



WEIGHTLIFTING IRELAND

Weightlifting Ireland | Fit to Compete Policy

This document defines readiness to compete and the obligatory expectations of Weightlifting Ireland (WI) Athletes and Personal Coaches.

Personal Coach : is defined as the primary coach working with the athlete for a period of not less than one year (12 months) before the event or from the beginning of the membership of the athlete (if the athlete has not been a WI member for a year). The Personal Coach must hold these minimum standards for selection:

- Weightlifting Ireland Level 1 Coaching Qualification
- First Aid Certificate
- Sport Ireland Safeguarding 1 Training
- Garda Vetting

Performance Team : a panel of National Coaches from the WI Coaching Committee (including the nominated Coaches/Team Lead on the OFI long list in respect of the Paris 2024 Olympic Games) and a Designated Performance Support Lead from the Committee.

Selection Panel : as defined in the OFI Nomination policy





This policy considers two specific scenarios:

1. All Athletes and Coaches on the international pathway to representing Weightlifting Ireland. This includes athletes being considered for and/or selected for:
 - a. IWF events
 - b. EWF events
 - c. Other developmental international competitions; such as, but not limited to Celtic Nations, EUWC, etc.
 - d. Olympic Games
2. Post selection to the Olympic Games.

International Pathway

1.1 The provisions of this policy are effective from the date an athlete/coach submits an application of interest in representing Weightlifting Ireland at any international competition.

1.2 This policy is applicable to all levels of International competition for Youth, Junior, U23 and Senior athletes.

1.3 Following notification of potential and/or selection, each athlete and coach must consistently display performance related behaviours, which provide the Board of Weightlifting Ireland (WI Board) confidence that they can achieve key performance targets or, consistent progressive performance. The WI Board, under the advice of the Performance Team, reserves the right to not select, or de-select any athlete/coach who fails to comply with the terms set down in this policy, or who has failed, or refused, to prove their form, or fitness as highlighted below.

1.3.1 Any cause for concern over injury or illness arising from an examination, or otherwise, may lead to the athlete needing to demonstrate fitness at the discretion of the WI Board. The athlete will be asked to undergo a suitable fitness assessment with appropriate WI selected qualified personnel. This advisor will be an independent body and suitably qualified.

1.3.2 Following selection for an EWF/IWF event, if the WI Board wishes to request an assessment before-departure for competition, then the WI Board will provide reasonable notice (of no less than 72 hours).





1.3.3 Following selection for an EWF/IWF event, if the WI Board wishes to request an assessment after-departure for competition, then WI may request an assessment as soon as is practically possible in the interest of athlete and staff safety.

1.3.4 If an assessment determines that an athlete is not fit to compete then WI may outline an appropriate course of action to resolve the situation, which may include de-selection, if a resolution is not deemed possible.

1.4 If it is the reasonable opinion of the WI Board and/or Performance Team, through observation of an athlete's training, competition, lifestyle that they do not demonstrate they are on track to achieve agreed performance targets and/or competitive progression, the WI Board will be entitled to request an assessment of the athletes form and fitness.

1.4.1 The WI Board is entitled to designate appropriate qualified coaching personnel to assess the athlete's lifestyle, performance planning and/or their commitment and adherence to training.

1.4.2 The findings of this assessment will be used to determine whether the athlete can achieve agreed performance targets/progression at the selected competition.

1.4.3 If an assessment determines that an athlete is not fit to compete then WI Board may outline an appropriate course of action to resolve the situation, which may include non-selection, or de-selection, if a resolution is not deemed possible.

1.5 If an athlete, or coach, displays inappropriate or unacceptable behaviour that reflects poorly on WI, themselves, or other team members, WI is entitled to investigate the situation fully.

1.5.1 If the actions of the athlete, or coach, cannot be resolved, negatively affect other selected team members or there is a risk that there will be a negative effect on performance of other individuals and/or the team, then WI may outline an appropriate course of action to resolve the situation, which may include informal or formal disciplinary action and non-selection or de-selection if a resolution is not deemed possible without having an impact on the performance of the team.





1.5.2 If WI concludes that an athlete, or coach has been found not to have met the above criteria for continued inclusion within the international pathway (1.3, 1.4 and 1.5), the WI Board and/or Selection Panel, at their discretion reserves the right to:

- Not select the athlete
- De-select the athlete
- Set further conditions of selection
- Request additional or further assessment of health and fitness.

1.6 A non-selected, or de-selected athlete/coach will be entitled to appeal the decision in accordance with the WI appeals policy.

1.7 Subject to the conclusion of any ongoing athlete appeal, the WI Board reserves the right to replace a de-selected athlete/coach with another eligible individual that demonstrates appropriate fitness and skills to achieve performance objectives at a designated non IWF/EWF event.

1.7.1 Deadline for athlete/coach replacement is at the discretion of WI and subject to the terms and conditions of entries.

Post selection for the Paris 2024 Olympic Games

2.1 Should an athlete become ill and/or injured after selection by the Olympic Federation of Ireland (OFI), all decisions will be made in line with the OFI Fit to Compete policy.

Failure to Comply

3.1 Any failure to comply with the criteria set down in section 1 above may result in the athlete/personal coach being considered **not** fit to compete.

The WI Board will make the final decision as to whether:

- (a) an athlete is fit to compete. If it is decided that an athlete is not fit to compete, they will be withdrawn from a nominated event, and
- (b) the athlete will be liable to refund any costs associated with the entry to the event to Weightlifting Ireland.

