

Coach: Code of Conduct

British Weight Lifting coaches are working in a position of trust and should use the following guidelines to ensure they always behave in a professional way and hence avoid any complaints regarding their personal behaviour, competence or conduct. Complaints against coaches will be fully investigated, which may result in disciplinary action being taken, which could include temporary or permanent suspension of their coaching licence and dismissal from a club or the sport to protect the welfare of their lifters and the sport as a whole. All British Weight Lifting Coaches are required to abide by the following Code of Conduct and the British WeightLifting Safeguarding policy and procedures:

Coaches should:

Principle: Rights

- Ensure that all participants are treated with respect and as equals regardless of race, gender, age, religion, disability, sexual orientation, social background or culture
- Manage challenging behaviour in an appropriate manner whereby the young person, child or adult being reprimanded does not feel humiliated and it is understood that violent behaviour is completely unacceptable and not to be tolerated
- Refrain from public criticism of fellow coaches. Differences of opinions should be dealt with on a personal basis and more serious disputes should be referred to British Weight Lifting.
- Ensure all equipment is safe
- Ensure training schedules are modified to suit the age ability and maturity of the level of lifter.

Principle: Relationships

- Understand that you are in a position of trust and it is important to maintain appropriate physical and emotional boundaries with participants, you should also try to ensure that physical and emotional needs of each individual are met and understand that different Lifters have differing requirements
- Understand that you are in a position of authority and trust with all participants
- Not engage in a sexual relationship with anyone who is aged 17 or younger whilst in this position
- Encourage participants to adhere to the 'Lifter Code of Practice'
- Never advocate the use of prescribed drugs or banned performance enhancing substances.

This code is in place to ensure the safety of both the individual and anyone they come in to contact with. If at any time you have any concerns regarding the safety of any individual you should contact your Club's Welfare Officer or you can contact the Lead Safeguarding Officer at British Weight Lifting, whose details are available at : www.britishweightlifting.org.

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Principle: Responsibilities – professional standards

- Adhere to all guidelines laid down by British Weight Lifting as the Governing Body
- Ensure that they do not in any way misrepresent their qualifications, affiliations or professional competence to any client or prospective client or in any publication, lecture, broadcast or seminar. Regularly seek ways of increasing their personal and professional development and self-awareness.
- Have a responsibility to ensure the health and safety of the participants with whom they are working with as far as possible within the limits of their control.
- Take all reasonable steps to establish a safe working environment and put safety above any other consideration, including development of the individual.
- Be enthusiastic in training sessions and always show a positive attitude so that lifters are not discouraged.
- Ensure to act in an appropriate manor especially when coaching young people as your actions can be reflected in those of the participants.
- Have access to a telephone for immediate contact to emergency services if required.

Principle: Responsibilities – personal standards

- Personal appearance is a matter of individual taste but as a coach you have an obligation to project an image of health, cleanliness and functional efficiency.
- Never smoke or drink alcohol when coaching.
- Never use foul and/or abusive language on or off the platform.
- Never use intimidating, aggressive behaviour and/or deliberately distract other lifters by words or actions.
- Always treat everybody with respect and dignity, making sure you are sensitive to their needs and are always fair during training sessions and competitions.
- Consistently display high personal standards and project a favourable image of British Weight Lifting – to participants, other coaches, spectators, staff, media, general public and any other people present
- Behave professionally.
- Abide by and comply with British Weight Lifting anti-doping rules.
- Act in the best interests of the sport and shall not act in any manner which is improper or brings the sport into disrepute.



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