Code of Conduct for Olympic Weightlifting Coaches

This Code serves as a guide to uphold ethical standards in Olympic weightlifting coaching. It emphasises the importance of professionalism, athlete welfare, ethical coaching practices, continuous learning, and accountability within the coaching profession.

Interpretation

The term 'profession' refers to the coaching movement that involves volunteer and paid coaches, and recognises that coaching requires specialised knowledge and skill.

The term 'sport', in the first instance, refers to Olympic Weightlifting but can also refer to other sports in which the coach may be involved and where the coach's practice may reflect on Weightlifting New Zealand and its coaching movement.

Professionalism and Conduct

Respect for Athletes: Treat all athletes with respect, fairness, and dignity, regardless of their skill level, background, or identity.

Professionalism: Maintain professional boundaries and conduct oneself in a manner that upholds the reputation of the sport and coaching profession.

Conflict Resolution: Address conflicts or disagreements in a constructive and respectful manner, prioritising the well-being of athletes and the team.

Athlete Welfare and Safety

Physical and Emotional Safety: Ensure a safe training environment, emphasizing proper technique, equipment safety, and injury prevention.

Athlete Well-being: Prioritise the physical and mental health of athletes, promoting a balanced approach to training and avoiding excessive pressure or harm.

Consent and Boundaries: Respect athletes' personal boundaries, seek consent for physical contact when necessary, and refrain from any form of abuse, harassment, or exploitation.

Ethical Coaching Practices

Fair Play: Advocate for fair play and integrity, refraining from cheating, doping, or any form of unethical behaviour that undermines the spirit of the sport.

Skill Development: Focus on holistic athlete development, emphasising skill acquisition, physical conditioning, and mental preparation.

Respect for Coaching Boundaries: Coaches must not approach, recruit, or offer coaching services to athletes who are currently affiliated with another club or coach. This includes inviting athletes from other clubs to attend training sessions, camps, or development activities. Any communication of this nature must only occur after prior consultation with and consent from the athlete's current coach**.** Coaches are expected to uphold professional courtesy, maintain positive relationships between clubs, and respect all existing coaching arrangements.

International Coaching Assistance: Where an athlete representing Weightlifting New Zealand at an International competition seeks or is offered coaching, technical assistance, or support from a coach or other coaching professional who is NOT part of the athletes New Zealand's coaching team, prior permission must be obtained from Weightlifting New Zealand and, where appropriate, the athletes appoint New Zealand coach

Coaches must no independently arrange, encourage or facilitate external international coaching support for a New Zealand representative with prior consultation and approval from Weightlifting New Zealand. Any external coaching assistance must be in the best interest of the athlete and the New Zealand team and must not undermine existing coaching arrangements or team responsibilities'

Inclusivity: Embrace diversity and inclusivity, providing equal opportunities and support for athletes of all backgrounds and abilities.

Professional Development and Responsibility

Continuous Learning: Commit to ongoing education and professional development, staying updated with the latest coaching methodologies, safety standards, and ethical guidelines.

Responsibility to Athletes: Act in the best interests of athletes, offering guidance, mentorship, and support beyond the training environment when necessary.

Responsible Leadership: Lead by example, demonstrating leadership qualities that inspire athletes and promote a positive and respectful team culture.

Confidentiality and Privacy

Confidentiality: Respect the confidentiality of athletes' personal information, training data, and any sensitive matters discussed within the coaching relationship.

Privacy: Ensure the privacy of athletes, seeking permission before sharing their images, videos, or personal information in public or promotional materials.

Compliance and Accountability

Adherence to Regulations:

Aide by the ALL WNZ Sport Integrity Policies

Abide by the rules, regulations, and ethical standards set out by relevant sporting bodies, organisations, and governing bodies. These include but are not restricted to: Weightlifting New Zealand, the International Weightlifting Federation, Drug Free Sport New Zealand, the World Anti-Doping Agency, and the New Zealand Olympic Committee.

Accountability: Take responsibility for one's actions and decisions, accepting feedback and constructive criticism to continually improve coaching practices.