

BRITISH WEIGHT LIFTING SELECTION POLICY **2026 PARA-POWERLIFTING EUROPEAN CHAMPIONSHIPS**

Mandatory Los Angeles Qualification Event

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OVERVIEW

The 2026 World Para Powerlifting (WPPO) European Elite and Rookie/Next Generation Championships is yet to be confirmed but it is expected to be in March 2026. Therefore, this policy will align its principles and timeline with that date. Any change will be communicated via re-publication as soon as possible.

This selection policy has been created in line with British Weight Lifting's (BWL) UK Sport funded mission of sending British Para Powerlifters to the 2028 Los Angeles (LA) Paralympic Games (The Games) with the potential to win 2-3 medals and develop future medallists for the 2032 Paralympic Games.

This selection policy will support eligible WCP and non-WCP athletes to establish and/or sustain their Paralympic eligibility for The Games by satisfying the WPPO Paralympic Qualification Pathway. This policy will also allow the panel to consider new athletes yet to be classified internationally. Non-WCP and new athletes must have met the minimum standards and progress requirements to be considered for selection.

Aligned with the WPPO Paralympic Qualification Pathway, attending this competition is the **second mandatory competition** for classified athletes in which attendance at facilitates eligibility for The Games. Not attending without mitigation would mean LA eligibility is forfeit. New athletes may attend this event and begin their journey towards LA.

This selection policy is designed to fully fund selected athletes at the time of selection to attend this event. Self-funding is not permitted.

This selection policy will facilitate participation for both 'Elite' (Senior) and 'Next Generation & Rookie' (Junior) athletes capable of demonstrating the potential to medal at The Games in 2028 and/or 2032. If a stand-alone junior event is not scheduled to take place the day before the senior championships, separate standards will still be used by BWL to select 'Elite' and 'Next Generation' (Next Gen) athletes, all of whom will compete in the Elite competition.

Next Gen & Rookie athletes will only compete in the Next Gen & Rookie event unless they have met the Elite standard for which they can be considered for. However, selection for the Elite event is not guaranteed.

This policy can be changed at any time. Any changes will be published online at <https://britishweightlifting.org/performance/para-powerlifting-performance> and communicated via email to all those who have expressed an interest in being considered for this event.

1. GREAT BRITAIN ELIGIBILITY

From across an eligible cohort, whom all must satisfy the criteria below, selection will begin with eligible WCP members, then WCP members who haven't met all non-essential eligibility criteria (reviewed for discretionary selection), followed by eligible athletes who do not currently hold WCP membership. Lastly any other athlete who hasn't meet all eligibility criteria may be considered on a discretionary basis.

1.1. WCP Athlete Eligibility Requirements †

- 1.1.1. To be considered to represent Great Britain at the 2026 European Championships, WCP athletes, at the time of selection (in relation to all of the criteria in paragraphs 1.1.1.1 to 1.1.11 below), must satisfy the following for the BWL to select and fund their participation.

- 1.1.1.1. Be a member of the BWL WCP for 2025/26 membership year and in addition,
- 1.1.1.2. Have an individual athlete plan (IAP) that has identified this event as part of their development and performance strategy for 2025-2026,
- 1.1.2. Athletes should have **expressed an interest in being considered for this event no later than the 1st December 2025**. Expression of interest should be written in an email and sent to tom.whittaker@britishweightlifting.org outlining:
 - 1.1.2.1. their desire to represent Great Britain at this event,
 - 1.1.2.2. the weight class they intend to qualify in and be considered for by the selection panel
 - 1.1.2.3. how they meet the eligibility and selection policy requirements including competition targets (kg's)
- 1.1.3. Be a citizen of the United Kingdom and hold a valid British passport with at least 6 months remaining in terms of its expiry from the date the team returns to the UK
- 1.1.4. Be a current member of BWL and not be currently under:
 - a. a period of provisional or finally determined disqualification, expulsion or suspension by all or any of: BWL; the athlete's respective National Federation; WPPO; and/or any other body competent and recognised by BWL; or
 - b. a period of provisional or finally determined disqualification, expulsion or suspension under the World Anti-Doping Code and/or any other relevant Code recognised by BWL.
 - c. Any active informal or formal dispute with BWL over behaviour deemed unacceptable by BWL by reference to the standards and behaviour expected by BWL, by reference to (without limitation and without limiting BWL's discretionary judgment in this respect) standards as published by or agreed with: BWL the athlete's respective National Federation; WPPO; and/or any other body competent and recognised by BWL from time to time.
- 1.1.5. Compliant with BWL's Anti-Doping controls and procedures at BWL's discretion and direction
- 1.1.6. Athletes must be eligible for or already licensed via WPPO for the 2026 Summer Season at the time of selection
- 1.1.7. Have gone through and been successful at National Classification and/or International Classification assessment with either (A) confidence from BWL in being successful at international assessment or (B) having already achieved a 'confirmed' or 'review' sport status for 2026
- 1.1.8. Have met any WPPO minimum qualifying standards published in the event guide.
 - 1.1.8.1. If this policy is published prior to WPPO standards being made available, any WPPO standards published will be shared immediately and communicated to all athletes who expressed an interest in the event.

- 1.1.9. Have met the BWL Minimum Qualifying Standards (see section 2) in the corresponding weight class (Section 2) * within the time period described in Section 1, point 1.1.11.
 - 1.1.9.1. Current WCP members may deliver performance standards for a given weight category while weighing heavier or lighter (outside the identified weight category) if it is part of and aligned to their Individual Athlete Plan and their bodyweight reflects the commitment, they have made to a strategic development plan. BWL allow this given the proximity of relationship, engagement and deeper knowledge and insight into athlete plans and development throughout qualification.
- 1.1.10. Non-WCP members must have met the progress requirements (see selection criteria) across qualification events that meet the magnitude of progression necessary to support consideration for this event.
- 1.1.11. Have competed in two or more events, either BWL or WPPO approved competitions or at a WCP athlete testing/trials session (if arranged by BWL) between 1st June 2025 and the day of selection for the 2026 European Championships.

**In accordance with IPC rules athletes may be entered into a weight class that they did not qualify in when specific entry and team size rules and regulations apply. These rules may be utilised by BWL during the selection process at their discretion if doing so increases the likelihood of meeting UK Sport annual performance milestone targets, winning medals at the 2025 World Championships or winning medals at the 2028 LA Paralympic Games.*

British Weight Lifting will take into consideration athlete preferences but will select athletes for weight classes that increase the likelihood of athletes finishing in the highest position possible and/or contributes to a better overall team performance or representation, whichever is most appropriate.

If the Athlete meets the above eligibility criteria at the time of selection but subsequently, prior to or during the Games fails to meet them, then BWL shall have absolute discretion to deselect the Athlete from the Games.

*† BWL, at their discretion will consider reasons and evidence for not meeting the above eligibility criteria or not satisfying other selection considerations. **Reasons and evidence must be submitted to Tom Whittaker by email prior to the day of selection.***

1.2. Non-WCP Athlete Eligibility Requirements

To be considered to represent Great Britain at the 2026 European Championships, athletes not in membership of the WCP at the time of selection must satisfy the following criteria. **

- 1.2.1. Satisfy the eligibility requirements in section 1; 1.1.2. – 1.1.11.
- 1.2.2. Athletes who are not on the BWL WCP should qualify by competing in the weight class they intend to qualify to compete in during the 2026 European Championships.

***It should be understood that all team members are expected to comply with team travel dates and accommodation organised by BWL.*

It should be understood that Great Britain performance staff will manage final overseas preparation and competition day performance management of all selected athletes aligned with submitted training and competition day guidelines from personal coaches where one is in place. The only exception would be where a personal coach is consistently engaging with the performance program and is selected to support the team overseas, at this event.

1.3. Disputes

Any report, claim, action, suit, arbitration, proceeding, investigation, complaint or prosecution to which the Athlete is a party or materially involved, details of which it appears necessary (in BWL's sole discretion) to make available to the Selection Panel, shall be provided to the Selection Panel. For example, only (and without limitation to BWL's discretion) if an athlete is under investigation for and/or charged with conduct which:

- A) (if convicted) amounts to criminality for which a custodial sentence may be given and/or criminality which harms or places in danger other individuals; or
- B) would bring or brings BWL and/or the sport into serious disrepute;

then details of this kind of Dispute may be notified to the Selection Panel if BWL believes it will ensure factors such as (and without limitation) cultural integrity, fairness, safety of any other individuals participating in or attending the event (or training and preparing for the event) and/or the reputation of: BWL, the sport and/or the event.

2. GREAT BRITAIN MINIMUM QUALIFYING STANDARDS (MQS)

It is important athletes understand BWL are under no obligation to select athlete(s) in all weight categories or all athletes that meet the MQS below.

These standards are progressed throughout the cycle to support and outline the selection of developing athletes and reinforce the need for adequate progression to remain considered for international competitions.

The number in brackets () is the selection standard that should be achieved for this event during the qualification period. The first number reflects the last major championships policy standard. The plus (+) several kilos progress is the progressive amount added for these championships.

SENIOR AND JUNIOR MEN

Weight Class	49	54	59	65	72	80	88	97	107	107+
Senior MQS (KG)	141 +3 (144)	148 +3 (151)	158 +3 (161)	170 +3 (173)	177 +3 (180)	184 +3 (187)	192 +3 (195)	197 +3 (200)	205 +3 (208)	212 +3 (215)
Next Gen MQS (KG)	93 + 5 (98)	101 +5 (106)	109 +5 (114)	115 +5 (120)	122 +5 (127)	128 +5 (133)	134 +5 (139)	138 +5 (143)	142 +5 (147)	143 +5 (148)

SENIOR AND JUNIOR WOMEN

Weight Class	41	45	50	55	61	67	73	79	86	86+
Senior MQS (KG)	91 +3 (94)	93 +3 (96)	96 +3 (99)	99 +3 (102)	101 +3 (104)	105 +3 (108)	111 +3 (114)	117 +3 (120)	121 +3 (124)	127 +3 (120)
Next Gen MQS (KG)	50 +5 (55)	53 +5 (58)	57+5 (62)	62+5 (67)	65 +5 (70)	69 +5 (74)	71 +5 (76)	73 +5 (78)	76 +5 (81)	78 +5 (83)

3. GREAT BRITAIN SELECTION

3.1. Process Overview

- 3.1.1. The selection panel will convene to provisionally select athletes on the **16/12/2025** aligned with this selection policy
- 3.1.2. A review of the cohort expressing interest will take place to ensure requirements in section 1 are satisfied and where they are not, before the selection process is applied.
- 3.1.3. Conflicts of interest will be declared by the panel, based on review of the cohort.
- 3.1.4. All athletes who have expressed interest by the published date will be reviewed and considered for selection.
- 3.1.5. Current members of the WCP will be considered first, followed by WCP members who have not met all non-essential eligibility criteria, then eligible non-WCP athletes. Non-WCP members who have not met all the eligibility criteria will be considered last.
- 3.1.6. The selection panel may set post-selection conditions and targets that must be met before departure and/or by an agreed date in order to maintain selection as

part of post selection procedures. If conditions or targets are not met as a result of agreed or required monitoring and testing, the athlete may be deselected from the team prior to departure.

- 3.1.7. Should budgets allow, BWL, at their discretion may choose to select an athlete who has not met all the eligibility criteria if appropriate evidence is available and/or information was submitted by the athlete prior to the selection meeting, explaining the reasons for failing eligibility or missing performance standards. At BWL's sole discretion this athlete may be considered for selection and selected to the team if the athlete meets all WPPO requirements and the panel feels it supports BWL's goals at this event or throughout the Paralympic cycle.

3.2. **WCP Member Selection**

- 3.2.1. Athletes who are current members of the BWL WCP at the time of selection will be provisionally selected having satisfied the eligibility criteria in section 1, subject to team size limits.
- 3.2.2. Of these athletes the following will be considered (without limitation of factors or of BWL's discretion) to determine final selection:
- Has met the BWL MQS and the WPPO MQS should it be in excess of BWL's within the qualification period, at an agreed bodyweight.
 - Has performed aligned with agreed performance targets in competition or as part of WCP international athlete testing since the 2024 Paris Paralympic Games
 - Has delivered a performance at an agreed bodyweight, aligned with performance targets (which may or may not correspond with the weight category they are selected in but must correspond to their Individual Athlete Plan).
 - If an athlete is returning from injury, there is evidence they are on track to return to pre-injury lifts by the time of this event and/or are following their return to training plan in collaboration with the WCP effectively.
 - Is on track to contribute to UKS milestone targets designated to this event (Appendix A)
 - Injury status and/or history and/or evidence the athlete has managed their health well in the last 6 months is available from the lead WCP physio
 - Has a positive track record of managing bodyweight pre competition and in an overseas environment
 - Has a history of operating in a way that is aligned with the code of conduct for international competitions (See Appendix B)

Where an athlete is being considered for the first time and there is no evidence of behaviour at international events to date, evidence that the athlete has adhered to agreed WCP membership obligations outlined within their Athlete Agreement is required as a proxy.

If this event is an annual milestone event BWL retain the right at its discretion to select a current WCP athlete who has not met all eligibility or selection criteria in order to provide them with an annual opportunity to deliver a performance that can influence their ongoing funding status and WCP membership.

All athletes who express an interest will receive verbal confirmation of their selection decision. A selection letter and international competition code of conduct shall follow by email for athletes selected on to the team. Athletes must read, sign and return to confirm selection and their understanding of the grounds on which selection is confirmed and continued selection is maintained (see sections 5, 6, 7)

3.3. Non-WCP Member Selection and New Athletes

- 3.3.1. Non-WCP athletes and new athletes (new athletes have not been internationally classified yet) who achieve the MQS within the qualification period (see section 1; 1.1.11) may be selected having satisfied the relevant eligibility criteria identified in Section 1; 1.1.2. – 1.1.11, subject to team size limits.
- 3.3.2. Of these athletes the following will be considered to determine any final selections (if any):
- The athlete has shown progress via load lifted during the qualification period outlined by BWL at WPPO or BWL sanctioned events or WCP athlete testing/trials (see section 1; 1.1.11).
 - Minimum progress is 5kg across competition events and/or WCP athlete testing/trials since 1st June 2025, up to the date of selection
 - If an athlete is returning from injury, there is evidence they are following their return to training plan and/or are on track to return to pre-injury form by the time of the event. This should include training diary and training video submission from across the qualification period which demonstrates a rate of progress and return to pre-injury form (see section 1: 1.1.11).
 - Is on track to contribute to UKS milestone targets designated to this event (Appendix A).
 - Is on track to qualify for the LA or Brisbane 2032 games should their eligibility be established or sustained at this event.
 - Injury status, history and evidence the athlete has managed their health well in the last 6 months.
 - Has a positive track record of successfully making weight for a bodyweight class they are selected in.
 - Has a history of operating in a way that is aligned with the code of conduct for international competition (See Appendix B)
 - Where an athlete is being considered for the first time there is no evidence of behaviour to date which conflicts with the code of conduct or suggests they are likely to break the code.
 - Pre-competition engagement with the WCP performance pathway; history of and/or evidence of developing effective competition strategy with WCP performance staff prior to departure.

New athletes are athletes who have not yet been internationally classified. New athletes may join the classification pathway and eligible athlete cohort for LA in 2026 should they not have attended the 2025 World Championships. Therefore, where there is doubt about new athlete trajectory for LA the panel may defer international selection and initiation of the LA qualification pathway for that individual until prior to the deadline at the end of 2026.

All athletes who expressed an interest will receive verbal confirmation of their selection decision. Those who are successful will be sent a selection letter and code of conduct which shall be sent by email. Athletes must read, sign and return this agreement to confirm selection and their understanding of the grounds on which selection is confirmed and continued selection is maintained (section 5, 6, 7),

3.4. Team Size Limits

3.4.1. The team size limit is 10 athletes (British Weight Lifting limit, not all places need to be selected). Any additional selections are on further discretionary grounds and should reflect reasonable use of available budgets at the time of selection should they differ to that which is planned at the time of policy publication.

3.4.2. From the cohort that this policy determines, where there are excess selectable athletes, due to the limit on total team size or bodyweight class entry, decisions will be made on which athletes are selected based on the following decision-making factors in the order they are written:

- **Firstly, Medal potential at the Paralympic Games:** Athletes should be selected if they have a history of winning Paralympic or World Championship medals and their current performance levels within the European Championships qualification period are aligned with this occurring again at The 2028 Games.
 - Where an excess number of athletes meet the above criteria, the athlete likely to win the highest medal at The Games will be selected i.e. gold over silver and silver over bronze
 - If no athlete has such potential, consider Ranking potential below.
- **Secondly, Ranking potential:** Select the athletes that have a development trajectory which suggests a higher ranking at this event using previous European Championships results books.
 - Where athletes cannot be separated by anticipated rank, consider development trajectory for LA.
- **Thirdly Development Trajectory:** Does the athlete have a development trajectory aligned with qualification for the following Paralympic Games in LA, within the same bodyweight class.
 - Where more than one athlete meets the above criteria, the athlete with the steepest development trajectory will be selected using competition and performance testing data to estimate potential via rate of development. The rate of development will be calculated using CF formula, taking the last performance testing or competition event competed in prior to the start of the qualification period and the last performance testing or competition event participated in within the qualification period. The change in points achieved will be divided by the number of months (4 x 7-day weeks, 28 days) between the two events to compare rates of progress.

The above considerations are listed in the order in which they are prioritised. In addition (but without limiting its discretion), the selection panel will use the information referred to in paragraph 3.8 below and place such weight and priority on that information as it deems appropriate.

3.7. Selection Panel

3.7.1. The selection panel will be made up of the following individuals:

3.7.1.1. Chair of the BWL High Performance Committee (selection panel Chair)

3.7.1.2. BWL Paralympic Performance Director

3.7.1.3. WCP Lead Performance Coach

3.7.1.4. BWL CEO (non-voting)

3.7.2. All conflicts of interest will be declared and in the event of a conflict, the chair of the selection panel will declare that individual unable to vote, but they may contribute to selection discussions.

3.7.3. Where there is a tied vote the Chair of the selection panel has the authority to make the final decision.

3.7.4. BWL's UK Sport Performance Advisor will attend the selection meeting in a non-voting capacity to support the application of this selection policy.

3.7.5. A representative of the British Elite Athletes Association (BEAS) may also be in attendance in a non-voting capacity to support the application of this selection policy.

3.8. Selection Information

So far as practicable, the selection panel will be provided with or have access to (without limitation) the following supporting information:

- (1) The most up to date copy of the relevant WPPO LA Qualification Rankings for each category (if in year 1 of the cycle this will not be necessary or available)
- (2) Results books from the last two European championships, Paris 2024 Paralympic Games and 2025 World Championships
- (3) Results at domestic competitions/trials and international competitions since the 1ST January 2025 which BWL considers relevant
- (4) Athlete Profile - containing key information about each athlete to support voting members to make informed, objective decisions. This should include the following information

- Athlete competition trajectory including all competition results

- Comments from the athlete's Coach(es)
- Details of any relevant dispute or poor behaviour involving the athlete (for disputes see for example section 1.4)

4. TIME LINE OF CRITICAL EVENTS

- Publication of selection policy will take place in October 2026 post World Championships
- Expressions of interest to be sent in writing to Tom Whittaker at tom.whittaker@britishweightlifting.org by **1st December 2025**, including a preferred bodyweight category for consideration that BWL should expect qualification performances to be delivered in.
- BWL qualification period ends on the **7th December 2025 at 23:59:59**
- The selection panel will meet on the 15th December 2025 to select eligible athletes based on this policy
- On the day of selection athletes will be notified by email as to whether they have been provisionally selected or not, pending any appeals. All selected athletes will receive a selection letter outlining the conditions of their selection and code of conduct which will need to be returned to Tom Whittaker at tom.whittaker@britishweightlifting.org by the **23rd December 2025**
- The appeal submission period is 3 working days and begins the day after selection at **00:01hrs (called Day 1) and ends 2 days later at 23:59:59 (called Day 3)**. A copy of the appeals policy can be downloaded from the BWL website here <https://britishweightlifting.org/performance/para-powerlifting-performance>.

Any update to this time line of critical events will be published and communicated via email to all athletes.

5. GREAT BRITAIN CONFIRMATION OF FITNESS

5.1. Pre-Selection

- 5.1.1. Prior to selection any athlete who has satisfied eligibility requirements but has or there is any doubt surrounding their current performance potential may, where deemed appropriate by the BWL Performance Director be required to undergo physical testing to provide further information for consideration before selection. Any performance or medical review would be performed by a member of the BWL WCP performance team and/or a doctor identified by the WCP. The performance review test may be the bench press exercise to WPPO competition rules.
- 5.1.2. Any decision not to consider an athlete on grounds of ill health or injury having satisfied eligibility requirements will be confirmed in writing to the athlete after verbal communication by BWL.

- 5.1.2.1. An athlete may appeal any decision not to select by following BWL Appeals policy and procedures which can be found here <https://britishweightlifting.org/performance/para-powerlifting-performance>

5.2. Post Selection

- 5.2.1. At the request of BWL all selected athletes may undergo or have requested of them reasonable physical testing to ensure performance levels at the time of selection are at least maintained prior to departure.
- 5.2.2. BWL is entitled to request any reasonable method to determine a level of good health and performance capability, which may include but is not limited to; A test of the competition lift, a review by a medical Doctor, musculo-skeletal assessment and/or body weight/composition assessment

6. GREAT BRITAIN DE-SELECTION

- 6.1. Prior to departure, BWL retains the right to de-select any athlete under circumstances such as (but without limiting BWL's absolute reasonable discretion);
 - 6.1.1. Illness, injury or not fit to travel abroad and compete at the level they qualified at
 - 6.1.2. Non-compliance with post selection fitness testing or requests to prove/establish good health
 - 6.1.3. Any doping infringement incompatible with BWL Anti-Doping policies and procedures
 - 6.1.4. Not complying with an any agreed schedule of engagement
 - 6.1.5. Non-disclosure of training related information that may contribute to the development of competition strategy or whether the athlete is on track to perform as agreed at the time of selection
 - 6.1.6. Ongoing or newly developing disciplinary procedures or investigations into historical or current conduct
 - 6.1.7. Any sanction applied to an individual such as an anti-doping rule violation
 - 6.1.8. A failure to meet the minimum eligibility criteria in section 1 to 1.1.10 above.
- 6.2. If de-selection occurs the athlete will be informed verbally and in writing to explain the rationale.
 - 6.2.1.1. An athlete may appeal any decision to de-select by following BWL Appeals policy and procedures which can be found here <https://britishweightlifting.org/performance/para-powerlifting-performance>

7. GREAT BRITAIN OBLIGATIONS

7.1. Selected athletes will be required to;

- 7.1.1. Sign a selection letter and code of conduct which, upon signing confirms the athletes understanding of the grounds up on which selection is maintained and the standards of behaviour expected of them respectively.
- 7.1.2. Attend agreed team camps, training days or activities prior to the competition
- 7.1.3. Adhere to specified travel and accommodation arrangements organised by BWL
- 7.1.4. Athletes will compete in the bodyweight category they are selected in unless otherwise agreed post selection and pre competition with the Performance Director
- 7.1.5. Wear appropriate apparel as specified by BWL at all camps, events and the competition
- 7.1.6. Establish an agreed performance target with the BWL Paralympic Performance Director for this event
- 7.1.7. Inform the BWL Paralympic Performance Director immediately should their preparation be interrupted in any way after selection
- 7.1.8. Submit training and bodyweight information as requested by BWL
- 7.1.9. Continually develop/maintain a social profile should they engage with such platforms, which reflects well on themselves and the sport domestically and internationally

Failure to meet all of these obligations during or post selection and throughout the 2025 World Championships may result in the athlete's valid de-selection by BWL

8. APPEALS

- 8.1. Athletes have the right to appeal their non-selection in accordance with the BWL Appeals Policy. A copy can be obtained at the following link <https://britishweightlifting.org/performance/para-powerlifting-performance>.

Appeals may only be made on the grounds that:

- There has been a failure by BWL to apply the applicable selection criteria: and/or
- There has been a failure to adhere to the procedure set out in the applicable selection policy
- A decision was made based on error of fact
- A decision was actually (not merely apparently) biased.

- 8.2. A Notice of Appeal must be submitted no later than 3 days after the day of selection.

- 8.3. The appeals panel shall convene within 3 working days of this notice of appeal window deadline, aligned with BWL Para Powerlifting Appeals Policy and Procedures

- 8.4.** Appeal panel decision outcomes will be communicated within 3 working days of the panel meeting and shall be final with no other route of appeal available to the athlete.

APPENDIX A – Para Powerlifting International Competition Code of Conduct

This Code of Conduct underpins what is fair and reasonable, ensuring that every athlete and coach adhere to a minimum level of conduct, which will assist in ensuring that everyone within our team(s) remain safe and can perform to his or her best and reflects positively on our Nation as we participate internationally. This Code of Conduct reflects the high standards of behaviour and commitment expected from an international athlete and coach, as ambassadors of Great Britain and British Weight Lifting in receipt of UK Sport funding.

This Code of Conduct applies to all athletes and coaches taking part in domestic and international competitions supported by British Weight Lifting and/or in representing Great Britain in any other form.

As an athlete or coach, we will:

- Follow all health and safety rules and regulations imposed by organisers and/or BWL to protect individuals. .
- Respect the rights and worth of every athlete, coach, technical official and other person involved in IPC World Para Powerlifting and treat everyone equally,
- Appreciate other athletes and coach's rights to respect, confidentiality of information and individuality,
- Act with dignity and display courtesy and good manners towards others with the aim of supporting other athletes and staff member performance,
- Not tolerate or be involved in discrimination of any kind ,
- Cooperate fully and work productively with others involved in the sport such as; the team manager, other coaches, athletes, technical officials, support staff and representatives of BWL in the best interests of yourself, your performance and others,
- Consistently promote positive aspects of the sport and never condone rule violations or the use of prohibited substances.
- Not carry or consume alcohol and/or illegal substances – Drinking to any degree is strictly prohibited when on international duty,
- Anticipate and be responsible for your own needs/whereabouts including being organised, having the appropriate equipment and being on time for all official events, activities and team meetings,
- Never air frustrations with the sport, governing body or others involved in the sport publicly, for example such as on social media,
- Use social media responsibly and in a way that promotes World Para Powerlifting, BWL, BWL sponsors, National Lottery, UK Sport and in such a way that reflects positively on yourself,
- Avoid swearing and abusive language and irresponsible behaviour including behaviour that is dangerous to yourself or others, acts of violence, bullying, harassment and physical and sexual abuse. Never undertake any action that brings World Para Powerlifting or BWL into disrepute
- Wear team kit as prescribed during all activities relating to team or squad selection
- Operate in a way that reflects the desires of the athlete cohort by role modelling the athlete charter
- Ensure no harm to a team mates performance occurs as a result of your own actions and behaviours

- Ensure no unnecessary distraction for support staff trying to ensure the team performance is optimised. It is considered disrespectful if staff have to spend time investigating inappropriate behaviour when they could be helping to prepare other athletes.
- Agree that it is entirely inappropriate for athletes of the opposite sex to spend time in each-others hotel rooms.
- Ensure staff have agreed and are aware of your whereabouts if you are not in any official competition facility or are traveling independently away from or between these places. This includes when meeting family/friends where it has been agreed with the Performance Director or Team Manager that spending time away from these facilities is appropriate.

In addition, young athletes (under 18 years old), will:

- Notify the team manager if you must go somewhere (why, where, who with and when you will return)
- Never leave the hotel, training or competition venue without a member of staff
- You are not to socialise in other athlete's hotel rooms
- Comply with curfews
- Use safe transport or travel arrangements agreed with the Performance Director/Team Manager
- Report any accidental injury, inappropriate or unacceptable behaviour, distress, confusion, misunderstanding or misinterpretation to your parents/guardians and/ or Performance Director/Team Manager as soon as possible.
- Report any suspected misconduct by coaches, athletes or other people to the Performance Director/Team Manager as soon as possible.

Breaching this code of conduct may render those concerned liable to disciplinary action by BWL and /or if appropriate withdrawal from the Great Britain Team and early travel home from camp or competition.

As an athlete or coach, I confirm that I understand and agree to the above code of conduct.

First Name

Second Name

Signature

Date

Parent/Guardian Sign

Print Name

Date

APPENDIX B – Event Funding

The funding pathway for this event is solely through British Weight Lifting and the application of this selection policy. Self-funding is not permitted in order to ensure British Weight Lifting remains accountable and responsible for all GBR delegates and performance outcomes. Any self-funding option is at BWL's sole discretion.

British Weight Lifting understands the role of team cohesion and culture in preparing for a Paralympic Games which is forged across multiple international campaigns. Furthermore the honour of representing our country is something to protect appropriately, ensuring all eligible delegates earn the privilege, starting from a position of equal opportunity.