



CODE OF CONDUCT

2023.05.01

WCHM STATEMENT OF BELIEF

Members believe that the true essence of sport is to strive for personal achievement and excellence through full and honest effort in participation as an athlete, a coach, an elected official or in an appointed capacity with WCHM. When members compete as an athlete, they are committed to participating as a Masters Weightlifter with integrity, and to strive to win only by legitimate means. They are expected to learn, understand, and adhere to both the written rules of Olympic Weightlifting, Weightlifting Canada Haltérophilie Masters and the accepted rules of fair play.

Our members are convinced that all forms of violence are harmful to any sport, and therefore refuse to use such tactics in an attempt to gain an unfair advantage. Members understand that their colleagues who volunteer at the organizational level of WCHM, officiate at competitive weightlifting events, coach at WCHM sanctioned competitions, are teammates, and opponents are all integral to our sport and worthy of their respect. It is the responsibility of each member to maintain self-control. In competition, Members will accept the officials' decisions without arguments, compete aggressively but without hostility, and behave graciously in triumph or defeat. As an elected or an appointed official of WCHM, members will strive to fulfil the responsibilities of their position to the best of their ability.

Code of Conduct

Respect for others: members

- agree to act with respect toward all those they come into contact with through competitive Olympic Weightlifting.
- refrain from comments or behaviours which are abusive, offensive, racist, homophobic, transphobic, sexist or otherwise belittling or demeaning to others.
- do not harass or tolerate harassment by others.
- respect others as persons and treat them with dignity.
- respect the privacy of others.
- do not endanger the safety of others through their actions.
- will respect an individual's sexual orientation, gender identity and gender expression.

Respect for self: members

- act with fairness and integrity in the pursuit of excellent sport.
- practice drug-free sport and accept doping control. - avoid the abuse of alcohol and illegal drugs.

Respect for sport: members

- strive for personal excellence in sport.
- honour and respect the spirit and traditions of Olympic Weightlifting.
- do not impede the preparation for competition of other competitors or teammates.
- respect the decisions of Referees and members of the Jury at weightlifting competitions.
- promote drug-free sport.

Respect for Weightlifting Canada Haltérophilie Masters: members

- accept WCHM rules, policies and procedures governing events and competitions in which they participate.
- comply with the reasonable requests of officials of WCHM.
- accept that they are ambassadors for Masters weightlifting and the WCHM.
- refrain from any action which might bring the sport of Olympic Weightlifting or WCHM into disrepute.

Respect for property: members

- respect the property and livelihood of others, which means refraining from vandalism, theft, and other forms of mischief.

Failure to Comply with the Code of Conduct

Failure to comply with this Code of Conduct may result in disciplinary action from the Board of Directors of WCHM. Such action may result in losing the privileges that come with membership in WCHM, including the opportunity to participate in WCHM activities or the privilege of renewing membership.

Note: The above code and statement are borrowed and adapted from *Speak Out! ...Act Now! A guide to preventing abuse and harassment for sports clubs and associations*, Jan 1998. Available from CCES and/or CAAWS. There was consultative input from EGALÉ Canada in the clarification editing of this document.