



**BRITISH
WEIGHT
LIFTING**

How to get into Para-Powerlifting

What?

Para Powerlifting is a sport for individuals with an eligible physical impairment. It is a Paralympic sport that is governed by British Weight Lifting in Great Britain. The sport is competitive bench press to World Para Powerlifting technical rules and regulations which allow athletes to demonstrate spectacular feats of strength (www.britishweightlifting.org).

British Weight Lifting raises commercial revenue and receives funding from UK Sport to lead and deliver an elite program (called the World Class Program). The objective of the World Class Program and British Weight Lifting is to identify and develop athletes who have the potential to win medals at World Championships and Paralympic Games as well as support the development of the sport at a National level through competitions and relationship development with disability organisations to provide sporting opportunities for new potential members.

Where?

British Weight Lifting headquarters are in Leeds, Yorkshire, but the World Class Program is based at Loughborough University, in their centre of sporting excellence within Powerbase gym, a central high-performance facility for funded and talented athletes to train together, access coaching and world class sport science and medicine support.

There are a number of clubs around the country and British Weight Lifting is working hard to develop hubs in and around London, Loughborough, Sheffield, Leeds and Wales where Para Powerlifting can thrive.

The vast majority of Para Powerlifting takes place in public gyms that are local to athletes, all around the country. At national competitions modified Para-Powerlifting benches are used for greater stability (<http://www.eleiko.com/en/product.aspx?articleCode=3001187-02>). These aren't as available in public gyms but the equipment you are likely to find in the vast majority of gyms can support training when supervised.

British Weight Lifting would recommend using gyms with good accessibility and trainers that can ensure safety.

Who?

National Participation Pathway

In order to take part in Para Powerlifting at a national level you must have an eligible physical impairment (eligible physical impairments are named in the World Para Powerlifting Classification rules and regulations) as a result of a health condition that is acknowledged and evidenced by your GP

or consultant by completing and sending in the World Para Powerlifting Medical Diagnostics Form to British Weight Lifting (below).

Each eligible impairment is assessed in a specific way within the classification process which will determine if the minimum impairment criteria is met for that specific physical impairment. To compete at a national level you do not need to achieve this minimum criteria so long as you have an eligible physical impairment evidenced by your GP via the documents mentioned above. Your GP or consultant must also state in writing that you are safe to compete.

British Weight Lifting holds National Classification throughout the year to inform athletes of their eligibility to take part in the sport at a national or international level should they achieve the necessary performance standards in the future. The other important role of national classification is to ensure safety.

3 months before taking part in a competition for the first time an athlete must send British Weight Lifting the World Para Powerlifting Medical Diagnostics form completed, a GP letter of safety, Athlete Eligibility Agreement form, a passport scan and passport photo. All must be reviewed by our National Classifier as a minimum or an athlete must attend national classification.

New athletes wishing to compete must also become a member of British Weight Lifting prior to entering a competition.

Athletes with hearing, visual or intellectual impairments only are not eligible to compete.

International Representation Pathway

At an international level athletes with an eligible physical impairment must meet World-Para Powerlifting minimum eligibility criteria for an eligible physical impairment.

Prior to attending **International Classification**, all new athletes must have been reviewed by a National Classifier in the UK to understand eligibility and safety.

A World Para-Powerlifting License is essential in order to attend international classification, compete internationally or have your results recognised at World Para Powerlifting events taking place in the UK. Having submitted all the documentation above a license can be purchased.

If International Classification is taking place in the UK new athletes may attend this straight away in the knowledge that there is no guarantee of successfully being classified and a World Para-Powerlifting License must be purchased from British Weight Lifting first.

Eligibility and selection for International representation is outlined in published, online selection policies for competitions British Weight Lifting have committed to strategically. These competitions ensure athletes with medal potential can attend and qualify for a Paralympic Games.

Next steps

You can make general enquiries with British Weight Lifting via the email below enquiries@britishweightlifting.org

Visit your GP to understand if you are safe to compete and if so complete the Medical Diagnostics form necessary for participation along with a letter of safety.

Understand the competition/events schedule and national classification opportunities prior to competing for the first time.

It is recommended you investigate what access you have to accessible gym facilities in your local area.

Useful information and documents

Please see below to access information regarding:

- Selection criteria for World Class Program membership

<http://britishweightlifting.org/wp-content/uploads/2017/04/BWL-WCP-Athlete-Support-Programme-2017-Selection-Policy-Powerlifting.pdf>

- British Weight Lifting competition schedule

www.bwl.sport80.com/events

- World Para Powerlifting website for general information and specific documents relating to classification and competition regulations and Paralympic Games information

<https://www.paralympic.org/powerlifting>

https://www.paralympic.org/sites/default/files/document/171230072004367_World%2BPara%2BPowerlifting_Classification%2BRules%2Band%2BRegulations_Jan%2B2018.pdf

https://www.paralympic.org/sites/default/files/document/171230070827831_World%2BPara%2BPowerlifting%2BTechnical%2BRules%2Band%2BRegulations_Jan%2B2018.pdf

- Dates for national classification in the UK
 - 06/07/2018 – Ricoh Arena, Coventry, British Championships
- Key sites/hubs/clubs for Para-Powerlifting
 - Loughborough University
 - St Mary's University
 - Bangor University
 - Suffolk Spartans
- Medical Diagnostics Form

https://www.paralympic.org/sites/default/files/document/171106173359595_WPPO_2017_11_01%2BPI%2BMedical%2BDiagnostics%2BForm%2BNEW.pdf

- Athlete Eligibility Agreement form

https://www.paralympic.org/sites/default/files/document/171107150614660_IPC_Eligibility_Agreement_Athlete.pdf