



**COMPETITION EXPENSES & SUPPORT POLICY
COACHES & VOLUNTEERS**

Powerlifting Isle of Man (PLIoM)

Competition Expenses & Support Policy – Coaches & Volunteers

April 2026

1. Purpose

This policy outlines the allocation, eligibility, and reimbursement procedures for expenses relating to coaches and volunteers supporting Powerlifting Isle of Man athletes at national and international competitions.

The policy aims to:

- Ensure fair and transparent use of association funds
- Support athlete performance through appropriate coaching provision
- Recognise the contribution of volunteers and coaching staff
- Maintain financial accountability

2. Coaching Allocation Ratios

The standard coach-to-athlete allocation for national and international competitions will be:

Athletes Attending	Coaches Allocated
Up to 3 athletes	1 coach
Up to 8 athletes	2 coaches
Up to 15 athletes	4 coaches
Up to 25 athletes	5 coaches
30+ athletes	6 coaches

Special requests to vary these ratios due to travel logistics, funding availability, safeguarding considerations, or performance needs may be submitted by the Head Coach to the Committee for approval.

Assistance will be given to funding off island travel for all other volunteers on a case by case basis. Approval must be granted by 2 members of the committee and must provide value to the growth of the sport on the Isle of Man

3. Funding Structure

3.1 General Guidance

Mileage will be payable at 45p per mile

Hotel costs capped at a maximum £120 per night for all competitions where stay in an approved hotel is not a requirement

3.2 Association Contribution

Powerlifting Isle of Man will normally provide 50% of approved coaching and volunteer expenses, funded through:

- Association funds, and/or
- Grants received via Isle of Man Sport or other funding bodies.

3.3 International Competitions

For international competitions (including, but not limited to, Commonwealth Championships):

- 50% of coaching costs will be funded by PLIoM.
- The remaining 50% will be funded collectively by the selected athletes. Athletes must pay their contribution before final nominations unless expressly agreed by committee. If fees are not paid by that date and an agreement is not in place the athlete will not be included in team

If a coach withdraws from coaching at the competition, all fees must be reimbursed to the association and will be further distributed to the athletes who have paid.

3.4 National Competitions

For national competitions:

- PLIoM will fund 50% of approved coaching expenses.
- The remaining 50% will be:
- Self-funded, or
- Funded by participating athletes at the discretion of the coaching team.

4. Coaches Who Are Also Competing

Where individuals are both coaching and competing:

- Accommodation reimbursement may be claimed for the night before and/or after coaching duties.

5. Travel reimbursement eligibility:

- Coaches: up to 50% of travel costs
- Assistant Coaches: up to 30% of travel costs

Due to the significant preparatory workload, planning responsibilities, and competition management requirements, the Head Coach may claim full reimbursement of approved competition-related expenses.

All claims remain subject to committee approval.

5. Reimbursement Process

- All expenses operate on a reimbursement basis.
- Pre-payment or advance funding must be requested in writing and approved by the Committee prior to expenditure.
- Claims must:
 - Be submitted within 30 days of the event.
 - Use the official PLIoM Expenses Claim Form.
 - Include all supporting receipts and documentation.
 - Be approved by two Committee Members before payment.

Late submissions may not be reimbursed unless exceptional circumstances are agreed by the Committee.

6. Eligible Non-Travel Expenses

The Head Coach may claim reimbursement for reasonable operational expenses incurred while supporting the team, including:

- Team-building activities
- Food and drink provided to coaches and volunteers while undertaking official

duties

These costs are capped at:

£10 per person, per day/event

All expenses must be reasonable, directly related to competition duties, and supported by receipts.

7. General Principles

All expense claims must demonstrate:

- Value for money
- Transparency
- Alignment with athlete development and welfare
- Responsible stewardship of association funds

The Committee reserves the right to review, amend, or refuse claims that fall outside this policy.

Please note that the total claimed must not exceed the total expenses incurred including any contributions from other sources. E.g payments from British Powerlifting or the IPF for volunteering or coaching must be deducted from the total claim.