



SINGAPORE ICE SKATING ASSOCIATION

SPEXCARDING POLICY

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Version No. 2



1. Introduction

The purpose of spexCarding is to:

- a. Support athletes that the Singapore Ice Skating Association (SISA) has selected to contribute to its high performance sporting goals as documented in their Multi Year Sports Plan (MYSP).
- b. Optimising Potential: Enable athletes to realise their potential to represent Singapore and win medals at the Major Games (Olympic, Asian, Commonwealth, South East Asian and Para equivalents) and Major Championships (Asian, World and Para equivalents).

Identify athletes and provide additional support to:

- Assist athletes in their preparation and qualification for major games.
- Access sport science, medicine, performance analysis and athlete life through Singapore Sport Institute (SSI) and National Youth Sports Institute (NYSI).
- Access National Service privileges to enable them to train and compete for Singapore.
- Access other spexGrant programmes such as spexGLOW administered by SSI, which support increased levels of training and competition.

iii. Facilitate a systematic approach to athlete development by ensuring that the athletes identified and supported through spexCarding have an annual plan i.e. Yearly Planning Instrument (YPI), Key Performance Indicators (KPIs), and a coach to help produce and implement the athlete's YPI and track progress.

iv. Targeting Resources: To provide a framework that defines the level of support to athletes, in terms of spexGrants, Sport Science and Sport Medicine. SISA, SSI and NYSI would be targeting resources to the same group of athletes in the priority sports.

v. Sustained Success: To establish waves of athletes who can be groomed towards a particular focus and Major Games.



2. Policy Statement

The purpose of this document is to guide Athletes on the spexCarding intent, framework, requirements and application processes.

3. Guiding Principles of *spexCarding*

3.1 A spexCarding system that aims to support and allocate resources to athletes and teams that have achieved a standard of performance at Major Games (Olympic, Asian, Commonwealth, South East Asian and Para equivalents) and World and Asian Championships, as well as those that can demonstrate they have the potential to achieve these standards.

3.2 Allocation of a spexCarding level that is based on the performance profile of the athlete or team, with a minimum of three data points (including 2 separate competition data points) over the past 1-2 years, and a trajectory to achieve at future Major Games or World and Asian Championships within 1-4 years.

3.3 An overarching spexCarding framework implemented and resourced by SSI and NYSI with SISA taking the lead in its management and administration. A spexCarded athlete cohort that takes responsibility to update their performance profile and other key data on Athletes Data Management System (SportSync), and work with SISA to upload their Yearly Planning Instrument (YPI) and Key Performance Indicators (KPIs).

3.4 A spexCarding framework that more clearly defines the support and resourcing for each carding level.



4. Carding Categories

Criteria		Basic Carding	Enhanced Carding	spexScholarship
			Sports/disciplines <u>not</u> in the Major Games (next 1-4 yrs), or that do not qualify.	Sports/disciplines in Major Games. Athletes/teams not in Major Games but qualify for E1, E1P and E2.
Carding Level	Senior	B4/BT4 Athletes/teams selected by the NSA to represent TS at an internationally sanctioned event in the next 1-2 years.	E1/ET1 (Top 8 placing at World level) (Top 8 WR at end season/year).	S1 (Top 8 placing at World level) (Top 8 WR at end season/year).
			E1P/ET1P (Potential Top 8 World within 4 yrs) (Top 25% where <32)	S1P (Potential Top 8 World, ≤4 yrs) (Top 25% where <32)
			E2/ET2 (Top 6 placing at Asian level) (Top 6 AR at end season/year).	S2 (Top 3 placing at Asian level) (Top 6 AR at end season/year). S2P (Potential Top 3 Asia ≤4 yrs) (Top 10% where <30)
			E2P/ET2P (Potential Top 6 Asia within 4 yrs) (Top 25% where <24)	S3 (Potential Top 3 Asia, >4 yrs)
			E3/ET3 (Top 3 placing at SEA level) (Top 3 SEAR at end of season/year)	-
	E3P/ET3P (Potential Top 3 SEA within 2 yrs) (Top 50% where <6)	-		
Youth	Athletes who are competing mainly in youth / junior events.	Y+/YT+ (potential to qualify for Youth Major Games)	-	
		Y/YT (Supporting Enhanced Carding Major Games potential within 4 yrs)	-	

Image A



4.1 Enhanced Carding

4.1.1 The intent of Enhanced Carding is to provide long term support to athletes/teams who represent Team Singapore at Major Games. The sports and disciplines included should remain relatively consistent to allow for long term planning and resourcing that fosters successive waves of athletes over multiple Major Games cycles.

- i. For sports and disciplines included in at least one Major Games (SEA, ASEAN Para, Commonwealth, Asian, Asian Para, Olympics, and Paralympics) within the next 1-4 years.
- ii. For athletes/teams whose sports and disciplines are not included in at least one Major Games within the next 1-4 years but who compete at Asian or World Championships and meet E1, E1P or E2 criteria.
- iii. Athlete Competition Partners (ACPs) who train and compete as partners with para athletes competing at Major Games and / or Asian and World level events. The ACPs must also participate in the same Carding Application as the Athlete. The pair will be considered and reviewed for carding together. Carding Criteria is also applicable and will be considered.

4.2 Youth Carding

4.2.1 The intent of Youth Carding is to provide stable and sustainable athlete development pipeline leading to Major Games success.

4.2.2 Youth refers to those athletes who are competing in mainly youth / junior events. There are 2 categories of Youth Carded athletes:

- i. The first category is Youth +. These are athletes currently preparing for the Asian or Commonwealth Youth Games or Youth Olympic Games to be held within the next 2 years.
- ii. The second category is Youth. These are athletes identified and supported by SISA who have Major Games potential in 4 years subject to an agreement between SISA/SSI/NYSI. These athletes can only come from sports that meet Enhanced Carding criteria. These athletes should be competing primarily in youth events.



5. Types of Support for Carded Athletes

Carding Level	spexTAG	spexGLOW	spexMedic	NS Privileges	Sport Science Support
E1 E1P	\$6,000 (individual) \$60,000 (team)	Up to \$3000 per month	Insurance with a capped amount (\$8,000) per injury and limited time period coverage.	Emplacement on SAF or Home Team Sportsmen Schemes.	Full support – SSI/NSA
E2 E2P	\$4,800 (individual) \$48,000 (team)	Up to \$3000 per month	Sport Medicine Consultation	General support for those not emplaced with	Basic with limited overseas support when necessary – SSI/NSA
E3 E3P	\$2,400 (individual) \$24,000 (team)	Up to \$3000 per month	Physiotherapy support	lower quota of Full Pay Unrecorded Leave (FPUL)	
B4	-	-			Basic - SSI
Y+	\$1,200 (individual) \$12,000 (team)	-		General support with lower quota of Full Pay Unrecorded Leave (FPUL)	Individual support – NYSI/NSA
Y	-	-			Programme based support – NYSI

Image B



5.1 spexTAG

spexTAG is a training grant to help athletes defray training costs, such as training equipment / apparel, expenses for public transport to and from training venue and meals.

- i. Athletes receiving *spexTAG* shall abide by the conditions of the *spexCarding* programme. All support will cease immediately if the athlete is in breach of the terms and conditions of the “*spexCarding Athlete Agreement*”.
- ii. *spexTAG* will be disbursed to the athletes half-yearly according to their training attendance. SISA will also ensure that there are appropriate tracking and monitoring systems in place to track Athletes’ performance, targets, achievements and training attendance.

Disbursement Examples (half yearly basis):

<u>Attendance %</u>	<u>Disbursement</u>
100%	100%
80%	100%
X% + Exceptional Circumstances forming 80% and above	100%
Y% + Exceptional Circumstances not forming 80%	0% disbursement
Less than 80% without Exceptional Circumstances	0% disbursement



5.2 spexMedic (Medical Insurance Coverage)

spexMedic is a medical insurance policy that covers accidental injuries sustained during national training and competitions both locally and overseas. There is a capped amount per injury and a limited time period coverage. Chronic / Pre-existing / Overuse injuries and medical conditions are NOT covered.

Notice Period of Claim

- i. Insured Person must immediately seek treatment from SSMC@SSI within 14 days from the incurrance of the injury.
- ii. Insured Person is to submit to SSMC@SSI, an insurance claim within 14 days of being referred by the SSMC@SSI to an external Clinic / Hospital, or being treated by an external Clinic / Hospital in the event of an emergency, or upon his/her return to Singapore whilst overseas.
- iii. All emergency accidents that occur locally or overseas are to be treated immediately at the nearest medical clinic or hospital. The medical report by the attending doctor is required for submission with claims. All non-emergency accidents are to be treated within 14 days from its occurrence at SSMC@SSI and within 3 days upon return if the overseas trip is more than 14 days. An injury not treated within the specified timeframe will be deemed as late notification and the insurance claim inadmissible.
- iv. Treatment sought outside SSMC@SSI without referral from the doctors, are not claimable under the spexMedic policy, unless otherwise stated.

Carded athletes may contact SSMC@SSI at 65005450 for any further enquiry on spexMedic.

5.3 NS (National Services) Privileges

Emplacement on the Sportsmen Scheme allows Full-Time National Servicemen (NSF) athletes to apply for FPUL (Full Pay Unrecorded Leave) or TO (Time Off) to train for the Major Games and other international competitions.

Athletes must:

- i. Have completed Basic Military Training (BMT) and their vocation course;
- ii. Be medically fit and not on medical exemption.

Athlete must apply to SISA at least 3 months before start of the emplacement quarter. Application will be considered together with MINDEF's and MHA's guidelines by SportSG.



5.4 Sport Science Support @ SSI/NYSI

Sport Science commits to help athletes optimise their performance through direct application of leading-edge science (across various disciplines such as physiology, biomechanics, nutrition, psychology and strength & conditioning), performance testing and monitoring, applied research and education.

Sport Medicine focuses on the diagnosis and treatment of injuries associated with athletic training and participation. The goal is to provide quality care and to return the athletes to their desired activities as soon as possible. Sport Medicine also desires to work with athletes on a long-term basis to achieve injury prevention and enhance performance through improved movement pattern and neuro-/kinetic-chain control.

SISA may work with SSI/NYSI on the respective support (biomechanics, nutrition, psychology and strength & conditioning) to enhance the athletes' training and performance.

Carded athletes may contact SSMC@SSI at 65005450 for physiology appointment.

6. SISA Nomination Guidelines

6.1 Skating Category (Highest category as priority, i.e Senior)

6.2 National Squad followed by Development Squad

6.3 At least 3 data points over the past 2 years. If no results due to COVID-19, FY20 spexCarded athlete may retain their status if have met SISA's training requirements.

6.4 To be age eligible for future Major Games or Championships within 1-2 years.