

Pathway for Adaptive Athletes

Adaptive Athlete Information: 100% RAW Powerlifting World Championship

Our Commitment to Inclusion The 100% RAW Powerlifting Federation is committed to providing an inclusive and accessible competition environment for all athletes. We welcome and encourage the participation of adaptive athletes in our World Championship. This page provides a clear pathway for adaptive athletes to register, prepare, and compete.

Eligible Adaptive Divisions We offer the following adaptive divisions, with rules aligned with international para-powerlifting standards.

- **Para Powerlifting Bench Press (Seated):** For athletes with physical disabilities who compete from a regulation para-powerlifting bench.
- **Standing Adaptive:** For athletes with physical disabilities who are able to compete in a standing position (e.g., single or double-leg amputees).
- **Visually Impaired (VI):** For athletes with a diagnosed visual impairment.
- **Intellectual Disability (ID):** For athletes with a diagnosed intellectual disability.

Note: Please contact us if you have questions about your specific eligibility. We evaluate accommodations on a case-by-case basis.

How to Register

1. Visit our main registration page here: www.rawpowerlifting.com
2. During registration, you will be asked, "Do you wish to register as an adaptive athlete?" Select "Yes."
3. Choose your division from the dropdown menu (e.g., Para Powerlifting Bench Press, Standing Adaptive, etc.).
4. Complete the remainder of the registration form. You will be contacted by our Adaptive Athlete Liaison to confirm details and answer any questions.

Event Day Information

- **Venue Accessibility:** We have conducted a walkthrough of the venue at 10975 Richardson Rd. Ashland, VA 23005 to ensure it meets accessibility needs. Key features include:
 - Designated accessible parking spaces located near the main entrance.
 - A step-free entrance/ramp for venue access.
 - Clear, unobstructed pathways to the warm-up area, competition platform, and restrooms.
 - At least one ADA-compliant restroom stall. Athletes with specific accessibility questions are encouraged to contact our Adaptive Athlete Liaison.
- **Weigh-Ins:** Weigh-ins will be conducted in a private area. A digital, roll-on scale suitable for wheelchair users and amputees will be available.
- **Warm-Up Area:** The general warm-up area is inclusive for all athletes and will be equipped with a regulation para-powerlifting bench and adequate space for wheelchair maneuverability.

- **Competition Flow: To ensure a smooth and focused competition experience, adaptive athlete divisions will compete in their own dedicated flights.** The specific flight schedule will be published one week prior to the event.

Rules & Equipment The competition will follow the official 100% RAW Powerlifting Federation rulebook, which includes a specific addendum for adaptive divisions based on World Para Powerlifting technical rules. All athletes will use the competition-provided combo racks, and benches. Athletes competing in the Para Powerlifting Bench Press division will use a regulation para-powerlifting bench.

You can view the complete rulebook with the adaptive addendum here: www.rawpowerlifting.com

Key Rule Modifications Include:

- **Para Bench Press:** The lift sequence and "press" commands are adapted from World Para Powerlifting rules.
- **Standing Adaptive:** Allowances are made for the use of approved prosthetic devices.
- **Visually Impaired:** Athletes may have a coach on the platform to assist with setup.

Questions? For all inquiries regarding adaptive participation, please contact our dedicated liaison: **Name:** Paul Bossi **Title:** Adaptive Athlete Liaison **Email:** rawlifting@aol.com
Phone: 252-339-5025

Training & Education Plan

Adaptive Athlete Inclusion and Safety Training Protocol Organization: 100% RAW Powerlifting Federation **Event:** 100% RAW Powerlifting World Championship

1. Purpose This document outlines the mandatory training provided to all event staff, officials, and volunteers to ensure a safe, fair, and welcoming environment for adaptive athletes.

2. Target Audience This training is mandatory for: Meet Directors, Referees and Judges, Spotters and Loaders, Registration and Weigh-in Staff, and Event Volunteers.

3. Training Modules & Content

- **Module 1: Introduction to Adaptive Sports & Inclusivity:** Covers person-first language, overview of adaptive divisions, and general etiquette.
- **Module 2: Powerlifting-Specific Rules & Modifications:** Covers technical rules for Para Powerlifting Bench Press, Standing Adaptive lifters, and VI lifters.
- **Module 3: Safety & Spotting Protocols:** Covers pre-lift communication, spotting techniques for seated lifters, athlete transfer policies, and emergency extraction procedures.

4. Implementation & Record Keeping

- **Administrator:** The training is administered by the Meet Director, who is a certified 100% RAW official.
- **Delivery Method:** A mandatory 60-minute pre-event briefing will be held for all staff and officials. A digital copy of this protocol will be distributed one week prior.
- **Frequency:** This briefing is conducted prior to every sanctioned event. The training protocol itself is reviewed and updated annually.
- **Record Keeping:** A sign-in sheet will be used to document attendance at the pre-event briefing.

Risk Management Plan for Adaptive Athletes

Adaptive Athlete Risk Management Plan Organization: 100% RAW Powerlifting Federation
Event: 100% RAW Powerlifting World Championship

1. Introduction This plan identifies potential risks specific to the participation of adaptive athletes and outlines control measures to ensure their safety. This supplements our general event risk management plan.

2. Risk Assessment Matrix

Identified Risk	Affected Group(s)	Likelihood	Severity	Mitigation Strategy / Control Measure
Equipment Failure	Para Powerlifting Lifters	Low	High	Control: All competition equipment will undergo a pre-event inspection. Only certified/approved equipment will be used.
Injury during Athlete Transfer	Seated Athletes	Medium	Medium	Control: Athletes are responsible for their own transfers. Staff and spotters are trained to provide stabilization assistance <i>only if requested</i> . The area around the bench must be kept clear.
Failed Lift / Spotting Error	All Athletes	Medium	High	Control: Mandatory 3-5 qualified spotters for all lifts. Spotters receive specific training (per Document 2). Pre-lift communication between the athlete and head spotter is required.
Venue Inaccessibility	Athletes with mobility or vision impairments	Medium	Medium	Control: A full accessibility walkthrough of the venue will be conducted 24 hours prior to the event.
Medical Emergency	All Athletes	Low	High	Control: Certified EMTs/paramedics will be on-site. Registration form includes an

				optional field for athletes to disclose emergency medical information.
Misapplication of Rules	All Adaptive Athletes	Medium	Low	Control: All referees must attend the mandatory pre-event briefing on adaptive division rules. A printed copy of the adaptive rules will be available at the officials' table.

3. Emergency Action Plan *Note: This EAP is a template. For the specific event, the following details will be filled out and posted at the officials' table and in the warm-up area.*

- **Event Venue Address:** 10975 Richardson Rd. Ashland, VA 23005
- **Nearest Hospital:** Bon Secours Memorial, 8260 Atlee Rd. Mechanicsville, VA 23116
- **On-Site Medical Lead:** [FILL IN NAME AND CELL OF EMT/MEDICAL LEAD]

In the event of any medical emergency:

1. **Stop the Lift/Competition:** The head referee will immediately signal to stop the competition.
2. **Signal Medical Staff:** The nearest spotter or official will immediately alert the on-site medical personnel.
3. **Clear the Area:** Staff will create a clear path for medical personnel to access the athlete.
4. **Do Not Move the Athlete:** Unless there is immediate danger, the athlete will not be moved until assessed by medical professionals.
5. **Contact Emergency Services:** The Meet Director will call 911 if required by the on-site medical team.