

# INTERNATIONAL POWERLIFTING FEDERATION MEDICAL CODE

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## **Preamble**

The sport movement, in accomplishing its mission, should encourage all stakeholders to take measures to ensure that powerlifting is practised without danger to the health of the athletes and with respect for fair play and sports ethics. To that end, it encourages those measures necessary to protect the health of participants and to minimise the risks of physical injury.

This aim can be achieved mainly through an ongoing education based on the ethical values of sport on each individual's responsibility in protecting his or her health and the health of others.

The present medical code supports the basic rules regarding the best medical practices in the sport of powerlifting and the safeguarding of the rights and health of the athletes. It encourages the adoption of specific measures to achieve those objectives.

It complements and reinforces the world anti doping code as well as the general principles recognised in international codes of medical ethics.

## **Relations between athletes and health care providers**

### **General principles:**

Athletes are entitled to the same fundamental rights as all patients in their relationships with physicians and health care providers, in particular the right to respect for :

- Their human dignity
- Their physical and mental integrity
- The protection of their health and safety
- Their self-determination
- Their privacy and confidentiality

### **Information:**

Athletes have the right to be informed in a clear and appropriate way about their health status and their diagnosis; preventive measures; proposed medical interventions, together with the

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risk and benefits of each intervention ; alternatives to proposed interventions, including the consequences of non-treatment for their health and for their return to sport practice and the prognosis and progress of treatment and rehabilitation measures.

### **Consent:**

The voluntary and informed consent of the athletes is required for any medical intervention. This consent can be made verbally or by a written document.

Athletes are encouraged to designate a person who can act on their behalf in the event of incapacity. They can also define in writing the way they wish to be treated and give any other instruction they deem necessary.

The consent of the athletes is required for the collection, preservation, analysis and use of any biological sample.

### **Confidential and privacy:**

All information about an athlete's health status, diagnosis, prognosis, treatment, rehabilitation measures and all other personal information must be kept confidential, even after the death of the athlete.

All identifiable medical data on athletes must be protected. The protection of the data must be appropriate to the manner of their storage. Likewise, biological samples from which identifiable data can be derived must be protected.

### **Care and treatment:**

Athletes have the right to receive such health care as is appropriate to their needs, including preventive care, activities aims at health promoton and rehabilitation measures.

Athletes have the right to quality health care markedby high technical standards by professional and respectful health care providers.

## **Protection and promotion of the athletes's health during training and competition**

### **General principles:**

Members of international federation ensure that the athletes's conditions of safety, well-being and medical care are favourable to their physical and mental equilibrium. They adopt the necessary measures to achieve this end and to minimise the risk of injuries and illness.

The participation of sports physicians is desirable in the drafting of such measures.



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Measures for the protection and the promotion of the athlete's health are based on the latest recognised medical knowledge.

Advances in powerlifting (medicine and science) are withheld, and published and widely disseminated during all international championship by our medical staff.

In case of a serious incident occurring during training or competition, procedures offers the necessary support to those injured, by evacuating them to the competent medical services when needed.

The athletes, coaches and persons associated of powerlifting are informed of those procedures and receive the necessary training for their implementation.

This code applies to all participants in powerlifting, in competition as well as out of competition.

This code applies to all international championships.