

USA WEIGHTLIFTING
SPORTS MEDICINE SOCIETY

All Athlete Safety

04/30/2017

INTRODUCTION: The role as defined by USA Weightlifting is that USAW sports medicine society (a.k.a. SMS) is an adjunctive organization to USAW to serve USAW Board and leadership in the best of its capacity. The primary objective of the USAW sports medicine society is the diagnosis, treatment, education and prevention of acute and chronic injuries sustained by athletes, coaches, staff and spectators before, during or after a competition. Our secondary objective is to provide a supportive, educational environment in which young volunteers (physicians, chiropractors, physical therapist, massage therapists, athletic trainers, etc.) may collaborate and learn. The sense of team approach is much the culture of USAW SMS.

ATHLETES SAFETY: This is a role all of those involved in care of the athlete should be involved in, inclusive to staff, coaches, technical officials, parents and medical society members. There should be safeguards in place to help prevent injury, assess and treat those who are acutely or chronically injured, and psychological support to deal with these issues.

SMS MEMBERSHIP: all candidates for membership to the Sports Medicine Society must submit the following documents to be reviewed by the chairman or his designee to assure licensure.

Physician (M.D. or D.O.)

- a. Medical School Diploma
- b. In-force malpractice rider
- c. Digital color headshot
- d. Current copy of the CV
- e. Current copy of their individual states' medical license
- f. Copy of the Certificate of Added Qualification in Sports Medicine (if attained)

Chiropractors (D.C)

- a. Chiropractic School Diploma
- b. In-force malpractice rider
- c. Digital color headshot
- d. Current copy of the CV
- e. Current copy of their individual states' chiropractic license
- f. Copy of their Diplomat (D.A.B.S.C.P.) or Certificate (C.C.S.P.) (if attained)

Physical Therapist (P.T. or D.P.T.)

- a. Doctor of Physical Therapy School Diploma
- b. In-force malpractice rider
- c. Digital color headshot
- d. Current copy of the CV
- e. Current copy of their individual states' PT license

Athletic Trainer (A.T.C.)

- a. College/University Diploma
- b. In-force malpractice rider
- c. Digital color headshot
- d. Current copy of the CV
- e. Current copy of their individual states' Athletic Trainer license

Massage Therapist (L.M.T.)

- a. Massage Therapy School Diploma
- b. In-force malpractice rider
- c. Digital color headshot
- d. Current copy of the CV
- e. Current copy of their individual states' massage therapist license

DOCUMENTATION: It is recommended and encouraged that each provider document their encounter if a significant medical illness/injury occurs using the standard USA Weightlifting Injury report form. At the end of the competition, these forms will be sent (via mail or digital) to the Chair of the USAW SMS for review and safe keeping. The medical director of the event must submit their overview of the competition from the realm of the medical perspective to the Chair of the USAW SMS within one week of the competition's completion. This document will be reviewed by the chair and forwarded onto the Executive Director of USAW or his/her designee in a HIPPA compliant fashion.

YOUTH PROTECTION: It is the belief of the USAW SMS leadership that there are certain simple rules that will help us protect youth and avoid certain situations

- 2) **MEDICAL CHAPERONE POLICY:** Never be alone with an athlete, unless it may be a medical emergency. Try to make sure if there is another adult, parent, staff member, or athlete present if examining or treating a patient, unless if a serious of life-threatening injury/illness occurs. A chaperone is preferable over 18 years old.

- 3) **“OPEN DOOR” POLICY:** If due to unforeseeable circumstances, an exam of a patient must occur without a chaperone, conducting the exam not behind “closed doors,” with other athletes around may be an option. HIPAA does not apply when not billing for services.
- 4) **ACTIVE MEMBER of USA WEIGHTLIFTING:** All medical staff must be active members of USA Weightlifting (gratis membership provided for medical volunteers engaging exclusively in medical practice)
- 5) **MEDICAL CREDENTIALLING:** All medical staff who connected physically with our USAW athletes, must submit copies:
 - a. Their diploma(s)
 - b. in force malpractice rider
 - c. digital headshot
 - d. current copy of the CV
 - e. Current copy of their individual states’ license
- 6) **SAFE SPORT CERTIFICATION:** Each member of the USAW Sports Medicine Society must complete training module associated with US Center for Safe Sport. Their website: <https://safesport.org/response/index>
- 7) **CRIMINAL BACKGROUND CHECK** - The Safe Sports Center of Integrity (SSCI) is the background check organization that conducts background check screening for USAW.
 - It may take 3-4 weeks to receive the final results
 - If additional information is needed from you in order to complete your check, you will be notified by SSCI via email. Therefore, it is important for you to check your email often to ensure no additional information is required. Once you have successfully completed the Criminal Background Check requirements you will be notified by USA Weightlifting.
 - More information regarding the USA Weightlifting Background Check Policy and a list of criterion being searched can be found on USA Weightlifting web site.

ACKNOWLEDGEMENT: ADAPTED FROM BOY SCOUTS OF AMERICA, YOUTH PROTECTION PROGRAM

- **Recognize** that anyone could be a molester.
- **Respond** when someone is doing something that goes against your gut or against the safety guidelines.
- **Report** attempted or actual molestation or any activity that you think is wrong to a parent or other trusted adult.

US Center for Safe Sport

The US Center for SafeSport (www.safesport.org) has jurisdiction for investigating sexual abuse allegations in Olympic & Paralympic sport. Please see www.safesport.org for a full set of policies, procedures and educational resources.

Youth Protection Reporting Procedures for Sports Medicine Volunteers

There are two types of Youth Protection–related reporting procedures all volunteers must follow:

- When you witness or suspect any youth, junior or adult athlete has been maltreatment, abused or neglected—See "Mandatory Report of Child Abuse" below.
- When you witness a violation of the USAW's Athlete Protection policies—See "Reporting Violations of USAW Youth Protection Policies" below.

Mandatory Report of Child or Adult Abuse

All persons involved in USA Weightlifting shall report to local authorities any good-faith suspicion or belief that any youth, junior, or adult athlete that is or has been physically or sexually abused, physically or emotionally neglected, exposed to any form of violence or threat, exposed to any form of sexual exploitation, including the possession, manufacture, or distribution of child pornography, online solicitation, enticement, or showing of obscene material. You may not abdicate this reporting responsibility to any other person.

Steps to Reporting Abuse

1. Ensure the athlete is in a safe environment.
2. In cases of abuse or medical emergencies, call 911 immediately. In addition, if the suspected abuse is in the athlete's home, gym or family, you are required to contact the local child abuse hotline.
3. Notify the CEO of USAW or his/her designee, or alternatively to the US Center for SafeSport.

Reporting Violations of USAW Athlete Protection & SafeSport Policies

If you think any of the USAW's Youth Protection policies have been violated, including those described within Athlete's Barriers to Abuse, you must notify your local or regional USAW representative or his/her designee so appropriate action can be taken for the safety of our athletes.

Athlete's Barriers to Abuse

The USAW has adopted the following policies for the safety and well-being of its members. These policies primarily protect youth members; however, they also serve to protect adult staff/coaches. Parents and youth using these safeguards outside the USAW further increase the safety of their youth. Staff/Coaches/Parents/Sports Medicine Providers in positions of youth leadership and supervision outside the USAW program will find these policies help protect youth in those situations as well.

Two-deep leadership on all medical work required. A minimum of two registered adult staff/coaches/parent is required for all events, trips and outings involving Youth and Junior athletes. One of these adults must be 21 years of age or older.

Adult Supervision/Coed Activities

Male and female adult staff/medical providers must be present for all overnight coed USAW trips and, even those including parent and child. Both male and female adult staff/medical providers must be 21 years of age or older, and one must be a registered member of the USAW.

One-on-one contact between adult staff/coaches and Youth/Junior members is prohibited. In situations requiring a personal conference, such as a Coaching, the meeting is to be conducted with the knowledge and in view of other adults and/or youth. Never behind closed doors. In regards to medical consultation, manual therapy, massage therapy this should not be done alone with any youth or junior athletes. It is strongly suggested to have another adult (staff/coach/parent) present or other athletes. If privacy is needed for the consultation, another adult (staff/coach/parent/medical personnel) should be present if an exam will be needed.

Two-deep leadership and no one-on-one contact between adults and youth members includes digital communication. Staff/Coaches/Medical Providers should not have one-on-one private online communications or engage one-on-one in other digital activities (games, social media, etc.) with youth or junior members. Staff/Coaches/Medical Providers should copy a parent and another staff/coach/medical providers in digital and online communication, ensuring no one-on-one contact exists in text, social media, or other forms of online or digital communication.

Age-appropriate and separate accommodations for adults and youth/junior athletes are required.

Housing

No adult staff/coach may share a room with the opposite sex unless he or she is that adult's spouse.

No youth may share a room with an adult or a person of the opposite sex other than a family member or guardian. Assigning youth athletes more than two years apart in age to sleep in the same room should be avoided unless the youth/junior athletes are relatives.

Shower/Sauna/Changing Room Facilities

Whenever possible, separate shower, sauna, and changing room facilities should be provided for male/female adults and male/female youth. If separate facilities are not available, separate times should be scheduled and posted.

Weigh-in before Competition

Many athletes will choose to become completely naked in order to weigh-in before a competition. When at all possible, same-sex Staff/ITOs/Referees will staff that weigh in and they will always have two-deep leadership for weigh-ins.

The buddy system should be used at all times. The buddy system is a safety measure for all international weightlifting activities. Buddies should know and be comfortable with each other. Self-selection with no more than two years age or significant differences in maturity should be strongly encouraged. When necessary, a buddy team may consist of three athletes. No youth/junior athletes should be forced into or made to feel uncomfortable by a buddy assignment. This is most important on international trips involving youth and junior athletes, where differences in language and culture are present for naïve athletes.

Privacy of youth is respected. Adult staff/medical providers and youth must respect each

other's privacy, especially in situations such as changing clothes. It is not uncommon for athlete to partially disrobe when changing in and out of singlets/ warm-ups/ street clothes. Encourage athletes to always keep sports bra and underwear on in public venue. Adult staff/coaches/medical providers may enter youth changing or showering areas only to the extent that health and safety requires. Adults must protect their own privacy in similar situations.

Inappropriate use of smart phones, cameras, imaging, or digital devices is prohibited. Although most athletes and leaders use cameras and other imaging devices responsibly, it is easy to unintentionally or inadvertently invade the privacy of other individuals with such devices. The use of any device capable of recording or transmitting visual images in or near shower, sauna, changing rooms, restrooms, or other areas where privacy is expected is inappropriate.

Discipline must be constructive. Discipline used when youth/junior athletes must be constructive and reflect core values in line with USA Weightlifting. Corporal punishment is never permitted. Disciplinary activities involving isolation, humiliation, or ridicule are prohibited. Examples of positive discipline include verbal praise and high fives.

Appropriate attire is required for all activities. Proper clothing for activities is required.

No hazing. Hazing and initiations are prohibited and may not be included as part of any Weightlifting activity.

No bullying. Verbal, physical, and cyberbullying are prohibited in USA Weightlifting.

Mandatory Reporting of Child Abuse

All persons involved in USAW must report to local authorities any good-faith suspicion or belief that any youth or junior athlete is or has been physically or sexually abused, physically or emotionally neglected, exposed to any form of violence or threat, exposed to any form of sexual exploitation including the possession, manufacture, or distribution of child pornography, online solicitation, enticement, or showing of obscene material. This duty cannot be delegated to any other person. Immediately notify the CEO of this report (or alternatively, the US Center for SafeSport), or of any violation of USAW's Youth Protection policies, so he or she may take appropriate action for the safety of our athletes, make appropriate notifications, and follow up with investigating agencies.

State-by-state mandatory reporting information: www.childwelfare.gov 

All adult leaders (Staff/Coaches/Medical volunteers) and youth/junior athletes have responsibility. Everyone is responsible for acting in accordance with the USAW's vision policy. Physical violence, sexual activity, emotional abuse, spiritual abuse, unauthorized weapons, hazing, discrimination, harassment, initiation rites, bullying, cyberbullying, theft, verbal insults, drugs, alcohol, and pornography have no place in the USAW sports medicine program and may result in revocation of membership.

Incidents requiring an immediate report to the CEO of USAW. The following must be reported to the CEO for action immediately:

- Any threat or use of a weapon

- Any negative behavior associated with race, color, national origin, religion, sexual orientation, or disability
- Any reports to authorities where the USAW’s Mandatory Reporting of Child Abuse policy or your state’s mandatory reporting of child abuse laws apply
- Any abuse of a youth/junior athletes that meets state reporting mandates for bullying or harassment
- Any mention or threats of suicide

If someone is at immediate risk of harm, call 911.

If an athlete is bullied because of race, color, national origin, religion, sexual orientation, or disability, and local help is not working to solve the problem, contact USAW’s CEO. In the absence of the CEO, the Chair of the Board of Directors. In the case of Sexual Abuse, the US Center for SafeSport.

Your Responsibility

- Stop the policy violation or abuse.
- Protect the youth.
- Separate alleged victim from alleged perpetrator.
- Summon needed assistance (911, EMS, additional leaders, etc.).
- Notify parents.
- Notify the appropriate Scouting professional.



Digital Privacy

A key ingredient for a safe and healthy USAW experience is the respect for privacy. Advances in technology are enabling new forms of social interaction that extend beyond the appropriate use of cameras or recording devices (see “Athletes's Barriers to Abuse”). Sending sexually explicit photographs or videos electronically or “sexting” by cell phones is a form of texting being practiced primarily by young adults and children as young as middle-school age. Sexting is neither safe, nor private, nor an approved form of communication and can lead to severe legal consequences for the sender and the receiver. Although most athletes and leaders use digital devices responsibly, educating them about the appropriate use of cell phones and cameras would be a good safety and privacy measure.

I have reviewed the above document and WILL comply with USAW’s “All Athletes Safety” policy for Sports Medicine Providers

SIGNED _____ DATE: _____

PRINTED NAME _____

Received by USAW staff member _____ DATE _____