



British Weight Lifting COVID-19 Guide for Members – considerations to make for returning to competitions (v3)

Guidance as of 26 July 2021

Introduction

Following the postponement or cancellation of all domestic Olympic weightlifting and Para powerlifting competitions from March 2020 the role of this document is to provide guidance and best practice for British Weight Lifting members to support the return to physical competitions. This document sets out the framework for delivering physical competitions during an anticipated period of 'social distancing'. It also provides the basis for clubs to assess their own feasibility for the delivery of physical competitions.

The framework has been developed by British Weight Lifting by working collaboratively with the UK Home Nation federations; Weightlifting Wales, Weightlifting Scotland and Northern Ireland Weightlifting as well as the Government, UK Sport, Sport England, UK Active and the wider sport and fitness sector, who are at different stages of managing COVID-19.

British Weight Lifting is aware that many members view competitions as a key reason for holding membership, therefore we believe providing a safe and measured approach to returning to physical competition is of vital importance. This document provides an opportunity for members to return to competition in a manner guided by the governing body, at whatever time is appropriate for their ability to meet the minimum requirements.

A member can make their own decisions and can go above the standards set within this document, **but not lower**. This guidance is to assist members with the various considerations and put in place appropriate risk mitigation strategies before opening hosting or attending a competition.



It is of paramount importance that individuals including coaches and athletes monitor themselves for any signs of the virus, as well as their general health.

This guidance has been published on the understanding that it is an interpretation of Government guidance relevant to the sports of weightlifting and para powerlifting. Guidance is changing very quickly with regard to the sport and fitness sector. We will continue to publish regular updates through the British Weight Lifting website and social media channels, to keep you up to date.

This guidance document is generally intended to facilitate physical competitions delivered under the BWL Technical and Competition Rules and Regulations (TCRR). Where there is a specific contradiction between this document and the TCRR, this document will take priority at the discretion of British Weight Lifting.

All parties should note the disclaimer at the end of this document.

Guidance

- 1- Venue, layout and general precautions
- 2- Number of athletes, coaches, officials and spectators
- 3- Arriving at an event
- 3- After Competition
- 4- Exiting the Venue
- 5- Disclaimer

1) Venue and Layout, General Precautions

a. Venue and Layout

- Competition organisers should follow the **Facility Guidance** outlined in the **British Weight Lifting COVID-19 Guide for Clubs – considerations to make before returning to training**
- Each athlete should have a 4mx4m lifting area clearly marked



- No limits on how many people can meet
- 1m-plus guidance removed (except in some places like hospitals and passport control when entering)
- Face coverings no longer required by law, although the government still "expects and recommends" them in crowded and enclosed spaces., to protect themselves and others. Where worn correctly, this can reduce the risk of transmission.
- There are no set restrictions on how many people can take part in sport and physical activity, indoors and outdoors.
- All forms of activities can take place without set restrictions.
- All sports facilities can open, including ancillary facilities. There are no indoor capacity limits, however, venues may put in place some restrictions and guidance for enclosed areas.
- Organised sport participation events such as (but not limited to) races, rides and organised walks can take place outdoors with no capacity caps for participants or spectators.
- Government guidance for sport and physical activity will provide advice on how to reduce transmission when you're exercising.
- Ventilation is an important part of mitigating against the transmission of COVID-19

Ventilation into the building should be optimised to ensure a fresh air supply is provided to all areas of the facility and increased wherever possible. Particular attention should be given to areas where high intensity exercise activity takes place.

Ventilation systems should provide 100% fresh air and not recirculate air from one space to another.

b. General Precautions



British Weight Lifting would recommend maintaining the following mitigations to keep your staff and members safe:

- Complete a health and safety risk assessment that includes risks from Covid-19. This should consider the points identified in the government's ['Guidance on Coronavirus \(Covid-19\) measures for grassroots sports participants, providers and facility operators'](#).
- **Do not admit customers who have suspected or confirmed COVID-19 or if they have been asked to self-isolate by NHS Test and Trace**
- Continue with the hygiene and cleaning regimes you have established during the pandemic - cleaning surfaces (especially high touch points) that people touch/share regularly.
- You should avoid sharing equipment where possible and practical; if equipment is shared then regular cleaning protocols should be implemented
- Do not allow any shared use of water bottles, chalk etc
- Provide hand sanitiser and encourage staff and members to sanitise and wash their hands frequently.
- Keep spaces well ventilated by opening doors and windows. Identify poorly-ventilated areas in the venue and take steps to improve air flow.
- There is no longer a legal requirement for clubs to display the COVID-19 QR code poster at the entrance to premises. However, clubs/facilities are advised to continue displaying QR codes for customers wishing to check in using the NHS COVID-19 app, and you may also wish to continue collecting customer contact details to support NHS Test and Trace.
- Face coverings are no longer mandatory however you may wish to advise members to use a face covering before/after their sporting activity if in a crowded indoor facility, but you don't have to wear one during sport. Please be aware and supportive of staff and customers who would like to continue wearing face coverings. Consideration should also be given to the continued use of face coverings for staff if in close contact roles.



- Ensure that staff and customers who are unwell do not attend the club facility or venue.
- Make sure that you inform staff and customers how to visit your facility safely and ensure they are kept up to date with any changes that may be made.
- Communicate regularly, consistently and clearly with your members and volunteers so they are aware of the guidance and expectations when visiting your club/facility.

2) Number of athletes (and equipment), coaches, technical officials and spectators

- No limits on [how many people can meet](#)
- 1m-plus guidance removed (except in some places like hospitals and passport control when entering)
- [Face coverings no longer required by law](#), although the government still "expects and recommends" them in crowded and enclosed spaces, to protect themselves and others. Where worn correctly, this can reduce the risk of transmission.
- There are no set restrictions on how many people can take part in sport and physical activity, indoors and outdoors.
- All forms of activities can take place without set restrictions.
- All sports facilities can open, including ancillary facilities. There are no indoor capacity limits, however, venues may put in place some restrictions and guidance for enclosed areas.

3) After Competition

- Medal ceremonies can take place
- A full clean of each platform and technical equipment is recommended to take place after the venue is empty. Cleaning should be completed by the event organisers and



Technical Officials.

- All discs wiped down with alcohol-based cleaning fluid (minimum 60% abv)
- All bars cleaned with an alcohol-based cleaning fluid (minimum 60% abv)
- All platforms vacuumed and mopped with an alcohol-based cleaning fluid (minimum 60% abv)
- All chairs wiped down with an alcohol-based cleaning fluid (minimum 60% abv)
- Scoreboard computer mouse and keyboard to be cleaned with an alcohol-based cleaning fluid (minimum 60% abv)
- If using Eleiko equipment [click here](#) to view their recommended cleaning protocol.

4) Exiting the venue

- A hand washing facility must also be provided for athletes who have not worn gloves, prior to the sanitising station
- Ideally attendees should exit through a separate door, or all must exit the building before next group can enter. Avoid people passing each other in doorways and corridors by using a one-way system where possible.

5) Disclaimer

Please note that the subject matter covered in this guidance is in no way exhaustive and the material does not stand on its own nor is intended to be relied upon as a substitute for obtaining specific Government or legal advice. Individual circumstances will differ. The information contained in this guidance is given in good faith but any liability of British Weight Lifting or its professional advisors (including their respective members or employees) to you or any third party which may arise out of the reliance by you or any other party of the contents of this guidance is hereby excluded to the fullest extent permitted by law. British Weight Lifting and its professional advisors accept no duty of



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