

South African Weightlifting Federation

Document Ref: SAWF_Constitution_ScheduleL_CoachPolicy_V1_2023.docx

SCHEDULE M – WEIGHTLIFTING COACH POLICY

Dated: 2023/10/27

1. General Requirements

All Level Coaches must be a member of a registered weightlifting club. If a coach is not a member of a club they must request exemption from the South African Weightlifting Federation via email.

All Level coaches must be registered and be in good standing with the Federation. This will be in the form of a Coach Level Certificate, which is updated every 12 months with the membership renewal.

All coaches must lead their athletes by example and abide by all IWF rules, WADA rules, as well as with the SAWF code of conduct.

All coaches must provide the following;

Any Coach who fails to provide and/or maintain the below will not be allowed to coach in weightlifting and will not be recognised as a SAWF Coach:

(New coaches will be given a 6 months grace period on registration.)

1. High-Performance Coach Education Programme ADEL Course Certificate.
2. Sign and accept the South African Weightlifting code of conduct.
3. Sign and accept the South African Weightlifting safeguarding policy.
4. Complete a relevant safeguarding course (renewable every 2 years)
5. Must hold a Valid Police Clearance Certificate (not older than 2 years).
6. Must have a Clear Check from the Child Abuse register (not older than 2 years).
7. Must have a Clear Check from the Sexual Offences register (not older than 2 years).
8. Sign the declaration of good standing.

The Issuing of Coach Level Certificates will only be done when the above has been completed. Coach Level Certificates are only valid if the coach is up to date with all requirements as listed above.

2. Coach Levels and Requirements

Level 1	Club Weightlifting Coach
Level 2	Provincial Weightlifting Coach
Level 3	National Weightlifting Coach

2.1 Level 1 Club Weightlifting Coach

Weightlifting Club Coaches are entry-level weightlifting coaches.

- Must have one Active Athlete

- Complete and passed a Club Level Technical Official’s Course (theory).
- Complete basic safeguarding course eg: Course 1: FIFA Guardians™ Safeguarding Essentials, and is safeguarding-compliant

2.2 Level 2 Provincial Weightlifting Coach

- Must have one Active Athlete
- Minimum of 25 Experience Points
- Complete and passed a Provincial Level Technical Official’s Course (theory).
- Completed and has a Safeguarding Certification and is safeguarding-compliant Course 2: FIFA Guardians™ Starting your Safeguarding Journey

2.3 Level 3 National Weightlifting Coach

- Must have one Active Athlete
- Minimum of 75 Experience Points
- Completed a National Level Technical Official Coarse (theory).
- Safeguarding DSO certification Course 3: FIFA Guardians™ Developing your Safeguarding Effectiveness, and is safeguarding-compliant.

3. Coach Point System

Competition Experience points (refer to Figure 1) are awarded to a coach who attends competitions and the athlete makes a total. The Coach must enter as a coach via the SAWF Portal for any local competition they will be coaching at. Note that the athlete must be registered with the same club as the coach, entered and compete at such competition for the points to be allocated to the coach. International Competition Experience points will be issued by the Technical Committee.

Competition Grade	Experience Points	Notes	
Level 2	1	Per Competition	
Level 3	2	Per Competition	Champion of Champions Youth, Junior or Senior (Male and/or Female) = 5 Experience Points
Level 4	3	Per Competition	Champion of Champions Youth, Junior or Senior (Male and/or Female) = 10 Experience Points
Level 5	4	Per Session	Place Points are awarded as per table below
Level 6	6	Per Session	
Level 7	8	Per Session	
Level 8	10	Per Session	

Figure 1

Place experience points as indicated in figure 2 are awarded to the coach of the athlete and the coaches who took the athlete to platform at an international Competition.

Example:

if an athlete comes 1st out of 16 athlete they the coach/s will be awarded 16 Points in a Level 5 Competition

if an athlete comes 1st and is the only athlete then the coach/s will be awarded 1 Point in a Level 5 Competition.

if an athlete comes 1st out of 10 lifters athlete then the coach/s will be awarded 10 Point in a Level 5 Competition.

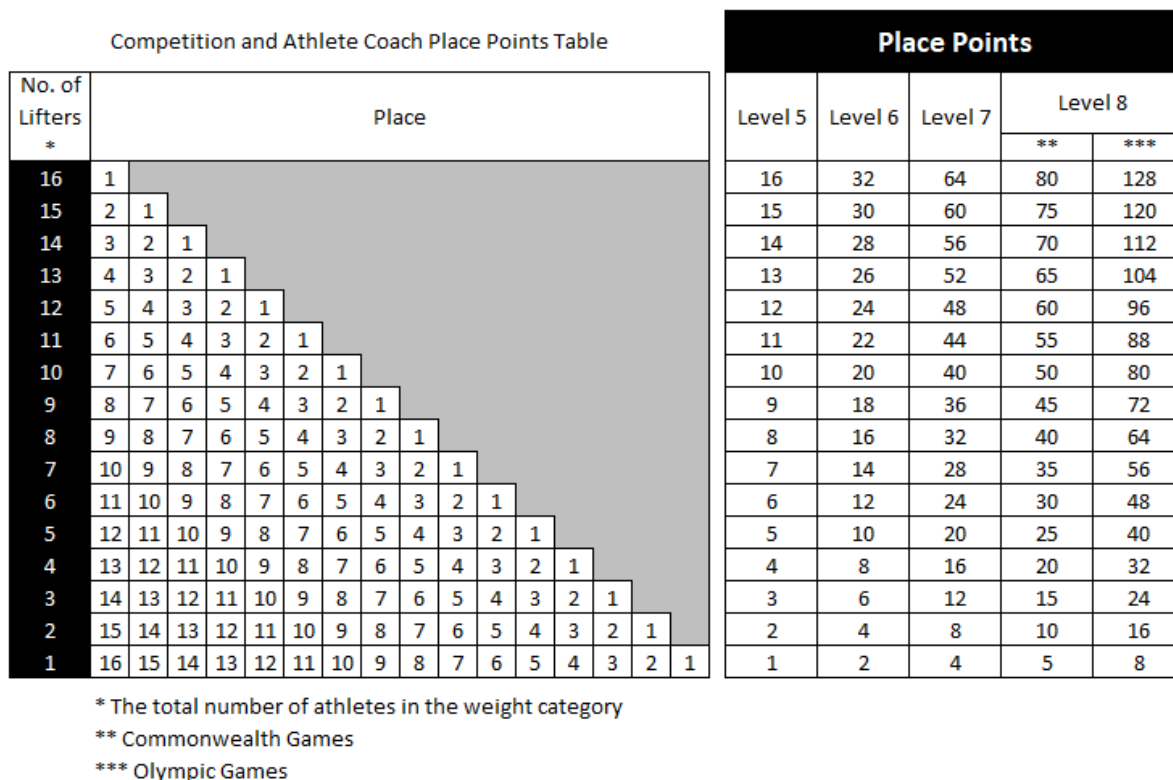


Figure 2

4. Selection Head Coach and Games Coaches

4.1 General

Provincial Level Coach (Level 2) and above coach can accompany their personal lifters to any competition, with the exception of Games selected by SASCOC and/or any rules set out by the IWF, at their own expense.

Only selected Coaches can be funded by the federation (if funding is available).

4.2 Provincial Weightlifting Head Coach

Is responsible to oversee the Provincial team at a National Championships. He/she is responsible for final verification and team selection. They are responsible for the Provincial team's behaviour. Will provide the Provincial Executive with a written report after the competition.

Selection of the "Provincial Weightlifting Head Coach"

The Executive must request from the coaches who qualify and wish to be the Appointed Provincial Head Coach for either the Youth and Junior or Senior Championship the following: coaches must provide a motivation to the Executive, within 2 weeks after the written request.

The Executive will review and cast a vote. The candidate with most votes will be selected for the position. In the event of a tie the athlete's representative(s) would have the final decision-making vote.

The term for the selected coach will be for a specific competition.

Provincial Weightlifting Head Coach minimum requirements:

- Must hold a valid Provincial Weightlifting Coach Certificate
- Minimum of 50 Experience Points
- Selected by the Executive of the Provincial Association

4.3 National Weightlifting Head Coach

The Appointed National Coach is selected by the SAWF to represent and assist coaches and/ or athletes at International Competitions.

The Head coach is responsible for the SA Team participation at an international Competition. They are required to attend the competition from the start until the end. They will be responsible for the final verification – relevant changes have to be communicated with the General Secretary on time for changes to be made online or sent through to the organising NF. They are responsible for the team and the team's behaviour.

Only an Appointed National Coach can be proposed to SASCOC for all Games Head Coach selection as well as proposed to SASCOC for all Games National Coach selection.

Selection of the “Appointed National Weightlifting Head Coach”

The Technical Committee must request from the coaches who qualify and wish to be considered for the Appointed National Head Coach position for relevant Competitions. These coaches must provide a motivation to the Executive, within 2 weeks of the written request having been sent out.

The Executive will review and cast a vote. The candidate with the most votes will be selected for the position. In the event of a tie the athlete’s representative would have the final decision-making vote.

The term for the selected coach will be for a specific competition.

National Weightlifting Head Coach minimum requirements

- Must hold a valid National Weightlifting Coach Certificate
- Minimum of 100 Experience Points
- Minimum 5 International competition experience as a coach [Level 5 and above]
- Completed a National Level Technical Official Course
- Completed the IWF Level 1 Coaching Course

4.4 Games Coach

The Coach must hold a “National Weightlifting Coach Certificate” as described in Point 2.3.

The Technical Committee must request from the coaches who meet the requirements above and of SASCOC, and wish to attend the games based on athletes who could quality of selection. The Executive must select 6 coaches who must be placed on the SASCOC long list. This is generally 12 months before the Games’s starting date.

The Executive will review and cast a vote. The candidates with the most votes will be selected for the positions. In the event of a tie the athlete’s representative would have the final decision-making vote.

Prior to the Games, the SAWF must advise SASCOC of the best candidates for final Selection.