



Back to Lifting: A Practical Guide to Returning to the Platform Safely

Facilities & Weightlifting Competitions

Updated October 14, 2020

Acknowledgements

The following guide was created to assist USA Weightlifting members, club owners and event organizers to supply general guidelines and best practices when it comes to returning to sport. It is up to date as of October 14, 2020.

The recommendations contained herein are not intended or implied to be mandates or industry standards. Many of these recommendations are based upon current guidelines set forth by the Centers for Disease Control and Prevention (CDC) and other Federal government agencies. The USA Weightlifting Sports Medicine Society and U.S. Olympic & Paralympic Sport Medicine Department also supplied its expertise for this guide.

The knowledge surrounding COVID-19 is constantly changing and circumstances are different based on geographic region. USA Weightlifting strongly encourages all USA Weightlifting members, club owners and event organizers to adhere to their state and local guidelines when determining their own re-opening policies and procedures.

The following considerations are provided for general informational purposes only and are not intended as, and should not be relied upon as, specific medical or legal advice. You are strongly encouraged to consult with qualified medical personnel/public health officials for medical considerations and to local, state and federal orders and/or laws for legal considerations. If you use any considerations provided for herein, *you do so at your own risk and you specifically release from any and all liability* USA Weightlifting, and their directors, officers, employees, volunteers, and agents in connection with your use of the enclosed considerations.

Please contact USA Weightlifting at (719) 866-4508 or usaw@usaweightlifting.org with any questions or concerns.



USA WEIGHTLIFTING

COVID-19 Pandemic PROTOCOL

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BACK TO LIFTING – A practical guide on returning to the platforms safely

1) Generally

- a. Review the local authorities' recommendations. Consider canceling, rescheduling or moving events in locations that have > 25 cases/100,000. Added precautions (ie: no spectators) should be considered in locations with > 10 cases/100,000
- b. Follow the guidelines on number of people allowed inside the facility at one time and physical distance.
- c. Designate a staff member to monitor state and local government websites for updates or changes to the guidelines. Remember that the situation is still very fluid and recommendations can change at any point.
- d. ALL Entrances/Entrants into venue (staff, volunteers, coaches, athletes) should ALL be asked screening question regarding symptoms (Fever, Cough, SOB) and if they had COVID or tested for COVID-19 in past 2-3 weeks AND digital non-contact thermal IR scanned for temp. This may be something that venues like hotels/ Convention centers will provide going forward if asked to. Have different locations for entrance and exit. Have different entrance and exit locations for athletes/staff and spectators.
- e. The use of masks (medical paper, double thickness cloth or N95) indoor is mandatory, at all times. Competing athletes will wear their mask at all times including training and warm-up area. The athlete may remove mask upon entering the competition platform to compete. After lift is complete, the Athlete must place mask. Athlete MUST refrain from celebratory actions (hugging, kissing, disregarding 6 foot social distance, etc.) that are outside the infectious disease control guidelines.

2) Registration Desk

- a. Organize one registration desk to every registered participants to the event. Allow 6ft distance between the edges of each registration desk.
 - i. For higher budget events, consider automatic credential printing stations and supply a couple of those for every couple hundred registered participants to the event. Under those circumstances, consider a completely unstaffed registration desk.
- b. Divide the credentials equally across all desks, in alphabetical order. Produce signage to clearly demonstrate where each letter/surname can be found.
- c. Open registrations and credentials pick-up as early as possible and keep them open through the day.
- d. Mark the floor with colored tape in order to allow 6ft distance between every participant queued, waiting to pick up its credential.
- e. Make the start list and schedule available on-line. Produce signage informing that the schedule CANNOT be found at the registration desk and direct people to your website in order to consult those documents.
- f. If you are able to run an event with spectators, make ticket sales available on-line. Encourage spectators to purchase tickets on-line.



- i. Have a separate desk for ticket sales. Allow at least 10ft distance between this desk and the registration desks.
- g. Supply a cleaning kit with liquid cleaner, paper towels, hand sanitizer, plastic gloves and face masks (N95 are recommended, if available) for every desk.
- h. Consider supplying each desk with a protective vertical plexiglass barrier.
- i. All staff members working at the registration desks must wear face masks (the N95 mask is recommended, if available) during all times.

3) Weigh-in Room

- a. Make sure that the weigh-in rooms are not connected to each other. The weigh-in rooms should not be located within main venue in case a lifter tests positive to decrease exposure to other contacts.
- b. Supply each weigh-in room with a digital non-contact IR thermometer. The assistant weigh-in official must check all athletes' temperature before entering and starting of the weigh-in process.
 - i. If an athlete shows abnormal temperature (above 100.4 F) the medical staff must be immediately alerted. The athlete will also be deemed 'unfit to compete' and will not be allowed in the competition or training venue. The official result will be similar to a fail to weigh-in (DNS – Did Not Start).
- c. Supply liquid cleaner, paper towels, hand sanitizer, face masks (the N95 mask is recommended, if available) plastic gloves and cleaning wipes for the technical officials running the weigh-ins. The technical officials must wear the plastic gloves in addition to the face masks at all times.
- d. Allow two technical officials per weigh-in room. One of the officials will conduct the weigh-in per say and call the athletes whereas the second official will check the athlete's temperature, disinfect the scale and weigh-in area after each athlete steps on the scale.
- e. Supply more than a one set of pens per weigh-in room. Encourage athletes to bring their own pen to sign their attempts. Disinfect all areas touched (including pens) by the participants after each weigh-in.
- f. A waiting room for a 10 athletes' session should be 250 sq. ft. in order to safely accommodate all athletes. Supply a hand sanitizing station for each waiting room. The seating area within the room should be marked, with chairs spaced 6 feet apart.
- g. Encourage athletes to attend the weigh-ins by themselves. Minor athletes are still obliged to attend the weigh-ins with a responsible accompanying same gender adult, who must be masked.
- h. The use of masks during the whole weigh-in process is mandatory.
- i. Weight in room (chairs, table, scale, etc.) needs to be cleaned/sanitized after each session

4) Training Hall

- a. Consider not setting up a training hall at all, to decrease the amount of contact that athletes will have with shared equipment.
- b. For each platform, provide a cleaning station with hand sanitizer and cleaning wipes.
- c. Anyone performing Signs and symptoms and temp checks should be wearing PPE including an N95 mask/Facemask or goggles.
- d. A staff member/volunteer must be at the entrance performing temperature checks. Athlete/coach prior to gaining entry must sign in stating name, country (if international event), attesting to no COVID-19 symptoms, temp recorded, person must sign. Abnormal temperature will trigger the same procedure found in 3-b-i.



- e. An athlete need to wear face masks at all times when they aren't lifting and cannot be accompanied by more than one coach need to wear mask at ALL times into the training hall.
- f. Have the platforms set up 10ft from each other. Distribute 2 chairs per platform, enforcing 6ft distance from them.
- g. Athletes should sanitize the bar between lifts on a shared platform.
- h. Athletes must be competing the weekend of the event to use the training hall.
- i. Athletes that have already competed cannot be at the training hall.
- j. Open the training hall as early as possible and close it as late as possible. Announce those times in advance and encourage participants to avoid the busiest times of the day.

5) Warm-up room, Field of Play & Competition

- a. Coaches/athletes prior to entering into warm up area, must sign in stating name, country attesting to no COVID-19 symptoms, temp recorded, person must sign.
- b. For each platform, provide a cleaning station with hand sanitizer, surgical masks, and cleaning wipes.
- c. Provide plastic gloves and masks for the technical officials working in the warm-up room.
- d. Set up the warm-up platforms with 10ft between each other.
- e. Set up the monitors for the scoreboard, attempt board and camera on mounted TV stands so they are better seen by participants. Consider setting up multiple monitors so participants will not need to agglomerate in front of a single spot. Place tape on the floor every 6 feet side by side and front to back in front of monitors.
- f. When creating the schedule, consider a maximum of two athletes (ideally one) per platform in the warm-up room (10 athletes' session for a 10 platforms warm-up room, maximum).
- g. Encourage athletes and entourage to disinfect the bar after every attempt.
- h. Have the Chief Marshal (controlling the cards) and Assistant Marshal (entering the data in the computer system) sitting on different tables and at least 6ft apart. Those two positions need to communicate between them, somehow. USAW recommends the use of an intercom system or walkie-talkies. In a silent enough environment, regular communication will also work.
 - i. In a group of very experienced technical officials and with good command over the used results system, consider completely ruling out the 'Assistant Marshal' position.
- i. Provide a protective vertical plexiglass barrier at the Chief Marshal table.
- j. Provide signage alerting participants that changes are taken only at the Chief Marshal table.
- k. Have the Technical Controller stand behind plexiglass barrier at juncture of warm-up area and platform.
- l. Scratch the 'Timekeeper' position. Alert the Speakers that they also need to keep the time while doing the 'Speaker' job.
- m. All loaders must wear plastic gloves, face shields or goggles in addition to masks (the N95 mask is recommended, if available). In any given group of loaders, one of them must disinfect the bar after every attempt unless athlete is following themselves.
 - i. When creating the schedule for the event, compute one extra minute per athlete per session when estimating the time that each session will take to finish.
 - ii. Also, consider creating a 10 minutes buffer between the end of a session and the beginning of another one, in the schedule, to allow time for cleaning and disinfection of the platforms.



- n. Provide extra bleach and cleaning wipes for the loaders area.
 - o. If you are able to run an event with spectators, make sure to respect 6ft in between their chairs when distributing them.
 - p. Technical Officials should monitor social distancing and may remind/comment/enforce if athletes and coaches blatantly disregard.
 - q. Encourage lifters and coaches to supply their own chalk and tape. Conversely, athletes and coaches should support by removing self-generated trash and empty bottles when session is over.
 - r. Masks are mandatory for all participants/coaches/technical officials/etc. (the N95 mask is recommended, if available) Athletes that are competing might remove their masks to do so and are required to put them back immediately after.
- 6) Medical Area:
- a. PPEs/ Sanitation: Provide medical area with enough surgical masks, N95 mask for high-risk or high-contact staff, hand sanitizer, wipes, paper towels, gloves to effectively sanitize medical area.
 - b. THERMOMETERS: Provide supplies (2-3 digital non-contact IR thermometers, N95 Masks, paper Gowns) for medical team when called onto evaluate symptomatic person.
 - c. SYMPTOMATIC PATIENTS: Make sure that all symptomatic participants will be directed to local medical providers and follow local government policies for testing and treatment.
 - d. SIGNAGE: Provide signage that states that: "USAW Sports Medicine area is set up to assess, evaluate and treat non-COVID related issues, please utilize local medical establishment if show signs (cough, SOB, Fever over 100.4 degrees) of COVID-19 infection". Place sign around venue and medical area.
 - e. COVID ASSESSMENT AREA: to consider an area where screening of athletes BEFORE they enter medical Area. This should be NEXT to or IN FRONT of entrance to medical area. This is IN ADDITION to regular COVID screening BEFORE entering into facility. RATIONALE: people once inside venue for long periods of time may start to feel ill and need a way to screen within venue AND screen BEFORE entering medical area.
 - f. CHIROPRACTIC/OMT: Suggest face mask, gowns, and paper gowns be provided due to close contact and thrusting nature of certain motion/manipulations.
 - g. FITNESS FOR DUTY: a USAW physician assigned to work at the event may be asked to weigh in on the health/fitness of an athlete if there is a dispute or question on their ability to compete. The physician after hearing the history, examining the athlete, reviewing any data, may render a decision which can only overturned by the event medical director upon requested review by athlete.

