



BRITISH
WEIGHT
LIFTING

www.britishweightlifting.org


First steps to Competing Internationally

First Steps to competing internationally

If you are a British athlete who is interested or is already competing internationally it is essential that you are aware of the expectations of both British Weight Lifting (BWL) and the International Weightlifting Federation (IWF) around anti-doping practice and the other minimum eligibility requirements for competing internationally.

1. **Complete a BWL application of interest** and return it to stuart.martin@britishweightlifting.org
2. **You must hold a current British passport**
3. **Contact IWF Anti-Doping to set up and register for an ADAMS whereabouts account** if you haven't done so already please email iwf@ita.sport with a completed copy of the new athlete registration form found [here](#)
4. **Complete online whereabouts for a minimum of 3 months prior** to any international event you wish to compete at.
5. **Make yourself aware of key selection periods, minimum eligibility criteria and qualification standards** found online [here](#)
6. **All athletes must complete iLift clean course each year (link [here](#))** and Send a copy of their certificate to education@iwfnet.net before each event

More information about IWF whereabouts expectations and ADAMS can be found [here](#) on the IWF website



BWL General Whereabouts submission Advice

- 1. Submit whereabouts year round** If you are an athlete considering international competition, we recommend that you submit full whereabouts information for each quarter.
 - Whereabouts can be frustrating but it is an essential part of being eligible to compete internationally in weightlifting.
 - The IWF has a zero tolerance approach for any athlete who has failed to submit complete whereabouts information.
- 2. Always submit whereabouts a minimum of 2 weeks before the quarterly submission deadlines**, in case of any technical issues and contact iwf@ita.sport immediately if you have any issues with submissions. Quarterly submission dates outlined below;
 - **Q1** – 23:59, 15/December 2020
 - **Q2** – 23:59, 15/March 2021
 - **Q3** – 23:59, 15/May 2021
 - **Q4** – 23:59, 15/September 2021
- 3. Always double check your submissions have been registered**
 - Always log out of the system and log back on to check your submission has gone through (and turned green)
 - Please be aware that there is an issue with the submission button and the IWF does not accept this as extenuating circumstances
 - Always take a screen shot as evidence
- 4. Always complete quarterly whereabouts on a computer**,
 - We advise that you only use the mobile app to do quick updates on the go.



Emily Muskett's Top Tips

UKAD Whereabouts Refresher Webinar (August 2020)

- Log all airline travel
- Make sure you enter overnight travel and overnight accommodation in separate tabs
- Edit overnight address more thoroughly, buzzer codes etc must be accurate
- Provide as much detail as possible about consistent scheduling (e.g. physio, training etc)
- If you are on the National or Domestic Registered testing pools you can only use the emergency number within 24 hours of the change and if the number you are calling from is activated on the Adams portal, outside that window you must try to use the app or desktop as much as possible.
- You can add an attachment, UKAS recommend adding documents like flight confirmation, accommodation details, screenshots or training schedules
- You can now submit whereabouts quarterly in the athlete central app not just on the desktop



1st Floor Office Suite,
St Ann's Mill, Kirkstall Road,
Leeds, West Yorkshire, LS5 3AE

t. 0113 224 9402

e. enquiries@britishweightlifting.org

www.britishweightlifting.org

