

South African Weightlifting Federation

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SCHEDULE M – WEIGHTLIFTING COACH POLICY

Dated: 2024/06/01

1. General Requirements

All 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 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 Certificates will only be done when the above has been completed. Coach Certificates are only valid if the coach is up to date with all requirements as listed above or until such time as the policy changes.

SA Weightlifting Coach

- Must have one Active Athlete
- Complete and passed a Technical Official's Course (theory).
- Complete basic safeguarding course e.g: Course 1: FIFA Guardians™ Safeguarding Essentials, and is safeguarding-compliant

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2. Selection of Coaches for international Competitions and Games Coaches

The IWF rules will apply to International Competitions once introduced.

The SAWF can only control the following: personal coaches of athletes can be put forward provided they meet the criteria above. If there is a limit on the number of support personnel that can be put forward, then the athletes competing, in conjunction with the athletes' commission and coaches' commission will have a selection meeting to decide (vote) on the Coach(es) who will attend the competition in question.

This is an interim SA weightlifting coach policy until a comprehensive policy is put forward.

This forms part of the South African Weightlifting Federation Constitution as per "ANNEXURE 1 - SCHEDULE LIST OF POLICIES AND DOCUMENTS"

This document was unanimously adopted by the Membership present at the Ordinary General Meeting held at Hybrid Meeting on the 14th day of June 2024.

Caroline wolf

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Caroline Wolf

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THE SOUTH AFRICAN WEIGHTLIFTING FEDERATION PRESIDENT

(Name and Signature)

Antoinette Kriel

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Antoinette Kriel

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THE SOUTH AFRICAN WEIGHTLIFTING FEDERATION SECRETARY GENERAL

(Name and Signature)

Ruben Burger

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THE SOUTH AFRICAN WEIGHTLIFTING FEDERATION ATHLETE REPRESENTATIVE

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THE SOUTH AFRICAN WEIGHTLIFTING FEDERATION COACHES REPRESENTATIVE

(Name and Signature)