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**Code of conduct for Stars for the future weightlifting club**

**Club rules for under 18 and over 18**

1. They should follow the training programme
2. Attend regular training sessions and must be on time
3. Respect for individual coaches (race, colour and religion)
4. Respect individual club members including team mates, anti-social or abusive behaviour will not be tolerated.
5. Have to be civil with each other
6. Should be honest and trustworthy
7. During competition time must always be with the team and can only leave when accompanied by an over 18 year old.
8. Lifters under 18 must be supervised at all the times by coach.
9. Correct footwear and clothing must be worn at all the time.
10. Heavy weights and empty bars must be used on the lifting area and mats provided.
11. Olympic bars must be unloaded after use and disks put back on the store supplied.

This code of conduct must be displayed on the club notice board.

Update: 10/12/2022