

Reglur um ferðir á vegum KRAFT

Keppendur, fararstjórar, þjálfarar og dómara eru fulltrúar Íslands í ferðum á vegum KRAFT og skulu ávallt vera til fyrirmyndar um alla framkomu og sýna hæversku og reglusemi á keppnisstað og utan. Á ferðalagi sameinast allir í að vinna að velferð hópsins, góðri ímynd, liðsheild og velgengni. Brot gegn reglum sambandsins leiða til ferðabanns eftir nánari ákvörðun stjórnar KRAFT.

Yfirþjálfari / Head Coach

1. Head coach fer með æðsta vald og ábyrgð meðan á ferð stendur og er ábyrgur gagnvart stjórn KRAFT. Hann kemur fram fyrir hönd hópsins og þarf því að tala íslensku og ensku eða það mál sem talað er í viðkomandi landi.
2. Head coach skal skipaður svo snemma sem auðið er, gjarnan að hausti um leið og tekin er sú ákvörðun að senda keppendur á ákveðið mót.
3. Head coach situr tæknifundi á mótsstað og kemur upplýsingum til dómara, þjálfara og keppenda.
4. Head coach er tengiliður þjálfara og keppenda við mótstjórn. Hann ber ábyrgð á að fulltrúi Íslands taki þátt í opunarhátíð og að keppendur mæti í verðlaunaafhendingu samkvæmt ákvæðum mótshaldara
5. Head coach kemur úrslitum og öðrum upplýsingum til skrifstofu KRAFT, þannig að hægt sé sem fyrst að koma þeim í fjölmiðla, á kraft.is, Facebook KRAFT osfrv. Hann lætur taka hópmynd af liðinu á mótsstað.
6. Head coach sér um að afhenda gjöf í lokahófi og þakka fyrir, fyrir hönd hópsins þar sem það á við.
7. Head coach skal skila skýrslu um ferðina til KRAFT eigi síðar en 7 dögum eftir heimkomu. Þar skal segja frá árangri keppenda miðað við markmið og tiltaka atvik sem hafa komið upp í ferðinni.
8. Head coach sinnir öðrum störfum sem tengast velferð, góðri ímynd, liðsheild og þátttöku hópsins í viðkomandi ferð.
9. Krefjist stærð hópsins þess, skipar stjórn KRAFT aðstoðmenn/assistant coach . Þá er heimilt að notast við aðra starfsmenn KRAFT í ferðinni s.s. dómara og fylgdarmenn keppenda. Allir aðstoðarmenn skulu undirrita samning við KRAFT.
10. KRAFT endurgreiðir ferð, gistingu og annan kostnað og greiðir dagpeninga til head coach eftir samkomulagi. Greiðsla fer fram þegar lokaskýrsla hefur borist KRAFT.

Þjálfarar

1. Í hverri ferð er skipaður yfirþjálfari (Head Coach). Aðrir þjálfarar í ferð eru aðstoðarþjálfarar og heyra undir yfirþjálfara. Þeir skulu koma upplýsingum um atvik og gang mótsins til yfirþjálfara sem skilar skýrslu að loknu móti.
2. Þjálfarar annast alla faglega þætti sem tengjast keppendum og keppninni sjálfri og fylgi þeim í vigtun, búnaðartékk og lyfjapróf ef þeir óski þess.

3. Þjálfarar skulu í framkomu sinni og athöfnum vera góð fyrirmynd keppendum.
4. Um klæðnað þjálfara gilda eftirfarandi reglur: Þjálfari skal klæðast landsliðsból, landsliðsbuxum, poloból eða landsliðsgalla á mótstað og mótshótel. Á lokahófi skal þjálfari vera snyrtilega klæddur.

Keppendur

1. Keppendur skulu ávallt sýna íþróttamannslega framkomu jafnt utan sem innan keppnisstaðar.
2. Keppendur undirrita landsliðssamning við KRAFT, kynna sér vel ákvæði samningsins og fer eftir þeim. Í samningnum gefur keppandi upp markmið sitt á hvert mót.
3. Keppendur tilkynna landsliðsnefnd með skeyti á coach@kraft.is um nauðsynlega lyfjanotkun, s.s. notkun asmalyfja, með góðum fyrirvara og ekki síðar en 60 dögum fyrir mót svo hægt sé að ganga frá nauðsynlegum vottorðum (TUE).
4. Um klæðnað keppenda gilda eftirfarandi reglur: Keppandi skal klæðast landsliðsból, landsliðsbuxum, poloból eða landsliðsgalla á mótstað og mótshótel. Í sjálfri keppni klæðist keppandi keppnisgalla. Keppandi ber ábyrgð á að búnaður hans allur sé löglegur. Á lokahófi skal keppandi vera snyrtilega klæddur.
5. Keppendur greiði sjálfir fyrir ferð, gistingu og lokahóf. Endurgreiðslur/styrki frá KRAFT eru samkvæmt samkomulagi hverju sinni.

Dómarar

1. Dómarar skulu með framkomu sinni og athöfnum skapa góða ímynd útávið.
2. Dómarar sem sendir eru á mót á vegum KRAFT, aðstoða þjálfara og fararstjóra með hópinn eftir samkomulagi hverju sinni.

Foreldrar og aðrir fylgdarmenn

1. Ferðist þeir með hóp KRAFT, gilda um þá sömu reglur um hæversku og reglusemi sem aðra farþega.

Þannig samþykkt af stjórn KRAFT þ. 24.september 2019

Fylgiskjal 1: IPF Responsibility of Coaches

International Powerlifting Federation
Responsibility of Head Coaches

The Aims of a Head Coach

-Is to ensure the successful coaching of their lifters at International level, to encourage participation in the sport of Powerlifting, to help each lifter to achieve the best results that their potential indicates.

What is a Head Coach?

-The Head Coach has many duties associated with the above aims, he/she needs to have a strong character and disciplined approach at all times, he/she must always be in charge.

1. Being a Head Coach you must ensure the following:
 - a. The number of Coaches for each lifting group in the warm-up
 - i. 1 Athlete = 3 Coaches
 - ii. 2- 3 Athletes = 5 Coaches
 - iii. 4 Athletes = 6 Coaches which is the maximum number of Coaches allowed.
 - b. The number of Coaches for each lifting group in the wrapping area
 - i. 1 Athlete = 2 Coaches
 - ii. 2-3 Athletes = 3 Coaches
 - iii. 4 Athletes = 4 Coaches which is the maximum number of Coaches allowed.
2. Promoters to install a Coach Observation zone in the wrapping area with a TV monitor link to the Lifting platform for coaches to be able to follow the lifting, if this is not possible then an Observation Zone behind the speaker table for coaches to view the lifting
3. The Head Coach must ensure only one coach goes with the athletes to the coaching zone and must be properly dress (3and 4)
4. The behavior of the coaches and lifters in the warm up and wrapping area is the responsibility of the Head Coach
5. The Head Coach must ensure each of his assistant coaches receive a badge with photo to gain access to the warm up, wrapping and lifting area.
6. The Head Coach must arrange with the organizer a fixed training time for his/her team
7. The Head Coach must ensure all equipment used during training is replaced on racks and the platforms is left tidy and the training area is left in clean conditions (no garbage etc.). Same applies after the Competition.
8. The Head Coach must ensure at weigh-in his/her lifters must present the following to the Referees: Appendix 2, Lifters profile and passport.
9. The Head Coach must ensure at the equipment check that lifters' equipment is in accordance with IPF Technical rules.
10. The Head Coach and assistant coaches in the warm-up, wrapping and lifting area must acknowledge their Requirement to adhere to all the IPF Anti-Doping rules.
11. The Head Coach must ensure the lifters are prepared and ready to take the platform when his/her name is called.
12. The Head Coach to ensure that the lifters are prepared and ready to take the platform when his/her name is called for the victory ceremony.
13. Concerning warm - up and wrapping, any drinking of alcohol by Head Coach, assistant coaches and lifters in the mentioned areas above is strictly forbidden. **Under no circumstance can any person under the influence of alcohol be in the warm up room at any time and this shall be ensured by the Head Coach.**

I acknowledge that I have read and understood the above. I understand that abuse of these expectations will render me liable for disciplinary action by the IPF Disciplinary Committee, or in a case relating to item 10. above, for the review and hearing processes specified in the relevant articles of the IPF Anti-Doping Rules.10

Full NAME

Please print

National Federation..... SIGNATURE

..... DATE

Workloads - Assistant coach(es)

Head coach – assistance coach

To avoid conflict of interest concerning training, coaching and monitoring of athletes in training and competition etc., the allocation of tasks should be adjusted for the assistance coach.

The head coach should always have the main responsibility for the training and athletes in competition of the national team lifters.

To get a good cooperation between the head coach and assistance coach(es), the assistance coach should have a thorough education within powerlifting, and should have many years of experience in the sport.

The assistance coach should be viewed as an equal partner but the head coach has always have the primary responsibility and the pretending of the requirements and specifications.

The head coach can assign the following workloads to the assistance coach(es):

1. Following up a lifter through the whole day:
2. In the morning before breakfast – body weight control, remember to compare the official scale with the scale in the hotel, too.
3. Breakfast – related to the body weight
4. Body weight control before the weighing inn – maybe 60 – 30 minutes before
5. Body weight control during the whole day (a couple of times)
6. Control of the nutrition intake through the whole day (different meals and fluid)
7. Control of the competition bag with the lifting equipment, etc. Check the bag with the lifting equipment, passport, etc.
8. Check the food and fluid for the competition
9. Before the weighing in, fill in the lifter profile form and appendix
10. After the weighing inn, fill in the attempts cards and sign
11. The warm up – weights are determined by the head coach
12. Put the suits on - time schedule
13. Wrapping - when and which attempts
14. Time – last attempt in squat, benchpress and deadlift before the competition start
15. Following up the lifter during the competition
16. Attempts in competition – discussed and verified by the head coach
17. Tactic in competition – discussed and verified by the head coach
18. Head coach and assistance coach should have a meeting before the competition starts with the lifter to talk about the following terms
 - a. Body weight
 - b. Weighing in - which coach is present
 - c. Opening attempts - estimated
 - d. Warm up attempts – which coach is present
 - e. Time schedule for the warming up
 - f. Suits, when?
 - g. Set up a plan B if plan A doesn't work
 - h. Food and fluid intake after the weighing in and during the competition – which coach is responsible

Important point after the competition: evaluation of the competition together with the lifter, assistance-, and head coach. Future workloads for the lifter and assistance coach.