



Guidance for Parents

This guidance has been produced specifically for parents whose children participate in Powerlifting

Powerlifting provides opportunities for enjoyment and achievement; it can develop qualities such as self-esteem leadership and teamwork, as well as physical benefits. Providing young people with a positive lifting experience means that they will be more likely to achieve their true potential. Every young person has the right to have fun and to be safe and free from harm, whether competing at local level or representing their nation at International level. As a parent /legal guardian you should feel comfortable with the environment that your child is in and able to ask questions about the federation, structure, people, policies and practices of that federation.

It is essential that parents/legal guardians have a general awareness of good practice when selecting a powerlifting centre for a young person to attend. This will ensure that they can enjoy lifting within a safe and secure environment where they feel protected and able to make the most suitable choices for themselves. Providing youth with positive sporting experiences means that they are more likely to be able to achieve their true potential.

It is the responsibility of everyone in the sport to make sure that all powerlifting activities are safe and fun. Every individual and member federations within the IPF lifting Community has a role and responsibility to ensure the safety and welfare of juniors and Sub-juniors.

This document is designed to provide you the parents/legal guardians with information on good Practice and ideas of questions to ask about the powerlifting centre your child attend, and to ensure that both you and your child understand the way the powerlifting centre works, and your roles and responsibilities as participants and spectators of the sport

Position of Trust

All coaches who work with young people in powerlifting are in a position of trust which has been invested in them by parents, the sport, and the young person. This relationship can be described as one in which the coach is in a position of power and influence by virtue of their position

What should my child's powerlifting centre have?

A Child Protection Policy

The powerlifting centre should have a child protection policy which outlines procedures for dealing with abuse, disclosures or poor practice, The International Powerlifting Federation (IPF) provide a child protection policy that all powerlifting centre have to agree to adopt. It outlines procedures for dealing with possible abuse, disclosures or poor practice.

Codes of Conduct

The powerlifting centre should have written codes of conduct for parents/carers, volunteers, and participants

Insurance

The powerlifting centre should have civil liability insurance.

Health & Safety

The powerlifting centre should issue a consent form that includes emergency contact details and medical declaration form and consent for your child to be photographed.

IPF Coaches need to know contact details in case of an emergency and also need to be aware of any medication your child may be taking or any other specific needs. You should be asked to complete a parental consent form with this information when you first attend the centre.

There should be somebody on site who holds a recognised first aid qualification (this could be a member of staff if it is a leisure centre) and a first aid kit should be available.

The powerlifting centre should have guidelines for dealing with injuries and mechanisms in place to ensure the safety of the equipment

Questions to consider.

Are coaches and centre personnel suitable to work with young people?

All coaches and centre personnel working with young people should have been appropriately screened as a minimum. This should include the successful completion of an enhanced Criminal Records Bureau (CRB) check and appropriate references taken. And should be renewed every two years.

Are the coaches qualified/registered and insured?

All coaches should hold an up to date IPF coach licence.

Coaches should have up to date insurance cover and covers them for a minimum of €5 million for Public liability.

Do the coaches have appropriate training?

It is recommended that all powerlifting coaches working with young people under the age of 18 hold an IPF coach licence and a First Aid Certificate.

Who can parents contact if they have any concerns?

Every IPF member federation should appoint a contact person to deal with parents concern.

- They can ask to speak to them and explain their concerns
- All concerns will be taken seriously and investigated
- All concerns will be treated in the strictest confidence, with only the people who can help the situation becoming involved if required.