

British Weight Lifting COVID-19 Guide for Courses (v1a)

Following the full closure of the sector due to COVID-19 in March 2020, the role of this document is to provide guidance and best practice for the return of face-to-face British Weight Lifting courses.

This document has been adapted from the *British Weight Lifting COVID-19 Guide for Clubs - considerations to make before returning to training (v1a)* and sets out the framework for the returning of face-to-face course delivery during an ongoing period of "social distancing".

The framework has been developed by British Weight Lifting by gaining advice and best practice from the Government, UK Sport, Sport England, UK Active and the wider sport and fitness sector, who are at different stages of managing COVID-19.

We must ensure that minimum standards are set to prevent the spread of COVID-19 any further. **A facility that is hosting a BWL course can make their own decisions and can go above the standards set within this document, but not lower.**

It is of paramount importance that individuals including facility staff and members, tutors, and learners 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 activity of weightlifting/weight training.

Guidance is changing very quickly with regard to returning to elite training, recreational training and 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. All parties should note the disclaimer at the end of this document.

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Guidance

Facility Guidance

Before courses take place, facilities should:

- Have completed all relevant plans, procedures and risk assessment – updated for Covid-19, in line with Government advice: <https://www.gov.uk/guidance/working-safely-during-coronavirus-covid19/providers-of-grassroots-sport-and-gym-leisure-facilities>
- Make sure all risk assessments are up-to-date and have Covid-19 considerations added and mitigated (not performing a RA or putting the said strategies into action is a breach of health and safety law and can result in serious fines or even imprisonment).
- Have conferred with your insurance company around the re-opening of your facility.
- Ensure deep cleans have taken place throughout the facility and of all equipment.
- Ensure all members of staff (including coaches/trainers and volunteers) and members have been fully briefed.
- Make sure appropriate Public Health England (PHE) or equivalent posters are on display throughout the facility, informing customers and staff of social distancing, handwashing and any other cleanliness/hygiene protocols.
- Ensure that sanitiser stations and hand wipes are in place around the facility (especially in high contact areas for staff and members to access easily).
- Ensure they have calculated their maximum capacity based on the size of the facility (UK Active's guidance for gyms calculates that there should be one person per 9m²).
- Mark out socially distanced areas throughout the premises, using floor markings ensuring at least 2m can always be maintained between individuals. Where feasible it is recommended to introduce a one-way system for entry and exit to facilities and movement around equipment and platforms.
- Strive to set up an appropriate booking system so that users can reserve time slots/space in advance (in order to ensure no more than the maximum number of individuals are in the facility during any time period).
- Consider taking online or card payments only, to minimise cash handling (e.g. for any merchandise bought on the premises).
- Build in a time buffer between sessions to enable social distancing and adequate cleaning, aligned with Government guidelines.
- Implement an external queuing system in order to control numbers into the facility at any one time.
- Communicate with your members clearly and regularly, making them aware in advance of the measures you are putting in place at your venue, and remind them of guidelines they are asked to follow.
- Ensure all individuals sign a self-declaration form, stating they are healthy and fit and declare any underlying/previous illnesses.
- Ensure that steps are taken to avoid people needing to unduly raise their voices to each other. This includes but is not limited to refraining from playing music or broadcasts that may encourage shouting (including if played at a volume that makes normal conversation difficult). This is important because of the potential for increased risk of transmission - particularly from aerosol and droplet transmission.

Health, Safety and Hygiene

- It is important to state from the outset that social distancing and thorough, frequent hand washing remains the best health protection and defence against cross contamination.

Facility Responsibilities for Health, Safety and Hygiene

- Rigorous cleaning procedures should be created and implemented upon opening.
- Provide appropriate cleaning equipment for members and staff and BWL tutors and learners for use during the delivery of a BWL course.
- Cleaning procedures should include the regular cleaning of all common touchpoint surfaces (gates, door handles, handrails etc) regularly (whilst wearing disposable gloves and face coverings).
- Cleaning of all contact gym equipment after each session (especially high risk contamination equipment such as Barbells, Weight Discs and Collars). Gloves should be worn whilst disinfecting equipment in order to minimise contact between skin and cleaning chemicals.
- Provide signposting information to maintain social distancing when in changing rooms or toilets.
- Facilities should commit to the wellbeing of their staff and customers, and if they show/have any signs of COVID-19 (high temperature, new persistent cough, loss of smell and difficulty breathing), they will be sent home to follow Government regulations.
- Facilities should follow the government guidance on appropriate PPE usage. The following documents should be consulted. Recommended PPE usage: [https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/878750/T2_poster Recommended PPE for primary outpatient community and social care by setting.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/878750/T2_poster_Recommended_PPE_for_primary_outpatient_community_and_social_care_by_setting.pdf)
- COVID-19: Personal protective equipment use for non-aerosol generating procedures: <https://www.gov.uk/government/publications/covid-19-personal-protective-equipment-use-for-non-aerosol-generating-procedures>
- Prior to a course, the facility should ensure all equipment in the course training area is thoroughly cleaned before use using appropriate cleaning materials.

Facility Responsibilities for Ventilation

Ventilation is an important part of mitigating the risk of COVID-19 transmission. Facilities should consider the following:

- 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 ventilation and sufficient circulation space specially around equipment, between groups and classes and instructors and any areas where high intensity exercise activity takes place.

To achieve this, specific measures should be implemented:

- The maximum occupancy of each indoor facility should be limited by providing a minimum of 100sqft per person. For this figure, the area is the net useable indoor facility space available for members to use, including changing rooms, toilet and wash facilities. Reducing capacity in this way whilst sustaining ventilation flows, will increase the typical current 10l/s/p flow rate of ventilation to at least 20l/s/p, as fewer people are being served by the ventilation system.
- Ventilation systems should provide 100% fresh air and not recirculate air from one space to another.

Supporting Test and Trace

The opening up of the economy following the COVID-19 outbreak is being supported by NHS Test and Trace.

Facilities should assist this service by keeping a temporary record of your customers and visitors for 21 days, in a way that is manageable for your business, and assist NHS Test and Trace with requests for that data if needed.

Collect sufficient data on each attendee (name, home phone number, mobile number, date and times of entry and exit) so that each person could be contacted if there is a case of COVID-19 connected to your facility. This could help contain clusters or outbreaks.

You likely will already have systems for recording the attendance of customers and visitors. If you do not already have a system in place, you should do so to help fight the virus. You can find more information on test and trace protocol by visiting the Government website: <https://www.gov.uk/guidance/maintaining-records-of-staff-customers-and-visitors-to-support-nhs-test-and-trace>

In the event of a COVID-19 case

The facility should follow the PHE Guidance: COVID-19: Cleaning in non-healthcare settings while cleaning all areas of the facility: <https://www.gov.uk/government/publications/covid-19-decontamination-in-nonhealthcare-settings/covid-19-decontamination-in-non-healthcare-settings>

In the event First Aid treatment is required

Although there may be heightened concerns around first aid, this should continue in line with the facility's risk assessment, with the following equipment used when needed:

- Gloves
- Resus masks for emergency first aid to be provided to all first aiders
- Face masks for general first aid.

The Resuscitation Council UK has provided specific guidance on CPR delivery: <https://www.resus.org.uk/covid-19-resources/covid-19-resources-general-public/resuscitation-council-uk-statement-covid-19>

British Weight Lifting Guidance

British Weight Lifting tutors will:

- Ensure all learners complete a screening questionnaire and sign a self-declaration, stating they are healthy and fit and declare any underlying/previous illnesses.
- Need to be aware that guidance can change quickly and more restrictive rules may be applied in the future (Tutors to refer to Government guidance documents and the British Weight Lifting website regularly).
- Encourage learners to check all guidance that has been published (especially concerning social distancing and hygiene and any member specific guidance that has been provided by the facility).
- Need to declare any possible COVID-19 related symptoms they may have to British Weight Lifting Head Office at the earliest opportunity (BWL will then decide on the appropriate response).
- Ensure their approach to tutoring is socially distanced (e.g. communication, delivering cues, verbal corrections, and encouragement).
- Make sure there is no physical contact and breaking of the 2m social distancing perimeter unless it is an emergency.
- Keep shouting to a minimum (any shouting from tutors/learners will generate droplet spread over a much larger area than normal interaction).
- Communicate with the learners clearly and regularly, making them aware in advance of the measures the facility is putting in place, and reminding them of the guidelines they have been asked to follow.
- Remind learners that spotting is to be discouraged, due to its violation of the 2m social distancing rules.
- Encourage learners to load their own bars at all times.
- Ask learners to leave if they do not adhere to the regulations laid out in this document (and those of the facility).
- Have to follow any additional gym rules (this document outlines the minimum necessary measures).

British Weight Lifting Tutor Responsibilities for Health, Safety and Hygiene

During a British Weight Lifting course, BWL tutors will:

- Ensure that contact gym equipment is cleaned after each session (especially high risk contamination equipment such as Barbells, Weight Discs and Collars).
- Ensure learners use liquid chalk only (if required)
- Check the wellbeing of each learner, and if they show/have any signs of COVID-19 (temperature, new persistent cough, loss of smell and difficulty breathing), they will be sent home to follow Government regulations.
- Make sure that at the completion of each practical session, all used equipment will be thoroughly cleaned using appropriate cleaning materials.
- Ensure there is a gap between any course transitions (e.g. lunch) to allow cleaning to take place.

Learner Guidance

If anyone is sent home if they are unwell and showing any symptoms, the individual should follow Government advice. <https://www.nhs.uk/conditions/coronavirus-covid19/testing-and-tracing/ask-for-a-test-to-check-if-you-have-coronavirus/>

Learners will:

- Complete a pre-screening questionnaire in order to be able to take part in the course.
- Acknowledge they are fit and healthy with no symptoms of the virus before each day of the course
- Come prepared for activity prior to arrival at the venue (minimise use and avoid gathering in changing rooms/bathrooms etc).
- Not take towels/'sweat towels' into the training area.
- Only use their own equipment including shoes, belt, wrist straps etc.
- Minimise the amount of equipment they use on course (e.g. do not share equipment with others and use their own Barbell and Weight Discs)
- Only use their own liquid chalk (if needed).
- Be prepared to bring their own food and drink if there are no shops in close proximity to the course venue (and to avoid unnecessary transitions).
- Consider additional steps to be implemented if they are aged over 70, with underlying health conditions or if they have recovered from the virus.

Travelling to and from a Course

If using public transport, learners should bring clean training clothing to get changed into before beginning the course and then change into clean travel clothing afterwards. This will help minimise the risk of contamination from their journey to the venue and from the venue back to their home environment (this is assuming that appropriate changing room facilities are available).

If travelling by car, walking or cycling, learners should arrive ready to train and change into fresh clothes before leaving.

Please note that it is down to the individual to take reasonable personal responsibility when taking part in physical activity.

The Course/Training Area

- Activities in the training environment which require close personal contact must be avoided.
- Socially distance training areas should be marked out ensuring at least 2m can always be maintained between individuals.
- BWL tutors will be using designated areas to instruct/tutor while maintaining social distancing rules.
- Learners should avoid sharing a bar or weights and this equipment should be thoroughly cleaned after each use or between different users working with them.
- All platforms should be disinfected and allowed time to dry between sessions

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 care or liability for any loss occasioned, whether caused by negligence or otherwise, to any person acting or refraining from actions as a result of any material in this guidance. We would strongly recommend that you consult professional advisors on specific issues before acting or refraining from action on any of the contents of this guidance.