

ANNUAL PERFORMANCE STRATEGY



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ANNUAL PERFORMANCE STRATEGY



WHO IS IT FOR?

This document relates to the following groups.

- ▶ GB Climbing Squad
- ▶ GB Climbing Team

This document relates to the following disciplines.

- ▶ Lead
- ▶ Boulder
- ▶ Speed
- ▶ Combined

This document relates to the following categories.

- ▶ Senior
- ▶ Junior (U20)
- ▶ Youth A (U18)
- ▶ Youth B (U16)

1. PURPOSE OF THE ANNUAL PERFORMANCE STRATEGY

- 1.1. To outline and describe the approach that GB Climbing will take in aspiring to achieve the performance ambitions and objectives.
- 1.2. Communicate with clarity the selection criteria, performance standards and capabilities to athletes, parents, and primary coaches.

2. PERFORMANCE AMBITIONS AND OBJECTIVES

- 2.1. The overarching long-term ambition is to
 - 2.1.1. Establish GB Climbing as the World’s Leading Competition Climbing Nation by 2032
- 2.2. In 2024, GB Climbing will:
 - 2.2.1. Develop a sustainable performance pathway that:
 - 2.2.1.1. Can support and develop a cohort of athletes who can consistently produce medal winning performances at the Olympic Games and major championship events including the World Championships, Youth World Championships, European Championships and European Youth Championships.
 - 2.2.1.2. Learns, iterates, and improves; to ensure that it can continue to support the athletic and personal development of athletes that are ready to win on the world stage.
 - 2.2.1.3. The performance ambitions are:

CYCLE	OLYMPIC GAMES 2024	SENIOR PERFORMANCE 2024	JUNIOR PERFORMANCE 2024
2020 2024	2 x athlete qualified to the Paris Summer Games (Boulder & Lead Combined)	<ul style="list-style-type: none"> ▶ 1 x Senior World Championship medallist ▶ Maximise Olympic Qualifying Series Quota (4 - 6 athletes) ▶ IFSC Team World Ranking of Top 8 	<ul style="list-style-type: none"> ▶ 2 x World Youth Championship medallists ▶ 2 x European Championship medallists ▶ 4 x European Youth Cup medallists

3. STRATEGIC OBJECTIVES

- 3.1. The 2024 strategic objectives are to, in priority order:
 - 3.1.1. Accelerate athletes achieving the relevant performance standards and capabilities to achieve Paris 2024 qualification and medal winning success.
 - 3.1.2. Accelerate athletes achieving relevant performance standards and capabilities to maximise Olympic quota places via the World Championships, Continental Qualifiers and Olympic Qualifier Series (OQS).
 - 3.1.3. Continue to evolve the performance pathway by providing opportunities and experiences that benefit the long-term development of athletes who have the potential to deliver podium success at future World and European Championships as well as the Los Angeles 2028 and Brisbane 2032 Olympic Games.
 - 3.1.4. Support the development of athletes with future potential to achieve medal success at the World Youth Championships and European Youth Championships.

4. 2024 SEASON STRATEGY

- 4.1. Prioritise athletes in preparation for the 2024 OQS through the development of their individual athlete development plan (IADP) towards Olympic Games qualification.
- 4.2. Utilise World Cup, European Cup and World/European Youth Championship events to support the accelerated development of athletes with the potential to compete at the Los Angeles 2028 Olympic Games via the development of a multi-year IADP.
- 4.3. Select a GB Climbing Squad for all international categories and deliver a focused pre-season training camp and competition program to ensure progressive standard exposure in readiness for the GB Climbing Team selection processes and 2024 international season.

5. 2024 SEASON STRATEGY CONSIDERATIONS

- 5.1. The BMC and GB Climbing must be in a position to achieve all of the criteria as set out in the campaign principles (section 7) in order to field a team to any international competition. If this is not achieved and athlete IADP's indicates a development or performance need to attend international competition, due consideration will be given to alternative solutions to facilitate athlete attendance as per 8.4. To achieve the strategic objectives listed above, the campaign planning may be adjusted to attend or not attend International Federation of Sport Climbing (IFSC) competitions where appropriate.
- 5.2. Only where there is a sufficient number of athletes who meet both the Selection Framework requirements, relevant performance standards and campaign principles will a full quota team be registered.
 - 5.2.1. Quota places by competition to be confirmed by IFSC:

Competition	Category	Male Boulder	Male Lead	Female Boulder	Female Lead	Speed Male	Speed Female
World Cup	Senior	5 + 1 <i>*Toby Roberts, prequalifies as Top 10</i>	4 + 1 <i>*Toby Roberts, prequalifies as Top 10</i>	2	2 + 1 <i>*Molly Thompson Smith, prequalifies as Top 10</i>	2	2
European Cup	Senior	4	4	4	4	4	4
European Championships	Senior	4	4	4	4	4	4
World Youth Championships	All	3	3	3	3	3	3
European Youth Cup	Youth B (U16)	Minimum of 3 and a further 2 if a Top 10 Nation – TBC by IFSC					
European Youth Cup	Youth A (U18)	Minimum of 3 and a further 2 if a Top 10 Nation – TBC by IFSC					
European Youth Cup	Junior (U20)	Minimum of 2 and a further 2 if a Top 10 Nation – TBC by IFSC					

NB: Olympic Qualification Series – named athlete quota places not yet known.

6. SELECTION CRITERIA

- 6.1. Athletes selected onto GB Climbing Squad through a single discipline will be eligible to attend GB Climbing Team selection processes for all disciplines – Boulder, Lead Climbing and Speed.
- 6.2. Athletes selected into the GB Climbing Squad for a single discipline through agreement will be able to integrate other disciplines into their IADP and attend the respective GB Climbing Squad activity in their pre-season plans.
- 6.3. Athletes seeking GB Climbing Team selection in multiple disciplines will still be required to achieve the performance standards for each respective discipline to be considered for selection to that discipline.
- 6.4. The use of reserves for the GB Climbing Team will be at the sole discretion of the Selection Panel (as defined in GB Climbing Team Selection Framework), and only done so where a reserve has achieved the performance standard for that discipline.
- 6.5. When selecting athletes to the GB Climbing Team to support the delivery of the 2024 performance ambitions and strategic objectives, the Nomination Panel (GB Team Selection Framework 9.4) will use their professional judgement and expertise to synthesis the objective and subjective data as listed in 6.6, 6.7, 6.8, 6.9.
- 6.6. Historical International Performance
 - 6.6.1. Historical ranking and performance standard achieved in relation to the level of competition (i.e. World, European) will be considered as part of the decision-making process.
 - 6.6.2. Selection will use historical international events as outlined in 6.6.3. and 6.6.4., with the performances in 2024 events being utilised to select athletes for the 2024 IFSC European Championships and the 2024 IFSC Youth World Championships teams.

6.6.3. Competitions for consideration into GB Climbing Squad and initial team selection are:

- ▶ 2023 World Championships
- ▶ 2023 World Cups
- ▶ 2023 Youth World Championships
- ▶ 2023 European Continental Cups
- ▶ 2023 European Youth Continental Championships
- ▶ 2023 European Youth Cups

6.6.4. In addition to the 2023 competitions, the 2024 competitions to be considered for team selection to the 2024 European and 2024 Youth World Championships are:

- ▶ 2024 World Cups
- ▶ 2024 European Continental Cups
- ▶ 2024 European Youth Continental Championships
- ▶ 2024 European Youth Cups

6.7. Performance standards and capabilities as assessed at GB Climbing Team Selection event.

6.7.1. The performance standards and capabilities represent performance levels that provide athletes, primary coaches, and parents with a clear understanding of the international competition standard at each international event.

6.7.2. Performance standards describe what the athlete can expect in terms of the difficulty of the routes and boulders at an international competition alongside the performance that is required to achieve round progression at the respective international event.

6.7.3. These performance standards support the IADP process in providing clarity for athletes and primary coaches to ensure their performance standard and capability in the training environment can be transferred into a successful international competition performance.

6.7.4. These performance standards and capabilities will inform the GB Climbing Team selection process to 2024 IFSC international competitions calendar across junior and senior events. What this means is that as a guide the routes and boulders set at trials will be equivalent to these standards and athlete performances for selection consideration will be against these capabilities. It is recognised that there can be significant variation in route setting and grading and so the standards are indicative and will not be applied rigidly without due regard to this potential variation.

6.7.5. Guideline performance standards and capabilities by discipline:

6.7.5.1. Lead Climbing Grade Set. **It is common for the grade and degree of difficulty to increase from qualification, semi-final and final**, the grade range shown is that set at the respective events indicated. These grades have been reached through athlete, coach and route-setter insights and data analysis over the 2021, 2022 and 2023 seasons, and are there as a guide. There are nuances of style that also need to be considered, although these are more difficult to quantitatively describe for lead routes.

6.7.5.2. Lead Climbing Performance Standard. The world level is increasing year on year. The world's best athletes in each age category will consistently climb 90-100% of the routes set. Through our insights and analysis, the performance standard illustrated indicates the average percentage of route height to achieve round progression.

6.7.5.3. Lead Climbing Route setting is not an exact science. **Athletes need to be prepared to compete** on a variety of styles such as traditional, endurance, technical, boulder style of routes. Every effort will be made to ensure IFSC route styles are set at the GB trials. Misalignment can occur resulting in a route being too hard or too easy despite clear briefs on the grades and styles to be set. The nominations and selection panels can implement

discretionary tolerances dependent on the ranking of the athletes and the performance standards achieved across the athlete group. Particularly if athletes of proven IFSC competition finals standard do not achieve the performance standard set, or similarly if significantly more athletes achieve the performance standard set. This likely indicates that the standard of the route is not quite right.

- 6.7.5.4. Boulder Grade Set. It is common for the grade set and degree of difficulty to increase from qualification, semi-final and final, therefore the grade range provides an overview of the grades set across the rounds at the respective events indicated. These grades have been reached through athlete, coaches and route-setter insights and data analysis over the 2021, 2022 and 2023 seasons, and there as a guide. There are nuances of style that also need to be considered. Although these are more difficult to quantify and describe, the boulder problem styles that athletes need to be prepared to compete on including Power, Co-ordination, Balance, Complex etc.
- 6.7.5.5. Boulder Performance Standard. The world level is increasing year on year. The world's best athletes in each age category will consistently achieve 5 Tops / 5 Zones of the boulders set in qualification. Through our insights and analysis, the standard illustrated indicates the average Tops and Zones that put an athlete in the round progression zone.
- 6.7.5.6. Route setting is not an exact science. Misalignment can occur resulting in the problems being too hard or too easy despite clear briefs on the grades and styles to be set. The nominations and selection panels can implement discretionary tolerances dependent on the ranking of the athletes and the performance standards achieved across the athlete group. Particularly if athletes of proven IFSC competition finals standard do not achieve the performance standard set, or similarly if significantly more athletes achieve the performance standard set. This likely indicates that the standard of the route is not quite right.
- 6.7.5.7. Male Lead, Grade and Performance Standard per age category

Male	Olympic Games			World Competition World Cup World Youth Championship			European Competition European Cup European Youth Championship		
	Grade Set	Performance Standard % route height achieved		Grade Set	Performance Standard % route height achieved		Grade Set	Performance Standard % route height achieved	
		Progression Qual. to S/F	Progression S/F to Final		Progression Qual. to S/F	Progression S/F to Final		Progression Qual. to S/F	Progression S/F to Final
Senior	8c – 9a	≥75%	≥80%	8c – 9a	75%	≥80%	8b+ - 8c+	≥75%	≥75%
Junior (U20)	8c – 9a	≥75%	≥80%	8b+ – 9a	≥70%	≥70%	8b+ - 8c+	≥70%	≥75%
Youth A (U18)	8c – 9a	≥75%	≥80%	8b+ – 8c+	≥75%	≥75%	8b+ - 8c	≥70%	≥75%
Youth B (U16)	-	-	-	8a+ - 8b	≥75%	≥75%	8a+ - 8b	≥75%	≥75%

Please note that these performance standards are subject to periodic review, they may be updated or modified following the performance review of the end of the 2023 season.

6.7.5.8. Female Lead, Grade and Performance Standard per age category

Female Age Category	Olympic Games			World Competition World Cup World Youth Championship			European Competition European Cup European Youth Championship		
	Grade Set	Performance Standard % route height achieved		Grade Set	Performance Standard % route height achieved		Grade Set	Performance Standard % route height achieved	
		Progression Qual. to S/F	Progression S/F to Final		Progression Qual. to S/F	Progression S/F to Final		Progression Qual. to S/F	Progression S/F to Final
Senior	8c – 8c+	≥75%	≥75%	8b+ – 8c	75%	≥80%	8b - 8c	≥75%	≥75%
Junior (U20)	8c – 8c+	≥75%	≥75%	8a+ – 8b	≥70%	≥75%	8a - 8b	≥70%	≥75%
Youth A (U18)	8c – 8c+	≥75%	≥75%	8a+ – 8b	≥70%	≥75%	8a - 8b	≥70%	≥75%
Youth B (U16)	-	-	-	8a - 8b	≥70%	≥75%	8a - 8a+	≥70%	≥75%

Please note that these performance standards are subject to periodic review, they may be updated or modified following the performance review of the end of the 2023 season.

6.7.5.9. Male Boulder, Grade and Performance Standard per age category

Male Age Category	Olympic Games Olympic Qualification Series			World Competition World Cup World Youth Championship			European Competition European Cup European Youth Championship		
	Grade Set	Performance Standard		Grade Set	Performance Standard		Grade Set	Performance Standard	
		Progression Qual. to S/F	Progression S/F to Final		Progression Qual. to S/F	Progression S/F to Final		Progression Qual. to S/F	Progression S/F to Final
Senior	V8 - V12	2 Tops 4 Zones	2 Tops 4 Zones	V8 - V12	3 Tops 5 Zones	2 Tops 3 Zones	V8 - V11	2 Tops 5 Zones	2 Tops 4 Zones
Junior (U20)				V8 - V12	4 Tops 6 Zones	3 Tops 4 Zones	V7 - V10	2 Tops 5 zones	3 Tops 4 Zones
Youth A (U18)				V8 - V12	3 Tops 5 Zones	3 Tops 4 Zones	V7 - V10	1 Tops 4 Zones	2 Tops 4 Zones
Youth B (U16)	-	-	-	V6 - V8	3 Tops 5 Zones	3 Tops 4 Zones	V6 - V8	3 Tops 4 Zones	2 Tops 4 Zones

Boulder styles include Power, Co-ordination, Balance, Complex. Performance standards are relative to international competition

Please note that these performance standards are subject to periodic review, they may be updated or modified following the performance review of the end of the 2023 season.

6.7.5.10. Female Boulder, Grade and Performance Standard per age category

Female	Olympic Games Olympic Qualification Series			World Competition World Cup World Youth Championship			European Competition European Cup European Youth Championship		
	Age Category	Grade Set	Performance Standard		Grade Set	Performance Standard		Grade Set	Performance Standard
		Progression Qual. to S/F	Progression S/F to Final		Progression Qual. to S/F	Progression S/F to Final		Progression Qual. to S/F	Progression S/F to Final
Senior	V8 - V11	2 Tops 4 Zones	2 Tops 4 Zones	V8 - V11	2 Tops 5 Zones	2 Tops 3 Zones	V8 - V10	2 Tops 5 Zones	2 Tops 4 Zones
Junior (U20)				V8 - V12	4 Tops 6 Zones	3 Tops 4 Zones	V7 - V10	2 Tops 5 zones	2 Tops 4 Zones
Youth A (U18)				V7 - V12	3 Tops 5 Zones	3 Tops 4 Zones	V7 - V10	2 Tops 4 Zones	2 Tops 4 Zones
Youth B (U16)	-	-	-	V5 - V7	3 Tops 5 Zones	3 Tops 4 Zones	V5 - V7	3 Tops 3 Zones	2 Tops 3 Zones

Please note that these performance standards are subject to periodic review, they may be updated or modified following the performance review of the end of the 2023 season.

Boulder styles include Power, Co-ordination, Balance, Complex. Performance standards are relative to international competition

6.7.5.11. Definition of boulder styles

Style	Definition
Power	Boulder requires the application of force/strength at speed.
Co-ordination	Boulder requires the minimisation of pauses and smooth transition between dynamic movements
Balance	Boulder which required precise movements with often a commitment to weighting of the feet.
Complex	A boulder that demands a high level of technical expertise and movement skills

6.7.5.12. Male Speed

Male	Olympic Games		World Competition World Cup & World Youth Championship		European Competition European Cup & European Youth Championship		Further Info
Category	Knockout round progression	Performance Standard	Knockout round progression	Performance Standard	Knockout round progression	Performance Standard	Athletes must be able to consistently deliver against standard and capability in competition format on a range of wall surfaces, in a variety of climate conditions.
Senior	5.3 sec	5.5 sec	5.4 sec	6.0 sec	6.5 sec	6.8 sec	
Junior (U20)	5.3 sec	5.5 sec	6.4 sec	6.9 sec	6.3 sec	6.6 sec	
Youth A (U18)	5.3 sec	5.5 sec	6.6 sec	6.2 sec	6.6 sec	6.9 sec	
Youth B (U16)	-	-	7.6 sec	7.9 sec	8.0 sec	8.3 sec	

Please note that the performance standards are subject to periodic review, they may be updated or modified following the performance review of the end of the 2023 season.

6.7.5.13. Female Speed

Female	Olympic Games		World Competition World Cup & World Youth Championship		European Competition European Cup & European Youth Championship		Further Info
Category	Knockout round progression	Performance Standard	Knockout round progression	Performance Standard	Knockout round progression	Performance Standard	Athletes must be able to consistently deliver against standard and capability in competition format on a range of wall surfaces, in a variety of climate conditions.
Senior	7.9 sec	7.3 sec	8.0 sec	7.5 sec	8.5 sec	8.8 sec	
Junior (U20)	7.9 sec	7.3 sec	9.5 sec	9.8 sec	9.5 sec	9.8 sec	
Youth A (U18)	7.9 sec	7.3 sec	9.4 sec	9.7 sec	9.8 sec	10.1 sec	
Youth B (U16)	-	-	10.1 sec	10.4 sec	10.1 sec	10.4 sec	

Please note that the performance standards are subject to periodic review, they may be updated or modified following the performance review of the end of the 2023 season.

- 6.8. Domestic Competition Performance
 - 6.8.1. Historical ranking and performance standard achieved in relation to the level of competition will be considered as part of the decision-making process.
- 6.9. Coach Observations
 - 6.9.1. Coaches will record ratings in response to standard performance questions at the National Trials 2024.
 - 6.9.2. Coaches will provide a score rating 0-10 of either initiating, developing, competent, highly skilful or excellent in response to a set of standard questions referring to skills that they see demonstrated by the athletes at the selection event and throughout the pre-season team trainings.
 - 6.9.3. The ratings are defined as:

Score	Level	Description
0	Initiating	Basic competitive skills exhibited but not able to deliver a performance.
1 - 3	Development	State of growth, incomplete ability and/or knowledge to execute a performance, not able to deliver a performance under pressure.
4 - 6	Competent	Has some of the ability and/or knowledge to execute a performance, only partially able to deliver a performance under pressure.
7 - 8	Highly Skilled	Has the ability and knowledge to execute a performance, although is inconsistent under pressure
9 - 10	Excellent	Has the ability to deliver a whole performance under pressure, delivering every time regardless of the standard and style.

7. CAMPAIGN PRINCIPLES

- 7.1. The campaign principles encompass the values of Health, Performance, Respect to ensure the health and safety of all who participate in program activity and/or travel to international competition.
- 7.2. BMC Event approval and GB Climbing campaign principles.
 - 7.2.1. For all training and competition events GB Climbing completes the BMC Event Approval process. Details of this process can be found here: <https://www.thebmc.co.uk/organising-bmc-events>.
 - 7.2.2. In addition, the GB Climbing also applies its campaign principles which must be satisfied for GB Climbing to field a team of athletes to an event.
 - 7.2.3. A traffic light system is used to determine the status of both preparation and risk.
 - 7.2.4. If majority of items are GREEN – A GB Team will be entered.
 - 7.2.5. If the majority of items are RED or AMBER – GB Climbing will liaise with the Chair of the competition climbing performance group (CCPG) to review and determine if a team is fielded.

- 7.3. Supporting athletes and ensuring their health and well-being are the foundations of GB Climbing. Athletes require various forms of support, and the GB Climbing Athlete Health Policy will play a crucial role in safeguarding athletes' physical and mental health.
 - 7.3.1. Current procedures can be found in the BMC GB Climbing Welfare Support Plan <https://www.thebmc.co.uk/gb-climbing-welfare-support-plan>
 - 7.3.2. The GB Climbing Athlete Health Policy is in development and will be available by 31 Jan 2024.
 - 7.3.3. The IFSC have a Body Mass Index Screening Procedure Rules to monitor athlete health and the risk of Relative Energy Deficiency in Sport (RED-S). For further details please see;
 - 7.3.3.1. IFSC BMI Screening Procedure Rules https://cdn.ifsc-climbing.org/images/ifsc/Footer/Commissions/220215_BMI_Screenig_Procedure_Rules_final.pdf
 - 7.3.4. Athletes who are on a UK Sport named athlete program or on the TASS program are able to access medical support.

- 7.4. Performance
 - 7.4.1. If attendance at any international event is deemed to pose an unacceptable risk to an athlete and/or support staff health, performance aims or the BMC's reputation, the BMC may move to withdraw from the contest as appropriate.
 - 7.4.2. Quota places:
 - 7.4.2.1. GB Climbing will enter athletes for IFSC and IFSC Europe calendar events up to the quota limit assuming that:
 - 7.4.2.1.1. All athletes have met the appropriate performance standard and will be able to compete at the level of relevant IFSC competition without undue risk to their physical or psychological health. This is to safeguard athletes and ensure that the standard of international competition is appropriate to their performance level.
 - 7.4.2.1.2. Due consideration has been given to an appropriate balance between training and competition (as evidenced through the IADP) and the competition opportunity is felt to be aligned with the athletes short- and long-term goals. If an athlete is not yet at the standard of the competition and is unlikely to achieve round progression at their current performance standard, it is unlikely that the event will serve as a development experience for the athlete.
 - 7.4.2.1.3. Effective Preparation – GB Squad Pre-Season Training
 - 7.4.2.1.4. The objective of the pre-season period is to maximise individual and collective physical fitness, psychological readiness, technical skill level and team togetherness before beginning the competitive period.
 - 7.4.2.1.5. This aims to ensure performance levels, minimise the risk of injury and psychological overload.
 - 7.4.2.1.6. It enables the development of athlete and coach relationships, specifically to support athletes during pre-event preparations, campaign planning and feedback/ reviews processes.
 - 7.4.2.1.7. Readiness to compete will be determined via the selection process.

- 7.5. Respect
 - 7.5.1. Athletes are required to engage in pre-season programs, which include the development of their IADP to ensure that coaches and staff are able to support athletes whilst in training and at international competition events.
 - 7.5.2. GB Climbing commits to engage with athletes, primary coaches and parents in an open, honest and transparent manner, recognising that its role is to facilitate athletes in achieving their best possible performance. It commits to make every possible effort to respect deadlines it defines,

recognising that missing deadlines causes significant stress for athletes and parents.

7.6. Logistics and Travel

- 7.6.1. The ability to tolerate/mitigate against travel constraints is an important aspect of ensuring both training and/or competition success.
- 7.6.2. While supporting athletes' performance it is also important for the NGB to consider the safety and welfare of both athletes and staff in reference to global travel. Current IFSC competitions take place across 4 continents in a season extending from March to October. This presents various risks ranging from exposure to seasonal viruses, meteorological disturbances and political issues which must be considered.

7.7. Performance Support - Coaching & Support Staff

- 7.7.1. The BMC for IFSC and IFSC Europe events in which we enter teams and athletes, will appoint an appropriate a team leader and lead coach, these may be one of the same people.
- 7.7.2. Additional coaches may be registered as per IFSC rules.

7.8. Funding

- 7.8.1. GB Climbing arranges travel and logistics for all junior IFSC competition events and the GB Team travel together with coaches and support staff.
- 7.8.2. Athletes selected to the GB Squad and Team are required to self-fund unless:
 - 7.8.2.1. Athlete is a named athlete on a UK Sport funded program, achieved by being a medalist at major World Championship events and a successful application has been made to UK Sport on their behalf by GB Climbing.
 - 7.8.2.2. Athletes in Home Nations Squads can apply to SportsAid, SportsAid Scotland, SportsAid Cymru and Backing the Best (subject to household income) via the BMC once per year, for financial support for training and competition costs.
 - 7.8.2.3. Athletes can also apply to local authorities and charities for grants independently. GB Climbing will support this process at an athlete's request.

8. CAMPAIGN PRINCIPLES TRAFFIC LIGHT RISK ASSESSMENT PROCESS

Note: This in addition to BMC event approval

- 8.1. **Red rating** – The event is likely to present a risk to athlete performance and health triggering further assessment with the Head of Performance.
- 8.2. **Amber rating** - Indicate the minimum level of preparation required for program activity. Further management measures are identified and built into activity planning to mitigate the impact.
- 8.3. **Green rating** - No further action required.
- 8.4. GB Climbing acknowledges that three of the four items linked to “Respect” in the table below are outside of an athletes' control and are the responsibility of the BMC and GB Climbing. GB climbing will make every effort to deliver these items in collaboration with athletes, parents, and primary coaches to not disadvantage athletes in their development and competition opportunities. GB Climbing will facilitate discussion with athletes and parents to explore if there are any solutions available should there be difficulties in satisfying all items that may be part of an individual athlete's development plan (IADP). This may include agreeing attendance at IFSC international competition events with a primary coach as a BMC GB Team Official.

9. ATHLETE HEALTH AND PERFORMANCE

9.1. GB Climbing is developing an Athlete Health Policy that will evolve our athlete health key principle. This table outlines the current traffic light areas or considerations for athletes. Where there is a Red or Amber rating, athlete will be supported through their IADP to develop a clear action plan.

Guiding Principle	Item	Inadequate	Adequate	Optimal
Health	Comply with GB Climbing Medical Policies	Not complied with GB Climbing Medical Policies and/or not cleared as fit to compete	Complied with GB Climbing Athlete Health and Policy and cleared as fit to compete	
	Injury Status	Athlete injured and unable to compete.	Athlete managing injury, but able to compete	Athlete Injury free and able to compete at the standard.
Performance	Readiness to compete confirmed through section process	Not achieved selection.	Achieved selection, but standard not at level of competition.	Achieved selection and at standard of competition
	Staff in attendance	1 staff or coach	2 x Coach + Support Staff	2 x Coach, Support Staff, MDT staff (Physio and or medical)

10. RESPECT

10.1. GB Climbing will implement a defined camps and competition programme in 2024, with a new IADP process and camps pre-season programme. this will include the development of optimizing athlete competition road maps to support athlete’s development towards their long-term goals.

Guiding Principle	Item	Inadequate	Adequate	Optimal
Respect	Pre-season programs Delivery	No pre-season programs delivered	Pre-season program delivered and satisfactory athlete engagement.	Pre-season program delivered and 100% athlete engagement.
	Athlete IADP	No IADP plan in place	Annual IADP in place	Collaborative and adaptive multi-year IADP
	Funding	Not a priority event for GB Climbing and unable to finance event coaches and staffing.	The event is not a priority event for GB Climbing. By agreement we will review attendance, Athletes could be asked to contribute to the coach/support expenses to attend.	Event is a priority event for GB Climbing. Athletes are self-funded GB Climbing funds coach/support staff expenses.
	Assessment of host Nation’s safety status	Travel not advised by government and/or developing political situation.	No travel restrictions and no developing situations reported.	