

Roles and Responsibilities for Board members and Volunteer Administrators of social media accounts

1. Promote all clubs in a fair manner.
2. Refer any questions pertaining to policies to OWA administrator or board member.
3. Must present Ontario Weightlifting members in a respectable manner.
4. When commenting on behalf of the OWA refrain from opinions on political affiliations, religion, race or gender.
5. All password information for any volunteer or contract account created on behalf of the OWA must be released to the board.
6. Online operational passwords must be re-accessed after an election, dismissal or end of contract. (Instagram, Facebook and Twitter)

Things to post:

1. Old pictures of established lifters, officials, coaches or board members.
2. General candid competition pictures.
3. Competition information (registration links, start lists, results, changes of information)
4. Deadlines for events or paperwork.
5. Training camp footage.
6. Coverage of OWA athletes at (inter)national events - including re-shares of athletes' own photos and stories.
7. General interest articles relevant to the sport of weightlifting (e.g. news media coverage on the sport pending Board approval or profiles of athletes).
8. Promotional and engagement initiatives (e.g. cover photo contests, athlete and board member profiles or interviews).
9. Other posts and re-posts/shares of OWA member posts, with an attempt to represent a diverse range of OWA athletes as much as possible (i.e. weight class, age, gender, beginner to elite athlete).
10. CWFHC or IWF news or updates as it relates to OWA and its members.

Things not to post:

1. Non-board-approved events, personal or product promotions. (i.e. seminars, raffles, sales, non-sanctioned weightlifting events).
2. Private contact information of OWA members.
3. No memes and vines.
4. Indecent or humorous posts that may negatively reflect any current or past members.
5. Political or religious content.
6. Unaccredited content (i.e. copyrighted images).