

## **SWA ADAPTIVE ATHLETE POLICY**

In an effort to promote the “Diversity, Equity and Inclusion Policy”, the SWA wants to make weightlifting in Saskatchewan more accessible to citizens with disabilities. In acknowledgement of the “Accessible Canada Act” (2019), Sport Canada’s “Policy on Sport for Persons with a Disability (2006)”, and the “Act to Promote Physical Activity and Sport” (2003) the SWA welcomes adaptive athletes into its membership and into participation at all SWA sanctioned events. The SWA will refer to the “Federal Disability Reference Guide” (2013) as a tool to assist with identifying, clarifying and promoting policies to address issues that affect Adaptive Athletes.

“NO ACCIDENTAL CHAMPIONS - Long-term Athlete Development for Athletes with Disabilities” (Sports Canada) “describes some of the opportunities and challenges that face persons with permanent disabilities in pursuing sport and physical activity, and how the Canadian sport system can best accommodate their needs for increased activity and greater achievement through Long-Term Athlete Development (LTAD). Not all individuals with disability will pursue competition; however, this should not exclude them from opportunities to learn sport skills and become active for life.”

The SWA Competition Director, will attempt to provide accommodation(s) for Adaptive Athletes whereby the athlete’s safety is of paramount importance.

Athletes do not need to meet any minimum qualification total to participate in any SWA sanctioned competition. Adaptive Athletes may be required to meet a qualification total for other National or International Events such as CWFHC, IWF or the CMWC, when such a qualifying total is established. Adaptive Athletes must reasonably complete the competition lifts, the snatch and the clean and jerk. These lifts must be fully locked out overhead, however slight press outs may be permitted if executed without a lengthy pause based on individual lifter circumstances. Bars are returned to the platform according to IWF rules.

Adaptive Athletes are responsible for informing the SWA Competition Director and officials of their need for accommodation (prior to and during the competition) which may include additional travel time to the platform after being called by the competition Announcer. The Competition Director, in consultation with the Referees, retains the authority to not permit Adaptive Athletes from commencing their first or subsequent attempts, if attempting that lift is deemed as potentially harmful to themselves or others. Athletes are eligible for medals awarded within the Adaptive Athlete’s body weight category.

### **COACHING**

Coaches who are working with Adaptive Athletes must:

- a) Be sanctioned by the SWA
- b) Must complete the NCCP eLearning Module “Coaching Athletes with a Disability”
- c) Work in collaboration with the “SWA Coaches Committee” to determine the best method forward to train identified adapted athletes

### **SWA Competition Accommodations**

Adaptive Athletes who require specific accommodation not listed below, are asked to contact the SWA Executive Director and or Competition Director describing their requested modifications prior to the

competition. All accommodation requests will be forwarded to the SWA Adaptive Athlete Committee for their action.

SWA Executive Director or Meet Directors, where possible, will ensure that access to athlete change rooms, washrooms, and the weigh in room are safe and accessible to all adaptive athletes.

SWA Executive Director or Meet directors will ensure that athletes, coaches, technical officials, spectators and volunteers are aware of the Code of Conduct of the SWA and demonstrate respectable behaviour to each other regardless of one's disability and that continued contravention of our Code by any such individual will result in the offending individual (s) expulsion from the competition premises by the Competition Director or Event Marshall and a report of said behaviour reported to the appropriate provincial weightlifting association and weightlifting federation(s).

The Executive Director or Meet directors will make any reasonable accommodations for participation of Adaptive Athletes. The following categories are listed as examples but are not exhaustive of accommodations that will be considered.

**Deaf or hard of hearing:** Athletes will compete in their assigned bodyweight category (A1)

- a) Coaches will be allowed out of the coaches' box to stand behind the referees during the athletes lift to sign or signal coaches' cues.
- b) Athletes may request a more robust down signal by the centre referee.
- c) Coaches may give the down signal once the referees call is visible.

**Blind or visually impaired:** Athletes will compete in their assigned bodyweight category (A2)

- a) Coaches may walk athletes on to the stage, and on to the platform, to assist with the start of the lift. Coaches are then expected to leave the platform in order for the regulation clock to commence and may remain near the platform as long as their position is unobstructive to the technical officials and loaders.
- b) Athletes may request a more robust down signal by the centre referee.

**Amputee:** Athletes will be designated as an adaptive athlete within the same body weight category but in the adaptive category A3 or A4. Athletes will weigh in as per IWF rules. Amputees using their prosthetics must weigh in with their prosthetics and must demonstrate that the prosthetic limb is not powered,\* or able to store energy which can be released during the execution of the lift. Myoelectric arms, needed to open and close the hands, are exempted. (\*transfemoral prosthesis) An adaptive performance weightlifting belt may be used.

- a) Athletes may perform single arm snatches and clean and jerks. (A3)
- b) Athletes may perform single leg snatches and clean and jerk. (A4)
- c) Athletes may perform a lift with the use of a strap briefly attached to the bar. (A5)

**Paraplegic:** : Athletes will be designated as an adaptive athlete within the same body weight category but in the adaptive category A6. Athletes will weigh in as per IWF rules. However, the athletes may be weighed in first with their wheelchair and then have the wheel chair weighed separately. The athlete's body weight can then be calculated. An adaptive performance weightlifting belt may be used.

- a) Seated lifts may be permitted with the use of the athlete's own sports competition chair.
- b) A Lapmat or similar product is permitted for usage and safety of the athlete.
- c) The clean and jerk may be altered to a clean and press. The press must still be fully locked out at completion and completed in as fluid a motion as possible.

**Limited Range of Motion:** Athletes who do not fall within the above-mentioned adaptive categories, or who may have limited motion bending or extending at the knee, are invited to contact the SWA Executive Director and or Competition Director (A7). Suggested accommodations from the athlete and the athlete's coach will be considered in consultation with the Competition Director such as lifting from low blocks due to limited range of motion. These athletes will be assigned an adaptive category.

### **Adaptive Athlete Categories**

1. A1: Deaf or Hard of Hearing
2. A2: Blind or Visually Impaired
3. A3: Amputee Athletes may perform single arm snatches and clean and jerks.
4. A4: Amputee Athletes may perform single leg snatches and clean and jerk.
5. A5: Amputee Athletes may perform a lift with the use of a strap briefly attached to the bar.
6. A6: Paraplegic Athletes will be designated within the same bodyweight category
7. A7: Limited Range of Motion
8. A8: Other

