BRITISH WEIGHT LIFTING

CODES OF CONDUCT

(Updated 2026)

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BRITISH WEIGHT LIFTING

c/o Affinia 3rd Floor Chancery House St Nicholas Way Sutton Surrey SM1 1JB
Registered No. 00586136 | Registered in England
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British Weight Lifting Codes of Conduct

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Introduction

As the National Governing Body, BWL is responsible for setting the standards and values that apply at every level. Our Codes of Conduct require the highest standards of conduct from everyone involved weightlifting and para powerlifting (“the sport”) to ensure that behaviour and actions meet the values and standards expected at all times.

These Codes relate to all members, including those in paid roles and those who volunteer. We expect everyone to conduct themselves in an honest, fair, impartial and transparent manner. There is a generic element which applies to everyone involved in the sport and there is additional guidance for other roles within the sport.

Any reports of inappropriate conduct will be taken very seriously and dealt with appropriately. Any breach of the Code of Conduct may result in disciplinary action and potential sanction from BWL including the application of immediate membership/licence suspension pending the review of relevant information/evidence. As per BWL Safeguarding Case Management Process internal investigations can be carried out by BWL which are independent of any police and/or statutory body investigation, the outcome of such may differ to the outcome of the police and/or statutory body investigation and could lead to membership/licence suspension.

Generic Code

All members will, at all times:

- Respect the spirit of fair play, including regulations, rules and requirements of the sport.
- Respect the rights, dignity and worth of all people involved in the sport, regardless of any protected characteristics (age, disability, gender reassignment, marriage and civil partnership, pregnancy and maternity, race, religion or belief, sex and sexual orientation).
- Accept that certain information is confidential and/or sensitive and maintain the trust implied in the ownership of this.
- Promote the reputation of the sport and take all possible steps to prevent it from being brought into disrepute.
- Use appropriate language, whether in verbal or written format, including social media and online.
- Be courteous to others, be gracious in success and defeat and respect decisions made by officials.
- Take personal responsibility for your own actions and use appropriate behaviour.
- Protect others from any form of abuse including verbal or physical abuse and threatening or intimidating behaviour.
- Ensure your own safety and the safety of others wherever possible.
- Abide by and follow all BWL rules and policies especially in relation to: safeguarding, anti-doping, equality and diversity, and cooperate with any appropriate investigations or proceedings.

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Code of Conduct: Coach

Coaches work in a position of trust so you should follow this additional guidance to ensure that you behave in a professional and appropriate manner. All coaches will, at all times:

- Display high standards and ensure that all participants are treated with respect and dignity.
- Act ethically, professional and with integrity.
- Be impartial, fair and consistent.
- Declare conflicts of interest (perceived and/or real) specifically in relation to athletes associated with BWL programmes*
- Ensure GDPR protocols are fully respected and applied.
- Maintain appropriate physical and emotional boundaries with participants.
- Take reasonable steps to establish a safe training environment and ensure the health, safety and wellbeing of all participants.
- Manage any challenging and/or poor behaviour in an appropriate manner.In the case of minors and/or vulnerable persons, ensure you consult with a parent/guardian.
- Be enthusiastic in training sessions and don't show any favouritism towards one individual.
- Provide participants with planned and structured coaching/training appropriate to their abilities and age.
- Never smoke, vape, drink alcohol or take drugs (except prescribed drugs) when coaching or when acting in an official coaching role.
- Encourage participants to adhere to all BWL policies and procedures.

Important note:

It is against the law for someone in a position of trust to engage in sexual activity with a child or young person in their care, even if that child is over the age of consent (16 or over). In England, Wales and Northern Ireland changes to the law made in 2022 extended the definition of position of trust to include Sports Coaches. For more details please see Sexual Offences Act 2003.

* Any coach who is associated with an athlete on a BWL performance programme must declare any conflict of interest on a 6-month basis, by sending such declaration to the Chair of the BWL Performance Committee. The Chair is an independent Non-Executive Director (iNED).

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Code of Conduct: Official

Officials work in a position of trust during competitions to ensure the rules are appropriately followed and applied in a fair and consistent manner. You should follow this additional guidance to ensure that you behave in a professional and appropriate manner. All officials will, at all times:

- Display high standards and ensure that all participants are treated with respect and dignity.
- Act ethically, professional and with integrity.
- Be impartial, fair and consistent and don't show any favouritism towards one individual.
- Ensure GDPR protocols are fully respected and applied.
- Never smoke, vape, drink alcohol or take drugs (except prescribed drugs) when officiating or when acting in an official role.
- Take reasonable steps to establish a safe competition environment and ensure the health, safety and wellbeing of all participants.
- Make decisions in line with current BWL technical rules.
- Encourage participants to adhere to all BWL technical rules.

Code of Conduct: Parent/Carer

The enjoyment and safety of your child when involved in the sport is of paramount importance to BWL and we appreciate the importance of your role. As a parent/carer, you are asked to support our Codes of Conduct and embrace the spirit of our sport. Parents/carers are expected to:

- Encourage your child to participate in the sport within the rules and respect decisions made by officials and coaches.
- Support your child's efforts and performance, giving positive comments that motivate and encourage them whilst not putting them under pressure.
- Behave responsibly whilst watching your child participate and do not embarrass them or make abusive or offending comments about them, the official or coach.
- Treat your child (and all other children), officials and coaches with respect and dignity.
- Ensure your child is properly and adequately dressed including proper footwear.
- Ensure your child's hygiene and nutritional needs are met.
- Act in the best interest of the sport and not act in a manner which is inappropriate and may bring the sport into disrepute.

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