

# Ontario Weightlifting Association Code of Conduct Policy

## General Code of Conduct

**All athletes, coaches and officials pledge to abide by the following General Code of Conduct:**

1. Work towards the attainment of my full potential in the sport of Olympic Weightlifting. Respect other athletes, coaches, technical officials, volunteers, staff/contractors, facility owners, sponsors and other funding agencies.
2. Be gracious in victory and defeat, be co-operative and always remain a team player. I will abide by the True Sport Principles (Go for it, Play fair, Respect others, Keep it fun, Stay healthy, Give back, Include everyone – <https://truesportpur.ca/true-sport-principles>) and I will keep in mind that my actions on and off the platform reflect not only on me but my club, the OWA and my sport.
3. Regard Technical and Competition Rules and Regulations (TCRR) governing my sport as a form of agreement. The TCRR represent the spirit or letter which I will endeavor not to evade or break.
4. Treat all clubs, weightlifting centres, public areas, accommodations, facilities, as well as other people's property as if my own. I understand that any willful destruction of property or theft is not permitted. Full payment will be required for any destruction.
5. Treat everyone fairly with the context of their activity, regardless of gender, place of origin, colour, sexual orientation, religion, political belief, or economic status.
6. Not be involved in any act considered to be an offense under federal, provincial or local laws.
7. Report a witnessed event or any allegation of misconduct to the OWA Executive Board. For potential illegal behaviour involving minors, this must be promptly reported to police and/or child welfare.
8. Avoid the use of alcohol and tobacco products at any time if underage while participating, training or competing in Olympic Weightlifting competitions, training camps, clinics and functions. For those athletes of age, drink responsibly if they consume alcohol, remembering that they are role models and representatives of their club, OWA and the sport.

I understand that any violation of ANY Code of Conduct shall be investigated by the competition host, OWA or CWFHC personnel on site. If it is decided that individuals are not adhering to the above guidelines, any of the following actions may be pursued:

- a) Termination of participation in the given event.
- b) Removal of the right to participate in future related events.

- c) Withdrawal of funding for future OWA/CWFHC/Club events/teams.
- d) Further discipline by OWA, CWFHC and/or their respective club.

**Review and Approval**

This Policy, and related codes of conduct included herein, were last reviewed and approved by the Board of Directors on August 20, 2020.

**DOCUMENT HISTORY**

Adopted	October 28, 2016
Amended	August 20, 2020

## **Athlete Code of Conduct**

**In Addition to the General Code of Conduct, athletes are expected to:**

1. Act in a reasonable and acceptable manner; unacceptable behavior includes but is not limited to; conduct in contrary to True Sport principles, willful damage to property, actions that would cause the myself to lose eligibility to in OWA sanctioned competitions, or the Canadian Weightlifting Federation Haltérophile Canadienne (CWFHC) competitions.
2. Avoid the use of banned substances, including recreational drugs, in contravention the True Sport principles, the rules of OWA, CWFHC, IOC, the Canadian Anti-Doping Program (CADP), Ministry Tourism, Culture & Sport, Quest for Gold, Sport Canada policy and Canadian society. I will submit, without prior warning, to unannounced doping-control tests in and out of competition when requested by the OWA, CWFHC, IWF, CCES, WADA, or other authorities designated to do so.
3. Avoid possession of anabolic drugs and substances illegal under Canadian laws and shall neither supply such drugs directly or indirectly to others, nor encourage or condone their use by knowingly aiding in any effort to avoid detection of the use of banned substances or banned performance-enhancing practices.
4. Participate in any Anti-Doping Education Program as formulated by the OWA and/or the CWFHC in cooperation with CCES or other organizations as designated by the OWA.
5. Enjoy the sport!

## **Code of Conduct for Parents**

**As a parent of an Ontario Weightlifting Association (OWA) athlete, your role is to support the athlete in their training and performance to promote high standards and ethical behavior.**

### **DO:**

- Encourage the athlete to abide by the OWA General Code of Conduct and Athlete Code of Conduct.
- Applaud all good lifts whether it is by your teammate or competition.
- Treat everyone fairly with the context of their activity, regardless of gender, place of origin, colour, sexual orientation, religion, political belief, or economic status. Display exemplary behaviour and accept responsibility for your actions.
- Support all efforts to remove verbal and physical abuse from the competition.
- Most importantly, have fun.

### **DON'T:**

- Abuse, criticize, threaten, ridicule or intimidate an athlete, coach, official or spectator.
- Question the decisions of the official or jury, and never question their honesty and integrity.
- Enter the Field of Play, including the warm-up area, unless invited to do so by an official. Discriminate because of a person's gender, disability, ethnicity or religion.
- Swear, use bad language or harass anyone at the venue.

### **Failure to comply with this Code of Conduct may result in:**

- Termination of participation in the given event.
- Removal of the right to participate in future related events.
- Further discipline by OWA, CWFHC and/or the athlete's respective club.

**REMEMBER: MAKE THE WEIGHTLIFTING EXPERIENCE ENJOYABLE FOR ALL INVOLVED!**

## **Coach Code of Conduct**

### **In Addition to the General Code of Conduct, coaches are expected to:**

1. Ensure the safety of the individuals with whom they work.
2. At no time request sexual favours or use threats of reprisal for the rejection of such request.
3. Respect athlete's dignity: verbal or physical behaviors that constitute harassment or abuse are totally unacceptable.
4. Never advocate or condone the use of alcohol, illicit drugs or banned performance enhancing substances.
5. Never provide underage athletes with alcohol or encourage its use
6. Direct comments or criticism at the performance rather than the individual.
7. Refrain from public criticism of athletes, coaches, or technical or elected officials and administrators.
8. Refrain from abusing alcohol.
9. Abstain from using or suggesting or knowingly allowing athletes to use performance enhancing or illicit drugs.
10. Refrain from the use of profane, insulting, harassing or otherwise offense language or behavior.
11. With respect to underage athletes, establish and maintain appropriate boundaries in a manner that projects and maintains the organization's mandate, policies or Code of Conduct.
12. Through proper risk management practices ensure that the activity being undertaken by both coach and athlete is suitable for the age, experience, ability and fitness level of the individual and educate the athlete as to their responsibilities in contributing to a safe environment.
13. Take the personal initiative to learn, respect, communicate, and adhere to the rules and regulations established for the sport.
14. Regularly seek ways of increasing professional development and self-awareness.
15. Communicate and cooperate with registered medical practitioners in the diagnoses, treatment, and management of medical issues. Respect the concerns of these medical people have when they are considering the athletes' future health and wellbeing and when they are making decisions regarding the athletes' ability to continue to compete or train.

16. Treat members of other sport organizations with respect, both in victory and defeat and encourage athletes to act accordingly. Actively encourage all athletes to uphold the rules of the sport and the spirit of such rules.
17. Attend to coach duties, as directed or required, in a timely manner.
18. In the case of underage athletes, communicate and cooperate with the parents or legal guardians, involving them in management decisions pertaining to their child's development.
19. Be aware of the role sport plays in all individuals' lives and respect the pressures that may be placed on all athletes and colleagues, including other coaches, as they strive to balance physical, mental, emotional, and spiritual elements of their lives.
20. Adhere to the terms set out in the relevant OWA policies including, but not limited to, the Anti-Doping Policy.
21. Abide by the True Sport Principles.

## **Technical Officials Code of Conduct**

### **In Addition to the General Code of Conduct, Technical Officials are expected to:**

1. Will be free of obligation to any interest other than the impartial and fair judging of sports competitions.
2. Will hold and maintain the basic tenets of officiating which include history, integrity, neutrality, respect, sensitivity, professionalism, discretion and tactfulness.
3. Will master both rules of the sport and mechanics necessary to enforce the rules, and shall exercise authority in an impartial, firm and controlled manner.
4. Shall display and execute superior communication skills, both verbal and non-verbal.
5. Recognize that anything which may lead to a conflict of interest, either real or apparent, must be avoided. Gifts, favors, special treatment, privileges, employment or a personal relationship with a school or team which can compromise the perceived impartiality of officiating must be avoided.
6. Prepare themselves both physically and mentally, shall dress neatly and appropriately, and shall comport themselves in a manner consistent with the high standards of the profession.
7. Shall not be party to actions designed to unfairly limit or restrain access to officiating, officiating assignments or to association membership. This includes selection for positions of leadership based upon economic factors, race, creed, color, age, sex, physical handicap, country or national origin.
8. Two individuals of the same sex must be present during weigh-in of underage athletes. Individuals can be any of the following: official, coach, parent or legal guardian.
9. Be punctual and professional in the fulfillment of all contractual obligations.
10. Work with each other and their governing bodies in a constructive and cooperative manner.
11. Resist every temptation and outside pressure to use one's position as an official to benefit oneself.
12. Shall Never participate in any form of illegal gambling on sports contest, may never gamble on any sporting event in which they have either a direct or indirect involvement and may never gamble on events involving high school athletics.
13. Not make false or misleading statements regarding their qualifications, rating, credentials, experience, training or competence.
14. Accept responsibility for all actions taken.

## **Board of Directors Code of Conduct**

### **In Addition to the General Code of Conduct, Directors are expected to:**

1. Be an advocate for all athletes, clubs and technical officials.
2. Agree to understand and abide by the by-laws, rules and policies of the Ontario Weightlifting Association, and will work to make changes to such as needed.
3. Attend regular monthly board meetings.
  - a. Communicate to the board in advance of any missed meetings.
  - b. Read meeting minutes.
4. Understand the Code of Conduct for coaches, athletes and technical officials.
5. Support the efforts of the OWA administration staff and will provide direction and assistance as needed.
6. Recognize that I hold this position to benefit athletes and clubs, and not to serve my own interests, or for self-recognition.
7. When making decisions at the board level consider whether the decision benefits all athletes and clubs.
8. Never use my position as a board member for my own personal gain, or for the personal gain of family members or friends.