

British Championships 2021 – Covid Protocols

Saturday 26 June 2021, St Mary's University, Twickenham

Due to the current COVID-19 pandemic, additional planning and control is required to ensure that the British Championships 2021 event minimises the risk to anyone attending it. The health, safety and wellbeing of all attendees is our paramount concern. The following protocols are intended to provide a safe and controlled environment and every attendee must adhere to these.

No one should attend the event if they are:

- Experiencing any COVID-19 symptoms (high temperature, continuous cough, loss of taste or smell)
- Self-isolating as a result of COVID-19 symptoms or having been in contact with someone who has had symptoms
- Has been instructed to self-isolate by NHS Test and Trace or any relative Home Countries schemes

We recommend that everyone attending takes a COVID-19 test 24 hours prior to attending the event, to confirm they do not have COVID-19. Tests are available free of charge from <https://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests>

General Protocols

- The event is being run *behind closed doors*, so only people required to enable the event to be delivered will be allowed entry and must have been granted accreditation in advance
- Attendees will be required to undertake a temperature check on entry to the event
- Attendees must wear appropriate accreditation at all times (badges, wristbands etc)
- Attendees must follow the instructions of any Event staff
- Social distancing (of 2 metres) must be maintained where reasonably practicable
- Face coverings must be worn (except by athletes on the FOP or if issued with a medical exemption certificate)
- Washing of hands regularly and use of sanitiser is encouraged
- Ventilation will be maximised by opening windows and doors wherever possible
- Do not share any food or drink
- A paramedic will be on site during the competition to provide rapid medical response if required

Event Schedule

- Lifters will only be allowed entry to the event area for their allocated weigh-in and competition
- Where possible, lifters should leave the event area after weigh-in and only return at the allocated competition time
- Only one licensed coach is allowed to accompany each lifter (during the allocated competition session)
- Athletes will not be presented on the FOP before each session
- A modified medal presentation will take place

Warm Up and FOP

- A warm up area will be allocated to each competition platform and the warm up platforms will be spaced out as far as is reasonably practical
- Coaches must wear gloves when handling equipment in the warm up area
- There may be times when lifters have to share warm up platforms but where possible an individual bar will be provided to each lifter
- All warm up and FOP equipment will be cleaned after each session using appropriate cleaning products
- Equipment within the field of play will be cleaned following each lifter's use
- No chalk or chalk bins will be provided – athletes must bring their own supply for individual use

If anyone does not follow the above protocols, they may be asked to leave the competition