

Preliminary Questions for Para Weightlifters



Adaptive athletes interested in becoming members of the CMWFHCM are encouraged to contact the Federation President.

1. Describe your familiarity with the sport of Weightlifting. (ex. Training, spectator, etc.)
2. Why are you interested in competing as a para weightlifter? How did you get interested in weightlifting?
3. Are you knowledgeable about the rules of weightlifting?
4. Do you know how to technically perform the lifts? Who taught you?
5. Have you examined the regulations for Para Weightlifting at the Canadian Masters Weightlifting Championships?
6. Since your current medical diagnosis is quite serious, how are you currently protecting yourself? Are your health professionals aware of your interest in weightlifting?
7. How would your coach describe your abilities and challenges? Is your weightlifting coach certified?
8. Your doctor will be expected to provide a recommendation to participate. Will this be a problem? Explain.
9. Since your diagnosed condition may not be ideal for weightlifting, will your private health insurance coverage be denied if you participate in a weightlifting competition? Can you provide proof of appropriate private health insurance which clears you for this kind of competitive sport?
10. Please provide some training videos of you Performing the two Olympic lifts.
11. Do you have any suggestions for accommodations not outlined in our policy relevant to your physical challenges? Keep in mind that you will be fully responsible for any permitted assistive devices.