



# Queensland Weightlifting Association Inc.

Affiliated with the Australian Weightlifting Federation Inc.  
PO Box 1056, Capalaba 4157, Tel. (07) 3823 1377 Fax: (07) 3823 1371  
Email: qwa@qwa.org Website: www.qwa.org

ABN 96 027 364 324

## 2016 Membership Application Form

Please read all information carefully

### Eligibility

Applicants must reside within the State of Queensland.

### Age Categories

A member is classified as a SENIOR from the 1 January of that year in which the member's 21<sup>st</sup> birthday occurs.

A member is classified as a JUNIOR up to 31 December of that year in which the member's 20th birthday occurs.

A member is classified as a YOUTH up to 31 December of that year in which the member's 17th birthday occurs.

### Membership periods and fees

See the membership options and fee schedule on page 5.

#### Office Use Only

Payment Method: \_\_\_\_\_

Amount Paid: \_\_\_\_\_

Date Paid: \_\_\_\_\_

12 months:

1 month:

Upgrade:

First name: \_\_\_\_\_ Surname: \_\_\_\_\_

Address: \_\_\_\_\_

Postcode: \_\_\_\_\_

Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_ Sex (circle): Male / Female

Telephone: (home) \_\_\_\_\_ (mobile) \_\_\_\_\_

Email \_\_\_\_\_

Club: \_\_\_\_\_ Coach: \_\_\_\_\_

School: \_\_\_\_\_

Do you have Australian Citizenship?  Yes  No. Nationality if not Australian: \_\_\_\_\_

Type of Participation (tick all applicable)  Athlete  Coach  Referee  Other

I hereby apply for membership of the Queensland Weightlifting Association Inc and the Australian Weightlifting Federation Limited. I agree to be bound by and comply with the policies and rules of the Queensland Weightlifting Association Inc and the Australian Weightlifting Federation Limited and declare that I am knowledgeable of and will comply with and be bound by the Australian Weightlifting Federation Limited's Anti-Doping Policy.

Link to AWF Anti-Doping Policy: <http://www.awf.com.au/docs/AWF%20Anti%20Doping%20Policy.pdf>

\_\_\_\_\_  
Signature of Applicant

\_\_\_\_\_  
Date

**To be completed by COMPETITORS**

I agree and declare as follows:

1. That the activities as a weightlifter involve a risk of injury which is accepted by me.
2. Whilst insurance cover may be arranged by the Queensland Weightlifting Association Inc., it is my responsibility to satisfy myself as to the adequacy of the insurance arrangement. If I am unable to satisfy myself that adequate insurance has been arranged then it is my obligation to arrange additional insurance cover to meet my requirements.
3. Acceptance of the Queensland Weightlifting Association Inc., or its affiliates of the application for registration of an athlete is not evidence of , or acknowledgment that insurance cover has been arranged for the athlete.
4. That in consideration of the acceptance of registration of me, no member of the Queensland Weightlifting Association Inc., and its affiliates or any officer, agent, coach, team manager, or any other person having the care or control of me shall be liable for damages for any injury or loss suffered by me while I am engaged in competing, training, or preparing for any weightlifting competition or tournament.
5. I agree to indemnify the Queensland Weightlifting Association Inc., and its affiliates and any and all of its officers, employees, agents, coaches or managers against all liability for damages arising out of or in connection with any injury suffered by me however caused while I am competing, training for, taking part in or travelling to or from any weightlifting competition or tournament.
6. I declare that I will only participate in weightlifting activities whilst I am medically and physically fit and free from impairment and able to do so without causing an increased risk to the health and well being of myself and other participants.
7. I agree that Queensland Weightlifting Association Inc retains the right to publish and utilise data and images of my participation in weightlifting activities for the purposes of promoting the Queensland Weightlifting Association Inc and its programs and events.

Dated this \_\_\_\_\_ day of \_\_\_\_\_ 20 \_\_\_\_

Signature of applicant \_\_\_\_\_

**Declaration of Parent/Guardian**

(In the event that the applicant has not yet attained the age of 18 years)

I \_\_\_\_\_ being the Parent/Guardian of \_\_\_\_\_ (the applicant)

agree and declare as above on behalf of the applicant.

Dated this \_\_\_\_\_ day of \_\_\_\_\_ 20 \_\_\_\_

Signature of Parent/Guardian \_\_\_\_\_

**To be completed by COMPETITORS**

I declare that I shall comply with all lawful and proper directions of the Australian Sports Anti Doping Authority or any other authorised anti-doping authority, that I submit myself to lawful and proper testing for the presence in my body of prohibited doping agents.

Dated this \_\_\_\_\_ day of \_\_\_\_\_ 20 \_\_\_\_

Signature of applicant \_\_\_\_\_

**Consent of Parent/Guardian**

(where the applicant for membership has not yet attained the age of 18 years)

I, (name) \_\_\_\_\_

being the Parent/Guardian of (applicant's name): \_\_\_\_\_

hereby consent to him/her complying with all lawful and proper directions of the Australian Sports Anti Doping Authority or any other anti-doping authority that he/she submit himself/herself to lawful and proper testing for the presence in his/her body of prohibited doping agents.

Dated this \_\_\_\_\_ day of \_\_\_\_\_ 20 \_\_\_\_

Signature of Parent/Guardian \_\_\_\_\_

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**To be completed by all applicants**

I have read and understood the Infectious Diseases Policy of the Queensland Weightlifting Association Inc. (Attachment A) and agree to abide by this policy.

Dated this \_\_\_\_\_ day of \_\_\_\_\_ 20 \_\_\_\_

Signature of applicant \_\_\_\_\_

**PLEASE KEEP THE INFECTIOUS DISEASES POLICY INFORMATION (Attachment A)**

## To be Completed by Coaches and Officials

Please indicate your level of accreditation:

### Weightlifting Coaching

- Club Weightlifting / Sports Power Coach Level 1 Licence
- State Weightlifting / Sports Power Coach Level 2 Licence
- National Weightlifting / Sports Power Coach Level 3 Licence

### Weightlifting Officiating

- Club Referee
- State Referee
- National Referee
- International Category 2 Referee
- International Category 1 Referee

Coaches and Officials must possess a current positive notice for working with children (Blue Card)

Blue Card number: \_\_\_\_\_

Expiry date: \_\_\_\_\_

For information about the Blue Card system, see the Queensland Government website:  
<https://www.bluecard.qld.gov.au/>

## Membership periods and fees

There are three membership options:

1. **Yearly** – membership for twelve (12) consecutive months, commencing at the date of payment of the applicable fee and expiring at the same date in the following year.
2. **Monthly** – membership for one (1) month, commencing at the date of payment of the applicable fee and expiring at the same date in the following month.
3. **Upgrading from Monthly to Yearly membership.** Prior to the expiration of a Monthly membership, the member may upgrade to a Yearly membership by paying an additional fee which is \$25 less than the normal Yearly membership fee. An upgraded membership is considered to have commenced at the date of payment of the original Monthly membership fee and will expire at the same date in the following year.

**Important Note:** a Monthly membership can only be upgraded **BEFORE** the current period of membership expires. An application for any category of membership received after the expiration of a previous membership period will incur the full applicable fees.

All membership fees include GST.

All members of the Queensland Weightlifting Association are registered with the Australian Weightlifting Federation and are covered by the AWF insurance policies.

### Schedule of Fees

#### Option 1: Yearly Membership

SENIOR (21 years and over)	\$60.00
JUNIOR (20 years and under)	\$43.00
YOUTH (17 years and under)	\$26.00

#### Option 2: Monthly Membership

All age categories	\$25.00
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#### Upgrading from Monthly to Yearly Membership before the date of expiry

SENIOR (21 years and over)	\$35.00
JUNIOR (20 years and under)	\$18.00

Please tick your choice of membership period

12 months

1 month

Please tick your membership category

Senior

Junior

Youth

## Payment Details

Please tick the method of payment

- Cash enclosed
- Cheque enclosed (payable to Qld Weightlifting Association)
- Direct Deposit

QWA account details for EFT or Direct Deposit:

Please include your name in the description field when making EFT or Direct Deposit

Bank:	Westpac
Account Name:	Qld. Weight Lifting Association
BSB:	034080
Account Number:	750770
Amount:	\$ _____
Date:	_____

**To pay by Credit Card, registration and payment must be completed online at the QWA website. Go to [www.qwa.org](http://www.qwa.org) and click MEMBER LOGIN to create an online account.**

## **IMPORTANT: Keep the following pages for your future reference**

### Attachment A

## **Infectious Diseases Policy**

For members of the Queensland Weightlifting Association Inc.

(Effective 30/08/2000)

In this age of increasing awareness of the potential threat of acquiring blood-borne pathogens in our modern society, it is vitally important that all coaches, referees, team managers, administrators, volunteers, athletes and parents be informed of this policy and adopt its commonsense recommendations. A number of blood-borne pathogens can be acquired through contact with infected bodily fluids, these include Hepatitis B, Hepatitis C and HIV.

ALL OPEN CUTS and ABRASIONS must be REPORTED and TREATED IMMEDIATELY. All open cuts and abrasions must be covered with an occlusive (air-tight) dressing if the participant wishes to continue lifting.

All clothing, equipment and surfaces contaminated by blood or bodily fluids MUST be treated as potentially infectious and handled accordingly i.e. handled with gloves and disposed of into a plastic bag which is sealed before being put into general waste receptacles.

The contaminated EQUIPMENT must be DECONTAMINATED. Individuals have a responsibility to ensure that any of their own blood or bodily fluid spills are dealt with immediately in the recommended manner, so as not to pose a health risk to others. It is of paramount importance that coaches at training, and officials and loaders at competitions, are vigilant in their duty to observe and deal with blood or bodily fluid spills, as athletes at times may not be aware that this has occurred.

The recommended method of decontamination is for the person cleaning the equipment to wear a pair of disposable gloves and scrub the equipment with a nail brush and ISOCOL ANTISEPTIC (gloves to be disposed of after single use). It is also recommended that all bars (area between collars) be cleaned at least weekly with detergent and warm water followed by Isocol.

All clubs MUST possess a "DECONTAMINATION KIT" and all club members MUST be made aware of it's location. At competitions, loaders, the Competition Director and Qualified First Aider MUST have ready ACCESS to a DECONTAMINATION KIT.

All participants with prior evidence of blood-borne infectious diseases are strongly advised to obtain confidential advice and clearance from a Doctor prior to participation.

It is possible to be vaccinated against Hepatitis B – members should speak to a Doctor if they require further information.

It is the responsibility of all members to maintain strict personal hygiene as this will minimise the potential for the spread of infections and diseases. The sharing of drink containers, bandages, wrist straps, towels, etc, must not occur.

## Insurance Advice for QWA Members

The Australian Weightlifting Federation arranges insurance coverage for the QWA; and all Weightlifting Clubs affiliated to the QWA; and all registered individual members of the QWA.

QWA members who are injured when training or competing may be able to claim benefits under this insurance policy.

Please note the following extracts from the current [Insurance Manual](#) :

### **Personal Accident / Athlete Injury**

The Sports Injury cover provides certain benefits to your Members for death, injury or disability caused by an injury happening during certain sporting events arranged by you or your sporting association. For a full description of the events which are covered, please refer to the attached policy wording; however the events covered include when Members are:

The events covered include when Members are:

- Playing in official matches under the auspices of The Insured
- Engaged in organized training or practice (including practice matches) for the Sport as noted in The Schedule.
- Travelling directly to or from or between activities described in [a] or [b] above and the Insured Person's Normal Place of Residence or place of employment. Any amount payable under Section 4.1 Capital Benefit shall be limited to 20% of the applicable Benefit.
- Staying away from the Insured Person's home district including overseas travel during a tour for the purpose of participating in representing matches and/or any other games duly authorized by The Insured.
- Actually engaged in administrative or organized social activities of The Insured

### **Personal Accident / Athlete Injury Claims**

To make a claim for injury, take the following steps within 30 days of the injury occurring:

1. Obtain a claim form and eligibility to claim authority form from Arthur J. Gallagher by calling 1800 776 780. Please advise you are from Australian Weightlifting Federation.
2. Arrange for your doctor to complete the "Doctors Statement".
3. If claiming for loss of income, have your employer complete the "Employer Statement" .
4. Arrange for your club registrar to complete the Eligibility to Claim Authority.
5. Send your fully completed claim form and eligibility authority to the below:

Carol Van Veen  
Arthur J. Gallagher  
GPO Box 1113  
BRISBANE QLD 4001

Or

Email: [carol.vanveen@ajg.com.au](mailto:carol.vanveen@ajg.com.au)

Or

Fax: (07) 3367 5100



## **A N T I - D O P I N G F A C T S H E E T**

### **AUSTRALIAN WEIGHTLIFTING'S POSITION ON DRUGS IN SPORT**

**The Australian Weightlifting Federation condemns the use of Prohibited Substances and Methods in sport. The use of Prohibited Substances and Methods is contrary to the ethics of sport and potentially harmful to the health of athletes.**

**The only legitimate Use of Prohibited Substances and Methods is under the supervision of a physician for a clinically justified purpose AFTER a Therapeutic Use Exemption has been approved.**

**Under the anti-doping rules of Weightlifting, ANY athlete can be selected for testing in competition or out-of-competition.**

**All weightlifters should be aware that they can be approached at any time by ASADA, WADA or IWF accredited anti-doping officials - at their home, training facility or anywhere in the world. Athletes must comply with the testing procedure or face the prospect of registering an anti-doping rule violation for failing to comply with a request for a sample.**

**An anti-doping rule violation is likely to result in a disqualification and possible sanction or suspension.**

**Athletes are responsible for being fully aware of the requirements for providing a sample for testing.**

**For more information, see the ASADA Website: [www.asada.gov.au](http://www.asada.gov.au)**