

**NOTIFICATION OF INJURY, ILLNESS OR PREGNANCY**

Athletes carded under the Athlete Assistance Program (AAP) must notify Athletics Canada immediately (within 30 days) if unable to maintain full high performance training and competition commitments for health related reasons (injury, illness or pregnancy). Notification requirements to maintain carding during short-term and/or long-term health related reasons are outlined below.

**Athlete Name:** \_\_\_\_\_

**Onset Date/Due Date:** \_\_\_\_\_

**Attending Physician's Name & Phone #:** \_\_\_\_\_

**Estimated rehabilitation period:** \_\_\_\_\_

**Earliest possible return date:** \_\_\_\_\_

**Check one:**

- Short-term (Recovery is expected to be less than 4 months)**  
No further documentation is needed. Athletics Canada's Medical Committee will be in contact if there are any questions or concerns.
- Long-term (Recovery is expected to be 4 months or longer)**  
The following support documentation is required and must be submitted along with Notification:
  1. A written letter from athlete including:
    - Intention to return to full high performance training and competition.
    - Agreement to train and rehabilitate under the supervision of Athletics Canada's Medical Committee.
  2. A rehabilitation and training plan for the estimated rehabilitation period jointly prepared by the athlete's Personal Coach and Coordinating/Attending Therapist. In the case of pregnancy, this plan should focus on the post-pregnancy period.
  3. Physician's written diagnosis and positive prognosis for return to full high performance training and competition. (Not applicable in the case of pregnancy).

**Important Notes:**

- ✓ Athletes will continue to receive 100% of their Athlete Assistance Program (AAP) financial support and maintain their current card provided the above conditions are met.
- ✓ In order to be eligible to apply and to be considered for a Medical Card for the next carding cycle, an athlete must have submitted this form prior to the AAP application deadline, ensuring that Athletics Canada is fully aware of their medical status. Applying for a Medical Card does not guarantee selection. Read the carding criteria for more information.
- ✓ This information may be shared with Sport Canada as required.

\_\_\_\_\_  
Athlete Signature

\_\_\_\_\_  
Date

***Fax this form and support documentation to (613) 260-0341***