

British Weight Lifting - Delivery Venue Specification Checklist

Please complete this checklist to confirm that your chosen venue for the delivery of the programme specified below meets the minimum standards for effective delivery.

Programme/Course Title:	
Venue Name:	
Venue Contact Name:	
Venue Tel No:	
Venue Mobile No:	
Venue Contact Email address:	
Venue Address and Postcode:	
A map and directions to the venue is enclosed/attached?	
A venue representative will be at the venue 1 hour prior to start time on the days of the course?	

Please confirm by placing a tick against each box that the chosen venue meets the delivery specification requirements (if required please fill in a quantity for the answer):

<i>The venue and delivery room:</i>		<i>The venue and delivery room:</i>	
is of an adequate size for the number of learners? The size of the room, particularly for twelve learners, is critical for the tutor to be able to deliver the training to the highest standard. Please contact the British Weight Lifting office if unsure.		will be accessible to the trainer one hour prior to, and one hour after the event?	
is appropriately heated?		<i>The following equipment will be available for use on the course:</i>	
has appropriate lighting?		4 lifting platforms/areas (with appropriate matting), please state otherwise?	
has appropriate ventilation?		4 squat racks, please state otherwise?	
has appropriate private space for the course, where an educator can be easily heard and seen (e.g. no loud music)?		minimum of 8 broom sticks. Ideally venues would have a broomstick or light (7kg) training bar for each participant?	
provides access for learners with disabilities and if required appropriate equipment (eg hearing loops)?		4 Olympic 20kg bars, please state otherwise.	
has sufficient, accessible toilets available?		4 Olympic 15kg bars, please state otherwise.	
has accessible and sufficient car parking?		4 pairs of 5kg bumper (rubber) discs, please state otherwise.	
is confirmed to be accessible to learners from a specified time?		various collars to fit the Olympic bars, please state otherwise.	
appropriate Gym floor space for 12 learners?		assortment of small discs (2.5kg, 5kg, 10kg) to fit each Olympic bar. Please state otherwise.	
Has easily accessible places to buy refreshments/food?		a selection of dumbbells?	