



AMERICA'S CHOICE FOR DRUG-FREE STRENGTH SPORT™

USA POWERLIFTING

MINOR ATHLETE ABUSE PREVENTION POLICIES (MAAPP)

USA Powerlifting is committed to maintaining a safe, respectful, and positive environment for all athletes, including minor athletes participating in USA Powerlifting sanctioned events, programs, activities, training environments, and competitions.

usapowerlifting.com/athlete-protection-program

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INTRODUCTION

USA Powerlifting is committed to building a community where participants can train, compete, officiate, volunteer, and learn together in an atmosphere free from emotional, physical, and sexual misconduct. These Minor Athlete Abuse Prevention Policies (MAAPP) are intended to establish clear prevention standards for interactions involving minor athletes in USA Powerlifting environments.

This document is modeled on the U.S. Center for SafeSport Minor Athlete Abuse Prevention Policies and adapted for USA Powerlifting. Throughout this document, commonly used terms are defined in the Terminology section at the end of the policy.

USA Powerlifting requires these policies to be adopted and followed by USA Powerlifting members, clubs, meet directors, event staff, state-level leadership, contractors, volunteers, and other organizations or individuals operating under USA Powerlifting jurisdiction. USA Powerlifting requires employees, contractors, athletes, coaches, referees, meet directors, members, certain volunteers, and parents/guardians of athletes to follow the policies set forth below when applicable.

What is the MAAPP?

The U.S. Center for SafeSport developed the Minor Athlete Abuse Prevention Policies (MAAPP) as a collection of proactive prevention and training policies for the U.S. Olympic and Paralympic Movement. The MAAPP has four primary components:

1. Organizational requirements for education, training, and prevention policies;
2. An Education & Training Policy that requires training for certain Adult Participants;
3. Required Prevention Policies focused on limiting isolated, one-on-one interactions between Adult Participants and Minor Athletes; and
4. Recommended Prevention Policies intended to further support safe sport environments.

The Center developed the MAAPP to assist National Governing Bodies, Paralympic Sport Organizations, Local Affiliated Organizations, the U.S. Olympic & Paralympic Committee, and other covered organizations and individuals in meeting applicable prevention obligations. Implementing these policies does not guarantee full compliance with federal, state, or local law or all legal obligations. Organizations should share these policies with all participants and with parents/guardians of minor athletes. Those implementing these policies should consider the physical, developmental, and cognitive needs of all athletes.

The MAAPP focuses on two important aspects of a larger abuse prevention strategy: training requirements and limiting isolated one-on-one interactions between adults and minor athletes. These policies are intended to be enforceable and reasonable. For example, when a 17-year-old athlete turns 18, they become an adult athlete, and a complete prohibition of one-on-one interactions may not be necessary or practical in every circumstance. In other situations, one-on-one interactions may be permitted only if the required safeguards, documentation, and parent/guardian consent are in place.

USA Powerlifting recommends that parents/guardians complete training on abuse prevention before providing consent to any permitted exception. This helps parents and guardians understand potential boundary violations, risks, and reporting concerns before allowing an exception.

While the MAAPP can greatly improve minor athlete safety, it cannot guarantee safety in every circumstance, especially if the policies are not fully implemented, followed, or monitored. These policies

are not comprehensive of all prevention strategies and should be implemented alongside the USA Powerlifting Athlete Protection Program, USA Powerlifting Code of Conduct, and any applicable U.S. Center for SafeSport requirements.

USA Powerlifting adopts these policies for its members and affiliated organizations. Adult Participants are required to comply with the MAAPP, and organizations operating under USA Powerlifting jurisdiction are required to implement the MAAPP at the local level, including informing and training coaches, parents, athletes, referees, meet directors, event staff, and applicable adults. Violations may result in sanctions under USA Powerlifting policies and, where applicable, the U.S. Center for SafeSport Code.

Is the MAAPP Different from the USA Powerlifting Code of Conduct and Athlete Protection Policy?

Yes. The USA Powerlifting Code of Conduct and Athlete Protection Policy work alongside the MAAPP to prevent abuse and misconduct. The MAAPP includes proactive prevention policies for organizations and individuals, while the Code of Conduct and Athlete Protection Policy define prohibited conduct and expectations for participation. Violations of the MAAPP may also violate USA Powerlifting policy and can result in disciplinary action.

What is the Scope of the MAAPP?

USA Powerlifting's MAAPP applies to sanctioned events and facilities that are partially or fully under USA Powerlifting's jurisdiction, as well as to Adult Participants under USA Powerlifting jurisdiction when the Adult Participant has In-Program Contact with a Minor Athlete. For example, Adult Participants cannot have isolated one-on-one meetings, training sessions, transportation, lodging arrangements, or electronic communications with Minor Athletes unless the interaction is observable and interruptible or a documented exception applies.

For purposes of this MAAPP, "Organization" means USA Powerlifting; any USA Powerlifting state, regional, local, or club-level organization; any USA Powerlifting sanctioned event; any USA Powerlifting affiliate or program; and any organization, club, meet, or event operating under USA Powerlifting jurisdiction or supervision.

What is In-Program Contact?

In-Program Contact includes sanctioned events and facilities, but it also applies more broadly to powerlifting-related interactions. In-Program Contact means any contact, including communications, interactions, or activities, between an Adult Participant and any Minor Athlete related to participation in powerlifting.

Examples of In-Program Contact include, but are not limited to: competitions, weigh-ins, equipment checks, warm-up room interactions, coaching, training sessions, camps, clinics, referee development, practical exams, pre- or post-event meals or outings, team travel, review of lifting videos, sport-related relationship building activities, celebrations, award ceremonies, banquets, fundraising, community service, sport education, and competition site visits.

Who is a Minor Athlete?

A Minor Athlete is an amateur athlete under 18 years of age who:

- a. is a USA Powerlifting member;

- b. participates in, or participated within the previous 12 months in, a USA Powerlifting event, program, activity, training environment, or competition that is partially or fully under USA Powerlifting jurisdiction; or
- c. is under the direct supervision of an Adult Participant in a USA Powerlifting-related environment.

This term also includes any minor who participates in, or participated within the previous 12 months in, a non-athlete role partially or fully under USA Powerlifting jurisdiction, such as a minor coach, volunteer, official-in-training, or event assistant.

Partial or Full Jurisdiction

Partial or Full Jurisdiction includes any USA Powerlifting sanctioned event, and any facility that USA Powerlifting or a USA Powerlifting organization owns, leases, rents, or uses for practice, training, weigh-ins, competition, education, or event activities.

Who is an Adult Participant?

An Adult Participant is any adult, 18 years of age or older, who is:

5. A member or license holder of USA Powerlifting or a USA Powerlifting organization;
6. An employee, contractor, officer, board member, or committee member of USA Powerlifting or a USA Powerlifting organization;
7. Within the governance or disciplinary jurisdiction of USA Powerlifting or a USA Powerlifting organization; or
8. Authorized, approved, or appointed by USA Powerlifting or a USA Powerlifting organization to have regular contact with or authority over Minor Athletes.

This may include coaches, referees, meet directors, technical secretaries, state chairs, drug testing personnel, medical staff, trainers, chaperones, monitors, contract personnel, drivers, adult athletes, staff, board members, committee members, volunteers, and any other individual who meets the Adult Participant definition.

PART I

EDUCATION & TRAINING POLICY

A. Mandatory Child Abuse Prevention Training for Adult and Minor Participants

1. Adult Participants Required to Complete Training

The following Adult Participants must complete USA Powerlifting's approved athlete protection training:

9. Adult Certified USA Powerlifting Coaches who have regular contact with any athlete who is a minor;
10. Adult Participants who have authority over any athlete who is a minor; and
11. Adult Participants who are employees, contractors, officers, board members, or committee members of USA Powerlifting.

For clarity, this includes adult coaches, referees, meet directors, technical secretaries, state chairs, drug testing personnel, national event staff, committee members, board members, employees, contractors, volunteers with regular access to minor athletes.

2. Minor Participants Required to Complete Training

The following Minor Participants must complete USA Powerlifting's approved athlete protection training when required by USA Powerlifting policy or role:

12. Minor athletes or minor participants who serve in a coaching, assisting, officiating, volunteer, or leadership role under USA Powerlifting jurisdiction; and
13. Any minor participant designated by USA Powerlifting as required to complete training due to their role or level of contact with other minor athletes.

3. Timing of Training

Adult Participants and Minor Participants required to complete training must complete the training before regular contact with a minor athlete begins.

4. Refresher Training

Adult Participants and Minor Participants required to complete training should complete refresher training annually. Medical providers, athletic trainers, recovery providers, or other adult participants who meet the training criteria should complete annual refresher training.

5. Optional Training

Minor Athletes: USA Powerlifting may make training available to minor athletes, subject to parent/guardian consent, on the prevention and reporting of child abuse and misconduct. The U.S. Center for SafeSport also offers youth courses at safesporttrained.org.

Parents/Guardians: USA Powerlifting encourages parents and guardians to complete abuse prevention training. The U.S. Center for SafeSport also offers a parent course at safesporttrained.org.

Volunteers: Adult Participants serving in a volunteer capacity who will not have regular contact with or authority over any amateur athlete who is a minor should complete USA Powerlifting's approved athlete protection training before engaging with or interacting with any minor athletes in a USA Powerlifting environment.

B. Exemptions and Accommodations

USA Powerlifting's approved athlete protection training and the U.S. Center for SafeSport online training courses contain information about various forms of abuse. The courses may be uncomfortable or trigger trauma for some participants.

14. Exemptions to the online training requirement may be requested by survivors of abuse or misconduct. Survivors may contact USA Powerlifting to request an exemption. Exemptions granted in this category may be considered indefinite unless USA Powerlifting determines otherwise.
15. Exemptions to the online training requirement for reasons other than survivor status are generally limited to cognitive or physical disability or language barrier. Requests should be made by the individual or their parent/guardian to USA Powerlifting. Supporting documentation may be requested.

PART II

POLICIES FOR ONE-ON-ONE INTERACTIONS

The U.S. Center for SafeSport and USA Powerlifting recognize that youth-adult relationships can be healthy and valuable for development. Policies on one-on-one interactions protect children while allowing beneficial relationships to continue with appropriate safeguards. Because child sexual abuse is often perpetrated in isolated, one-on-one situations, it is critical that organizations limit such interactions between youth and adults and implement programs that reduce the risk of sexual abuse.

All one-on-one In-Program Contact between an Adult Participant and a Minor Athlete must be observable and interruptible, except in emergency circumstances or with a documented exception.

EXCEPTIONS

There are certain relationships and situations in which one-on-one interactions may be allowed or necessary. This section identifies policy exceptions for close-in-age relationships, Personal Care Assistants, dual relationships, and emergencies. The following exceptions apply within all Required Prevention Policies unless otherwise noted.

A. Mandatory Components

1. Close-in-Age Exception

The purpose of this exception is to allow for continued relationships among athletes and participants who are close in age and on the same team, in the same club, or in the same training or competition environment.

This exception allows one-on-one In-Program Contact between an Adult Participant and a Minor Athlete if:

- The Adult Participant has no authority over the Minor Athlete; and
- The Adult Participant is not more than four years older, determined by birth date, than the Minor Athlete.

Note: This exception applies only within these prevention policies and is different from any close-in-age analysis under misconduct policies or the SafeSport Code.

2. Exceptions for Adult Participant Personal Care Assistants Working with a Minor Athlete

This exception exists for Adult Participants who also assist an athlete with activities of daily living and preparation for athletic participation.

This exception allows one-on-one In-Program Contact between an Adult Participant and a Minor Athlete if:

- The Minor Athlete's parent/guardian has provided written consent to USA Powerlifting or the Organization for the Adult Participant Personal Care Assistant to work with the Minor Athlete;
- The Adult Participant Personal Care Assistant has complied with the Education & Training Policy; and

- The Adult Participant Personal Care Assistant has complied with the Organization's screening policy, when applicable.

3. Exceptions for Dual Relationships

This exception allows one-on-one In-Program Contact when the Adult Participant has a relationship with the Minor Athlete outside the sport program. The exception requires written consent from the Minor Athlete's parent/guardian at least annually. The consent must identify which Required Prevention Policies the parent/guardian is allowing to be excepted for that relationship.

4. Emergency Exception

This exception applies to all Required Prevention Policies for situations where an Adult Participant must deviate from a MAAPP requirement due to an emergency. Adult Participants must carefully consider whether the specific circumstances meet the threshold of an emergency and should document emergency situations in accordance with USA Powerlifting or Organization protocols.

USA Powerlifting recommends that parents/guardians take training on child abuse prevention before providing consent to the above exceptions. The U.S. Center for SafeSport offers parent education at safesporttrained.org.

MEETINGS

Sexual abuse often happens when children are alone with their abusers. This section provides policies for meetings to limit one-on-one interactions between children and adults, including meetings involving mental health care professionals and licensed health care providers.

A. Mandatory Components

1. Observable and Interruptible

Adult Participants must ensure that all In-Program meetings with Minor Athletes are observable and interruptible unless an exception exists.

2. Meetings with Licensed Mental Health Care Professionals and Health Care Providers

If a licensed mental health care professional, licensed health care provider, or student under the supervision of a licensed mental health care professional or licensed health care provider meets one-on-one with a Minor Athlete at a sanctioned event or a facility partially or fully under USA Powerlifting or Organization jurisdiction, the meeting must be observable and interruptible except when all of the following are met:

- The door remains unlocked;
- Another adult is present at the facility and notified that a meeting is occurring, although the Minor Athlete's identity need not be disclosed;
- USA Powerlifting or the Organization is notified that the professional or provider will be meeting with a Minor Athlete; and
- The professional or provider obtains consent consistent with applicable laws and ethical standards, which can be withdrawn at any time.

Athletic trainers and other providers covered under these policies must also follow the Manual Therapy and Therapeutic and Recovery Modalities policy.

B. Recommended Components

1. Parent Training

Parents/guardians should receive USA Powerlifting-approved parent education or the U.S. Center for SafeSport education and training on child abuse prevention before providing consent for their Minor Athlete to have a meeting or training session with an Adult Participant subject to these policies.

INDIVIDUAL TRAINING SESSIONS

Some abusers may single out athletes for special one-on-one instruction. This kind of isolation can create opportunities for abuse. This section establishes rules for individual training sessions to protect youth athletes from uncomfortable or unsafe situations.

A. Mandatory Components

1. Observable and Interruptible

Adult Participants must ensure all In-Program individual training sessions with a Minor Athlete are observable and interruptible unless an exception exists.

2. Consent

The Adult Participant providing the individual training session must receive advance written consent from the Minor Athlete's parent/guardian at least annually. Consent may be withdrawn at any time.

3. Parent Observation

Parents/guardians must be allowed to observe the individual training session.

B. Recommended Components

1. Monitoring

If a permitted meeting or training session takes place between an Adult Participant and a Minor Athlete at a facility partially or fully under USA Powerlifting or Organization jurisdiction, another Adult Participant should monitor the meeting or training session. Monitoring includes reviewing the parent/guardian consent form, knowing that the session is occurring, knowing the approximate planned duration, and dropping in on the session.

2. Parent Training

Parents/guardians should receive USA Powerlifting-approved parent education or U.S. Center for SafeSport training on child abuse prevention before providing consent for their Minor Athlete to have a meeting or training session with an Adult Participant.

MANUAL THERAPY AND THERAPEUTIC AND RECOVERY MODALITIES

Many athletes require therapies to prevent or treat injuries. However, treatment or recovery sessions can place children in vulnerable positions, especially if they involve physical contact with adults. This section establishes standards for therapeutic and recovery modalities and manual therapy to reduce the risk of inappropriate contact between youth and adults.

For powerlifting, manual therapy and therapeutic or recovery modalities may include, but are not limited to, first aid, massage, taping, cupping, stretching, cryotherapy, neuromuscular stimulation, electrical stimulation, mobility work, or other modalities within the scope of a licensed provider's credentials.

A. Mandatory Components

Note: Only the emergency exception applies within this policy.

1. Observable and Interruptible

Adult Participants must ensure that all In-Program Contact during manual therapy, therapeutic modalities, or recovery modalities with Minor Athletes is observable and interruptible.

2. Requirements for Manual Therapy and Therapeutic and Recovery Modalities

Adult Participants must ensure all In-Program manual therapy, therapeutic modalities, and recovery modalities meet the following requirements:

- Another Adult Participant is physically present for the modality or manual therapy;
- Documented consent has been obtained as described below;
- The modality is performed with the Minor Athlete fully or partially clothed, ensuring that the breasts, buttocks, groin, and genitals are always covered;
- Parents/guardians are allowed in the room as an observer, except where a competition or training venue limits credentialing; and
- The provider narrates the steps in the modality before taking them and seeks assent from the Minor Athlete throughout the process.

3. Consent

Providers of manual therapy, therapeutic modalities, or recovery modalities, or the Organization when applicable, must obtain consent at least annually from Minor Athletes' parents/guardians before providing any manual therapy, therapeutic modalities, or recovery modalities. Minor Athletes or their parents/guardians may withdraw consent at any time.

B. Recommended Components

16. Parents/guardians should receive USA Powerlifting-approved parent education or U.S. Center for SafeSport training on child abuse prevention before providing consent for their Minor Athlete to receive manual therapy, therapeutic modalities, or recovery modalities.
17. When possible, techniques should be used to reduce physical touch of Minor Athletes.
18. Only licensed providers should administer manual therapy, therapeutic modalities, or recovery modalities.
19. Coaches, regardless of whether they are licensed massage therapists, should not massage Minor Athletes.

LOCKER ROOMS AND CHANGING AREAS

Young athletes may be especially vulnerable to abuse in changing areas where they are undressing, changing clothes, weighing in, or preparing for competition. Appropriate monitoring is necessary in these areas to prevent abuse and other inappropriate conduct. This section outlines policies for locker rooms, changing areas, weigh-in changing spaces, and similar spaces to ensure privacy and safety.

A. Mandatory Components

1. Observable and Interruptible

Adult Participants must ensure that all In-Program Contact with Minor Athletes in a locker room, changing area, weigh-in changing space, or similar space where Minor Athletes are present is observable and interruptible unless an exception exists.

2. Conduct in Locker Rooms, Changing Areas, and Similar Spaces

- No Adult Participant or Minor Athlete may use the photographic or recording capabilities of any device in locker rooms, changing areas, weigh-in changing spaces, or any other area designated as a place for changing clothes or undressing.
- Adult Participants must not remove their clothes or behave in a manner that intentionally or recklessly exposes their breasts, buttocks, groin, or genitals to a Minor Athlete in a locker room, changing area, or similar space.
- Adult Participants must not shower with Minor Athletes unless the Adult Participant meets the Close-in-Age Exception or the shower is part of a pre- or post-activity rinse while wearing swimwear.
- Parents/guardians may request in writing that their Minor Athlete not change or shower with Adult Participants during In-Program Contact. USA Powerlifting, the Organization, and Adult Participants must abide by this request.

3. Media and Championship Celebrations in Locker Rooms or Restricted Areas

USA Powerlifting or an Organization may permit recording or photography in locker rooms, warm-up areas, or restricted spaces for the purpose of highlighting an athletic accomplishment if:

- Parent/legal guardian consent has been obtained;
- USA Powerlifting or the Organization approves the specific instance of recording or photography;
- Two or more Adult Participants are present; and
- Everyone is fully clothed.

4. Personal Care Assistants

Adult Participant Personal Care Assistants are permitted to be with and assist Minor Athletes in locker rooms, changing areas, weigh-in changing spaces, and similar spaces where other Minor Athletes are present if they meet the requirements of this policy.

5. Availability and Monitoring of Locker Rooms, Changing Areas, and Similar Spaces

- USA Powerlifting and Organizations must provide a private or semi-private place for Minor Athletes who need to change clothes or undress at sanctioned events or facilities partially or fully under USA Powerlifting or Organization jurisdiction.

- USA Powerlifting and Organizations must monitor the use of locker rooms, changing areas, weigh-in changing spaces, and similar spaces to ensure compliance with these policies at sanctioned events or facilities partially or fully under their jurisdiction.

ELECTRONIC COMMUNICATIONS

Technology makes it easier for teams, coaches, meet directors, referees, and athletes to communicate and share information. Unfortunately, it also makes it easier for abusers to contact children without supervision or share inappropriate images and video. This section sets standards for appropriate electronic communications between youth and adults.

Electronic communications include, but are not limited to, email, phone calls, videoconferencing, video coaching, texting, direct messaging, social media, team apps, group chats, or any other electronic medium.

A. Mandatory Components

1. Open and Transparent

- All one-on-one electronic communications between an Adult Participant and a Minor Athlete must be Open and Transparent unless an exception exists.
- Open and Transparent means that the Adult Participant copies or includes the Minor Athlete's parent/guardian, another adult family member of the Minor Athlete, or another Adult Participant on every communication.
- If a Minor Athlete communicates with the Adult Participant first, the Adult Participant must follow this policy if the Adult Participant responds.
- Only platforms that allow for Open and Transparent communication may be used to communicate with Minor Athletes.

2. Team Communication

When an Adult Participant communicates electronically to an entire team, training group, event group, or any number of Minor Athletes, the Adult Participant must copy or include the Minor Athletes' parents/guardians, another adult family member of the Minor Athletes, or another Adult Participant.

3. Content

All electronic communication originating from Adult Participants to Minor Athletes must be professional in nature unless an exception exists. Communication should be limited to powerlifting-related information such as training, scheduling, competition logistics, travel, event details, education, or athlete development.

4. Requests to Discontinue

Parents/guardians may request in writing that USA Powerlifting, an Organization, or an Adult Participant not contact their Minor Athlete through any form of electronic communication. USA Powerlifting, the Organization, and the Adult Participant must abide by any request to discontinue, absent emergency circumstances.

B. Recommended Components

1. Hours

Electronic communications should generally be sent only between the hours of 8:00 a.m. and 8:00 p.m. local time for the location of the Minor Athlete.

2. Social Media Connections

Adult Participants, except those with a Dual Relationship or who meet the Close-in-Age Exception, should not have private social media connections with Minor Athletes and should discontinue existing private social media connections with Minor Athletes.

TRANSPORTATION

Athletes are often carpooling or traveling without the supervision of their parent/guardian to practices, competitions, weigh-ins, training sessions, clinics, or events. This can place them in vulnerable positions where they may be susceptible to abuse. This section establishes policies for adults transporting children to or from sport activities.

A. Mandatory Components

1. Observable and Interruptible

Adult Participants must ensure that all In-Program Contact during transportation is observable and interruptible unless an exception exists or one of the following applies:

- The Adult Participant has advance written consent to transport the Minor Athlete one-on-one, obtained at least annually from the Minor Athlete's parent/guardian. Minor Athletes or their parents/guardians can withdraw consent at any time.
- The Adult Participant is accompanied by another Adult Participant or by at least two minors who are at least eight years of age.

2. Additional Requirements for Transportation Authorized or Funded by USA Powerlifting or an Organization

- Written consent from a Minor Athlete's parent/guardian is required for all transportation authorized or funded by USA Powerlifting or an Organization at least annually.
- Minor Athletes or their parents/guardians can withdraw consent at any time.

B. Recommended Components

1. Shared or Carpool Travel Arrangement

USA Powerlifting encourages parents/guardians to pick up their Minor Athlete first and drop off their Minor Athlete last in any shared or carpool travel arrangement.

2. Parent Training

Parents/guardians should receive USA Powerlifting-approved parent education or U.S. Center for SafeSport training on child abuse prevention before providing consent for their Minor Athlete to travel one-on-one with an Adult Participant.

LODGING AND RESIDENTIAL ENVIRONMENTS

Youth athletes traveling overnight face greater risk of sexual abuse if they are traveling without their parent/guardian. Abusers can take advantage of overnight travel by trying to have unsupervised time alone with children. This section sets rules for sleeping arrangements and room monitoring to protect athletes during overnight travel.

A. Mandatory Components

1. Observable and Interruptible

All In-Program Contact during lodging must be observable and interruptible unless an exception exists.

Lodging arrangements covered under this policy include, but are not limited to, hotel stays, rentals such as Airbnb, VRBO, HomeToGo, and similar rentals, and long-term residential environments, including lodging at training sites and billeting.

2. Hotel Rooms and Other Sleeping Arrangements

- An Adult Participant cannot share a hotel room or otherwise sleep in the same room with a Minor Athlete unless an exception exists and the Minor Athlete's parent/guardian has provided USA Powerlifting, the Organization, or the Adult Participant with advance written consent for each specific lodging arrangement.
- Written consent from a Minor Athlete's parent/guardian must be obtained for all In-Program lodging at least annually.
- Minor Athletes or their parents/guardians can withdraw consent at any time.

3. Monitoring or Room Checks During In-Program Travel

If USA Powerlifting, an Organization, or a team performs room checks during In-Program lodging, the one-on-one interaction policy must be followed and at least two adults must be present for room checks.

4. Additional Requirements for Lodging Authorized or Funded by USA Powerlifting or an Organization

Adult Participants who travel overnight with Minor Athletes are assumed to have Authority over Minor Athletes and must comply with the Education & Training Policy unless the Adult Participant meets the Close-in-Age Exception.

B. Recommended Components

Parent Training

Parents/guardians should receive USA Powerlifting-approved parent education or U.S. Center for SafeSport training on child abuse prevention before providing consent for lodging arrangements under this policy.

PART III

RECOMMENDED POLICIES FOR KEEPING YOUNG ATHLETES SAFE

A. Out-of-Program Contact

Adult Participants who do not meet the Close-in-Age Exception and do not have a Dual Relationship with a Minor Athlete should not have out-of-program contact with Minor Athletes without parent/legal guardian consent, even if the out-of-program contact is not one-on-one.

B. Gifting

20. Adult Participants who do not meet the Close-in-Age Exception and do not have a Dual Relationship with a Minor Athlete should not give personal gifts to Minor Athletes.
21. Gifts that are equally distributed to all athletes and serve a motivational, educational, team, or event-related purpose are permitted.

C. Photography/Video

22. Photographs or videos of athletes may only be taken in public view and must observe generally accepted standards of decency.
23. Adult Participants should not publicly share or post photos or videos of Minor Athletes unless the Adult Participant has obtained the parent/guardian and Minor Athlete's consent.

TERMINOLOGY

Adult Participant: Any adult, 18 years of age or older, who is a member or license holder of USA Powerlifting or a USA Powerlifting organization; an employee, contractor, officer, board member, or committee member of USA Powerlifting or a USA Powerlifting organization; within the governance or disciplinary jurisdiction of USA Powerlifting or a USA Powerlifting organization; or authorized, approved, or appointed by USA Powerlifting or a USA Powerlifting organization to have regular contact with or authority over minor athletes. This may include coaches, referees, meet directors, technical secretaries, state chairs, drug testing personnel, medical staff, trainers, chaperones, monitors, contract personnel, drivers, adult athletes, staff, board members, committee members, volunteers, and any other individual who meets this definition.

Amateur Athlete: An athlete who meets the eligibility standards established by USA Powerlifting for participation in USA Powerlifting events, programs, activities, or competitions.

Authority: When one person's position over another person is such that, based on the totality of the circumstances, they have the power or right to direct, control, give orders to, or make decisions for that person. This may include coaches, meet directors, referees, technical officials, event leadership, organizational leadership, staff, volunteers, and others with assigned responsibility over athletes or participants.

Close-in-Age Exception: An exception applicable to certain policies when an Adult Participant does not have authority over a Minor Athlete and is not more than four years older than the Minor Athlete, determined by birth date. This exception applies only within the prevention policies and not to misconduct as defined in the SafeSport Code or USA Powerlifting policy.

Dual Relationships: An exception applicable to certain policies when an Adult Participant has a relationship with a Minor Athlete outside of the sport program and the Minor Athlete's parent/guardian has provided written consent at least annually authorizing the exception.

In-Program Contact: Any contact, including communications, interactions, or activities, between an Adult Participant and any Minor Athlete related to participation in powerlifting. Examples include competition, practices, training sessions, camps, clinics, weigh-ins, equipment checks, warm-up room activities, team travel, review of lifting videos, sport-related relationship building activities, celebrations, award ceremonies, banquets, fundraising, community service, sport education, and competition site visits.

Minor Athlete: An amateur athlete under 18 years of age who participates in, or participated within the previous 12 months in, an event, program, activity, or competition that is part of, or partially or fully under the jurisdiction of USA Powerlifting or an Organization. This term also includes any minor who participates in, or participated within the previous 12 months in, a non-athlete role partially or fully under USA Powerlifting jurisdiction, including but not limited to coaches, officials-in-training, volunteers, or event assistants.

Partial or Full Jurisdiction: Any USA Powerlifting sanctioned event, including all travel and lodging in connection with the event, or any facility that USA Powerlifting or an Organization owns, leases, rents, or uses for practice, training, weigh-ins, competition, education, or event activities.

National Governing Body (NGB): A U.S. Olympic National Governing Body or Pan American Sport Organization recognized by the U.S. Olympic & Paralympic Committee pursuant to the Ted Stevens

Olympic and Amateur Sports Act, 36 U.S.C. 220501 et seq. When applicable, this definition also applies to the U.S. Olympic & Paralympic Committee or another sports entity approved by the USOPC when it has assumed responsibility for the management or governance of a sport included on the program of the Olympic, Paralympic, or Pan American Games.

Organization: USA Powerlifting; any USA Powerlifting state, regional, local, or club-level organization; any USA Powerlifting sanctioned event; any USA Powerlifting affiliate or program; and any organization, club, meet, or event operating under USA Powerlifting jurisdiction or supervision.

Adult Participant Personal Care Assistant: An Adult Participant who assists an athlete who requires help with activities of daily living and preparation for athletic participation. This support may include assistance with transfer, dressing, showering, medication administration, toileting, or adaptive sport preparation. Personal Care Assistants are different for every athlete and should be individualized to fit the athlete's specific needs. When assisting a Minor Athlete, Adult Participant Personal Care Assistants must be authorized by the athlete's parent/guardian.

Regular Contact: Ongoing interactions during a 12-month period wherein an Adult Participant is in a role of direct and active engagement with any amateur athlete who is a minor.

Residential Environment: A place in which participants live or stay temporarily. Residential environments include, but are not limited to, onsite housing at training facilities, billeting, hotel stays, and rentals such as Airbnb, VRBO, HomeToGo, and similar rentals.

Billeting: A residential environment facilitated by an Adult Participant, USA Powerlifting, an Organization, or sanctioned event staff in which a Minor Athlete is temporarily housed in a private home with an adult or family who is not related to or known by the Minor Athlete. This lodging arrangement is in connection with an activity related to sport.

U.S. Olympic & Paralympic Committee (USOPC): A federally chartered nonprofit corporation that serves as the National Olympic Committee and National Paralympic Committee for the United States.

USA POWERLIFTING MAAPP ACKNOWLEDGMENT

This document is intended to be used as USA Powerlifting's Minor Athlete Abuse Prevention Policies manual and should be read alongside the USA Powerlifting Code of Conduct, Athlete Protection Policy, reporting procedures, and any applicable U.S. Center for SafeSport requirements.

Covered individuals are responsible for understanding and following these policies. Questions regarding interpretation, implementation, reporting, training, or compliance should be directed to USA Powerlifting.