

IWF Technical Committee PowerPoint

‘Loaders’



Very important role

**Active loaders attracts
spectators**

Duties of Loaders

- IWF TCRR Regulation to 7.14

- **Load the barbell** in accordance with TCRR and as directed by the Speaker
- **Check the bar after each attempt for blood**; advise TC immediately for cleaning
- **Manage or act as a privacy barrier for injured athletes**; assist the Competition Doctor(s), if requested
- **Clean the bar and the competition platform / stage** as required and / or as directed by the Technical Controller during and after competition
- **Prepare the medal podium** for the Victory Ceremony at the conclusion of the competition
- **Unload the barbell and return the discs** to the weight racks
- **Safely remove blood and other contaminants** from the bar and competition platform, as required and / or as directed by the TC
- **Ensure the safe disposal of contaminated materials** in accordance with applicable policy
- **Clean the bar with antiseptic** at the conclusion of each competition



Items needed

- For Loaders



Working gloves



**Wire brush
(hard type)**



Cloths (dried)



**Floor mop
(dried)**

Items needed

- To remove blood and other contaminants



Latex gloves



Disinfectant / Antiseptic



Wire brush (hard type)



Cotton / Gauze



Cloths / towels (dried)

Items needed

- To provide privacy



**Board to hide
the athlete**



Items needed

- To be used only between sessions



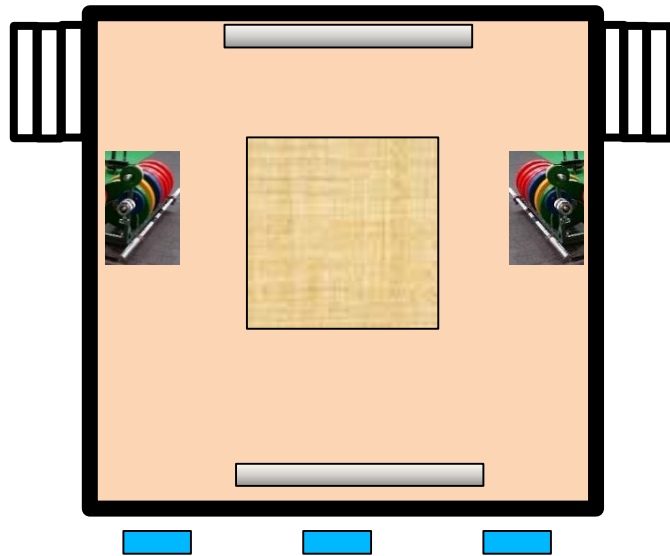
(Unless otherwise ordered)





Movement

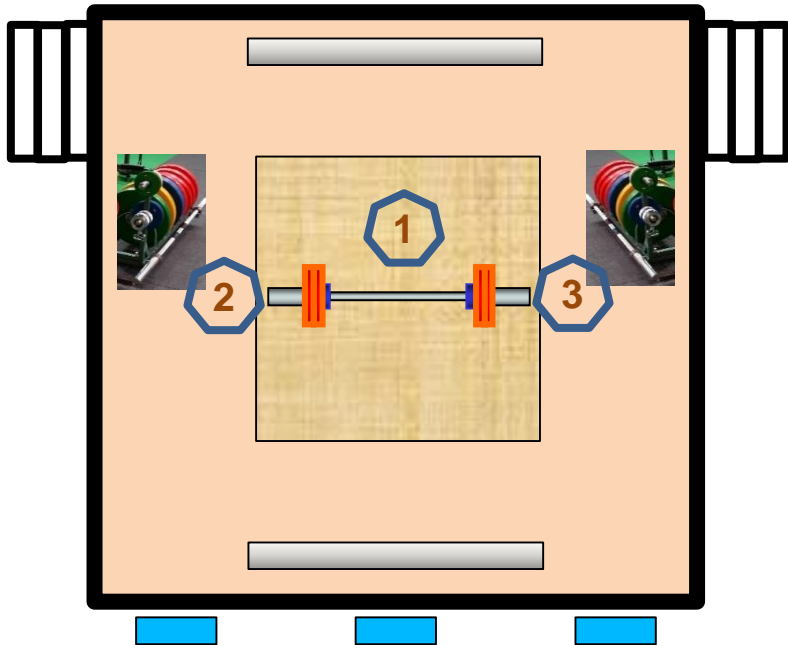
Loaders' seating



- 1 Chief of Loaders (may wear white gloves)
 - 2
 - 3
 - 4
 - 5
 - 6
 - 7 Loader to remove blood and other contaminated materials
- Loaders (wear working gloves)

After each attempt

- Even for the same weight



1

- Checks if blood spot etc. is on the bar
- Checks if barbell is set on the center of platform

1

2

3

4

5

6

7

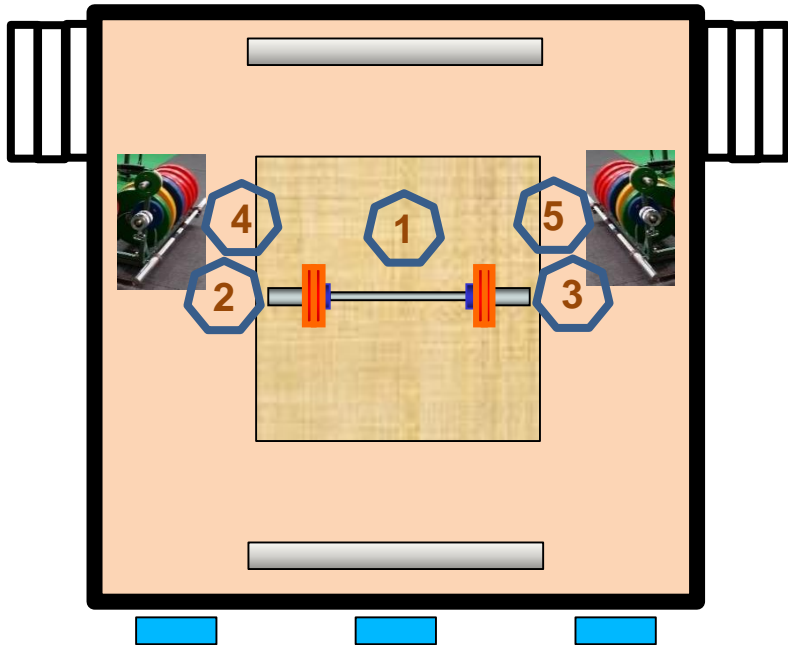
2

3

- Loosens the collar, squeezes the whole plates and tightens the collar
- Sets the barbell on the center of platform

Increasing the bar

- With small discs



1

(Same)+checks if increased weight is correct

2

3

- Gives unnecessary / Takes necessary plate(s), Loosens the collar, squeezes the whole plates and tightens the collar

- Sets the barbell on the center of platform

4

5

- Picks up and gives necessary plate(s) and takes unnecessary plate(s)

- Returns the unnecessary disc(s) to the rack

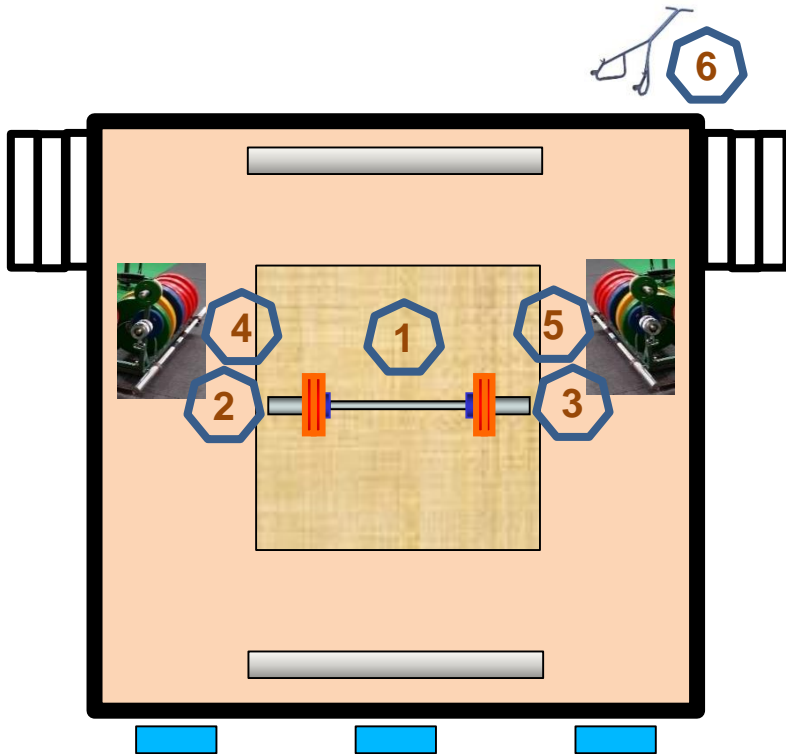
6

7

Cleans the platform if needed

Increasing the bar

- With large discs



(Same)+checks the load



(Same)



(Same)



- Picks up the Bar Lifter, brings to the platform and assists loading

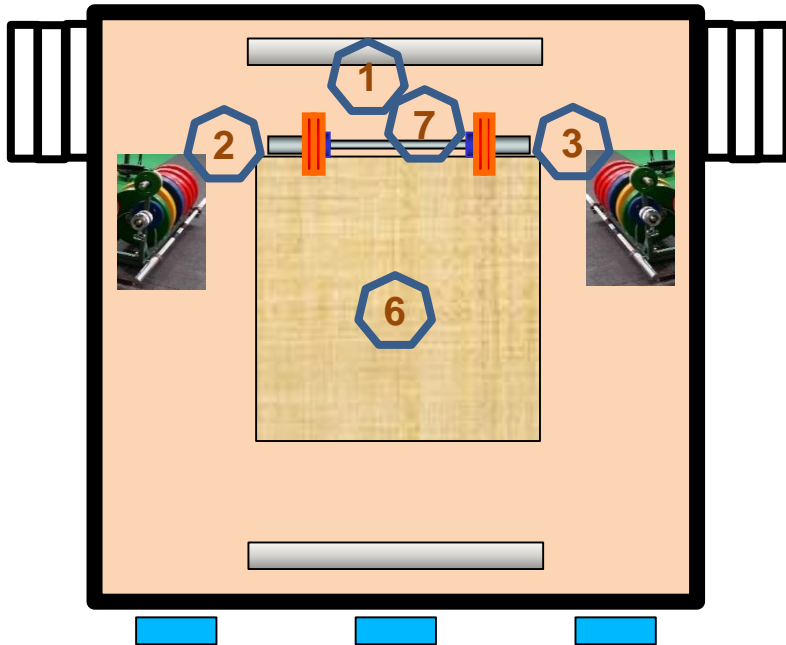
- Places the barbell by using Bar Lifter closer to the center of platform



- Cleans the platform if needed

Bar disinfection / Cleaning

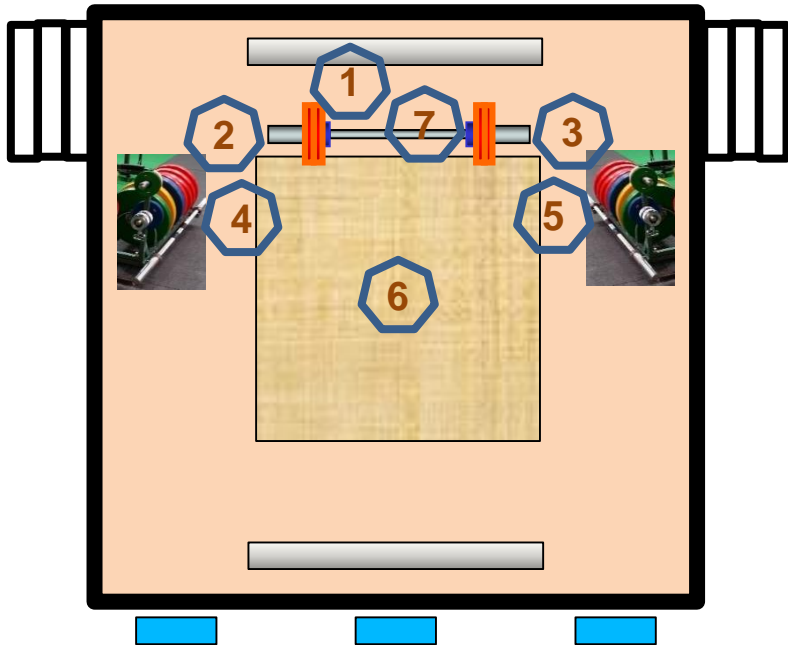
- During the same weight



- 1 Calls colleague for bar disinfection
- 2
 - 3
 - Puts the barbell out of platform
 - During disinfection does the ordinary task
 - After disinfection, places the barbell on the center of platform
- 6
 - 7
 - Wipes the platform by using dried floor mop
 - Disinfects the blood spot etc. by using cotton / gauze
 - Erases the spot by wire brush
 - Dries up the bar by using cloth / towel

Bar disinfection / Cleaning

- With changing of small discs



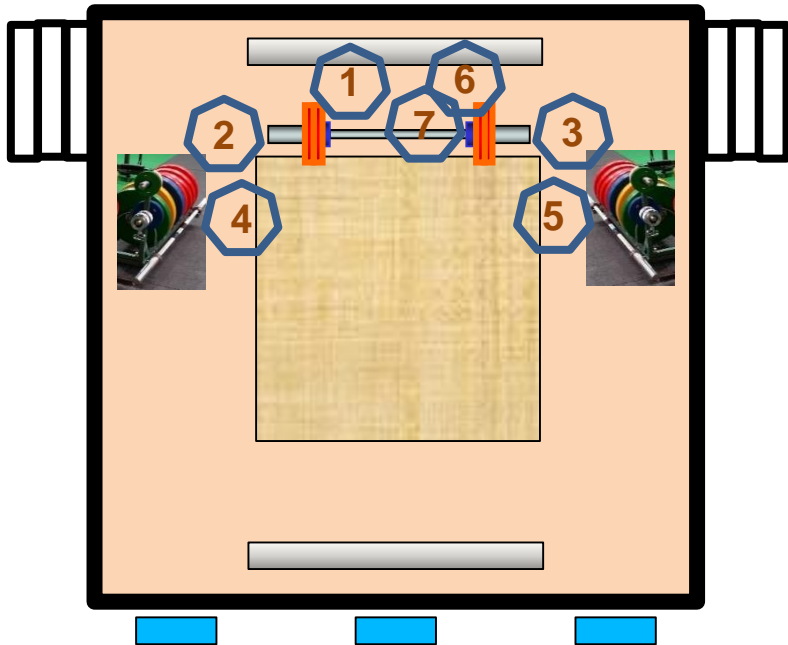
- 1 Calls colleague + checks the load
- 2 3
 - Put the barbell out of platform
 - During disinfection do the ordinary task
 - After disinfection, place the barbell on the center of platform
- 4 5 Same as ordinary procedure
- 6 Wipes the platform by using dried floor mop
- 7 Disinfection procedure

Bar disinfection / Cleaning

- With changing of large discs



(Changing the bar is faster)



- 1 Calls colleague + checks the load
- 2
3
 - Puts the barbell out of platform
 - Ordinary task during and after disinfection
- 4 Ordinary task
- 5 Ordinary task + mopping (if possible)
- 6 Bar loading by using Bar Lifter (after the disinfection procedure)
- 7 Disinfection procedure



Tips

How many kilograms?



- **Memorize** the loading chart !!
- **Men / Women** ?
- Listen to the **announcement** carefully
- **Expect** what will happen (**scoreboard will help you**)

Make sure !



- Always **lift the bar** to squeeze
- Tighten the collars **strongly**
- Do not use the **wire brush** on the platform
- Always wipe and **dry the bar completely** after disinfection
- **Do not turn your back** to the spectators
- Manage **a privacy barrier** for injured athletes. Loaders cannot assist injured athletes unless otherwise requested by Competition Doctor(s)

TO wants to tell you something (at many cases)



Referee / Jury

- Misloading !!
- Blood spot on the bar !!
- Put the barbell on center !!
- Squeeze the plates more tightly !!
- Something is on the platform !! (tape, bib, dust, etc....)

NOTE:

Loaders may clean the bar without being allowed by TC whenever necessary (blood spot, wet floor, etc.)

Technical Controller (adding to above)

- Check the bar if there is blood spot
- Clean the bar / platform
- Is the bar dry ?

Timing clock must be stopped

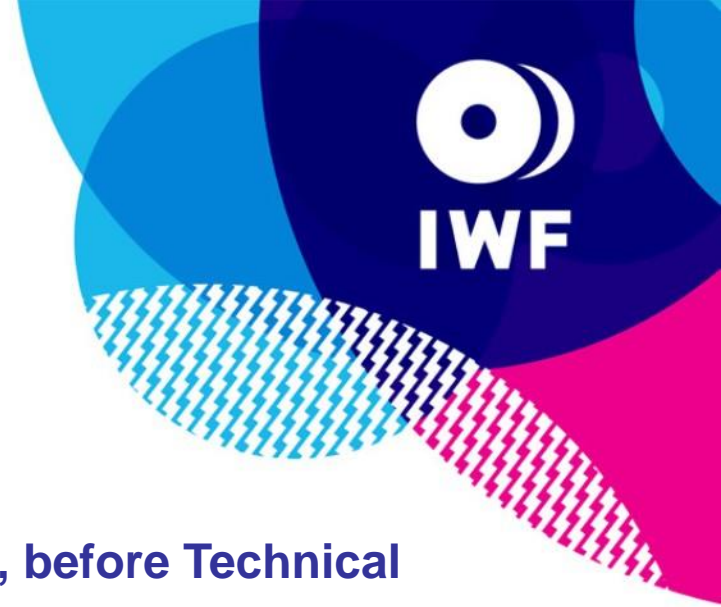


- **Work as fast as possible (Run !!)**
- **Leave the PLATFORM as soon as possible otherwise timing clock cannot be started while loaders are on the platform (not stage but platform)**

IWF TCRR 6.6.7

... The timing clock is started the moment the Speaker finishes the announcement of the attempt in English or when the barbell is loaded and the loaders have left the platform, whichever is last.

Not only during the competition



Before the competition

- Check if the stage / around the stage is clean, before Technical Controllers do (Staple? Nail? Wood chip?)
- Check if chalk(s) / resin are enough, and report to the relevant person in charge if not enough

Before the C&J session

- Check if the stage / around the stage is clean (Nothing left from Sport Presentation?)

After the C&J session

- Clean the platform for the Victory Ceremony
- Set up the Victory Ceremony Podium as soon as possible (Be careful for the podium setting especially for the Silver and Bronze)



**Thank you for
your
cooperation !**