

Document Title: Pre-Event Adaptive Athlete Inclusion & Safety Training: Official Agenda & Outline

Total Duration: 60 Minutes **Administrator:** Meet Director, 100% RAW Powerlifting Federation

Objective: To equip all event staff, officials, and volunteers with the necessary knowledge and skills to provide a safe, fair, and welcoming environment for all adaptive athletes.

Agenda:

- **Part 1: Introduction & Commitment to Inclusion (5 minutes)**
 - Welcome and statement of purpose.
 - Reinforcing 100% RAW's commitment to creating an inclusive powerlifting environment.
 - The importance of this training for a successful event.
- **Part 2: Understanding Adaptive Powerlifting (15 minutes)**
 - **Person-First Language:** Using respectful and appropriate terminology (e.g., "athlete with a disability" vs. "disabled athlete").
 - **Overview of Divisions:**
 - **Para Powerlifting Bench Press (Seated):** Key physical considerations.
 - **Standing Adaptive:** Common adaptations for amputee lifters.
 - **Visually Impaired (VI):** The role of the coach/agent.
 - **Intellectual Disability (ID):** Communication best practices.
 - **Communication Etiquette:**
 - Always speak directly to the athlete, not their companion.
 - Ask before offering assistance; do not assume help is needed.
- **Part 3: Technical Rules & Officiating (20 minutes)**
 - **Para Bench Press Judging:** A detailed review of the World Para Powerlifting lift sequence, commands ("Start," "Press," "Rack"), and common rule infractions (e.g., bar dip, heaving, bench movement).
 - **Standing Adaptive Allowances:** Clarification on rules regarding prosthetic devices and maintaining balance.
 - **VI Lifter Protocol:** The specific duties and limitations of the athlete's agent on the platform.
- **Part 4: Safety & Spotting Protocols (15 minutes)**
 - **The 5-Spotter System:** Review of roles for the head spotter and side spotters.
 - **Pre-Lift Communication:** The mandatory protocol for the head spotter to communicate with each adaptive athlete before their attempt to understand any specific needs.
 - **Athlete Transfer Policy:** Reiteration that staff and spotters are not to assist with athlete transfers (e.g., wheelchair to bench) unless explicitly requested for stabilization.
 - **Emergency Procedures Review:** A quick overview of the Emergency Action Plan (EAP).
- **Part 5: Conclusion & Q&A (5 minutes)**
 - Summary of key responsibilities.
 - Distribution of a printed handout with key rules and contact info.
 - Open floor for any final questions.