



# Guidance for Coaches

## Protecting the Powerlifting Community

International Powerlifting Federation Policy on Safeguarding and Protecting  
Our juniors and sub-juniors in Powerlifting

**This guidance has been produced specifically for coaches who provide opportunities for young People in powerlifting, either in Junior and sub-Junior sections or mixed squad training camps**

This is where our juniors and Sub-juniors gain most of their lifting knowledge, not only by developing their lifting –specific skills but also gaining life skills, communication, confidence and team work. This Guidance aims to give coaches the information they need to provide a safe and positive environment for all juniors and sub-juniors.

As a IPF coach you will develop strong positive relationships with young people and become a Role model. You should adopt the highest standards, as you have a vital role in providing a fun And safe environment in which young people can enjoy their lifting experience.

You must be aware of your duty of care and current good practice guidance. This will safeguard And protect the young people you coach and reduce the potential for misunderstandings and Inappropriate allegations being made.

**Every region and member federation within IPF has a role and a responsibility to ensure the safety and welfare of juniors and sub-juniors.**

IPF Coaches that have regular contact with juniors and sub-juniors should familiarise themselves with the IPF Child Protection Policy and Procedures,

These guidelines aim to help coaches adopt practical and sensible policies, procedures and good practice. Working together we can protect and promote the welfare of all young people in powerlifting so they can enjoy the sport free from all forms of exploitation.

### **Terminology**

**Young person:** This refers to anyone under the age of 18 and /or vulnerable adult.

**Parent:** The term parent applies to the person or persons with legal responsibility for a young Person

**Club:** For the purposes of this document the term member’s federation is used as a general term to Include junior and sub-junior squads and clubs with juniors and sub-juniors training in an adult Club or at mixed squad training camps. All guidance equally applies all regions of IPF

**Lifting:** Refers to powerlifting and training

## **Position of Trust**

All IPF coaches who work with juniors/sub-juniors in powerlifting are in a position of trust which has been invested in them by their parents and the young person. This relationship can be described as one in which the adult is in a position of power and influence by virtue of their position.

IPF believes that all our young lifters, under the age of 18, involved in powerlifting have a basic right to be protected, so that they can enjoy the sport free from all forms of abuse. It therefore seeks to help protect and promote the welfare of all young lifters in powerlifting, by having in place clear policies and guidance for its federation, individuals and all others involved in the sport

IPF is committed to creating and maintaining a safe and positive environment for all young people involved in powerlifting

## **Underpinning Principles**

- Lifting should be fun and enjoyable - fair play should be promoted
- All young people within powerlifting, regardless of age, sex, race, gender, ability, religious belief, ethnic origin, social status, or sexual orientation have the right to be protected from harm. Everyone who has a concern should report it.
- IPF is committed to encouraging the effective and safe recruitment of all IPF coaches working with juniors/sub-juniors in powerlifting. Everyone within powerlifting must recognise this and regard it as essential

## **Good Practice**

IPF acknowledges that good practice when dealing with young people is essential. All IPF coaches in a position of trust with young people are expected to adhere to the following IPF child protection guidelines

- Always be publicly open when working with young people. Ensure that whenever possible there is more than one adult present during training with young people, or at least that you are in sight or hearing of others
- Treat all young people with respect
- Provide an example of good conduct you wish others to follow
- Respect a young person's right to personal privacy

## **Guidance for Coaches**

- Encourage young people and adults to feel comfortable and caring enough to point out attitudes or behaviour that they do not like
- Remember that someone else might misinterpret your actions, no matter how well intended
- Challenge unacceptable behaviour and report all allegations /suspicions of abuse
- Expect to be asked to complete an enhanced Criminal Records Bureau(CRB) disclosure through your member federation
- Be able to present evidence of having attended a IPF coach education course which including Child Protection
- Coaches should not spend excessive amounts of time alone with young people away from others
- Take young people alone on car journeys, however short
- Take young people to your home where they will be alone with you.

If cases arise where these situations are unavoidable, they should only occur with the full knowledge and consent of the young person's parent(s). Where someone has had to act outside of IPF's Guidance in an emergency.

## **Poor Practice**

- Allow or engage in any inappropriate physical or verbal contact with young people
- Allow young people to use inappropriate language unchallenged
- Make sexually suggestive comments to a young person- even in fun
- Allow allegations of a young person to go unchallenged, unrecorded or not acted upon
- Do things of a personal nature for young people that they can do for themselves
- Invite or allow young people to stay with you at your home
- Allow bullying or bad behaviour by young people
- Make suggestive or derogatory remarks or gestures in front of young people
- Jump to conclusions about others without checking facts
- Show favouritism to any individual
- believe 'it could never happen to me'

## **Coaching Delivery Checklist**

Do you know your lifters?

As a coach it is important that you have relevant details of participants which may affect their involvement in lifting. This includes medical information or particular learning needs. Parents MUST complete and sign a consent form providing this information and emergency contact details.

## **Is the environment and equipment safe for training?**

A risk assessment should be carried out prior to every training session by the coach. Coaches must ensure that the training schedules and exercises they coach are suitable for the age, maturity, experience and ability of the young person. It is recommended that all coaches plan sessions in advance identifying specific outcomes.

## **Qualifications and Training checklist- do you have the appropriate qualifications?**

All IPF coaches/assistant coaches should hold an up-to-date- IPF coach licence level II as a minimum coaching qualification.

## **Do you have valid insurance cover?**

All IPF coaches should hold insurance policy which covers them for a minimum of €5 million for public liability.

All IPF coaches that have regular, significant access or responsibility for working with young people, in a paid or unpaid voluntary capacity, should complete an enhanced disclosure. This is the responsibility of the member's federation, to ask them to complete a CRB disclosure. It is not your responsibility to decide if a child is being abused or poor practice has occurred. Any concerns or allegations should be managed by the member federations. However it is your responsibility to report your concerns.

## **Responding to Concerns**

There are a number of reasons a person might need to report a concern:

- in response to something a young person has said to you- a disclosure
- in response to signs or suspicions of abuse
- in response to allegations made against a coach
- in response to allegations made about a parent or someone not working within the sport
- in response to bullying
- in response to a breach of the Code of Ethics and Behaviour
- in response to anything which makes them uncomfortable based on inappropriate behaviour  
Of an adult or changes in behaviour of a young person