



BC SPORT CHEER'S TRAVEL TOOLKIT

OUR MISSION

The Equity, Diversity & Inclusion (EDI) Committee is established to ensure that Cheerleading in BC is inclusive and accessible for all, in alignment with BCSC's mission and strategic objectives.

OUR GOAL

Our travel toolkit aims to ease stressors regarding travel for USA based competitions such as IASF Worlds and The Summit, as well as provide possible resources to aid in the travelling process.



Links will be yellow and underlined throughout this document.

LGBTQ2S+ GUIDANCE

BCSC believes that all participants deserve respectful and inclusive environments for participation that value the individual's gender identity and gender expression. BCSC is committed to ensuring that all participants have access to programming and facilities in which they feel comfortable, supported, and safe.

While BCSC celebrates the opportunity for international competition, we acknowledge that laws and customs surrounding the LGBTQ2S+ community differ globally. We recognize that legal protections regarding sexual orientation, gender identity & expression may vary significantly outside of British Columbia.

We recommend utilizing tools such as the [Equality Map](#) for up-to-date information regarding nondiscrimination protections, and region-specific research to ensure informed and safe travel.

For any concerns related to registration for Worlds or The Summit, as well as miscellaneous helpful links, please refer to **the resources section on page 2** of this document.

MEDICATION GUIDANCE

Athletes travelling with prescription medications

It is your responsibility to ensure that your medications follow the program regulations. If your medications are on the [Prohibited List](#), please contact your coach or gym owner to discuss your options.

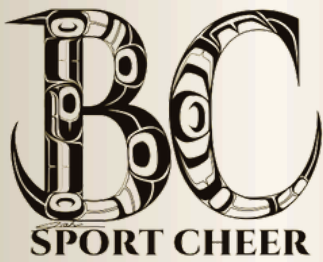
Athletes using injectable medications (such as insulin) should consider bringing a doctor's note explaining their condition and any required medical supplies (e.g., needles or syringes).

What can I bring with me on the plane? (diabetes specific)

Documentation can be helpful if medications are questioned during border screening, or, if athletes are drug tested at competitions.

It is also a good idea to ensure your medication is always in your carry on luggage during travel in case checked baggage is lost.

See the resources section below for helpful links and additional information on the above.



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BC Sport Cheer is proud to support our athletes, programs, and families as they prepare for competitions outside of Canada.

We have curated a list of resources to support athletes traveling for competitions, especially those who may feel nervous or face additional considerations. These tools and organizations can help marginalized individuals access information, take precautions, and travel with greater confidence.

RESOURCES AVAILABLE

Each link includes a brief description so you can quickly access the information and assistance most relevant to you.

Contacts for Roster & Gender Identification Support

Program owners with athletes who have questions about gender identity or roster identification are encouraged to contact the following emails before the event.

For Worlds: IASF Director - scoring@iasfworlds.com

For Summit: USASF Questions - summit@varsity.com

The emails above can help review eligibility, division placement, and considerations related to athlete identity, safety, and competition guidelines.

Owners may reach out to info@cheercanada.ca for Cheer Canada guidance or check out the [Cheer Canada DEI policy](#) for additional information.

BCSC Travel Consent Letter

For athletes attending international competitions, a travel consent letter may be helpful to confirm travel permissions or supervision arrangements when crossing borders.

Families, athletes, or coaches who would like the letter for travelling purposes **should contact their gym owner** for access.

Gym owners can access resources by contacting info@bcsportcheer.ca

Medication/Medical Documentation for Travel

It is important to understand what medications will need a doctor's letter when travelling. Here are some helpful resources to help you adequately prepare to cross the border.

Cheer Canada adheres to the [Canadian Anti-Doping Program \(CADP\)](#), which includes testing for banned substances to promote fair play.

Additional resources available:

[Travelling Abroad with Medicine \(CDC\)](#)

[Travelling with Medication \(Government of Canada\)](#)

[Travelling with Medication \(CAD Pharmacists Association\)](#)

Support for our LGBTQ2S+ Community

Listed below are practical resources to help you feel informed, prepared, and supported so you can feel safe and ready for your performance.

[Travel and your sexual orientation, gender identity, gender expression and sex characteristics](#)

[Choose or update the gender identifier on your passport or travel document](#)

[X Gender Marker Passport Advising Resource through NAFSA \(Association of International Educators\)](#)



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TRAVEL TO THE US GUIDANCE

For up to date US travel advice and risk levels, please visit the following link : [Government of Canada](#)

General Precautions

As per the Government of Canada, please be prepared for extra questioning and inspection at points of entry. This includes electronic devices, and compliance in interactions with border authorities. We want to reiterate these precautions to ensure all our members are aware and prepared for their entry into the US. The safety of our members is at the utmost importance.

Additionally, Custom officials may ask for evidence of residential, employment, or educational ties to Canada, proof that the trip is legitimate and of reasonable length ([BCSC Travel Consent Letter](#), info on page 2), and proof of sufficient funds to cover stay.

Team Travel for Athletes Under 19

Canadian citizen athletes under the age of 19 travelling with their gym / team under adult supervision must travel with written consent from their own parent/guardian ([BCSC Travel Consent Letter](#), info on page 2). A provincial birth certificate may also be needed.

Coaches/Gym Owners Supervising Team Travel

It is recommended to have at least 2 adults for every 10 minor athletes. Ensure all athletes have a signed letter from parents / guardians authorizing travel. It is also recommended that the group provide an organizational letterhead.

Gym owners can access resources by contacting info@bcSPORTcheer.ca



Passport with "X" Gender Identifier

Although the Government of Canada issues passports with the "X" gender identifier, restrictions may arise from other countries that do not recognize this identifier. Before you leave, verify this information with the closest foreign representative for your destination.

Note: you may still be asked to provide your gender as male / female by certain travel companies regardless of your "X" gender identifier.

Canadian Passport Information

Non-Canadian citizens will need a passport from their country of citizenship, as well as any applicable visas.

Passports should be valid for entire duration of stay.