EALING WEIGHTLIFTING CLUB (Stars for the Future)
Code of Conduct for Coaches – Junior Lifters (2025)

Ealing Weightlifting Club is dedicated to providing a safe, positive, and professional coaching environment for all junior athletes.
All coaches working with junior lifters must uphold the highest standards of conduct and responsibility, in line with British Weight Lifting (BWL) and Safeguarding policies.

Coach Eligibility

- Must be 18 years or older.
- Must be registered and licensed with British Weight Lifting (BWL).
- Must hold a valid DBS (formerly CRB) clearance and renew it as required.
- Must complete relevant safeguarding and first aid training.

Coach Conduct and Behaviour

All coaches are expected to:

- Be a positive role model and create a respectful, inclusive, and motivating environment during all training sessions and competitions.
- Act courteously, respectfully, and professionally toward lifters, parents, fellow coaches, and officials.
- Promote a culture of fairness, equality, and good sportsmanship.
- Maintain a safe and supportive atmosphere, free from intimidation, bullying, or inappropriate behaviour.
- Use appropriate language at all times and demonstrate emotional control.
- Never consume alcohol or be under the influence of alcohol or drugs when working with lifters.
- Be punctual, organised, and well-prepared for all coaching sessions and events.
- Work collaboratively with other club coaches to ensure consistent standards and athlete development.
- Act responsibly and morally at all times when representing the club or working with young athletes.

Coaching Responsibilities

- Develop each lifter's interest, confidence, and love for the sport of weightlifting.
- Help each athlete achieve their maximum potential, focusing on long-term development rather than short-term results.
- Encourage technical mastery, discipline, and decision-making through structured, progressive coaching.
- Provide constructive feedback — never ridicule, humiliate, or over-criticise any lifter.
- Ensure every session is well-planned, age-appropriate, and safe.
- Promote and reward effort, improvement, and teamwork, not just competition outcomes.
- Maintain high standards of personal conduct and sportsmanship, regardless of competition results.

Professional Standards

- All coaches must sign this Code of Ethics before coaching under Ealing Weightlifting Club or British Weight Lifting.
- Any violation of this code may result in disciplinary action by the club or the national governing body (BWL).

Safeguarding Contacts

For advice or to report a concern, contact:

- Nosrat Karimi – Lead Safeguarding Officer
  📧 nosrat.karimi@icloud.com
- Allistair Arendse – Deputy Safeguarding Officer
  📧 allistar.arendse@icloud.com
- Kazem Panjavi – Head Coach / Deputy Safeguarding Officer
  📧 kazem@ealingweightlifting.uk

By coaching at Ealing Weightlifting Club, you agree to uphold this Code of Conduct and set the standard for safety, respect, and professionalism in developing young athletes.

🗓️ Updated: September 2025
📍 *Ealing Weightlifting Club (Stars for the Future)*
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