

# AUSTRALIAN POWERLIFTING UNION LTD



## Coach Responsibility

### **The Aim of a Coach**

-Is to ensure the successful coaching of their lifters at all levels, to encourage participation in the sport of Powerlifting, to help each lifter and team to achieve the results.

### **What is the Coach Responsibility?**

-The Coach has many duties associated with the above aims, he/she needs to have a strong character and disciplined approach at all times, he/she must always be in charge.

The number of Coaches for each lifting group in the wrapping area

1 Athlete = up to 2 Coaches

2-3 Athletes = up to 3 Coaches

4 Athletes = up to 4 Coaches which is the maximum number of Coaches allowed.

Promoters to install a Coach Observation zone in the wrapping area with a TV monitor link to the Lifting platform for coaches to be able to follow the lifting, if this is not possible then an Observation Zone behind the speaker table for coaches to view the lifting.

### **Being a Coach you must ensure the following:**

1. Coaches are required to be members of APU Ltd. and hold qualification such as ASCA Level 1 Strength and Conditioning, NCAS Level 1 Powerlifting Coaching Certificate, Cert IV Fitness, or Sports Science Degree. If policies change due to government or legal requirements, the Coach will be required to gain further skills and/or qualifications at their own expense.
2. Only coaches nominated by the Head Coach will be accepted to coach at the championship/competition. Coaches should apply to be nominated by emailing [colin.webb@powerlifting.org.au](mailto:colin.webb@powerlifting.org.au)
3. The Head Coach must ensure only one coach goes with the athletes to the coaching zone and must be properly dressed.
4. The behaviour of the coaches and lifters in the warm up and wrapping area is the responsibility of the Head Coach.
5. All coaches will be respectful and professional to all other coaches, referees, officials and other athletes. Failure to do so may be grounds for removal from the event and possible discipline. Any coach (or athlete) found gossiping or rumoring about other coaches, athletes, referees or officials regarding their methods, performance, outcome or personality that may be seen as humiliating, hurtful or disrespectful will be disciplined. All instances of this shall be reported to APU Board immediately.
6. The Head Coach must ensure each of his assistant coaches receive coaches ID (eg: a badge with photo, a wrist band) to gain access to the warm up, wrapping and lifting area.
7. The Head Coach must arrange with the organizer a fix training time for his/her team.

8. The Head Coach must ensure all equipment used during training is replace on racks and the platforms is left tidy and the trainings area leaves in clean conditions (no garbage etc.) same applies after the Competition.
9. The Head Coach must ensure at weigh-in his/her lifters must present the required ID to the Referees. (eg: APU membership receipt, Passport).
10. The Head Coach must ensure at the equipment check lifters equipment is in accordance with IPF Technical rules.
11. The Head Coach and assistant coaches in the warm-up, wrapping and lifting area must acknowledge their Requirement to adhere to all the APU/IPF Anti-Doping rules.
12. The Head Coach is responsible for the final say in the attempt selection or changes of weight of the Athletes attempted lift. By giving the coach enough time to change the attempt at the table, the athlete may ask the coach to lower the attempt if he/she feels the attempt may injure or cause harm to him/herself or any other personnel. The request to lower the weight should be applied.
13. In team events, the Coach must ensure that he/she aims for the highest overall place for the athlete's result unless otherwise agreed to with the Head Coach. Records, PB's and individual discipline medals should only be considered when it will not affect the overall placing of the athlete.
14. The Head Coach to ensure the lifters is prepared and ready to take the platform when his/her name is called.
15. The Head Coach to ensure the lifters is prepared and ready to take the platform when his/her name is called for the victory ceremony.
16. Concerning warm- up and wrapping, any drinking of alcohol by Head Coach, assistant coaches and your lifters in the mentioned areas above is strictly forbidden, under no circumstance can any person under the influence of alcohol be in the warm up room at any time and this shall be ensured by the Head Coach.
17. Messaging, via a messaging App (eg: WhatsApp, messenger, or sms) is not permitted for coaches *or* athletes during competition at National or International events. Communication devices should be switched off during competition.

**I acknowledge that I have read and understood the above. I understand that failure of these expectations will render me liable for disciplinary action by the APU Disciplinary Committee, or in case relating to item 10. above, for the review and hearing processes specified in the relevant articles of the IPF Anti-Doping Rules.**

NAME of Head Coach.....  
Please state

NAME of Coach.....  
Please state

Nation/State .....

SIGNATURE.....DATE.....