Minor Athlete Abuse Prevention Policies (MAAPP), **DO NOT evaluate the credibility of the allegation or investigate the allegation. Your vital job is simply to report the allegation to the appropriate entities.** The following guideline outlines your reporting requirements.

How to Report a Concern

For Sexual Misconduct, Child Abuse, or Retaliation: Report to the U.S. Center for SafeSport (the Center)

- Online: <https://uscenterforsafesport.org/report-a-concern/>
- Phone: 833-587-7233
- If you become aware of an allegation of sexual misconduct, child abuse, or retaliation you **must immediately** report to the Center.

In addition to reporting to the Center, you **must also report child abuse to law enforcement.** If you learn of information or reasonably suspect that a child (defined as under the age of 18) has suffered an incident of child abuse to include neglect, physical, emotional, and sexual abuse, you **must** report this to law enforcement, or, in some states, child protective services **immediately.** Filing a report with the Center **does not** satisfy the reporting requirement to law enforcement. Please include the law enforcement case number or reference number in your report to the Center. The appropriate law enforcement agency or child protective services agency is most often the local agency where the incident occurred.

For Emotional or Physical Misconduct or MAAPP Violations*: Report to the USOPC Office of Athlete Safety

- Online: <https://www.teamusa.org/AthleteSafetyReportingForm>

- Phone: 719-866-3869
- Report directly to the Office of Athlete Safety: Maggie Green at Maggie.Green@usopc.org or 719-208-6031, or report directly to Nicole Deal at Nicole.Deal@usopc.org or 719-373-7041. If you report directly to Maggie or Nicole, they will talk through the various options for reporting and will help to ensure that you satisfy your reporting obligations.
 - Nothing precludes you from reporting emotional or physical misconduct or MAAPP violations to the Center. While the Center has the exclusive jurisdiction for response & resolution of allegations of sexual misconduct, they can also assume discretionary jurisdiction over other forms of misconduct. If they do not assume jurisdiction, they have a process to route the allegation to the appropriate entity (e.g. NGB or USOPC) for response & resolution.

*NOTE: If you learn of information or reasonably suspect that a child (under the age of 18) has suffered an incident of child abuse to include sexual abuse, you must follow the reporting requirements to law enforcement outlined in the Sexual Misconduct, Child Abuse, and Retaliation section above.

USOPC Minor Athlete Abuse Prevention Policies: MAAPP AT-A-GLANCE

All **one-on-one interactions** between an Adult Participant and Minor Athlete must be **observable** and **interruptible**. The one-on-one interactions policy must be followed for **all in-program contact** meaning any contact including communications, interactions, or activities between an Adult Participant and any Minor Athlete(s) **related to participation in sport**.

If one of the following **exceptions exists**, the one-on-one interactions policy *does not* apply:

- An **Emergency** occurs
- A **Dual Relationship** exists (written consent required)
- The **Close-in-Age exception** applies (written consent required for lodging)
- The Minor Athlete needs an **Adult Personal Care Assistant** (written consent required)

**written consent in this document refers to written consent from the parent/guardian of the Minor Athlete.*

Meetings and Training Sessions

- Must follow the one-on-one interactions policy
- **Individual Training Sessions require annual written consent**, and parents/guardians are allowed to observe
- Closed door meetings with **licensed providers** are permissible if the door is unlocked, another adult is present at the facility and notified, the USOPC is notified, and the provider obtains consent
- Virtual meetings with **licensed providers** are permissible if an Adult Participant and USOPC are notified, and the provider obtains consent

Therapeutic and Recovery Modalities and Manual Therapy

- Must be **observable** and **interruptible**
- **A second Adult Participant must be physically present**
- **Annual written consent** is required, and parent/guardian must be allowed to observe except where credentialing is limited
- Can **only be administered** by licensed or otherwise certified providers (excluding coaches)
- Private areas of the minor **must** always be covered
- **No exceptions** to this policy

Locker Rooms and Changing Areas

- Must follow the one-on-one interactions policy
- **No** photography or recording
- When changing, Adult Participants **cannot** intentionally expose their private areas to Minor Athletes
- **Cannot** shower with Minor Athletes unless a Close-in-Age exception exists, or for pre-or post-activity rinse while wearing swimwear
- For events or facilities under USOPC jurisdiction, locker room monitoring **must** occur and changing areas **must** be provided for Minor Athletes

Electronic Communications

- Includes **but is not limited to** phone calls, videoconferencing, video coaching, texts, email, and social media
- Must be **open** and **transparent**
- The Minor Athlete's parent/guardian, another adult family member, or another Adult Participant **must be copied**
- Another Adult Participant or all the Minor Athletes' parents/guardians must be copied on **all team communications**
- All communication must be **professional**

Transportation

- Must follow the one-on-one interactions policy
- Meets the requirements if an Adult Participant is **accompanied by another Adult Participant or at least two minors**
- One-on-one transportation is permitted if **advance, written consent** is obtained
- **Annual written consent** is required for all transportation sanctioned by the USOPC

Lodging

- Must follow the one-on-one interactions policy
- **Cannot** share a hotel room/sleep in the same room with a Minor Athlete(s) unless a close in-age, dual relationship, or PCA exception exists, and written consent is obtained
- **Annual written consent** is required for all in-program lodging
- **Written consent required for all shared housing arrangements** that include Minor Athlete(s) and Adult Participant(s), even if the minor has their own separate bedroom (e.g., Airbnb)

- Adult Participants traveling overnight with Minor Athlete(s) **must agree to** the lodging policy annually and comply with the Education & Training Policy
- Two adults **must be present** for room checks