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## Constitution

### “Raise the Bar” Olympic Weightlifting Club

Written in May 2010

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#### 1. AIMS

“Raise the Bar” Olympic Weightlifting Club (RTB) formed in May 2010. It is affiliated to the British Weight Lifting (BWL). It is the first ever OW club in Newcastle upon Tyne that aspires to be amongst the best training clubs in the United Kingdom. It promotes and supports safe individually-tailored competitive development of its lifters and future coaches. In Newcastle upon Tyne, Olympic Weightlifting is almost unheard of, despite it being one of the top six major sports in the world, in terms of participations levels. RTB aims to profile of the sport, increase the participation, access, and availability of Weightlifting in this part of the country.

#### 2. ELIGIBILITY AND JOINING

The RTB **club** is open to anyone in Tyne and Wear aged 9 and over. There is currently no special provision for potential performers with special needs but this will be an area for development (see RTB Development Plan). To join the club, the membership fee is payable annually, in addition to the membership and entry competitions requirements of the BWLA organisation (lifters and for coaches).

#### 3. BANKING

“Raise the Bar” Olympic Weightlifting Club (RTB) will operate its finances via a Treasurers bank account at the Lloyds TSB Bank. The bank account will be administered by the Club’s Treasurer. All cheques paid by the club will require two signatories. Bank statements and accounts will be able to be viewed by **Club** members at committee meetings and annually at the Annual General Meeting.



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#### 4. FINANCIAL STRUCTURE

“Raise the Bar” Olympic Weightlifting Club (RTB) is a non-profit making organisation. All income shall remain in the club to promote activities in the Club Development Plan. Head Coach to be paid for coaching. Coaching rate of pay and allowable expenses shall be determined by the committee and updated annually (see Club Allowable Expenses policy - available from Chairperson or treasurer). Recommended rate of pay can be found on Sports Coach UK website: <http://www.sportscoachuk.org/sites/default/files/Sports-Coaching-in-the-UK-III.pdf>

#### 5. CLUB DISSOLUTION

In the event of dissolution of the club the following procedures will be followed:

##### *a. Equipment*

Equipment items belonging to individuals or to BWL will be returned to them. The costs of relocating the equipment to another venue in this eventuality will not be borne by the **club**. Any equipment belonging to the club itself will be gifted to another sports organisation on the decision of the committee. Only in the event where equipment cannot be disposed of in this way, will it be sold.

##### *b. Bank Account*

The Bank Account will be closed after the full and final payments by creditors and to debtors and copies of the final accounts made available to all members of the RTB club.

Remaining Monies - Any remaining monies will be gifted to a sports or children’s charity of the committee’s choice.

Financial Liabilities - In the event of the club dissolving with monies being owed by the RTB **club**, the financial losses will be borne in equal share by individuals as follows - all fully paid up members of the club, RTB and the RTB administrative committee. An individual will only count once in this reckoning even if a member of two or more of these groups.

#### 6. COMMITTEE STRUCTURE

The RTB administrative committee shall comprise:

- Chairperson:* Responsible for the RTB club in all aspects
- Secretary:* Responsible for administrative tasks
- Treasurer:* Responsible for administering the bank account and producing accurate accounts
- Member:* Responsible for canvassing and representing the views of the competitors and recreational weightlifters
- Parent Rep:* Responsible for liaising with, canvassing and representing the views of the parents etc. of competitors and recreational weightlifters under 16.
- Coach Rep:* Unless one of the chairperson/secretary/treasurer is a club coach or above



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## 7. ELECTION TO COMMITTEE POSITIONS

Committee members will be either a RTB coach, full member of RTB or parent of a full member of the club. Nomination and Election to the committee for all positions will be held annually in March at the Annual General Meeting. Nominations are to be received before the commencement of the AGM. The date of the AGM will be notified to club members at least 28 days beforehand. In the event of two nominations for the same position, the nominations will be put to a secret ballot at the AGM. Individual voting rights are held by RTB coaches and members of the club who have been full members for at least 28 days prior to the AGM. In the event of a member of the club being aged 15 or under on the date of the AGM, the member's vote may be cast by the member's responsible adult. The club will encourage members aged 16 and over to cast their votes independently.

## 8. COMMITTEE DECISION MAKING

The committee will be held to be a quorum when 3 members are present. All members of the committee **have** an equal vote. Usually decisions should be unanimous but in the event of different options occurring, decisions will be made by an open vote. A simple majority will carry the vote. In the event of a tie, the chairperson of the RTB club shall have the deciding vote. Committee meetings will be open to all full members of the **club** (and/or their parent etc if under 16) to attend in an observational capacity. They will, however, have no rights to vote on matters to be decided rightfully by the committee itself.

# CONSTITUTIONAL AND POLICY DECISIONS

## INTERNAL POLICIES

The administrative committee will have the authority to amend the club's internal workings and policies. Amendments will be notified to RTB club members and coaches will take effect 28 days from the date of the decision to amend the policy. Club members and coaches have these 28 days to lodge any questions or complaints with the committee. The committee are then duty bound to fairly reconsider the change in policy in light of the complaint etc. The date of implementation of the change in policy is thus delayed to the later of - the original implementation date or the date such reconsideration is properly conducted. The reconsidered decision of the committee is final. An explanation will usually be offered to the complainant in the cases where their decision remains unchanged.

## THE CONSTITUTION OF THE RTB CLUB

This **constitution** will be revised annually and any potential new clauses or substantive changes in meaning shall be debated at the Annual General Meeting. If the proposed changes are acceptable to all, they can be held to be changed as of that date by the proposal of acceptance and seconding from the members of the meeting who are entitled to vote. In the event of disagreement, a secret ballot

will be held by the members and coaches of the **club** present at the AGM. In the event of a tie, the chairperson of the club has the deciding vote.

## **POLICIES**

The RTB Club wishing to promote safe Olympic Weightlifting good practices has adopted the following policies issued by British Weight Lifting (BWL), International Weightlifting Federation (IWF), and good practices issued by Sports Coach UK and have issued our own policies to ensure the safety, health and wellbeing of all participants involved in club's activity (whether they are weightlifters, coaches, helpers or merely spectators). To help accomplish this, the RTB club has adopted/implemented the following policies: Some are available on this website:

1. [British Weightlifting Body Piercing and Body Jewellery Policy](#)
2. [British Weightlifting Bullying Poster](#)
3. [British Weightlifting Child & Vulnerable Adults policy](#)
4. [British Weightlifting Code of practice & Poster](#)
5. [British Weightlifting Competition frequency policy](#)
6. [British Weightlifting Drugs use policy](#)
7. [British Weightlifting Photography & Videoing Policy & authorisation form](#)
8. [SC UK Coaching Staff "Good Coaches Guide"](#)
9. [RTB Alcohol policy](#)
10. [RTB Bullying policy](#)
11. [RTB Coach Appointment Policy](#)
12. [RTB Coaching Expenses Policy](#)
13. [RTB Complaints, Grievance & Disciplinary Procedures](#)
14. [RTB Development Plan Jan 2010](#)
15. [RTB Dress code and Clothing policy](#)
16. [RTB Equipment set up and maintenance policy](#)
17. [RTB Expenses policy](#)
18. [RTB First Aid policy](#)
19. [RTB Manual Support policy](#)
20. [RTB Parent involvement policy](#)
21. [RTB Removal from Club policy](#)
22. [RTB Rules and Code of Conduct form](#)
23. [RTB Selection for Squad Training policy](#)
24. [RTB Session Parameters Policy](#)
25. [RTB Smoking policy](#)
26. [RTB Training policy](#)
27. [RTB Transferring between Clubs policy](#)
28. [RTB Unforeseen circumstances policy](#)
29. [RTB Waiting list policy](#)



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## **1. BRITISH WEIGHT LIFTING POLICY ON BODY PIERCING AND ADORNMENTS**

British Weight Lifting believes that jewellery and adornments worn in body piercing are inappropriate for safe practice in Olympic weightlifting.

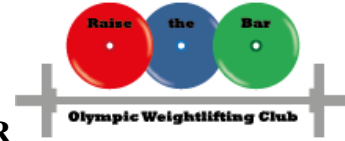
A person with body adornments or jewellery must inform the coach and also remove the relevant items to reduce the risk of injury to the participant, the coach and others.

Coaches must ensure that risks associated with jewels and raised adornments on uni-leotards are minimised. The policy applies to all participants and coaches in training and in events at home and abroad. Failure to conform to this policy will prohibit the individual's participation on the grounds of reasonable safety and may render the individual's insurance invalid should an accident result directly from non-compliance with this policy.

Adopted by "Raise the Bar" Weightlifting Club May 2010

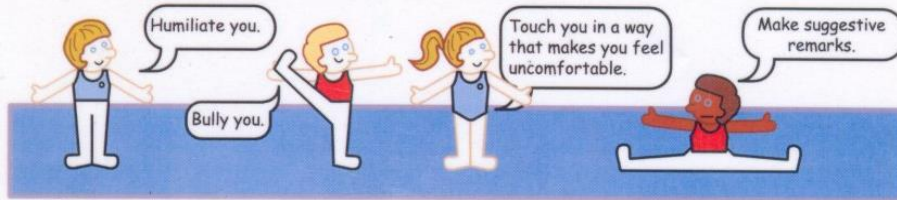
2.

**Iron Mind = Strong Body**



**3. BRITISH WEIGHTLIFTING BULLYING POSTER**

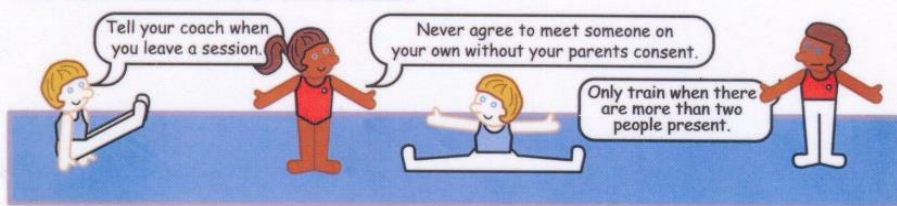
**It is WRONG for Somebody to:**



**You SHOULD:**



**To feel safe You SHOULD:**



**To feel safe You SHOULD:**



**REMEMBER:**

If you are being bullied it is **NOT** your fault  
Do not ignore what is happening, tell an adult you trust

**Have no fear - make the bullying disappear!**

For HELP, you can ring **BWL** on 0113 224 9402



#### **4. BRITISH WEIGHTLIFTING CHILD & VULNERABLE ADULTS POLICY**

*“Raise the Bar” Olympic Weightlifting Club has officially adopted the following British Weight Lifting policy*

This guidance is primarily intended to protect young people over the age of sexual consent but under 18 years of age and vulnerable adults where a relationship of trust with an adult exists. Young people of 16 or 17 years can legally consent to some types of sexual activity but they may still be relatively immature emotionally. It is essential that those who may be in a position of responsibility and trust recognise this vulnerability and ensure that it is not exploited. There is no simple definition of a vulnerable adult but again the position of trust and the vulnerability of adults must not be abused. The principles and guidance apply irrespective of sexual orientation. Neither homosexual nor heterosexual relationships are acceptable in a position of trust. The sexual offences bill will contain a proposal that it would be unlawful for any sexual activity between a position of trust and any person under the age of 18 years subject to their authority.

i) **A RELATIONSHIP OF TRUST** can be described as one in which one party is in a position of power or influence over another by virtue of their position. A genuine relationship can start between two people within a relationship of trust, but the relationship of trust must end before any sexual relationship develops.

ii) **ABUSE OF TRUST AND SEXUAL OR OTHER ABUSE.** Any sexual activity, which is not freely consenting, is criminal. The sexual activity covered by abuse of trust may be ostensibly consensual, but rendered unacceptable because of the relative positions of the parties concerned.

iii) **CODE ON ABUSE OF TRUST.** The code of conduct on sexual activity between individuals in a relationship of trust aims to:

- Protect a young person or vulnerable adult from an unequal and potentially damaging relationship
- Protect the person in a position of trust by preventing him/her from entering into such a relationship deliberately or accidentally by providing clear and guidance on what behaviour is acceptable.

#### **THE BRITISH WEIGHT LIFTING CODE ON ABUSE OF TRUST:**

- Any behaviour which might allow a sexual relationship to develop between the person 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 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.

## 5. **BRITISH WEIGHT LIFTING CODE OF PRACTICE & POSTER**

**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 (lower chest region) during training sessions will are not acceptable in the club.
- 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, normal trainers, or weightlifting shoes (if you have them).
- 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.
- No chewing is allowed during training, as it may be a choking hazard.

**Thank you very much for you cooperation and help.**



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## 6. BRITISH WEIGHT LIFTING DRUGS USE POLICY

*“Raise the Bar” Olympic Weightlifting Club has officially adopted the following British Weight Lifting policy*

The Club **does not and will not** condone any form of substance abuse or illegal drug use, whether in sporting situations or externally. Any member of the club, coach or helper found guilty of illegal substance misuse or distribution of illegal substance will be asked to leave the club. The club

### Anti-doping guidance

Specific guidance needs to be sought for all medications prescribed in relation to whether they are permissible during training and competition. It is the performer’s responsibility on the guidance of the coach to make sure they remain compliant with current international regulations at all times. Performers and their guardians must discuss ALL medications – including over the counter remedies with their coach before training and especially before training.

May 2010

## 7. BRITISH WEIGHTLIFTING PHOTOGRAPHY & VIDEOING POLICY & AUTHORISATION FORM

The Club has officially adopted the British Weight Lifting policy detailed below:

*Olympic Weight Lifting are excellent media for photography and filming, but parents should be aware that in some cases, there have been instances where inappropriate materials involving children and vulnerable adults have been taken during training and competition. Videoing and filming are excellent coaching tools, but for the education purposes and protection of the participants,*

- The Club will inform the parents and participants of the purpose of the filming / videoing as a useful coaching aid and obtain written consent
- A minimum of two responsible adults must be present at all times during filming



- Care will be taken to securely store any video materials to avoid misuse
- Applications to film, or photograph the participants during training, or away from the gymnasium must be scrutinised and approved by the committee.

May 2010

## **8. “RAISE THE BAR” OLYMPIC WEIGHTLIFTING CLUB ALCOHOL POLICY**

The Club's policy on Alcohol consists of restrictions and guidelines that are based on the needs of the health, safety and to abide to Centre's rules and Law's on consumption of alcohol. For these reasons, consumption outside of any designated area (bar) and by persons under age, by anyone prior to or during competing in a competition or prior to and during a training session is **not** permitted.

Club Officials are reminded that any consumption of alcohol must be kept and also be seen to keep well within legal limits. For safety reasons, the Club reserves the right to expel or to withdraw anyone from a session or competition for not complying with this policy.

May 2010

## **9. “RAISE THE BAR” OLYMPIC WEIGHTLIFTING CLUB BULLYING POLICY**

**Bullying** is deliberately hurtful behaviour, usually repeated over a period of time, where it is difficult for those bullied to defend themselves. It can be verbal, written or physical and can include actions such as physical assaults, name-calling, sarcasm, racist taunts, threats, gestures, unwanted physical contact, graffiti, stealing or hiding personal items. Bullying can even occur via the internet.

**Harassment** is closely associated with aspects of bullying and occurs when an individual feels that they are subject to behaviour from others that is unacceptable to them. Such behaviour could include simple name-calling or an action that is designed to annoy, upset or worry another participant. In some cases, it may develop into an identifiable pattern of bullying; in other more subtle cases, it may take the form of random acts - again designed to upset others.

The Club has a **zero tolerance** of bullying and takes all complaints very seriously regardless of whom it is from, or against.



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If you feel that you have been bullied, or harassed in any way, please contact any member of the coaching staff, or committee who will be happy to take appropriate action.

After appropriate investigation of this complaint, if bullying or significant harassment has been shown to occur, the offender shall be cautioned verbally by a committee member, cautioned in writing by the committee or removed as a member of the club depending on the seriousness of the bullying. If the bullying or harassment has been by a parent etc. of a member of the club, the warnings will be directed to the adult with the final sanction being the removal of their child, the member of the club.

May 2010

#### **10. “RAISE THE BAR” OLYMPIC WEIGHTLIFTING CLUB APPOINTMENT OF COACHES POLICY**

RTB Club supports the development of its coaches and encourages interested members of the club and parents as well as unrelated individuals into the sport. All coaches at RTB Club will be registered and insured with British Weight Lifting.

New coaches joining the coaching team will have to provide an enhanced CRB disclosure certificate, which may be requested from the BWL head office. Disclosure certificates registered with other bodies will not be accepted. Guest coaches from other clubs will have their BWL membership number noted on the first attendance and will be required to provide RTB Club with an enhanced CRB disclosure prior to their first attendance and onwards. New coaches will be appointed by the Head coach on the approval of the Administrative committee.

May 2010

#### **11. RTB COMPLAINTS, GRIEVANCE & DISCIPLINARY PROCEDURES**

##### **Coaches & Officials**

As a Club affiliated to British Weight Lifting, “Raise The Bar” OW club is bound by the BWL Procedures for complaints, disciplinary issues, membership suspensions and expulsions. The Club places the welfare and safety of its members as its highest priority.



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All concerns, complaints, grievances and suspicions of poor practice should be addressed to the Head Coach. Matters will be dealt with confidentially and only those who need to know will be informed.

The British Weight Lifting procedures for dealing with complaints will be followed and if an issue cannot be suitably addressed at club level, the British Weight Lifting procedures will be implemented.

A copy of the Weight Lifting Complaints Procedure and the Policy for Protection of Children and vulnerable adults is available on the BWL website (<http://www.britishweightlifting.org/index.php/Content/Governance.html>), or copies can be obtained from the Head Office (0113-224-94-02).

### **Members**

As a Club affiliated to British Weight Lifting, “Raise The Bar” OW club is bound by the BWL Procedures for complaints, disciplinary issues, membership suspensions and expulsions. The Club places the welfare and safety of its members as its highest priority.

A member must first raise any concerns with the Coach concerned and if not satisfied may request to see the Coach in charge of the session, if the matter cannot be resolved the member may contact or arrange a meeting with the club’s Head Coach, at a mutually convenient time. Concerns, complaints and grievances should be addressed and all matters will be dealt with confidentially and only those who need to know will be informed.

A member may be accompanied by or request that a representative raise the concern. This is primarily for young members. Complaints may be made to the Leisure Centre only after members have fully used the clubs procedures.

### **British Weight Lifting Procedures**

The British Weight Lifting procedures for dealing with complaints will be followed and if an issue cannot be suitably addressed at club level, the British Weight Lifting procedures will be implemented.

May 2010

## **12. RTB Coach’s Fees and Expenses**

Coaching fee (<http://www.sportscoachuk.org/sites/default/files/Sports-Coaching-in-the-UK-III.pdf>) will be invoiced to the club.

All competitors will pay their own entry fee and any other fee associated with each competition. There coaching fees will be charged for any additional coaching sessions leading up to competition and Practice.



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Competitive weightlifters' families and adult lifters themselves are expected to pay for a coach's food, travel, and hotel costs. All lifters are to pay coach's expenses and fees

If a coach takes several weightlifters to a competition, the coach's total expenses may be split his or her expense all competitors.

If a coach takes only one weightlifter to a competition, the weightlifter's family is expected to pay for all of his or her coach's expenses which may include a round-trip plane flight, a rental car, and several days in a hotel, and meals.

November 2013

### **13. RTB TRAINING SESSION POLICY**

#### **Warm-up**

Where the opportunity allows there will be a warm-up before OW sessions or a controlled start to training as this will lead to fewer injuries when training. All weightlifters will take part in warm-ups or have a controlled start to training. During warm-ups, tracksuits should be kept on to ensure that the muscles stay warm. In warm weather lighter clothing is advisable.

If a weightlifter is to a class that they miss the warm-up or a warm-up is not viable, they will have a controlled start to the session.

#### **Training**

The class may not consist solely of weightlifting. It is our belief that to be well-rounded weightlifters, the participant must have an understanding of certain other essential elements. These areas might include warm up, floor exercises and flexibility exercises. In each instance, the coach will be suitably qualified/trained to teach these additional skills.

Weightlifters are also encouraged to take appropriate breaks to ensure they are not overworked or dehydrated. All weightlifters may therefore have a drink with them. The drink must be in container that will not spill and one that will not cause a danger if broken (i.e. not glass).

#### **Cool-down**

After a strenuous training session, it is important that the weightlifters should calm themselves down, stretch out, and return their body to relaxed state.

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#### **14. RTB CLUB MANUAL SUPPORT DURING TRAINING POLICY**

Where manual handling / support is given, this will be in accordance with British Weight Lifting approved techniques. Its need will also be explained to the performer.

The Club operates an open viewing policy and parents are welcome to attend training sessions, although for safety/insurance reasons any non-member of the BWL will not be allowed to come in to contact with the immediate area of the training platforms. All Club coaches also regularly update their coaching qualifications to ensure that they are using current best practice. Where appropriate, coaches will happily discuss any concerns or issues arising from those sessions.

#### **15. RTB CLUB PARENTAL INVOLVEMENT POLICY**

The Club operates an open viewing policy and parents are encouraged to watch the training sessions, however we would like to ask that if they are not coaching, that they remain at the side of the sports hall or in the viewing gallery, as their presence by the lifting platform can often be disruptive.

The exceptions to the above are as follows:

- 1) At the discretion of the Head Coach, one appropriate adult (over 16 years old) may stay to “settle” in a new member if required for a maximum of two weeks.
  
- 2) At the discretion of the Head Coach, one appropriate adult (over 16 years old) may accompany a participant if the participant requires more than usual attention, e.g. young or special needs. BWL membership applies.

We also feel strongly that there should be regular communication between parents, coaches and weightlifters: whether this is to tell us if a child is ill or unable to attend sessions, or to share any concerns or complaints about any aspect of the club, or simply to enquire as to a child's progress and what they can do to develop further. The Club has adopted the "Good Parents Guide" (see attached page) produced by the Sports Coach UK, as the Clubs Code of Conduct for Parents/Guardians.

## The Good Parents Guide

As a parent, you play an important role in promoting your child's happiness and success in sport. Your expectations have a significant bearing on your child's attitude to participation in sport.

Positive encouragement from you will contribute to them having:

- ▲ a sense of personal achievement
- ▲ an enjoyment of sport
- ▲ improved physical fitness
- ▲ higher self-esteem
- ▲ a greater level of skill.

Find out what your child wants from sport, and help set realistic targets to achieve this. This may involve controlling your own aspirations and avoiding the desire to force your own dreams or unfulfilled ambitions on them.

It is important to:

- ▲ encourage but not force your child to be active
- ▲ know when your child is ready to play
- ▲ encourage healthy lifestyle habits
- ▲ take part in home-based games
- ▲ promote and teach fair play
- ▲ help children to set realistic targets
- ▲ help children with decision-making
- ▲ set an example by being active in sport
- ▲ take children to watch competitions.

### **How can you help your child's coach?**

There are many ways in which you can become involved in your child's sport. You may find yourself trying to juggle commitments to make time for your child's sport. Be realistic about the input you are able to make. You can:

- ▲ supply or organise transport to and from practices and competitions
- ▲ assist coaches with supervision during sessions, if asked
- ▲ become a coach or leader
- ▲ officiate games
- ▲ wash sports kit
- ▲ help out with administration
- ▲ set up a parents' committee
- ▲ assist with the organisation of special events/activities.

### **Working with your child's coach**

It is important that you establish contact with the individual responsible for coaching your child.

- ▲ Communicate any concerns to the coach.
- ▲ Give the coach help when asked and show appreciation for a job well done.
- ▲ Refrain from contacting the coach unless it is necessary, respect they have a private life.
- ▲ Inform the coach about any illness, injury, holidays, etc.
- ▲ Make an effort to watch games.
- ▲ Make sure your child has appropriate equipment/clothing.

Clip & Copy

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## **16. REMOVAL POLICY FROM THE RTB CLUB**

The club will remove individuals from its list of members and coaches under the following circumstances.

- **Gross Misconduct**

This is deemed as any act bringing the club into disrepute or behaviour unseemly of a well-mannered sportsman/woman or their parent/guardian. Examples would include verbal or physical aggression. Depending on the seriousness and timing of the offence the lead coach for the session may ask for the individual to leave immediately. This individual's membership shall be suspended pending urgent investigation by the administrative committee, whose decision is final on removal of the individual from the club. In the case of gross misconduct by a parent/guardian, their child's membership will be suspended / cancelled by the administrative committee.

- **Non-payment of BWL Membership**

All BWL membership information is freely available via <http://www.raisethebarnewcastle.co.uk/our-club/> and everyone can see what is required prior to attending RTB's training sessions. Individuals will only be allowed to attend once for a trial, and then if they decide to come back, they must ensure that the necessary memberships of British Weight Lifting.

- **Grievances/Complaints**

See grievances/complaints policy.

All upheld complaints of bullying or harassment will receive a warning or removal from the club. Warnings shall be verbal or written, and BWL Head Office will be notified. Recurrent warnings shall put the individual's (or their child's) engagement with the club under threat.

May 2010

## **17. RTB FIRST AID POLICY**

The Club will actively encourage suitable Club Officials to undertake First Aid courses. It is the clubs policy to transfer responsibility to trained Centre Staff, as they should have a greater knowledge.

An appropriately stocked first aid kit should always be available from Leisure Centre Staff and no other first aid equipment should be used.

In the event of a serious accident, the emergency services must be contacted and medical help sought.





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Any accidents requiring treatment or that requires advice being given will be reported to the administrative committee and/or the Leisure Centres accident report book/form. It is good practice for the relevant coach to keep detailed contemporaneous records of any such accident.

It is quite common, for soft tissue injuries such as blisters or pulled muscles to occur. These are not serious and can be kept to a minimum by wearing the correct clothing and doing appropriate stretching exercises. If you have any concerns though, please do not hesitate to contact any of the coaching staff.

### ***Medical Conditions***

To ensure that we are equipped to deal with any problems, the coaching staff must be informed of any medical conditions or medication taken. It is especially important that we are kept informed of any accidents or illness, as this may affect performance or safety within the class. These may be recorded for our benefit.

### ***Consent for Emergency Treatment***

Although we would hope not to need them, we also would request that parents/responsible adults complete a consent form for use in the event of any serious medical emergency.

Nov 2009



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## **18. RTB DEVELOPMENT PLAN FOR 2011**

### ***Club Mark Accreditation (current target for 2014 Application)***

The club wants to promote itself as being a great example to other Olympic weightlifting clubs in the UK; and as such, attainment of the British Weight Lifting /Sport England Club Mark accreditation will be desirable within 2 years of setting up of the club.

### ***Equipment***

Over time, the club will replace bumper plates at the end of their lifespan and increase the number of new ones owned, to allow the club to grow further.

### ***Insurance***

Most of the RTB Club's equipment is loaned by the BWL and NWL (Northern Weight Lifting), and remains their property. However, if any participant breaks equipment accidentally or on purpose, BWL will ask for reimbursement.

### ***Performer Development and Competitive Members***

Not only the club is aiming to introduce and engage local community to an Olympic weightlifting Sport, it also provides full support to those lifters who are interested in competitions. Those members of the club will progress through the Regional and National Competitions, with a view to competing in the British Weight Lifting Championships. (See Policy 12 on RTB Coach's Fees and Expenses).

Current Target: On going

### ***Coaching Development***

#### **Special Needs Coaching**

This will be both demand led and to suit the interests of a particular coach. Its development is to be encouraged generally but has to remain at a coach's entire discretion due to the significant commitment required to establish a special needs coaching class.

### ***Increased Numbers and Grades of Coaches***

RTB club will need to have a reservoir of able coaches to allow the club to grow. It is hoped that by being a centre of excellence and enthusiasm in coaching that other individuals (e.g. parents or current club members) will go on to become coaches in their own right. The club will support the



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timely progression of coaches to higher grades of qualification and use the BWL approved internal mentoring process to aid this.

Current: 1                      Target by 2011: 3

### ***Junior and Adult Referees Development***

#### **Increased Numbers of Referees**

Suitably qualified and experienced referees are required in all competitive clubs. RTB will aim to have more than the minimum required to enter competitions and will promote development of the number of junior and adult referees within the club. The club will support the timely progression of judges to higher grades of qualification.

Current: 0                      Target by 2014: 2

### ***Parental Involvement***

#### **Increased Parental Involvement**

As the club grows, more help will be required for day to day administration and club management. RTB hopes to have suitably motivated and motivating parents involved in the coaching/judging/committee/fundraising functions of the club.

Current Target: By December 2014 – 3 parents in named roles in the club.

## *Club Membership*

Membership does not exist yet, but RTB is planning to introduce it in 2014. As RTB aspires to be one of the leading weightlifting clubs in North East of England and Britain, it will need a broad base of competitors to draw on for the upper levels. The number of lifters that can train in any given session is 20, due to available equipment. Assuming that the Equipment and Coach development figures are attained it is realistic to hope that the following numbers of members are possible;

	<u>Jan 2012</u>	<u>Target December 2013</u>	<u>Target Jul 2014</u>
Youth	5	10	15
Adults	5	10	20
Competitive	<u>5</u>	<u>10</u>	<u>10</u>
TOTAL	10	20	55

1. "Raise the Bar" Olympic Weightlifting Club was established in May 2010. It is affiliated to the BWL. In Newcastle, Ol. Weightlifting is almost unheard of. The first ever OW club in Newcastle, aspires to be amongst the best training clubs in the UK. The club was set up by head coach, who has many years of coaching experience and competing in Weightlifting. The date, the club has twelve committed lifters (age 13 to 16) who are hard-working and driven. Five of the lifters will compete in BWL competitions this year. The club is also opened to the wider community, enabling 19+ y.o. to train.
2. The club is based in the regeneration area of the City. It will maintain a tradition of giving opportunities to the less privileged in our society, by adopting **Cohesion Policy**. The head coach, therefore, is actively promoting and coaching OW and the club to local schools. The aim is feed them to the club, which not only fits in with the "Every child Matters" agenda, but also provides youth with competitive & safe sporting after-school environment. The club has safeguarding policy. The coach, ex-PE teacher, also raises attainment by educating lifters about anatomy, numeracy, literacy, nutrition, and respect towards self and others.
3. The goal of the club is to create a life-long love for the sport, as well as physical activity in general. It encourages young lifters to analyse correct and safe lifting techniques (basic biomechanics) and peer-coach, with a long-term aims of guiding lifters them towards studying Sports degrees at universities, volunteering and working as coaches. Other goals are to achieve Club Mark Award recognition. The club also is liaising with coaches from other sports, encouraging their athletes to use the club for strength and conditioning purposes. "Raise the Bar" OW club is colour-blind and through sport it is hoping to bridge

the gap between various ethnic minorities, races and religions, in order to create very diverse and close weightlifting community. Our club, which has the distinction of being the only one of its kind to its own kind, strives to be an avenue for young sportsmen and women to realize their goals and aspirations. In general, there are a lot more of male coaches, than there are of female coaches. The club is hoping to break that cycle and increase women's participation within the club, as well as bring lifters from BME communities.

4. Money 1000
5. Currently, the club has only one 20kg Olympic bar and pair of 10kg disks. The coach purchased nine fitness bars, with own money, which was good enough to start with. Now, some of the lifters are ready to progress, but to do so, we need to buy bars, disks, safety collars, as well as small medicine balls. The equipment the club needs is: rubber coated 2.5 kg and 5 kg discs; solid rubber 10 kg, 15 kg, 20 kg and 25 kg disks; chinning station, training bench, and exercise mats.
6. It will enable the coach to extend the number of participants in any one session, as there will be more equipment to work with. It will make the club look like it means what it set out to achieve. The lifters will be more on-the-go with their training, meaning that they would not have to wait for their turn for more than 5 minutes. Thus, the behaviour and concentration levels will improve. Talented and gifted athletes will have a chance to progress further with their training. Finally, it will aid the club to have more room to grow.
7. Access fund raising events, Sport England funding; seeks partnership