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## **“RAISE THE BAR” CODE OF PRACTICE**

*For the safety of all, the following rules MUST be observed:*

- Use the equipment responsibly and only in the presence of a qualified Coach.
- Always have correct clothing (such as trainers, t-shirts, weightlifting leotards, weightlifting shoes, stretchy tracksuit bottoms)
- Clothing that show mid-drift or bear sternum ([inframammary crease](#)) during training sessions are not acceptable in the club; **please cover up**
- Clothing that slide off the hip bones, which cause display of [vertical gluteal crease](#), **is unacceptable**. Please make sure that training trousers / tracksuit bottoms / shorts are secure on the hips prior to training.
- New skills should only be performed after training and permission from the coach.
- Running with bars is extremely dangerous and must not be done.
- Wear sports clothes, non-slip socks or trampoline shoes.
- Remove watches, rings, jewellery, and any body piercing, before starting to train, including warm-up.
- Going anywhere near when other lifters are training is dangerous – respect their space.
- Stepping on the trampoline when someone else is bouncing is dangerous.
- No chewing is allowed during training, as it may be a choking hazard.

### **ON ABUSE OF TRUST:**

- Any behaviour which might allow a sexual relationship to develop between the people in a position of trust and the individual or individuals in their care must be avoided.
- Any sexual relationship within a relationship of trust is **STRICTLY** unacceptable so long as the relationship of trust continues.
- All those in an organisation have a duty to raise concerns about behaviour by coaches, staff, volunteers, managers and others, which may be harmful to those in their care, without prejudice to their own position.
- Allegations relating to a breach of the code on trust will be investigated according to the BWL complaints and disciplinary procedures.

Should you have any concerns, relating to such issues, please contact BWL on +44 113 224 9402