

CODE OF CONDUCT

FOR COACHES, TEAM MANAGERS & MEDICAL STAFF

As a responsible Coach, Team Manager or a member of the weightlifting team (as Medical Staff or Support Staff) I will:

- » Remember that young people participate in the sport of weightlifting for enjoyment and winning is only part of the fun.
- » Never ridicule, yell or swear at lifters for making a mistake or for not winning.
- » Be reasonable in my demands on lifters time, energy and enthusiasm.
- » Operate within the rules and spirit of weightlifting and teach my lifters to do the same.
- » Be organised and on time.
- » Do all I can to ensure all lifters receive equal attention and opportunities.
- » Ensure that the equipment, and training schedules are modified to suit the age, ability and maturity level of the lifter.
- » Avoid over training and over competing the talented young lifter and understand that the average young lifter need and deserve equal time and attention.
- » Strictly maintain a clear boundary between friendship and intimacy with a lifter, official or other person with whom I work.
- » Not use bad language nor will I harass young lifters, officials, spectators or any other individual.
- » Show concern and caution toward unwell and injured lifters and follow the advice of a doctor when determining whether an injured lifter is ready to recommence training or competition.
- » Ensure that both equipment and facilities meet safety standards and are appropriate to the age and ability of all lifters.
- » Display control, respect and professionalism to all involved with the sport including opponents, referees, coaches, officials, administrators, the media, parents and spectators. I will encourage my lifters to do the same.
- » Obtain appropriate qualifications and keep up to date with the latest coaching practices and the principles of growth and development of young lifters.
- » Not arrive at the venue intoxicated or drink or supply alcohol whilst competitors under the age of 18 are participating.
- » Not allow the unlawful supply of alcohol at training, or club functions.
- » Avoid destructive behaviour and leave competition / training venues as I find them.
- » Never engage in any illegal or irresponsible behaviour.
- » Show patience with and respect diversity in others.
- » Promote adherence to BWL anti-doping policies.
- » Comply with best practice guidelines as laid down in BWL's Child Safeguarding Children and Young People in Lifting Policy.
- » Social Media usage should always be respectful of the sport and others; ensuring to never cause defame the character of anyone else.

I have read and will abide by this Code of Conduct at all times; I understand failure to do so could result in my BWL Coach and Technical Official License being revoked.

Signed:

Date: