



Coach Responsibility

The Aims of a Coach Responsibility

-Is to ensure the successful coaching of their lifters at International level, to encourage participation in the sport of Powerlifting, to help each lifter to achieve the best results that their potential indicates,

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.

1. Being a Coach you must ensure the following:

The number of Coaches for each lifting group in the warm-up

1 Athlete = 3 Coaches

2- 3 Athletes = 5 Coaches

4 Athletes = 6 Coaches which is the maximum number of Coaches allowed.

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

1 Athlete = 2 Coaches

2-3 Athletes = 3 Coaches

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

2. 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

3. The Head Coach must ensure only one coach goes with the athletes to the coaching zone

By-Laws 105.3.6: Dress code for Coaches at international events shall be national team tracksuit plus team or IPF approved t-shirt, or sport shorts plus team or IPF approved t-shirt and the coach must adhere to this code failing which on the ruling of the Technical Controller or Jury it may result in the Coach being excluded from the event warm up room and competition surrounds.

4. The behaviour of the coaches and lifters in the warm up and wrapping area is the responsibility of the Head Coach

5. The Head Coach must ensure each of his assistant coaches receive a badge with photo to gain access to the warm up, wrapping and lifting area

6. The Head Coach must arranged with the organizer a fix training time for his/her team

7. 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

8. The Head Coach must ensure at weigh-in his/her lifters must present the following to the Referees:
Appendix 2, Lifters profile and passport.
9. The Head Coach must ensure at the equipment check lifters equipment is in accordance with IPF
Technical rules
10. The Head Coach and assistant coaches in the warm-up, wrapping and lifting area **must** acknowledge their
Requirement to adhere to all the IPF Anti-Doping rules.
11. The Head Coach to ensure the lifters is prepared and ready to take the platform when his/her name is
called.
12. 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.
13. 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**

I acknowledge that I have read and understood the above. I understand that abuse of these expectations will render me liable for disciplinary action by the IPF 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

National Federation.....

SIGNATURE DATE