HEALTH, MEDICAL & PERFORMANCE SUPPORT

NATIONAL TEAM HANDBOOK

VERSION 1.0 – AUGUST 26, 2026

National Team athletes may have access to a range of health, medical, sport science, and performance services to support their training, competition, recovery, and overall athlete health.

The services available to each athlete will vary depending on factors such as National Team and carding status, discipline, location, identified performance needs, and available resources.

1 CANADIAN OLYMPIC & PARALYMPIC SPORT INSTITUTE NETWORK (COPSIN)

The Canadian Olympic and Paralympic Sport Institute Network (COPSIN) is a national network of sport institutes and centres that provides high-performance athletes and coaches with access to specialized sport science, sport medicine, and performance services.

- Depending on eligibility, location, and identified needs, services may include:
- Sport medicine and medical support;
- Physiotherapy and rehabilitation;
- Strength and conditioning;
- Sport science;
- Nutrition;
- Mental performance;
- Recovery and regeneration; and
- Access to high-performance training facilities and other specialized services.

1.1 ACCESSING SERVICES

Access to COPSIN services varies across Canada and is based on athlete eligibility and the services available through the athlete's regional institute or centre.

Where applicable, GymCan's Integrated Support Team (IST) and High Performance program staff work with athletes to identify performance and health needs and help coordinate access to appropriate services.

Athletes should connect with their Program Director, High Performance Coordinator, or applicable IST lead if they have questions about available services or how to access support.

Canadian Olympic & Paralympic Sport Institute Network (COPSIN):
https://copsin.ca/

2 DOCUMENT TIMELINES

Version	Date	Change(s)
Final 1.0	August 26, 2026	Initial document