

South African Weightlifting Federation

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Document Ref: SAWF_Constitution_ScheduleM_CoachPolicy_20260419.docx

SCHEDULE M – WEIGHTLIFTING COACH POLICY

Dated: 2026/04/19

1. Requirements

An SAWF-recognised coach has at least one active athlete and complies with the requirements as set out below.

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 affiliated and be in good standing with the Federation.

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.

To be able to coach athletes at L2 competitions, a coach must comply with the following:

1. Sign and accept the SAWF code of conduct (part of portal terms of agreement)
2. Sign and accept the SAWF safeguarding policy (part of portal terms of agreement)
3. Sign the declaration of good standing (part of the portal terms of agreement)
4. Complete a relevant safeguarding awareness course and upload certificate to portal profile (valid for 2 years).

To be able to coach athletes at L3 and L4 competitions, a coach must comply with the following:

1. All requirements for L2 competitions set out above
2. Complete a High Performance Coach Education Programme ADEL course and upload the certificate to portal profile (valid for 2 years)
3. Must hold a valid police clearance certificate (not older than 2 years)
4. Must complete and pass a Club level Technical Official's Course (theory) – valid for 2 years.

To be able to coach athletes at L5 to L7 International Competitions, a coach must comply with the following:

1. All requirements for L2 to L4 competitions set out above
2. Must hold an IWF L1 and L2 coach course certificate (or equivalent)
3. Must apply and pay for an IWF Coaching Certificate via the Federation (valid for one Olympic cycle).

To be able to coach personal athletes at L8 (Games) competitions, a coach must comply with the following:

1. All requirements as set out above for L2 to L7 competitions
2. Must apply via the Federation and be approved by SASCO

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South African Weightlifting Federation

To be able to coach Team SA athletes at L8 (Games) competitions (i.e. head or assistant head coaching position), a coach must comply with the following:

1. All requirements as set out above for L2 to L7 competitions
2. Must be a South African citizen
3. Must have at least one athlete participating in the Games
4. Must be selected in a selection meeting (see below) and approved by SASCOG.

2. Selection of Coaches for international Competitions and Games Coaches

The IWF rules apply to coaching at International Competitions.

Games coaches/support personnel:

The SAWF can only control the following: personal coaches of athletes can be put forward for accreditation, provided they meet the criteria above. If there is a limit on the number of support personnel that can be put forward for Games team selection, then the athletes competing will have a selection meeting to decide (vote) on the Coach(es) who will attend the competition in question. A unanimous decision has to be reached.

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

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South African Weightlifting Federation

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 19th day of April 2026.

Caroline Wolf

DocuSigned by:
Caroline Wolf
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THE SOUTH AFRICAN WEIGHTLIFTING FEDERATION PRESIDENT
(Name and Signature)

Antoinette Kriel

Signed by:
Antoinette Kriel
1EA36AB384044CF...

THE SOUTH AFRICAN WEIGHTLIFTING FEDERATION SECRETARY GENERAL
(Name and Signature)

Laryne Jefferies

DocuSigned by:
Laryne Jefferies
0E96B540CEFA4E6...

THE SOUTH AFRICAN WEIGHTLIFTING FEDERATION ATHLETE REPRESENTATIVE
(Name and Signature)

Lyle du Plooy

Signed by:
Lyle du Plooy
F763E0EACB18439...

THE SOUTH AFRICAN WEIGHTLIFTING FEDERATION COACHES REPRESENTATIVE
(Name and Signature)