



Coaches Codes of Conduct

1. Classification of Manx Powerlifting Coaches

Non Approved MP Coach

Any coach offering powerlifting to Manx Powerlifting members / lifters

Approved MP Coach

Bound by the coaches code of conduct

Manx Powerlifting Member

DBS Checked – basic level

Safeguarding Checked – basic level

At least a Level 1 BP Coach

Have completed the clean coaching course

Be in good standing with MP/BP

Manx Powerlifting International Coach

All of the above

Also being MP Head Coach or assigned coaching duties by the Head Coach / Committee for an international competition.

Have completed the international level WADA course

Competition Day Handler

Bound by the coaches code of conduct in relation to any activities associated with the competition they have been assigned too. Assigned by the Head Coach in instances where there is no approved coach available to assist with the competition.

2. CODE OF CONDUCT POLICY FOR MANX POWERLIFTING COACHES

Coaches are key to the establishment of ethics within powerlifting. Their morals, ethics and attitude directly affects the behaviour of lifters under their supervision. Coaches are therefore, expected to pay particular attention to their conduct as a whole.

Coaches must be aware that almost all of their everyday decisions and choices have ethical implications, including their strategic targets; winning constitutes a natural basic concern for coaches. This code of conduct is not intended to conflict with that however, it does call for coaches to disassociate themselves from a “win-at-costs” attitude.

Increased responsibility is required from those coaches involved in coaching children, young people and vulnerable adults. The health, safety welfare and moral education of young people is of the highest priority, above the achievement or the reputation of the club, gym, coach or parent.

Set out below is the Manx Powerlifting Association Coaches Code of Conduct which forms the foundation for all involved in coaching:

- Coaches must respect the rights, dignity and worth of each and every person, ensuring to treat all individuals equally within the context of the sport.
- Coaches must place the well-being and safety of each lifter above all other considerations, including the development of performance.
- Coaches must adhere to all guidelines laid down by relevant governing bodies.
- Coaches must develop an appropriate working relationship with each lifter based on mutual trust and respect. Inappropriate relationships that cross the coach / lifter professional boundaries will not be tolerated. Should you have concerns relating to an inappropriate relationship please follow the reporting guidelines laid out in the complaints and disciplinary procedure. Should the lifter be under 18 please consult the safeguarding policy.

- Coaches must not exert undue influence to obtain personal benefit or reward.
- Coaches must encourage, educate and guide lifters to accept responsibility for their own behaviour and performance.
- Coaches must ensure that any activities they direct or advocate are appropriate for the age, maturity, experience and ability of lifters.
- Coaches should, at the outset, clarify with the lifter (and, where appropriate, parent) exactly what is expected of them and also what they are entitled to expect from their coach.
- Coaches must co-operate fully with other specialists (eg other coaches, officials, sports scientists, doctors, physiotherapists) in the best interests of the lifter, in a professional manner and how a representative of Manx Powerlifting is expected to conduct themselves.
- Coaches must always promote the positive aspects of the sport (eg healthy competition, anti doping laws). They must never condone behaviour contrary to the spirit of powerlifting, relevant rules and regulations or the use of prohibited substances or techniques.
- Coaches must consistently display high standards of behaviour and must coach and advise lifters to their level of knowledge, experience and expertise.

Any breach of the above code of conduct should be reported and may result in disciplinary proceedings.