



HAWTHORN WEIGHTLIFTING CLUB RULES & CULTURE STATEMENT

Behaviour & Responsibilities

Members at all times, as well as spectators, officials and visitors when on Club premises or at Club events, must:

- Conduct themselves in a mindful and respectful manner to ensure the best interests of all athletes, coaches and officials are upheld
- Take responsibility for the pack up and return of all equipment and general tidiness of the space used
- Treat all equipment with respect and care whilst undertaking all activities
- Ensure appropriate training attire is worn during sessions
- Adhere to instructions from coaches and club officials with regard to functions of the training area and stadium
- Vacate promptly at the end of training times (See Terms & Conditions)
- Not train alone or without the presence of a HWC certified coach
- Only train within the confines of the main training hall unless instructed otherwise by club officials. The use of the warm-up room is not a part of membership
- Not abuse or harass fellow athletes, coaches or officials. This means to not discriminate between members and other participants on bases such as race, gender, religion, politics, performance or any other identifier. To be absolutely clear, any conduct that is deemed hurtful, harmful or insulting towards others is a breach of the Club Rules
- Abide by the Incident Reporting Policy & Complaints Process and engage in good faith in any Complaints Process in which the Club Committee requests your participation. All Club policies can be found on the Club website.
- Not publish content that is harmful to the character or reputation of either the club or its members. Should a person wish to upload content that contains images, video or literature specific to an individual, he or she must obtain consent from said individual. HWC reserves the right to ask members to remove content should it be deemed to fall outside the defined parameters
- Wear a minimum of shorts and a singlet whilst training
- Not take large bags into the gym
- Members under 18 years of age must have a coach

Character of Training

- Mobile phones are to be turned off or kept on silent in the gym. Should a member violate this rule, they may be asked to remove it from the training area for the duration of the session and have it banned from future sessions
- Music will only be played through speakers in the following times:

Monday, Wednesday & Friday- 9:00am-6:00pm, Tuesday- 12:00pm-6:00pm, Saturday- 12:00pm-2:30pm

- Coaches and club officials have ultimate say over the location in which athletes can train. Coaches and officials reserve the right to relocate athletes provided no persons are exceptionally inconvenienced.
- Members should at all times keep in mind that the primary objective of the Hawthorn Weightlifting Club is to produce lifters. Therefore, members should conduct themselves in a manner that is conducive to a professional training environment.
- Where possible, athletes should not cross through the eye-line of another athlete while he or she is attempting a lift.
- Members should offer support to each other in order to establish a positive training environment.
- However, members should not coach each other, that is for the named club coaches.

Social Media

The Hawthorn Weightlifting Club encourages the use of social media to promote the club and its members. Periodically, the club will post content obtained during training and competition on various media platforms.

Should you not wish to have content including you uploaded, please make your intentions known by emailing the club at info@hawthornweightlifting.com

We would also encourage you to like and follow our Facebook and Instagram pages as well as tagging HWC in your content using the follow web handles:

- @hawthorn.weightlifting.club- Instagram
- @hawthornwc- Facebook

As a family friendly sporting club, we strive to achieve a safe, supportive training environment free of discrimination, harassment and child safety issues. Where complaints and issues arise, we shall focus on education and mediation, following guidelines from the Australian Sports Commission, Australian Human Rights Commission, State Department of Sport and Recreation, as well as State anti-discrimination and human rights agencies. When required, membership suspension can occur until appropriate learning outcomes have been achieved. Where the issues cannot be resolved, permanent membership suspension may be required.

