

Northern Ireland Powerlifting Federation (NIPF)

Athlete & Coach Code of Conduct

1. Introduction

1.1 The Northern Ireland Powerlifting Federation (NIPF), under the auspices of British Powerlifting (BP), is the recognised governing body for powerlifting in Northern Ireland under the International Powerlifting Federation (IPF).

1.2 As an athlete, coach, or official representing NIPF, I acknowledge the responsibility to uphold the highest standards of integrity, professionalism, and sportsmanship.

1.3 This Code of Conduct outlines expectations for all members participating in NIPF-sanctioned events or representing Northern Ireland internationally.

1.4 Membership is a privilege and may be withdrawn, or disciplinary action taken, if conduct is inconsistent with this policy.

2. Commitment to Excellence

2.1 I commit to representing the values of fair play, respect, and sportsmanship in all aspects of my participation in powerlifting.

2.2 I will strive for excellence while adhering to the rules and regulations of:

- **2.2.1** Northern Ireland Powerlifting Federation (NIPF)
- **2.2.2** British Powerlifting (BP)
- **2.2.3** International Powerlifting Federation (IPF)
- **2.2.4** World Anti-Doping Agency (WADA)

3. Respect for Opponents, Officials & Peers

3.1 I will treat all athletes, coaches, referees, volunteers, officials, spectators and staff with dignity and respect, regardless of background or identity.

3.2 Unsportsmanlike behaviour including, but not limited to, taunting, offensive language, trash-talking, or disrespectful gestures is unacceptable and may result in disciplinary action.

3.3 I understand that behaviour, language and actions that are discriminatory in nature (e.g. sectarianism, racism, homophobia, sexism, ableism, etc.) are serious violations of this Code of Conduct and will be dealt with according to Paragraph 14 of this policy.

4. Integrity & Honesty

4.1 I will compete honestly and refrain from:

- **4.1.1** Cheating or manipulating competition outcomes
- **4.1.2** Doping or attempting to evade anti-doping procedures
- **4.1.3** Harassment, discrimination, or abuse of any kind

- **4.1.4** Fraud, theft, or deception
- **4.1.5** Misrepresentation of achievements, qualifications, or eligibility

4.2 I understand that doping violations may result in suspension, disqualification, and loss of titles or records, as per WADA and IPF rules.

5. Compliance with Anti-Doping Regulations

5.1 I will comply fully with anti-doping rules set by WADA, IPF, BP, NIPF, and Sport NI.

5.2 I understand that:

- **5.2.1** I am responsible for knowing the prohibited list and complying with the list of prohibited substances and methods
- **5.2.2** I must comply with testing procedures and whereabouts requirements (if applicable)
- **5.2.3** I am liable for any costs associated with an Anti-Doping Rule Violation (ADRV)

6. Respect for the Sport & Training Environment

6.1 I will uphold the values of discipline, consistency, and respect for the sport of powerlifting.

6.2 I will:

- **6.2.1** Treat equipment and facilities with care
- **6.2.2** Maintain cleanliness and safety in training and competition areas
- **6.2.3** Avoid damaging property or equipment (e.g., dropping unloaded bars, misuse of kit)

7. Personal Conduct

7.1 As a representative of NIPF, I will conduct myself in a manner that reflects positively on the Federation at all times, both in person and online.

7.2 I will not engage in behaviour that brings myself, my club, NIPF, or BP into disrepute.

7.3 Regarding Alcohol & Substance Use:

- **7.3.1** I will not consume alcohol or recreational drugs while representing NIPF, including when in the company of anyone under 18.
- **7.3.2** I will follow all appropriate laws regarding intoxicating substances while representing NIPF and will act responsibly when:
 - **7.3.2.1** Wearing official team kit
 - **7.3.2.2** Travelling with the team
 - **7.3.2.3** Present at competition or training venues

8. Compliance with Federation Policies

8.1 I acknowledge that I am bound by NIPF and British Powerlifting policies, including those relating to:

- **8.1.1** Athlete conduct
- **8.1.2** Eligibility
- **8.1.3** Safeguarding
- **8.1.4** Anti-doping
- **8.1.5** Team selection

8.2 When representing NIPF, I will:

- **8.2.1** Wear official team kit where possible
- **8.2.2** Promote the Federation appropriately, including on social media
- **8.2.3** Ensure all fees and obligations are paid before travelling to international events, or on arrival to the event
- **8.2.4** Ensure to retain ownership of my NI National singlet. I understand, however, that should I wish to swap any kit with other athletes, I can swap my podium tracksuit kit or my NI National t-shirt.

9. Commitment to Continuous Improvement

9.1 I commit to ongoing development as an athlete, coach, or official.

9.2 I will not misrepresent injuries or fabricate reasons to avoid selection, training camps, or competitions.

10. Social Media & Digital Communications

10.1 I understand that my online presence reflects on NIPF.

10.2 I will not:

- **10.2.1** Engage in cyber-bullying or harassment
- **10.2.2** Post derogatory comments or content about athletes, coaches, officials, or the Federation

10.3 Boundaries:

One-to-one electronic communication between coaches and athletes under 18 should not occur except in group settings or with a parent/guardian copied.

11. Safeguarding & Positions of Trust

11.1 Mixed-Age Teams:

I acknowledge that NIPF teams may include minors. As an adult, I share responsibility for creating a safe and supportive environment.

11.2 Power Imbalance:

Coaches and officials must not exploit their position for personal, sexual, or financial gain.

11.3 Intimate Relationships:

Any consensual relationship between a coach and an adult athlete they directly supervise must be declared to the NIPF Safeguarding Officer to manage conflicts of interest.

11.4 Prohibited Contact:

Sexual relationships between a coach or individual in a position of authority and an athlete under 18 are strictly prohibited and will be reported to statutory authorities.

12. Data Protection & Privacy

12.1 I understand that I may be privvy to privileged information and communications. I will handle all privileged and personal data including medical information, contact details, and performance data in accordance with GDPR.

12.2 I will not share another member's private information without explicit written consent.

13. Reporting & Confidential Disclosure

13.1 Duty to Report:

I will report any behaviour that violates this Code.

13.2 Reporting Channels:

- **13.2.1** Safeguarding concerns should be reported to the NIPF Safeguarding Officer (in writing) to safeguarding@nipowerlifting.co.uk.
- **13.2.2** Conduct concerns should be reported (in writing) to the NIPF Safeguarding Officer to safeguarding@nipowerlifting.co.uk or to the NIPF CEO to ceo@nipowerlifting.co.uk.

13.3 Protection:

NIPF operates on the basis of non-retaliation. Members who report concerns in good faith will be protected from victimisation.

14. Disciplinary Action

14.1 Violations of this Code may result in:

- **14.1.1** Verbal or written reprimand
- **14.1.2** Withdrawal from a competition
- **14.1.3** Cancelling of accreditation
- **14.1.4** Fines or reimbursement of anti-doping-related costs
- **14.1.5** Removal and ineligibility from NIPF selection
- **14.1.6** Referral to a Disciplinary Committee
- **14.1.7** Termination of membership
- **14.1.8** Any combination of the above

14.2 Members may appeal disciplinary decisions by submitting a written request to the NIPF Executive within 21 days of the action.

15. Declaration

15.1 By agreeing to be a member of the Northern Ireland Powerlifting Federation National Team, I affirm my commitment to the principles and standards outlined in this Code of Conduct.

15.2 I understand that failure to comply may result in disciplinary action.

Athlete Name: _____

Date: _____

For any athlete under the age of 18, a parent or guardian will be expected to countersign this code of conduct. NIPF will contact your parent to confirm that you have read, understood and agreed to the content.

Parent/Guardian Name: _____

Date: _____

Parent's Email Address: _____

Parent's Telephone Number: _____