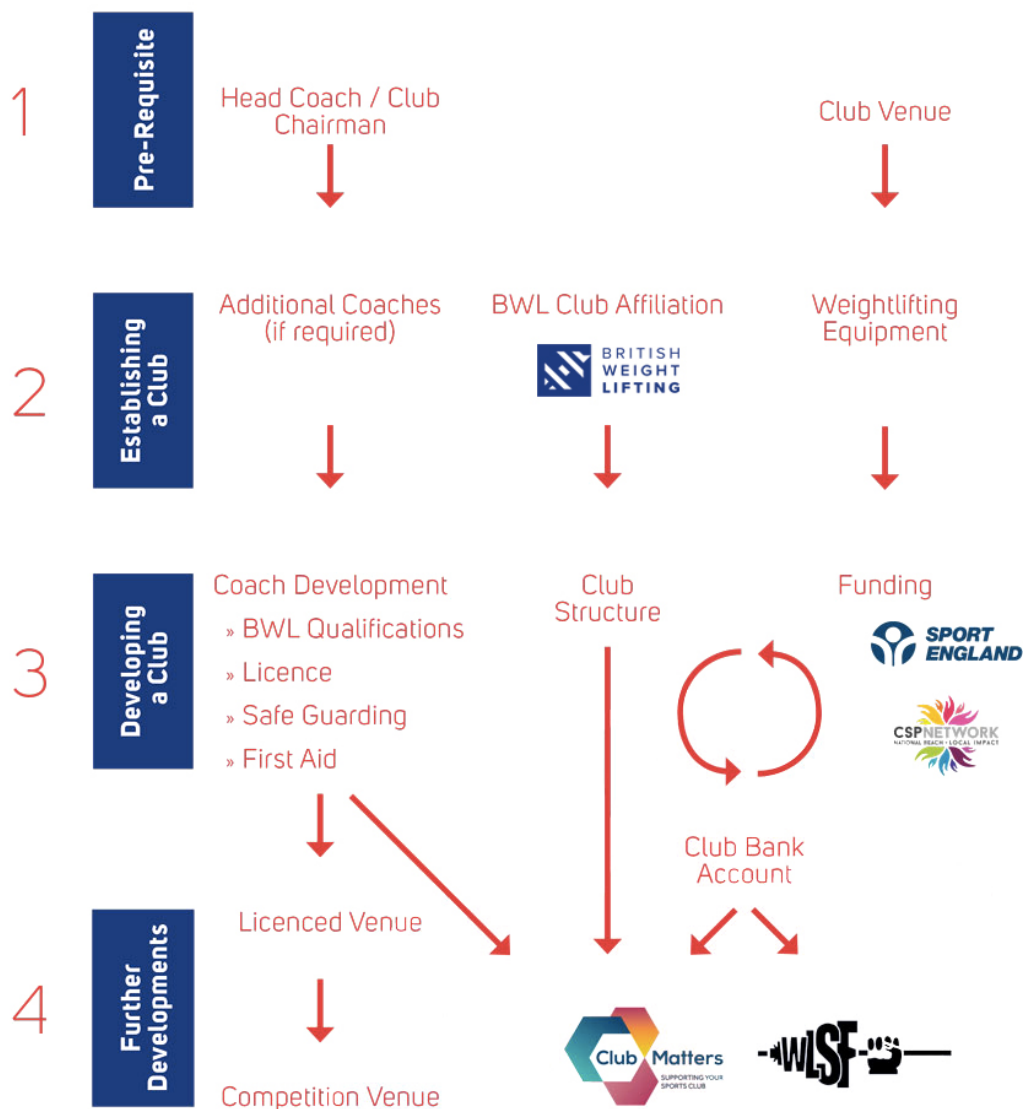


We value our members and clubs, we have developed a 'How to' for setting up your own club. This is a quick and basic guide on how to set up your own club.

SETTING UP A NEW CLUB



Head Coach/Assistant Coach/Volunteers

When setting up a Weight Lifting club, a Lead Coach is needed to plan and structure the main sessions of the Club. Assistant Coaches are there to assist the more qualified Coach(s) in running the sessions and the club. Volunteers are also a great addition to any club. They can assist with anything from running of a competition or being part of the club committee.

BWL are keen that people qualify as BWL coaches before establishing a Club to ensure high standards of delivery and safety. The qualifications include:

- *BWL 1st4sport Level 1 Award in Coaching Weight Lifting.* This is required by the assistant coach to be qualified to assist a more qualified coach in sessions.
- *DBS/CRB Checks:* Criminal Record Checks are used to make sure all coaches are suitable for coaching vulnerable adults and children. *(Provided through BWL's Coaching License program)*
- *First Aid:* These courses help the club have safe guards in place for any eventualities involving injuries and can respond to the situation safely.
- *Safeguarding and Protecting Children.* If your club is thinking of coaching children, this course must be attended to help maintain high standards of safety for the children attending your sessions this course is extra to the BWL level 1 qualification details can be found at your local County Sports Partnership *(Further details can be found in your local CSP, find yours at: <http://www.cspnetwork.org/>)*

Level Two Coach

Ideal for Coaches leading sessions

BWL 1st4sport Level 2 Certificate in Coaching Weight Lifting. This is required to deliver sessions independently or supervise an assistant coach who may be helping.

- *First Aid Qualification:* As above, you will need to keep your first aid certificate up-to-date
- *DBS/CRB Checks:* As above, Criminal Record Checks are used to make sure all coaches are suitable for coaching vulnerable adults and children
- *Safeguarding and Protecting Children.*

BWL Coaching License

Required by all coaches to coach lifters, this also covers your DBS (was known as CRB) A license will be needed to enter the warm up area of any BWL competition and to take photographs at any BWL run competitions.

