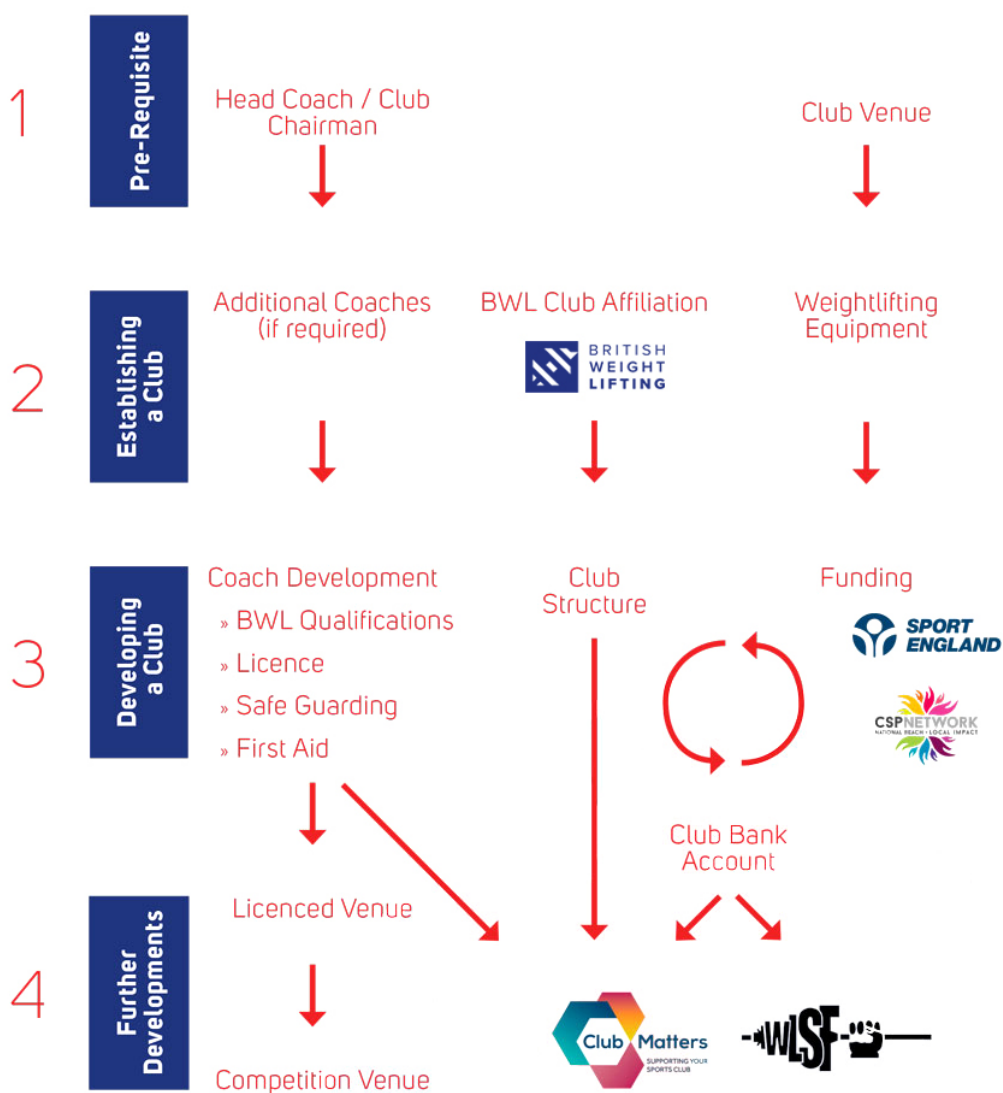


Club Set Up

Thank you for becoming a BWL affiliated Weight Lifting Club. As 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. Even if you already have a club this document can help in more ways than one, be it funding to club structure.

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 a great addition to any club. They can assist with anything from getting a round of hot drinks to assisting with the running of a competition or being part of the club committee.

BWL are most keen that people qualify as BWL coaches before establishing a Club to ensure high standards of delivery and

safety. The qualifications include:

Level One Coach:

Ideal for Assistant Coaches

1st4Sport

- 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. As above.

BWL Coaching License:

Required by all coaches to coach lifters, this also covers your DBS (was known as CRB) checks

This will be needed to:

- Enter the warm up area of any BWL competition
- Take photographs at any BWL run competition
- For more information on how you can attract, develop and retain people at your club, check out the Club People section of the Club Matters website.

Facilities

When looking for a facility for a Weight Lifting Club, looking at flooring and ceiling height is paramount. If either one is lacking, the club will not be able to function fully and won't be within the BWL health and safety guidelines. Also taking into consideration the actual size of the area will dictate how large the club can grow in the future.



Basics to follow for picking a facility:

Flooring

- It must be a solid floor/Concrete floor
- Can NOT be a sprung floor (unless for the sole purpose of taster sessions with technique bars)
- Avoid using anywhere other than a ground floor, as this will help avoid any future floor damage that must be repaired

Ceiling

- This must be able to accommodate the full height of the tallest member of the club with arms fully stretch above their head. Allowing for a height of 7-8ft for the room would be adequate.

For additional health and safety information and facility negotiations, please contact your BWL Regional Development Office or County Sports Partnership for assistance.

Equipment



Weight Lifting clubs are very diverse and can be placed in many environments. Once a club has equipment, and it is treated well, you can have a fully equipped club for the lifetime of the lifters

there. The basic requirements of equipment given below are for the smallest club to be set up for 8 to 10 individuals to participate.

Basic Minimum Requirements include:

- 22mm thick rubber matting/Platform
- Male Olympic Weight Lifting Bar
- Female Olympic Weight Lifting Bar
- Technique Bar (7ft 5kg Aluminium)
- Pairs of Rubber Weight Lifting Discs from 5kg, 10kg, 15kg, 20kg

- Collars (Spring/clip)
- Free standing squat racks

To expand a club, prioritising what equipment that is purchased is key. Depending on flooring, additional platforms are first then each follows suit:

1. Bars (male and female)
2. Additional weights
3. Free standing racks
4. Blocks/Jerk Block (These are last on the expansion priority list as they are very costly, all the above should meet the demand for participation before elite performance)

Affiliation to BWL

Affiliating to the National Governing Body (British Weight Lifting, BWL) has to be done prior to or during funding applications to CSPs and Sport England as only Sport England affiliated NGB Clubs can access the funding streams.

Affiliating to BWL as a licensed club will gain you entry into any BWL Competitions and also give you a discounted fee on equipment bought through BWL and other benefits. The requirements to affiliate are:

Requirements

- Your Club Secretary must be a member of British Weight Lifting
- A Coach must hold a valid coach license with British Weight Lifting

Membership benefits

- Advertisement of your Club on the BWL club finder
- Professional Indemnity Insurance
- Access to BWL Club development guidance and funding application support
- Newsletters; Opportunities to feature in the BWL newsletter free of charge
- Reduced prices on equipment when purchased through British Weight Lifting
- Access to support from national partners e.g. County Sports Partnerships
- Introductory membership discounts for your club members
- If you are not a licensed coach you will not gain the Professional Indemnity Insurance can operate as a coach in a BWL club.

Social Media

Social media is a very important aspect of the modern club, using this will get your Club known in the general sphere of your local area and bring new participants to your Club. There are many aspects of social media and we'll be going through some of the main facilitators below.

For more information and ideas on how you can promote your club, check out the Club Marketing section of the Club Matters website.

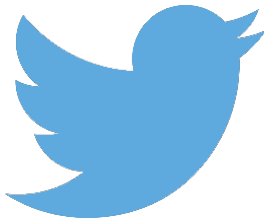


Club Websites



Creating your own website is crucial to showing professionalism for your club. This gives new participants a first port of call to the club. As a new club, set up funds will be limited however there are many avenues for free access to website creation. There are many good examples of free website creation out on the internet that allows for a professionally created website which can be populated with up-to-date information from the club on a daily basis.

Twitter



Twitter is another form of social media where individuals are updated on current trends in real time through what is known as a 'Tweet'. Tweeting about your club with '#hashtags' will help its search-ability for individuals who are interested in joining the club

Facebook



Facebook Pages: Creating a page will greatly help your club as you can update it with the latest club updates/sessions/events with minimal effort. Also it is another good avenue to setting up a webpage on a cost effective budget.

Facebook Groups: Creating a group allows for the community aspect of the club to thrive. Interactions between club members can be given privacy in a club, for example members can organise their own 'socials' such as days out go karting in private. Creating this club community ensures the continued survival of a club

Instagram



Instagram is another form of social media which is orientated around the sharing of images. Very useful if you don't have time to write posts but want to share a good session quickly.

Club Matters

[For more information on setting up your club, visit Club Matters for details and resources.](#)