



USA WEIGHTLIFTING MINOR ATHLETE ABUSE PREVENTION POLICIES

Publication Date: January 5, 2024

USA Weightlifting Policy Submission Date: April 1, 2024

September 18, 2024

Effective Date: January 1, 2025

TABLE OF CONTENTS

Introduction	3
Scope	5
Part 1: Organizational Requirements for Education & Training and Prevention Policies	7
Part II: Education & Training Policy	11
Part III: Required Policies for One-on-One Interactions	13
Exceptions	13
Meetings	15
Individual Training Sessions Policy	16
Manual Therapy and Therapeutic and Recovery Modalities Policy	17
Locker Rooms and Changing Areas Policy	19
Electronic Communications Policy	21
Transportation Policy	23
Lodging and Residential Environments Policy	24
Part IV: Recommended Policies for Keeping Young	25
Athletes Safe	26
Terminology	26
Appendix A: Chart of Possible Adult Participants	26

INTRODUCTION

The U.S. Center for SafeSport (the Center) and USA Weightlifting are committed to building a sport community where Participants can work and learn together in an atmosphere free of emotional, physical, and sexual misconduct. Throughout this document the most commonly used terms are defined in the Terminology section in the back of this document.

Authority

The Protecting Young Victims from Sexual Abuse and Safe Sport Authorization Act of 2017 authorizes the Center to develop training and policies to prevent abuse—including physical, emotional, and sexual abuse—within the U.S. Olympic & Paralympic Movement. 36 U.S.C. § 220542(a)(1). Federal law requires that, at a minimum, national governing bodies and paralympic sports organizations *must offer and give consistent training related to the prevention of child abuse: (1) to all adult members who are in regular contact with amateur athletes who are minors and (2) subject to parental consent, to members who are minors.* 36 U.S.C. § 220542(a)(3). Federal law requires that these policies contain reasonable procedures to limit unobservable and uninterrupted one-on-one interactions between an amateur athlete, who is a minor, and an adult, who is not the minor’s legal guardian, at facilities under the jurisdiction of organizations within the U.S. Olympic & Paralympic Movement. 36 U.S.C. § 220542(a)(2). To that end, the Center has developed the Minor Athlete Abuse Prevention Policies (MAAPP).

What is the MAAPP?

The MAAPP is a collection of proactive prevention and training policies for the U.S. Olympic and Paralympic Movement. It has four primary components.

1. Organizational Requirements for Education & Training and Prevention Policies
2. An Education & Training Policy that requires training for certain Adult Participants within the Olympic & Paralympic Movement;
3. Required Prevention Policies, focused on limiting one-on-one interactions between Adult Participants and Minor Athletes, that Organizations within the Olympic & Paralympic Movement must implement to prevent abuse;
4. Recommended Prevention Policies.

The Center developed the MAAPP to assist National Governing Bodies (NGBs, Local Affiliated Organizations (LAOs), the U.S. Olympic & Paralympic Committee (USOPC), and other individuals to whom these policies apply in meeting their obligations under federal law (*note*: implementing these policies does not guarantee that an organization or individual fully complies with federal law or all applicable legal obligations). These Organizations must share these policies with all Participants and with parents/guardians of minor athletes. Those implementing these policies must consider the physical and cognitive needs of all athletes.

The MAAPP focuses on just two important aspects of a much larger comprehensive abuse prevention strategy. These policies address training requirements and limiting one-on-one interactions between adults and minor athletes. These policies are intended to be enforceable and reasonable, acknowledging, for example, that when a 17-year-old athlete turns 18, they become an adult athlete, and a complete prohibition of one-on-one interactions may not be necessary or practical. Additionally, there may be other instances when one-on-one interactions could occur, and in those cases, these policies provide strategies so parents/guardians can provide informed consent if they choose to allow a permitted interaction. **The Center recommends that parents first complete training on abuse prevention to be informed about potential boundary violations and concerns before consenting to the interaction.**

While the MAAPP will help organizations implement these policies to greatly improve minor athlete safety, in no way can they guarantee athlete safety in all circumstances, especially when the policies are not fully implemented, followed, or monitored. These policies are not comprehensive of all prevention strategies, nor are they intended to be. These policies must be implemented alongside the [SafeSport Code](#). Additionally, other resources are available that may assist organizations in improving athlete safety¹.

How Does the Center Ensure Compliance with the MAAPP?

Federal law requires the Center to conduct regular and random audits of the NGBs to ensure compliance with these policies. 36 U.S.C. § 220542(a)(2)(E). More specific organizational compliance requirements can be found in Part I. Additionally, it is the responsibility of the USOPC and each NGB, LAO, and Adult Participant to comply with the MAAPP. The aforementioned Organizations can address violations of the MAAPP by Adult Participants in their respective programs. Adult Participants also have an independent responsibility to comply with these MAAPP provisions. Violations of these provisions can result in sanctions under the SafeSport Code.

Is the MAAPP Different from the SafeSport Code?

Yes. The [SafeSport Code](#) works alongside the MAAPP to prevent abuse. The MAAPP includes proactive prevention policies for organizations and individuals, while the SafeSport Code contains misconduct policies for individuals. However, violations of the MAAPP can violate the SafeSport Code, and violators who are also Participants can be sanctioned.

¹ Saul, J., & Audage, N.C. (2007). [Preventing Child Sexual Abuse Within Youth-Servicing Organization: Getting Started on Policies and Procedures](#). Atlanta, GA: Centers for Disease Control and Prevention. Canadian Centre for Child Protection. (2014). [Child Sexual Abuse: It Is Your Business](#). Winnipeg, Manitoba: Canadian Centre for Child Protection. The Australian Royal Commission Into Institutional Responses to Child Sexual Abuse. (2017). [Final Report](#).

SCOPE

The MAAPP Applies to “In-Program Contact” Within the Olympic & Paralympic Movement

The MAAPP, or a policy containing the minimum required components of the MAAPP, is required for the U.S. Olympic & Paralympic Committee (USOPC), National Governing Bodies (NGB), and Local Affiliated Organizations (LAO), within the Olympic & Paralympic Movement (each an “Organization”).

Some policies impose requirements on USA Weightlifting (USAW) members at sanctioned events and facilities partially or fully under the USA Weightlifting’s jurisdiction. For example, USA Weightlifting Club/Event directors must monitor locker rooms at their facilities and sanctioned events. Other policies impose certain requirements on Adult Participants under the USA Weightlifting jurisdiction when the Adult Participant is having “In-Program Contact.” For example, Adult Participants cannot have one-on-one meetings with Minor Athletes unless it is observable and interruptible.

Who is a Minor Athlete?

A **Minor Athlete** is an amateur athlete under 18 years of age who participates in, or participated within the previous 12 months in, an event, program, activity, or competition that is part of, or partially or fully under the jurisdiction of, USA Weightlifting or a USAW Club.²

Who is an Adult Participant?

An **Adult Participant** is any adult (18 years of age or older) who is:

1. A member of USA Weightlifting;
2. An employee or board member of USA Weightlifting or a USAW Club, to include a USAW Club Director or USAW Club Coach;
3. Within the governance or disciplinary jurisdiction of USA Weightlifting or a USAW Club; or
4. Authorized, approved, or appointed by USA Weightlifting, or a USAW Club to have regular contact with or authority over minor athletes.³

What is In-Program Contact?

In-Program Contact includes sanctioned events and facilities, but it also applies more broadly to sport-related interactions. **The MAAPP defines “In-Program Contact” as:**

Any contact (including communications, interactions, or activities) between an Adult Participant and any Minor Athlete(s) related to participation in sport.

² This term shall also include any minor who participates in, or participated within the previous 12 months in, a non-athlete role partially or fully under the jurisdiction of an NGB, USOPC, or LAO. Examples include, but are not limited to: officials, coaches, or volunteers.

³ This may include volunteers, medical staff, trainers, chaperones, monitors, contract personnel, bus/van drivers, officials, adult athletes, staff, board members, and any other individual who meets the Adult Participant definition.

Examples of activities related to participation in sport that could be identified as In-Program Contact include, but are not limited to: competition, practices, camps/clinics, training/instructional sessions, pre/post-game meals or outings, team travel, review of game film, team- or sport-related relationship building activities, celebrations, award ceremonies, banquets, team- or sport-related fundraising or community service, sport education, or competition site visits.

Am I required to take SafeSport Training?

Certain Adult Participants within the Olympic & Paralympic Movement who have (i) regular contact with amateur athletes who are Minor Athletes, (ii) authority over amateur Athletes who are minors, or (iii) are employees or board members of USA Weightlifting, or a USAW Club are required to take training. The specific training requirements can be found in Part I.

PART I

ORGANIZATIONAL REQUIREMENTS FOR EDUCATION & TRAINING AND PREVENTION POLICIES

USAW and USAW Clubs (collectively, the “Organization”) must implement proactive policies designed to prevent abuse. These organizational requirements are described below. USAW will manage these policies on behalf of USAW Clubs.

A. Organizational Requirements for Education & Training

1. USA Weightlifting must track whether Adult Participants under its jurisdiction complete the required training listed in Part II.
2. The Organization must, every 12 months, offer and, subject to parental consent, give training to minor athletes on the prevention and reporting of child abuse.
 - a. For training to minor athletes, USAW must track a description of the training and how the training was offered and provided to minor athletes.
 - b. USAW is not required to track individual course completions of minor athletes.
3. The Organization must, every 12 months, offer training to parents on the prevention and reporting of child abuse.
 - a. For training to parents, the Organization must track a description of the training and how the training was offered and provided to parents.
 - b. The Organization is not required to track individual course completions of parents.

B. Required Prevention Policies and Implementation

1. The Organization must develop minor athlete abuse prevention policies to limit one-on-one interactions between a Minor Athlete and an Adult Participant. These policies must contain the mandatory components of the Center’s model policies in Part III. These model policies cover:

- a. Meetings
 - b. Individual training sessions
 - c. Therapeutic and Recovery Modalities and Manual Therapy
 - d. Locker rooms and changing areas
 - e. Electronic communications
 - f. Transportation
 - g. Lodging and Residential Environments
2. The policies must be approved by the Center as described in subsection (C) below. The policies may include the recommended components in Part III and the recommended policies in Part IV. Given the uniqueness of each sport, however, some recommended components or policies may not be feasible or appropriate. Such concerns should be addressed with the Center during the Policy Approval and Submission Process discussed below. USAW may choose to implement stricter standards than the model policies.
 3. USAW will require that its USAW Clubs implement these policies.
 4. USAW and USAW Clubs must implement these policies for all In-Program Contact.
 - a. At sanctioned events and facilities partially or fully under its jurisdiction, USAW and USAW Clubs must take steps to ensure the policies are implemented and followed.
 - b. For In-Program Contact that occurs outside USAW and USAW Club sanctioned events or facilities, implementing these policies means:
 - i. Communicating the policies to individuals under its jurisdiction;
 - ii. Establishing a reporting mechanism for violations of the policies;
 - iii. Investigating and enforcing violations of the policies.
 5. USAW, and USAW on behalf of USAW Clubs, must have a reporting mechanism to accept reports that an Adult Participant is violating the USAW Minor Athlete Abuse Prevention Policies. The Organization must appropriately investigate and resolve any reports received, unless the violation is reported to the Center and it exercises jurisdiction over the report. This requirement is in addition to the requirements to report abuse under the SafeSport Code.

C. Policy Approval and Submission Process

1. USAW may adopt the mandatory minimum requirements of the MAAPP as-is or adapt it to fit their needs. Regardless, USAW must submit their policies to the Center at compliance@safesport.org for review and approval by April 1, 2024. The Center will approve, approve with modifications, or deny the policies. If the Center denies the proposed policy, the mandatory components of Part III of the Center's Model MAAPP become the default policy until the Center approves the policy.

2. USAW must require USAW Clubs to incorporate the mandatory components of Part III. USAW may require that USAW Clubs implement USAW's policies, which may be more stringent than the policies in Part III.
3. The mandatory components of Part III will serve as the default policy for any part of the Organization that fails to develop its own policy as required by this section.

Any changes made to USAW's MAAPP after the policy is approved must be submitted to the Center for approval. The previously approved MAAPP will remain in effect until written approval is provided to USAW from the Center.

PART II

EDUCATION & TRAINING POLICY

A. Mandatory Child Abuse Prevention Training for Adult Participants

1. Adult Participants Required to Complete Training

- a. The following Adult Participants must complete the *SafeSport® Trained Core Course* through the Center's online training.
 - i. Adult Participants who have regular contact with any amateur athlete(s) who is a minor;
 - ii. Adult Participants who have authority over any amateur athlete(s) who is a minor;
 - iii. Adult Participants who are an employee or board member of USA Weightlifting or a USAW Club;

b. Adult Participants who are medical providers/Sports Medicine Personnel required to take training under Section (a) can take the Health Professionals Course in lieu of the *SafeSport® Trained Core*.

Individuals wishing to hold positions as a Sports Medicine Personnel are required to complete US Center for SafeSport training core training or the Health Professionals Course once followed by a refresher training every 12 months AND submit to a USA Weightlifting background check. Where the background check is purely for volunteering as a USA Weightlifting Sports Medicine volunteer and for no other purpose, the expense will be that of USA Weightlifting. In addition, Sports Medicine individuals must:

- b. Maintain membership in USA Weightlifting.
- c. Adhere to any USA Weightlifting Sports Medicine athlete safety policy
- d. Keep credentials up to date with USA Weightlifting

2. Timing of Training

Adult Participants must complete this training before regular contact with an amateur athlete who is a minor begins or within the first 45 days of either initial membership or upon beginning a new role subjecting the adult to this policy, whichever comes first.

3. Refresher Training

The above-listed Adult Participants must complete a refresher course every 12 months, beginning the calendar year after completing the *SafeSport® Trained Core Course*. Every four years, Adult Participants will complete the *SafeSport® Trained Core Course* training. Medical providers can take the Health Professionals Course in lieu of the *SafeSport® Trained Core Course* and are required to take the refresher courses on an annual basis if they meet the criteria for A(1).

B. Minor Athlete Training Must Be Offered

1. USAW, on behalf of USAW Clubs, every 12 months, must offer and, subject to parental consent, give training to minor athletes on the prevention and reporting of child abuse.
2. The Center offers youth courses, located at safesporttrained.org, that meet this requirement.

C. Parent Training Must Be Offered

1. USAW, on behalf of USAW Clubs, every 12 months, must offer training to parents on the prevention and reporting of child abuse.
2. The Center offers a parent course, located at safesporttrained.org, that meets this requirement.

D. Optional Training

1. Adult Participants serving in a volunteer capacity, who will **not** have regular contact with or authority over any amateur athlete(s) who is a minor, should take the Center's brief Volunteer Course (or *SafeSport® Trained Core Course*) before engaging or interacting with any minor athlete(s).
2. USAW may provide training *in addition to* the *SafeSport® Trained Core Course*, although they cannot refer to this training as "SafeSport" training. **Training other than the *SafeSport Trained Core Course* or Refresher does not satisfy this policy.**
3. Parents of minor athletes are provided free online access to the Center's parent course and are encouraged to take the training located at Safesporttrained.org

E. Exemptions and Accommodations

The Center's online training courses contain information about various forms of abuse. The courses do not include graphic descriptions of abuse or show violent images or video. The content may be uncomfortable or trigger trauma for some participants.

1. Exemptions to the online training requirement may be requested by survivors of abuse and misconduct. Survivors of abuse can request an exemption by contacting USAW at usaw@usaweightlifting.org or can choose to contact the Center directly to request an exemption at exemptions@safesport.org. All exemptions granted by the Center or USAW in this category are considered indefinite and do not need to be re-requested every year.
2. Exemptions to the online training requirement for reasons other than survivor of abuse and misconduct are limited to cognitive or physical disability or language barrier. Requests for these exemptions must be made by the individual to USAW. USAW will determine whether to grant the exemption. If USAW grants the exemption, it must track the exemption to ensure it is appropriately applied to the individual's membership status. USAW must preserve documentation that the exemption was granted and for what duration.

3. The Center has several options available to assist individuals in completing the online training courses, including screen reader-compatible versions and course availability in several languages, including English, Spanish, French, Mandarin, Russian, German, and Japanese. If none of the available options will fit the individual's needs, USAW may determine whether to grant an exemption.

Roles within USA Weightlifting that are considered Adult Participants but are not required to be trained include the following: Adult athletes that do not have regular contact with minors; Bar Loader Volunteers at USAW events; Local event technical officials;

Athletes – National Team Selection

- Athletes selected to be a part of an international squad at all levels excluding Masters, regardless of if they will lift in the competition or not are required to submit themselves to:
 - A USA Weightlifting Background Check. Such a background check will be funded by USA Weightlifting where the event is also 100% funded by USA Weightlifting, for non-funded events the Athlete will be responsible for the cost of the background screening.
 - A current US Center for SafeSport education training relevant to the age of the athlete.

See USA Weightlifting [Selection Procedures](#)

Coaches

- Coaches are required to complete US Center for SafeSport core training once followed by a refresher training every 12 months AND submit to a USA Weightlifting background check at their own expense to take any of the following actions:
 - Accompany an international team in any capacity.
 - Register for a USA Weightlifting-hosted event.
 - Hold a National, International or Senior International coach certification.
 - Be the President or affiliated coach of a USA Weightlifting club.
 - Be listed on the USA Weightlifting Coaching Directory.

Coaches must additionally adhere to the following rules:

Coaches are also prohibited from being alone with a minor in a private setting or in a place that is inappropriate to the professional coaching relationship. It is not considered a private setting if another adult is present and a meaningful opportunity for interruption is present.

A coach may not share overnight accommodation with an athlete of another gender or with any minor athlete that does not have a submitted [Dual Relationship Consent Form](#). A dual relationship exception will not apply in these circumstances.

Technical Officials

- Technical Officials are required to complete US Center for SafeSport training core training once followed by a refresher every 12 months training AND submit to a USA Weightlifting background check at their own expense to take any of the following actions:

- Accompany an international team in any capacity.
- Maintain certification as a National or International Technical Official.
- Engage in a Weigh in, within any USA Weightlifting sanctioned event (Including WSO events).

Club Directors, Committee Members, Representatives, Club Administrators, Club Coaches, Staff, Board of Directors and any Elected Volunteer.

- Individuals wishing to hold any of the above positions are required to complete US Center for SafeSport core training once followed by a refresher every 12 months AND submit to a USA Weightlifting background check at their own expense in order to stand for election and/or maintain such a position.

Sports Medicine Personnel

- Individuals wishing to hold any of the above positions are required to complete US Center for SafeSport training core training or Health Care Professionals course once followed by a refresher every 12 months AND submit to a USA Weightlifting background check. Where the background check is purely for volunteering as a USA Weightlifting Sports Medicine volunteer and for no other purpose, the expense will be that of USA Weightlifting. In addition, Sports Medicine individuals must:
 - Maintain membership in USA Weightlifting.
 - Adhere to any USA Weightlifting Sports Medicine athlete safety policy
 - Keep credentials up to date with USA Weightlifting

Any Adult accompanying a National Team

- Any adult accompanying a National Team, whether or not a member of USA Weightlifting (for example, a parent) will become an Adult Participant under the policy, and must submit to US Center for SafeSport Core training once followed by a refresher every 12 months and must submit to a USA Weightlifting background check at their own expense.

Adult Athletes with regular contact with Minors

- Regular contact is defined as ongoing interactions during a 12-month period wherein an Adult Participant is in a role of direct and active engagement with any Minor Athlete(s). Weightlifting activities where regular contact could occur include but are not limited to training and competition. An exception is granted for the legal parent or guardian of said minor athlete.
- Individuals with limited English proficiency.

PART III

REQUIRED POLICIES FOR ONE-ON-ONE INTERACTIONS

The U.S. Center for SafeSport recognizes that youth-adult relationships can be healthy and valuable for development. Policies on one-on-one interactions protect children while allowing for these beneficial relationships. As child sexual abuse is often perpetrated in isolated, one-on-one situations, it is critical that organizations limit such interactions between youth and adults and implement programs that reduce the risk of sexual abuse.

All one-on-one In-Program Contact between an Adult Participant and a Minor Athlete must be *observable and interruptible*, except in emergency circumstances or with a documented exception.

EXCEPTIONS

There are certain relationships and situations in which one-on-one interactions may be allowed or necessary. This section identifies policy exceptions for close-in-age relationships, Personal Care Assistants, dual relationships, and emergencies.

The following exceptions are applicable within all Required Prevention Policies unless otherwise noted.

A. Mandatory Components

1. A Close-in-Age Exception

The purpose of this exception is to allow for continued relationships among athletes on the same team.

This exception allows for one-on-one In-Program Contact between an Adult Participant and a Minor Athlete if:

- a. The Adult Participant has **no** authority over the Minor Athlete; and
- b. The Adult Participant is not more than 4 years older (determined by birth date) than the Minor Athlete.

Note: This exception is different than the close-in-age exception in the [SafeSport Code](#) pertaining to misconduct.

2. Exceptions for Adult Participant Personal Care Assistants Working with a Minor Athlete

This exception exists for Adult Participants who also assist a parasport athlete with activities of daily living and preparation for athletic participation.

This exception allows for one-on-one In-Program Contact between an Adult Participant and a Minor Athlete if the following requirements are met:

- (i) the Minor Athlete's parent/guardian has provided written consent to USAW for the Adult Participant Personal Care Assistant to work with the Minor Athlete; and

- (ii) the Adult Participant Personal Care Assistant has complied with the Education & Training Policy; and
- (iii) the Adult Participant Personal Care Assistant has complied with USAW Athlete Safety Policy, including required background check, and SafeSport training requirements.

3. Exceptions for Dual Relationships

This exception allows for one-on-one In-Program Contact when the Adult Participant has a relationship with a Minor Athlete that is outside of the sport program. The exception requires written consent of the Minor Athlete’s parent/guardian at least annually, with a submitted [Dual Relationship Consent Form](#) . The consent must identify for which Required Prevention Policies the parent/guardian is allowing the one-on-one In-Program Contact.

4. Emergency Exception

This exception applies to all Required Prevention Policies for situations where an Adult Participant must violate requirement(s) of the MAAPP due to an emergency. Adult Participants must carefully consider whether specific circumstances meet the threshold of “emergency.” Adult Participants should document emergency situations in accordance with USAW’s protocols.

The Center recommends parents take training on child abuse prevention before providing consent to the above exceptions. The Center offers a free Parent Course at safesporttrained.org.

MEETINGS

Sexual abuse often happens when children are alone with their abusers. This section provides policies for meetings to limit one-on-one interactions between children and adults, including mental health care professionals and licensed health care providers. While it is uncommon for USAW Clubs to hold meetings of this nature, these rules will apply in the case of a minor athlete meeting with healthcare professionals at a facility fully operated by a USAW Club.

A. Mandatory Components

1. Observable and Interruptible

- a. Adult Participants must ensure that all In-Program meetings with Minor Athletes be observable and interruptible, unless an exception exists.

2. Meetings with licensed mental health care professionals and health care providers (other than athletic trainers⁴)

If a licensed mental health care professional, licensed health care provider, or a student under the supervision of a licensed mental health care professional or licensed health care provider, meets

⁴ Athletic trainers who are covered under these policies must follow the “**Manual Therapy and Therapeutic and Recovery Modalities**” policy.

one-on-one with a Minor Athlete at a sanctioned event or a facility, which is partially or fully under USAW or a USAW Club's jurisdiction, the meeting must be observable and interruptible except:

- a. If the door remains unlocked; and
- b. Another adult is present at the facility and notified that a meeting is occurring, although the Minor Athlete's identity needs not be disclosed; and
- c. USAW or a USAW Club Coach is notified that the professional or provider will be meeting with a Minor Athlete; and,
- d. The professional or provider obtains consent consistent with applicable laws and ethical standards, which can be withdrawn at any time.

B. Recommended Components

a. Parent Training

Parents/guardians receive the U.S. Center for SafeSport's education and training on child abuse prevention before providing consent for their Minor Athlete to have a meeting or training session with an Adult Participant subject to these policies.

INDIVIDUAL TRAINING SESSIONS

Some abusers will single out athletes for special one-on-one instruction. This kind of isolation provides opportunities for abuse to occur. This section establishes rules for individual training sessions to protect youth athletes from uncomfortable or unsafe situations.

A. Mandatory Components

a. Observable and Interruptible

Adult Participants must ensure all In-Program individual training sessions with a Minor Athlete be observable and interruptible unless an exception exists.

b. Consent

The Adult Participant providing the individual training session must receive advance, [Written Consent Form](#) from the Minor Athlete's parent/guardian at least annually, which can be withdrawn at any time; and

c. Parent Observation

Parents/guardians must be allowed to observe the individual training session.

B. Recommended Components

1. Monitoring

If a permitted meeting or training session takes place between an Adult Participant(s) and a Minor Athlete(s) at a facility partially or fully under USAW or a USAW Club's jurisdiction, another Adult

Participant will monitor each meeting or training session. Monitoring includes reviewing the parent/guardian consent form, knowing that the meeting or training session is occurring, knowing the approximate planned duration of the meeting or training session, and dropping in on the meeting or training session.

2. Parent Training

Parents/guardians receive the U.S. Center for SafeSport’s education and training on child abuse prevention before providing consent for their Minor Athlete to have a meeting or training session with an Adult Participant subject to these policies.

MANUAL THERAPY AND THERAPEUTIC AND RECOVERY MODALITIES⁵

Many athletes require therapies to prevent or treat injuries. However, these treatment sessions can place children in vulnerable positions, especially if they involve physical contact with adults. This section establishes standards for therapeutic and recovery modalities and manual therapy to reduce the risk of inappropriate contact between youth and adults.

A. Mandatory Components

Note: Only the emergency exception applies within this policy.

1. Observable and Interruptible

Adult Participants must ensure that all In-Program Contact during manual therapy and therapeutic modalities and recovery modalities with Minor Athletes must be observable and interruptible.

2. Manual Therapy and Therapeutic and Recovery Modalities Requirements

Adult Participants must ensure all In-Program manual therapy and therapeutic and recovery modalities meet the following requirements:

- a. Have another Adult Participant physically present for the modality or manual therapy; and
- b. Have documented consent as explained in subsection (3) below; and
- c. Be performed with the Minor Athlete fully or partially clothed, ensuring that the breasts, buttocks, groin, or genitals are always covered; and
- d. Allow parents/guardians in the room as an observer, except for competition or training venues that limit credentialing; and
- e. The provider must narrate the steps in the modality before taking them, seeking assent of the Minor Athlete throughout the process.

3. Consent

⁵ Manual therapy and therapeutic and recovery modalities can be different for each sport. They can include, but are not limited to: first aid, massage, taping, cupping, stretching, cryotherapy, neuromuscular stimulations, electrical stimulation, or other modalities within the scope of a Healthcare Provider’s credentials.

- a. Providers of manual therapy, therapeutic modalities, or recovery modalities or USAW, or USAW Clubs, when applicable, must obtain consent at least annually from Minor Athletes' parents/guardians before providing any manual therapy, therapeutic modalities, or recovery modalities.
- b. Minor Athletes or their parents/guardians can withdraw consent at any time.

B. Recommended Components

1. Parent Training

Parents/guardians receive the U.S. Center for SafeSport education and training on child abuse prevention before providing consent for their Minor Athlete to receive a manual therapy, therapeutic modality, or recovery modality.

2. When possible, techniques should be used to reduce physical touch of Minor Athletes.
3. Only licensed providers should administer manual therapy, therapeutic modalities, or recovery modalities.
4. Coaches, regardless of whether they are licensed massage therapists, should not massage Minor Athletes.

LOCKER ROOMS AND CHANGING AREAS

Young athletes may be especially vulnerable to abuse in changing areas where they are undressing and possibly showering. Although, having locker rooms at USAW events is highly uncommon, a changing area must be provided at sanctioned events. Appropriate monitoring is necessary in these areas to prevent abuse and other inappropriate conduct. This section outlines policies for locker rooms and changing areas to ensure privacy and safety.

A. Mandatory Components

1. Observable and Interruptible

Adult Participants must ensure that all In-Program Contact with Minor Athlete(s) in a locker room, changing area, or similar space where Minor Athlete(s) are present is observable and interruptible, unless an exception exists.

2. Conduct in Locker Rooms, Changing Areas, and Similar Spaces

- a. No Adult Participant or Minor Athlete can use the photographic or recording capabilities of any device in locker rooms, changing areas, or any other area designated as a place for changing clothes or undressing.

- b. Adult Participants must not remove their clothes or behave in a manner that intentionally or recklessly exposes their breasts, buttocks, groin, or genitals to a Minor Athlete in a locker room or changing area.
- c. Adult Participants must not shower with Minor Athletes unless:
 - i. The Adult Participant meets the Close-in-Age Exception; or
 - ii. The shower is part of a pre- or post-activity rinse while wearing swimwear.
- d. Parents/guardians may request in writing that their Minor Athlete(s) not change or shower with Adult Participant(s) during In-Program Contact. USAW, USAW Clubs and the Adult Participant(s) must abide by this request.

3. Media and Championship Celebrations in Locker Rooms

It is uncommon for USAW or USAW Clubs to have a Locker Room Celebration. In the case a Locker Room/Changing Room celebration may occur, media will not be allowed into the designated changing room.

4. Personal Care Assistants

Adult Participant Personal Care Assistants are permitted to be with and assist Minor Athlete(s) in locker rooms, changing areas, and similar spaces where other Minor Athletes are present, if they meet the requirements detailed on page 14.

5. Availability and Monitoring of Locker Rooms, Changing Areas, and Similar Spaces

- a. USAW and USAW Clubs must provide, when using a facility that is partially or fully under the jurisdiction of USAW or a USAW Club a private or semi-private place for Minor Athletes that need to change clothes or undress.
- b. USAW and USAW Clubs must monitor the use of locker rooms, changing areas, and similar spaces to ensure compliance with these policies at sanctioned events or facilities partially or fully under USAW or a USAW Club's jurisdiction.

ELECTRONIC COMMUNICATIONS⁶

Technology has made it easier for teams to communicate and share information. Unfortunately, it also makes it easier for abusers to contact children without supervision or share inappropriate images and video. This section sets standards for appropriate electronic communications between youth and adults.

a. Mandatory Components

1. Open and Transparent

- a. All one-on-one electronic communications between an Adult Participant and a Minor Athlete must be Open and Transparent, unless an exception exists.
- b. “Open and Transparent” means that the Adult Participant copies or includes the Minor Athlete’s parent/guardian, another adult family member of the Minor Athlete, or another Adult Participant on every communication.
 - If a Minor Athlete communicates with the Adult Participant first, the Adult Participant must follow this policy if the Adult Participant responds.
- c. Only platforms that allow for Open and Transparent communication may be used to communicate with Minor Athletes.

2. Team Communication

When an Adult Participant communicates electronically to the entire team or any number of Minor Athletes on the team, the Adult Participant must copy or include the Minor Athletes’ parents/guardians, another adult family member of the Minor Athletes, or another Adult Participant.

3. Content

All electronic communication originating from an Adult Participant(s) to a Minor Athlete(s) must be professional in nature unless an exception exists.

4. Requests to Discontinue

Parents/guardians may request in writing that USAW, a USAW Club, or an Adult Participant not contact their Minor Athlete through any form of electronic communication. USAW and Clubs; and the Adult Participant must abide by any request to discontinue, absent emergency circumstances.

B. Recommended Components

1. Hours

Electronic communications should generally be sent only between the hours of 8:00 a.m. and 8:00 p.m. local time for the location of the Minor Athlete.

2. Social Media Connections

⁶ Electronic communications include, but are not limited to: email, phone calls, videoconferencing, video coaching, texting, social media, or through any other electronic medium.

Adult Participants, except those with a Dual Relationship or who meet the Close-in-Age Exception, are not permitted to have private social media connections with Minor Athletes and should discontinue existing social media connections with Minor Athletes.

TRANSPORTATION

Athletes are often carpooling or traveling without the supervision of their parent/guardian to practices and competitions. This can place them in vulnerable positions where they are susceptible to abuse. This section establishes policies for adults transporting children to or from sport activities.

A. Mandatory Components

1. Observable and Interruptible

Adult participants must ensure that all In-Program Contact during Transportation is Observable and Interruptible unless an exception exists or:

- a. The Adult Participant has advanced, [written consent](#) to transport the Minor Athlete one-on-one, obtained at least annually from the Minor Athlete's parent/guardian. Minor Athlete(s) or their parent/guardian can withdraw consent at any time.
- b. The Adult Participant is accompanied by another Adult Participant or at least two minors who are at least 8 years of age.

2. Additional Requirements for Transportation Authorized or Funded by USAW or a USAW Club

- a. [Written consent](#) from a Minor Athlete's parent/guardian is required for all transportation authorized or funded by USAW or USAW Clubs at least annually.
- b. Minor Athlete(s) or their parent/guardian can withdraw consent at any time.

B. Recommended Components

1. Shared or Carpool Travel Arrangement

USAW and USAW Clubs encourage parents/guardians to pick up their Minor Athlete first and drop off their Minor Athlete last in any shared or carpool travel arrangement.

2. Parent Training

Parents/guardians receive the U.S. Center for SafeSport education and training on child abuse prevention before providing consent for their Minor Athlete to travel one-on-one with an Adult Participant.

LODGING AND RESIDENTIAL ENVIRONMENTS

Youth athletes traveling overnight face greater risk of sexual abuse if they are traveling without their parent/guardian. Abusers can take advantage of the situation by trying to have unsupervised time alone with children. This section sets rules for sleeping arrangements and room monitoring to protect athletes during overnight travel.

A. Mandatory Components

1. Observable and Interruptible

All In-Program Contact during lodging must be observable and interruptible unless an exception exists.

- a. Lodging arrangements covered under this policy include, but are not limited to, hotel stays, rentals (i.e., Airbnb, VRBO, HomeToGo, etc.), and long-term residential environments, including lodging at training sites and billeting.

2. Hotel Rooms and Other Sleeping Arrangements

- a. An Adult Participant cannot share a hotel room or otherwise sleep in the same room with a Minor Athlete(s), unless an exception exists **and** the Minor Athlete's parent/guardian has provided USAW or USAW Club or Adult Participant with advance, [lodging consent](#) for each specific lodging arrangement.
- b. Written [lodging consent](#) from a Minor Athlete's parent/guardian must be obtained for all In-Program lodging at least annually.
- c. Minor Athlete(s) or their parent/guardian can withdraw consent at any time.

3. Monitoring or Room Checks During In-Program Travel

If USAW or Club Coaches or Club Directors perform room checks during In-Program lodging, the one-on-one interaction policy must be followed and at least two adults must be present for the room checks.

4. Additional Requirements for Lodging Authorized or Funded by USAW, or USAW Clubs. Adult Participants that travel overnight with Minor Athlete(s) are assumed to have Authority over Minor Athlete(s) and thus must comply with the Education and Training policy outlined in Part II, unless the Adult Participant meets the Close-in-Age exception.

B. Recommended Components

Parent Training

Parents/guardians receive the U.S. Center for SafeSport's education and training on child abuse prevention before providing [lodging consent](#) for lodging arrangements under this policy.

PART IV

ADDITIONAL REQUIREMENTS FOR KEEPING YOUNG ATHLETES SAFE

A. Out-of-Program Contact

- Adult Participants, who do not meet the Close-in-Age Exception nor have a Dual Relationship with a Minor Athlete, must not have out-of-program contact with Minor Athlete(s) without legal/parent guardian [consent](#), even if the out-of-program contact is not one-on-one.

B. Gifting

- Adult Participants, who do not meet the Close-in-Age Exception nor have a Dual Relationship with a Minor Athlete, must not give personal gifts to Minor Athlete(s).

C. Gifts that are equally distributed to all athletes and serve a motivational or education purpose are permitted. **Photography/Video**

1. Photographs or videos of athletes may only be taken in public view and must observe generally accepted standards of decency.
2. Adult Participants should not publicly share or post photos or videos of Minor Athlete(s) if the Adult Participant has not obtained the parent/guardian and Minor Athlete's consent.

TERMINOLOGY

Adult Participant: Any adult (18 years of age or older) who is:

1. A member of USA Weightlifting;
2. An employee or board member of USA Weightlifting or a USAW Club, to include a USAW Club Director or USAW Club Coach;
3. Within the governance or disciplinary jurisdiction of USA Weightlifting or a USAW Club; or
4. Authorized, approved, or appointed by USA Weightlifting, or a USAW Club to have regular contact with or authority over minor athletes.⁷

Amateur Athlete: An athlete who meets the eligibility standards established by the National Governing Body or paralympic sports organization for the sport in which the athlete competes.

Authority: When one person's position over another person is such that, based on the totality of the circumstances, they have the power or right to direct, control, give orders to, or make decisions for that person. Also see the [Power Imbalance definition in the SafeSport Code](#). *NOTE: NGBs, PSOs, and the USOPC must submit/include categories of members/individuals that fall under the definition including specific volunteer designations.*

Close-in-Age Exception: An exception applicable to certain policies when an Adult Participant does not have authority over a Minor Athlete *and* is not more than four years older than the Minor Athlete (e.g., a 19-year-old and a 16-year-old). Note: this exception *only* applies within the prevention policies and *not* regarding conduct defined in the SafeSport Code.

Dual Relationships: An exception applicable to certain policies when an Adult Participant has a relationship with a Minor Athlete outside of the sport program and the Minor Athlete's parent/guardian has provided [dual consent](#) at least annually authorizing the exception.

In-Program Contact: Any contact (including communications, interactions, or activities) between an Adult Participant and any Minor Athlete(s) related to participation in sport.

Examples of In-Program Contact include, but are not limited to: competition, practices, camps/clinics, training/instructional sessions, pre/post game meals or outings, team travel, review of game film, team- or sport-related relationship building activities, celebrations, award ceremonies, banquets, team- or sport-related fundraising or community service, sport education, or competition site visits.

Local Affiliated Organization (LAO): A regional, state, or local club or organization that is directly affiliated with USA Weightlifting or that is affiliated with USA Weightlifting by its direct affiliation with a regional or state affiliate of USA Weightlifting. LAO does not include a regional, state, or local club or organization that is only a member of a National Member Organization of USA Weightlifting. Specific to USA Weightlifting, this means USAW Clubs. For the sake of clarity, a "USAW Club" is defined as a group of

⁷ This may include volunteers, medical staff, trainers, chaperones, monitors, contract personnel, bus/van drivers, officials, adult athletes, staff, board members, and any other individual who meets the Adult Participant definition.

USAW members who formally affiliate together under the name of a member club and under the direction of a Club Director or Club Administrator.

For USAW Clubs that operate in a facility that is not fully controlled or operated under the direction of the Club Director or Club Administrator:

- The USAW Club and USAW members are subject to these policies;
- Non-USAW Members who may be customers or participants in the facility are not considered a part of the USAW Club; and
- Facility-related requirements of these policies apply only to those portions of the facility that are controlled or utilized by the USAW Club.

Minor Athlete: An Amateur Athlete under 18 years of age who participates in, or participated within the previous 12 months in, an event, program, activity, or competition that is part of, or partially or fully under the jurisdiction of USA Weightlifting or a USAW Club.

Partial or Full Jurisdiction: Includes any sanctioned event (including all travel and lodging in connection with the event) by USA Weightlifting or a USAW Club, or any facility that USA Weightlifting or a USAW Club owns, leases, or rents for practice, training, or competition. USAW Clubs may operate out of a facility where only the portion of facility that is controlled or utilized by the club is considered to be under the jurisdiction of the USAW Club.

National Governing Body (NGB): A U.S. Olympic National Governing Body, Pan American Sport Organization, or Paralympic Sport Organization recognized by the U.S. Olympic & Paralympic Committee pursuant to the Ted Stevens Olympic and Amateur Sports Act, 36 U.S.C. §§ 220501, et seq. This definition shall also apply to the USOPC, or other sports entity approved by the USOPC, when they have assumed responsibility for the management or governance of a sport included on the program of the Olympic, Paralympic, or Pan-American Games.

Adult Participant Personal Care Assistant: An Adult Participant who assists a parasport athlete requiring help with activities of daily living (ADL) and preparation for athletic participation. This support can be provided by a Guide for Blind or visually impaired athletes or can include assistance with transfer, dressing, showering, medication administration, and toileting. Personal Care Assistants are different for every athlete and must be individualized to fit their specific needs. When assisting a Minor Athlete, Adult Participant PCAs must be authorized by the athlete's parent/guardian.

Regular contact: Ongoing interactions during a 12-month period wherein an Adult Participant is in a role of direct and active engagement with any amateur athletes) who is a minor. These categories are as defined: USAW Coaches, USAW Technical Officials, Adult athletes who have regular contact with minors athletes, Sports Medicine professionals, Medical Professionals, and National Team Support Personnel.

Residential Environment: A place in which participants live or stay temporarily. Residential environments include, but are not limited to, onsite housing at training facilities, billeting, hotel stays, or rentals (i.e., Airbnb, VRBO, HomeToGo, etc.).

Billeting: A residential environment facilitated by an Adult Participant, USAW, Club or sanctioned event staff in which a Minor Athlete is temporarily housed in a private home with an adult or family who is not related to or known by the Minor Athlete. This lodging arrangement is in conjunction with an activity related to sport.

U.S. Olympic & Paralympic Committee (USOPC): A federally chartered nonprofit corporation that serves as the National Olympic Committee and National Paralympic Committee for the United States.