



Where Olympic Journeys Begin

Team USA Declaration for Athletes Attending:

Rescheduled 2020 Pan American Championships





This Declaration is due by March 5, 2021 NO LATER THAN 5PM MT

Declaration Terms and Conditions

As of today, I have met the following minimum requirements:

I am a citizen of the United States of America.

Athletes must be citizens of the United States to be eligible to compete for Team USA, if dual citizenship is held, your sport nationality must be registered as the United States with the IWF or other applicable body.

I have a valid United States of America Passport

An athlete must possess a USA passport with an expiration date of a minimum of 6 months after the end of the competition, or the entry requirement of the host nation, whichever is the greater.

I have been in the USA Weightlifting USADA Random Testing Pool (RTP) for 6 months.

USA Weightlifting has taken a stand for a doping free sport and we require all of our international athletes to have been available for testing for minimum of 6 months prior to competing in any international competition.

Other Requirements

Athletes must be current members of USA Weightlifting and in good standing to compete.

Initial: _____



CODE OF CONDUCT: FOR ATHLETES, REFEREES, COACHES AND TEAM STAFF

This Code of Conduct applies to all “team members” during their time as “part of a delegation” “Team members” includes all athletes, coaches, team staff, officials, and any other person acting/serving in an official capacity as an international/national representative of USA Weightlifting, who are selected and/or endorsed by USA Weightlifting to attend any IWF or USA Weightlifting sanctioned competition. For purposes of this policy “team members” shall be considered “part of a delegation” during the period beginning with travel to an IWF or USA Weightlifting sanctioned competition or camp and ending upon return from the event or competition or camp.

Representing the United States in competition is among the rarest and most rewarding of opportunities anyone will ever have. Representing our nation is a **privilege**. Athletic or coaching achievement is only a portion of the criteria necessary to earn that privilege; as important, if not more so, is the conduct displayed by all teams. It is imperative that teams understand that they are ambassadors of USA Weightlifting, the US Olympic Committee and ultimately the United States. As such:

1. Team members will conduct themselves in a manner representative of the highest level of excellence in all areas at all times.
2. All Team members, staff and coaches will respect teammates, athletes, coaches, officials, spectators, volunteers, USADA representatives, sponsors and National Office Staff of USA Weightlifting without regard to race, religion, national origin, age, civil status, veteran status, marital status, language, social condition, mental or physical ability, sexual preference, or gender identity.
3. The primary function of all team staff members is to serve the team. All team staff members must be available to assist and support athletes and other team members at all times.
4. Whereas team staff members’ focus is on the athletes, the athletes are expected to conform to the same levels of conduct as all other team members at all times.
5. All team staff members will perform their duties in a professional manner at all times. It is patently unprofessional to show partiality in any form to any other member of the team, regardless of club affiliation, and such behavior will not be tolerated. Likewise, team staff members will not attempt to recruit other team members to their club team or coaching influence.
6. All team coaches, leaders, and managers are expected to serve as role models in providing and enforcing standards. At a minimum, team managers, leaders, and coaches will provide clear guidance and rules to all other team members and enforce them at all times.

7. All team members are to strictly refrain from the consumption of alcohol and/or recreational drug use at any time while part of a delegation.
8. All team members are expected to comply with both the local laws and the laws of the United States at all times. For example, if an action is legal in the country you are visiting, but is not legal in the United States, it is not permitted to be undertaken. Similarly, if the action is legal in the United States but it is not legal in the country you are visiting it is not legal.
9. All team members will comply with all rules and guidance, as applicable. This includes, but is not limited to: local laws and customs (International, USOC, OTC and Olympic Village amongst others), dress and appearance, alcohol use, deportment, punctuality, manners, behavior and respect for other team members. Under no circumstances will disrespectful behavior towards the host nation or other members of other teams be tolerated.
10. All team members will respect the "chain of command". Ultimately, the team leader/coaches will have final say on all decisions.
11. Team members will adhere to any and all curfews put into place by the team leader and/or head coach, regardless of age.
12. Team members will attend all training sessions and team meetings unless otherwise excused by the team leader/coach.
13. Team members will not engage in any form of abuse (verbal or otherwise) against any person while representing the United States.
14. Team members will abide by all other USA Weightlifting, United States Olympic Committee, USADA, US Center for SafeSport, organizing committee, PAWF and IWF policies and procedures as applicable.
15. Coaches attending an international competition, as either a personal coach or as an appointed coach are expressly prohibited from engaging in any recruitment activities.
16. Sexual contact of any kind between any team members, with the exception of married couples and those in a pre-existing relationship declared to USA Weightlifting in advance of the commencement of a delegation., is strictly prohibited when part of a delegation. Sexual contact that is nonconsensual, inappropriate, unwelcome, criminal, or otherwise violates the rules, policies, or procedures of USA Weightlifting, the USOC, or the US Center for SafeSport, is always prohibited.
17. Conduct which reflects negatively on, or brings into disrepute, USA Weightlifting or the sport of weightlifting are prohibited.



18. Failure to comply with the tenets of this Code of Conduct may result in potential disciplinary action from USAW, penalties may include:

- Immediate removal from an international team and return home at the team member's expense.
- Revoking of funding from an international competition.
- Temporary or permanent termination of USA Weightlifting membership.
- Suspension from USA Weightlifting activities for a specified period.
- Withholding in part or in full of any stipend(s) paid by USA Weightlifting.

The team leader in consultation with the CEO has the ability to remove a person from the team immediately, and the CEO has the authority to place an interim sanction upon the athlete. The USA Weightlifting Judicial Committee shall approve any further sanction (generally considered to be a 6-month suspension of membership subject to hearing and individual circumstances), at the recommendation of the staff, with the athlete able to be heard. Any violation of policies otherwise than this code of conduct will be dealt with by the applicable body (e.g. US Center for SafeSport, US Anti-Doping Agency, United States Olympic Committee, International Weightlifting Federation or USA Weightlifting).

To that end, you agree to comply with any requests and investigations from USA Weightlifting, the US Center for SafeSport, International Weightlifting Federation, the US Anti-Doping Agency, the United States Olympic Committee, or any of its Boards or Committees.

I have read and understand the Team Code of Conduct. I agree to fulfill the requirements as outlined.

Competition: [Rescheduled 2020 Pan American Championships](#)

Initial: _____



HEALTH, FITNESS & PERFORMANCE DECLARATION

Team USA athletes must maintain the level of performance that qualified them to make this international squad. A “Competition Readiness Plan” and test of readiness will be agreed upon by the personal coach and the Technical Director, National Teams following the invitation to join the international squad.

I understand the following provisions can be utilized for substitutions:

Injury - An athlete may be replaced if an independent doctor appointed by the Team Selection Committee determines that he/she is unable to perform to his or her potential due to an injury, placing the team in a compromising position in terms of scoring. Refusal to be examined by the appointed doctor can also be grounds for replacement on the team.

Illness - An athlete may be replaced if an independent doctor appointed by the Team Selection Committee determines that he/she is unable to perform to his or her potential due to an illness, placing the team in a compromising position in terms of scoring. Refusal to be examined by the appointed doctor can also be grounds for replacement on the team.

Lack of Readiness - An athlete may be replaced if he/she has not satisfied the terms and conditions of his or her “Competition Readiness Plan,” such that the Team Selection Committee determines that another athlete is better prepared to help the U.S. team to place high and score points for team success.

Opportunity - An athlete may be replaced if circumstances change due to new or revised information such that the Team Selection Committee determines that another athlete is more likely to help the U.S. team to place high and score points for team success. For example, the entry list for an event may change the Team Selection Committee's calculations of which athletes are more likely to score points, and the Team Selection Committee may replace an athlete, based on this additional information.

Initial: _____



USA Weightlifting Outfitting Declaration

USA Weightlifting is pleased to confer that Nike has agreed to act as Official Outfitting Sponsor for the [Rescheduled 2020 Pan American Championships](#). Participants will be issued an **Official Rescheduled 2020 Pan American Championships Uniform**, which will be worn during the competition, on the podium, for the official team group photo, and may be worn during training at the competition.

As a condition of your participation in the [Rescheduled 2020 Pan American Championships](#), please confirm your agreement with the following terms and conditions:

Declaration Terms and Conditions for Outfitting

I will wear the **Official Rescheduled 2020 Pan American Championships Uniform** I am issued in the competition and in training, as the team leader or my assigned coach requires.

I will bring sufficient training attire to this competition, provided however, that I may only wear training attire that is Nike brand, Rogue brand, or attire that is unbranded. If I appear in the training hall with other branded training attire, I will be required to return to my living quarters to change into training attire that is Nike brand, Rogue brand, or unbranded.

I will not wear any training or competition outfitting or otherwise display items while in attendance at this competition that in any way contains commercial advertising per IWF rules, either of my own business interest(s), or those of others with whom I am affiliated.

I will not wear any supplemental gear/equipment such as headbands, wrist or knee wraps or other such items, that contains commercial advertising per IWF rules, either of my own business interest(s), or those of others with I am affiliated. The manufacturer's brand mark is the only acceptable mark on such supplemental gear/equipment.

Choice of weightlifting shoes to be worn in this competition is at my discretion; provided, however, that the shoes display only the standard retail commercial markings of the manufacturer.

I will not alter or otherwise add markings of any sort to the **Official Rescheduled 2020 Pan American Championships Uniform**.

I will not sell, trade, or otherwise redistribute to others any component of the **Official Rescheduled 2020 Pan American Championships Uniform**;

If I accept the conditions of this declaration, and subsequently neglect to bring to the competition, or refuse to wear the **Official Rescheduled 2020 Pan American Championships**



Uniform I am issued in the competition and in training as the team leader or my assigned coach requires, I am subject to being withdrawn from the competition.

If I accept the conditions of this declaration, and subsequently I am identified as not having fulfilled the requirements, I am subject to return of the payments made on my behalf by USA Weightlifting for my participation in the [Rescheduled 2020 Pan American Championships](#), and furthermore, I am subject to disciplinary action, as the USAW Board of Directors deems appropriate.

If I am otherwise eligible for [Rescheduled 2020 Pan American Championships](#), but do not submit, a signed declaration as of 5 pm on the above date, I will not be entered as a team member or alternate on the [Rescheduled 2020 Pan American Championships](#) final entry form.

Outfitting	Size
Singlet (<i>Men's or Women's Sizing</i>)	
Warm up Jacket (<i>Men's or Women's Sizing</i>)	
Warm up Pants (<i>Men's or Women's Sizing</i>)	

Initial: _____

Social Media, Communications, and Marketing Agreement

Introduction

These official social media guidelines were created to encourage athletes to share their opinion online in a positive and constructive manner. These guidelines are for those who contribute to blogs, wikis, tweets, social network posts, virtual words, and any other kind of social media. Both in professional and institutional roles, athletes need to follow the same behavioral standards online as they would in real life. Athletes are liable for anything they post on social media networks.

Official USA Weightlifting Social Media Accounts:

- **Twitter:** @USWeightlifting
- **Facebook:** Facebook.com/USAWeightlifting
- **Snapchat:** USWeightlifting
- **Instagram:** usa_weightlifting
- **YouTube:** USAWeightlifting
- **Website:** www.usaweightlifting.org

Social media is powerful communications tools that have a significant impact on organizational and professional reputations. USA Weightlifting supports and encourages athletes and staff to use social media platforms in positive ways to connect and interact with teammates, fans, media, members and the community. Athletes must at all times act in the best interests of the competition and shall not act in any manner which is improper. Such actions which are considered improper.

How USA Weightlifting Uses Social Media!

USA Weightlifting uses social media to engage and connect with members, fans, athletes and the media as well as to promote and market new programs, upcoming events, athletes, sponsors, etc. To avoid misconceptions about authentic USA Weightlifting accounts, only the official accounts for USA Weightlifting are permitted to use USA Weightlifting names, logos and marks in titles, profiles and URLs.

In order to avoid any problems or misunderstandings, USA Weightlifting has come up with a few guidelines to provide helpful and practical advice for athletes when operating on the internet as an identifiable athlete of USA Weightlifting:

Rule of Engagement

- **Disclose:** Your honesty—or dishonesty—will be quickly noticed in the social media environment. Please represent USA Weightlifting ethically and with integrity.
- **Protect:** Make sure that transparency doesn't violate USA Weightlifting's confidentiality or legal guidelines for commercial speech—or your own privacy. Remember, if you're

online, you're on the record—everything on the Internet is public and searchable. And what you write is ultimately your responsibility.

- **Use common sense:** Perception is reality and in online social networks, the lines between public and private, personal and professional, are blurred. Just by identifying yourself as a USA Weightlifting athlete, you are creating perceptions about your expertise and about USA Weightlifting. Do us all proud.

Best Practices

- **Be a Good Ambassador:** Always be aware that your opinions and behavior reflect on USA Weightlifting and Team USA.
- **Be Aware Social Media is Public Information:** Even though you may use privacy tools, assume that everything you post on social media is public information.
- **Consider Your Audience:** Remember the social media audience is unrestricted in terms of age, gender, nationality, faith, sexual orientation and disability. Posts can be read by children of all ages and journalists can create/embellish stories based on your postings.
- **Respect Copyrights and Fair Use:** Always give people proper credit for their work and make sure you have the right to use something with attribution before you publish.
- **Think Twice Before Posting or Retweeting:** A general rule of thumb is if you would not be happy seeing the image or quote in a national newspaper, do not post or tweet it.
- **Keep Security in Mind:** Avoid sharing log in details and using email accounts as well as social media log ins. Change your passwords frequently and avoid using the same password for multiple accounts.
- **Do Not Use USA Weightlifting / USOC Logos:** Using the USA Weightlifting and/or United States Olympic Committee name, logos or marks in any social media account or domain name not created by the organizations is forbidden.
- **Ask Before it's Too Late:** If you are in doubt about the appropriateness of a post or tweet, contact USA Weightlifting before posting.
- **Do Not Leak Information:** Athletes and staff shall not reveal information about other athletes that may be detrimental to performance. This may include, but is not limited to, injury status, fitness, medical treatment, information about athletes (especially without their consent), contact details of athletes, staff, criticism of USA Weightlifting, athletes, staff, coaches, Board of Directors, etc.
- **Use Good Judgment:** Refrain from comments that can be interpreted as slurs, demeaning, inflammatory, etc. Comments which include reference to a person's ethnic origin, race nationality, faith, gender, sexual orientation or disability are inappropriate.
- **Rule 40:** Prior to, throughout and following the Olympic Games, Rule 40 states no competitor, coach, trainer or official who participates in the Olympic Games may allow his/her person, name, picture or sports performances to be used for advertising purposes during the Olympic Games, unless permitted by the IOC Executive Board. Black-out dates will be provided to athletes in advance during an Olympic year.
- **Respect Sponsors:** Negative comments about USA Weightlifting premier partners, sponsors or suppliers, and United States Olympic Committee worldwide and domestic partners are considered inappropriate.



Where Olympic Journeys Begin

We encourage all athletes and staff to be active on various social media platforms and Therefore, welcome the opportunity to assist athletes and staff with using, promoting and

protecting themselves on social sites. For any questions regarding social media, contact (**NOTE:** Be sure to tag USA Weightlifting! We will share your content with our audience!):

Kevin Farley, Senior Director of Engagement

USA Weightlifting

Email: kevin.farley@usaweightlifting.org

Phone: +1 719-866-3043

Social Media Information:

Hometown: _____

Weight Category: _____

Best Snatch: _____

Best Clean and Jerk: _____

Best Total: _____

Coach(es) Name: _____

Club: _____

Instagram: _____

I have read the Social Media, Communications and Marketing Agreement and I understand USA Weightlifting may use my likeness in future communications and marketing projects.

Initial: _____



Where Olympic Journeys Begin

By my signing this Team USA Declaration, I hereby agree to all of the terms and conditions outlined in this document, and that if I do not so agree to all of these terms and conditions, I am not eligible to participate in the 2021 [Competition]. If I am younger than 18 years of age, as a condition of my receiving support, my parent/legal guardian must also sign this Declaration:

Athlete Name: _____ (Print First, Last)

Athlete Age: _____

USAW Member#: _____

Preferred Airport: _____

Signature of Athlete/Parent: _____ Date: _____

Signature of Parent/Legal Guardian (Required, if Athlete is Younger Than 18 Years of Age)

**This Declaration is due by [Date], 2021 NO LATER THAN 5PM MT
If you have questions about this document, contact Lorene Halford at
Lorene.Halford@usaweightlifting.org**