

# Lifter: Code of Conduct

Lifters of Clubs or Individuals should follow these rules whilst taking part in training sessions, competitions or other group activities. Complaints about any lifters will be fully investigated which may result in disciplinary action being taken, which could include temporary or permanent bans being put in place.

## Lifters participating in Weight Lifting should:

- Show a friendly and welcoming attitude and be respectful toward all other participants, coaches and officials.
- Always respect the decisions made by the Officials.
- Always listen to the coach and respect the rules that are in place.
- Act in a way that is safe for yourself and others around you, follow any safety rules as directed by your coach
- Respect the equipment that you use and use it in a safe and controlled manner
- Never use rude or abusive language and never fight or show abusive behaviour
- Never abuse any other individual in any way, and do not act disagreeably towards anyone or make any comments concerning an individual's race, gender, age, religion, disability sexual orientation, social background and/or culture
- Report any bullying or unacceptable behaviour to the coach if witnessed
- Ensure that you keep up to date with the rules and regulations of Weightlifting
- Ensure that smoking, drinking or drug use is not allowed.
- Abide by and comply with British Weight Lifting anti-doping rules.
- Always be courteous to all other lifters and be gracious to other lifters in success and defeat.
- Ensure that you are familiar with the social media guidance policy.
- Take responsibility for your own actions.
- Always have fun!
- Act in the best interests of the sport and shall not act in any manner which is improper or brings the sport into disrepute.

## All lifters have the right to:

- Enjoy Lifting without the fear of being discriminated against or mistreated
- Enjoy Lifting without undue pressure
- Be included in training sessions and regarded as equals by coach/organisers and
- Seek advice and speak to coach or organisers if they feel they have a problem of any nature

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 on British Weight Lifting Website:

[www.britishweightlifting.org](http://www.britishweightlifting.org)

**All reports of inappropriate conduct will be taken very seriously and dealt with appropriately. Any breach of this code of conduct may result in disciplinary action and may include a temporary ban from the club training and/or competitions. If there are persistent concerns or breaches it may result in member being asked to leave the club and banned from British Weight Lifting permanently.**

Updated: April 2022



**BRITISH  
WEIGHT  
LIFTING**