

Guidance for Parents

This guidance has been produced specifically for parents whose children participate in Olympic weightlifting and para-powerlifting.

Weightlifting and para-powerlifting provide opportunities for enjoyment and achievement and can develop qualities such as self-esteem, leadership and teamwork as well as physical benefits. Providing young people with a positive lifting experience means that they will be more likely to achieve their true potential. Every young person has the right to have fun and to be safe and free from harm, whether training or playing for a local club or at a representative level. As a parent/legal-guardian you should feel comfortable with the environment that your child is in and able to ask questions about the organisation, structure, people, policies and practices of that club or organisation.

It is essential that parents/legal-guardians have a general awareness of good practice when selecting a weightlifting/para-powerlifting club for a young person to attend. This will ensure that they can enjoy lifting within a safe and secure environment where they feel protected and able to make the most suitable choices for themselves. Providing children with positive sporting experiences means that they are more likely to be able to achieve their true potential.

It is the responsibility of everyone to make sure that all lifting activities are safe and fun.

Every individual and organisation within the Lifting Community has a role and responsibility to ensure the safety and welfare of young people.

This document is designed to provide you the parents/legal-guardians with information on good practice and ideas of questions to ask about the clubs your children attend, and to ensure that both you and your child understand the way the club works, and your roles and responsibilities as participants and spectators of this sport.

Terminology

Club: Throughout this document the term club is used as a general term to include junior sections and clubs with juniors lifting in adult sessions. All guidance can equally apply to county and regional associations

Young Person: The term young person refers to anyone under the age of 18, or vulnerable person

Parent: The term parent applies to the person or persons with legal responsibility for a young person

Position of trust: All adults who work with young people in lifting are in a position of trust which has been invested in them by parents, the sport, and the young person. This relationship can be described as one in which the adult is in a position of power and influence by virtue of their position.

What should my child's club have?

Child Protection Policy

Clubs should have a child protection policy which outlines procedures for dealing with abuse, disclosures or poor practice. BWL provide a child protection policy that all clubs have agreed to adopt. It outlines procedures for dealing with possible abuse, disclosures or poor practice. You will be able to view this policy on request.

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A named Welfare Officer

The club will have appointed a Welfare Officer, whose responsibility is to promote good practice, to be the named point of contact for young people, coaches and volunteers and to understand British Weight Lifting's reporting procedures in case a concern is raised.

Codes of Conduct

Clubs should have written codes of conduct for parents/carers, club staff/volunteers, and participants.

Insurance

The club should have civil liability insurance. If the club is affiliated to British Weight Lifting this will be the case.

Health and Safety

The premises should satisfy fire regulations.

The club should issue a consent form that includes emergency contact details and medical declaration form and consent for your child to be photographed.

Clubs and coaches need to know contact details in case of an emergency and also need to be aware of any medication your child may be taking or any other specific needs. You should be asked to complete a parental consent form with this information when you first attend the activity, but if not, inform the coach of club welfare officer.

There should be somebody onsite of the club training sessions who holds a recognised first aid qualification (this could be a member of staff if it is a leisure centre) and a first aid kit should be available.

The club should have guidelines for dealing with injuries and mechanisms in place to ensure the safety of the equipment and venue.

Questions to consider

Are the coaches and club personnel suitable to work with children and young people?

All coaches and club personnel that work with children and young people should have been appropriately screened as a minimum.

This should include the successful completion of an enhanced Disclosure and Barring Service (DBS, formerly CRB) check and appropriate references taken. A DBS with BWL should be renewed every two years.

Are the coaches qualified, registered and insured?

All coaches should hold an up to date BWL coaching qualification.

Coaches should have up to date insurance cover and covers them for a minimum of £5 million for public liability. If a coach has registered with BWL for that current season they will be covered by BWL's insurance policy.

All BWL coaches should hold a coach licence.

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Do the coaches have appropriate training?

It is recommended that coaches working with young people under the age of 18 have attended a nationally recognised child protection training course/workshop, and hold a First Aid Certificate.

BWL recommend the Sports Coach UK workshop Safeguarding and Protecting Children in Sport; details of which can be found on the website www.sportscoachuk.org.

Your role as a Parent/Legal-guardian

Always ensure that young people who you are responsible for have:

- Appropriate kit and equipment
- A suitable drink for when required
- Medication if required

Always ensure that you:

- Are aware of and act in accordance with the rules of the club
- Use appropriate language at all times
- Inform the coach of any medication taken/medical conditions
- Inform the coach of any disabilities or special requirements that your child has
- Ensure that the club has up to date emergency contact details
- Drop off or pick up your child at the correct times, as advised by the club or for competitions
- Contact the club promptly if you are running late to collect your child
- Chat to your child about the activity to make sure that they are enjoying it. Never force your child to participate
- Are aware of how and when to report a concern, allegation or disclosure about poor practice or possible abuse

Always ensure that young people who you are responsible for know and understand:

- The clubs code of conduct for participants and/or fair play charter
- Who they can talk to if they have any concerns
- On the contacts table fill in your child's club welfare officer details

Who can I contact if I have any concerns?

The first point of contact is the club Welfare Officer

- Ask to speak to them and explain your concerns
- All concerns will be taken seriously and investigated
- All concerns will be treated in the strictest confidence, with only the people who can help the situation becoming involved if required.

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Contact Details

Please find below contact details in case of emergency. Use the space provided to complete the details for your local contact for Children's Social Care Department (Social Services) and the Police.

Organisation

NSPCC Helpline (24hours)

BWL Lead Child
Protection Officer

Your club Welfare
Officer

Local Authority
Children's Social

Care Department

Police

Samaritans

Contact Details

0808 800 5000

01132 249 402

999

08457 909 090

Website

www.nspcc.org.uk

enquiries@britishweightlifting.org
www.britishweightlifting.org

www.everychildmatters.gov.uk/socialcare/safeguarding/lscb

www.samaritans.org

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Useful contact details – help support and advice

The following organisations offer specialist support and advice to young people, parents, individuals and organisations

Organisation	Contact Details	Website	Additional Information
NSPCC – Child Protection in Sport Unit	0116 34 7278	www.cpsu.org.uk	Sport specific advice on safeguarding and protecting people
NSPCC (24 hour helpline)	0808 800 5000	www.nspcc.org.uk	National Society for the Prevention of Cruelty to Children
Victim Support	0845 3030 900	www.victimsupport.org.uk	Provide emotional support, information and practical advice for victims and witnesses
Local Safeguarding Children’s Board		www.everychildmatters.gov.uk/socialcare/safeguarding/lscb	Education and training Opportunities
Government Guidance		www.everychildmatters.gov.uk	Government guidance on safeguarding and protecting young people

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Useful contact details – Advice for young people

The following organisation offer help and advice to young people

Organisation	Contact Details	Website	Additional Information
NSPCC	0808 800 5000	www.thereforme.com	Support and advice for 12-16 year old via website
Don't hide it		www.donthideit.com	Aimed at young people to find out about abuse and what to do about it
Childline	0800 11 11	www.childline.org.uk	Free helpline for children and young people
Kidscape	0207 730 330	www.kidscape.org.uk	Support for bullying

If you have any queries about how this guidance booklet affects you please contact your club Welfare Officer in the first instance.

British Weight Lifting's Lead Child Protection Office can be contacted as follows:

Phone: 01132 249 402

Email: enquiries@britishweightlifting.org

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