



British Barbell Community Amateur Sports Club
Membership Guide 2010 (1st Nov 2009 to 31st Dec 2010)

British Barbell

The Club aims to promote Powerlifting in East London and encourage community participation in the sport. We aim to provide access to Powerlifting equipment, in a safe, supportive environment, allowing novice lifters to develop and experienced lifters to excel.

The Committee

President	Benjamin Banks
Secretary	Rebecca Yeoh
Treasurer	Ed Hawthorne
Members' Rep	Faisal Ahmed Spaul

Advisers

Medical	Dr Ryan Wood
Nutrition	Rebecca Yeoh
Powerlifting	John Halfacre
Equipment	Roy Banks

Opening Times

Club	Saturday 10:30am-12pm
Squad	Friday 8:30-10pm, Sunday 6:30-9pm
Team	Sunday 6:30-9pm, Tuesday/Thursday/Friday 8:30-10pm

Membership & Training Fees

Annual Membership Fee £5

Monthly Training Fee

Club £10 (*plus a suggested donation of £10*)

Squad £20 (*plus a suggested donation of £20*)

Team £30 (*plus a suggested donation of £30*)

British Barbell is a non-profit organisation registered as a Community Amateur Sports Club. The monthly fees go towards the running costs of the club. If members are able to contribute the suggested donation (or some part thereof), then this will enable the club to further develop.

The Access Scheme

British Barbell is committed to providing access to everyone regardless of socio-economic status. If a member is unable to cover any of the fees they are encouraged to apply in writing to the Committee, detailing their circumstances and the amount that they are able to contribute towards these fees. All applications are confidential.

Club Shop

The Club sells a range of Powerlifting equipment (including competition singlets, chalk, talc, and long socks), and merchandise featuring the Club's logo (t-shirts, long sleeve t-shirts and sweatshirts), anyone interested in purchasing any items should ask one of the coaches at their next session for further details.

www.british-barbell.org.uk

Conditions of Membership

- **Conduct**

British Barbell operates an open membership policy. The Committee will not tolerate any form of discrimination or threatening behaviour.

- **Use of the Facilities**

All members must use the facilities provided respectfully. In particular members are reminded to tidy up, replace weights, and take care when using chalk and talc.

- **Safety**

Safety should always be the priority. The Club is committed to minimising the risk of injury and promoting longevity in the sport. All members are to familiarise themselves with spotting techniques (seeking guidance from the Committee if required), and to make themselves available to spot their fellow members. Where additional safety devices are available they should be used at all times.

- **Exercises**

While all forms of exercise carry a degree of risk, the Committee may from time to time forbid certain exercises which are believed to put members at undue risk or for which the facilities do not cater for; members must respect such prohibitions.

- **Capacity**

The Committee endeavours to make the facilities available as often as possible, however members are reminded that the club is run on a voluntary basis, and in the future it may be necessary to limit sessions to a safe capacity.

- **Sessions**

Members must notify the member leading the session if they are unable to attend, or are running late, to avoid unnecessary disruption.

- **Training**

All training sessions are operated on the basis of group training; each session members are expected to form groups based on strength and training goals with a view to heightening safety and motivation.

- **Competitions**

Members are not obliged to compete. However, the Committee encourages members to take part in local competitions to increase focus and to set training targets. Members should ensure that they only compete in competitions registered with the National Governing Body, the Great Britain Powerlifting Federation ("GBPF").

- **Anti-Doping Policy**

All members should make themselves available for drug testing, and abide by the anti doping policies of the GBPF. All training members are required to register with the GBPF within their first month of training. Members must inform the Committee of any prior anti doping offences. The Committee reserve the right to refuse membership to anyone who has been suspended or banned for anti doping offences.

- **Behaviour**

All members must ensure that their behaviour does not bring the Club, the sport or the National Governing Body into disrepute. For the avoidance of doubt members must not maintain membership in, promote or support organisations which aim to promote competition outside of the National Governing Body.

- **GBPF/Club Policies**

Members are required to observe all policies put into place by the GBPF and the Club, including any revisions or additional policies introduced during the course of the year.