



British Weight Lifting COVID-19 Guide for Clubs - considerations to make before returning to training (v1)

Guidance as of 19 June 2020

Introduction

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 British Weight Lifting Clubs to allow them to get back to training, while ensuring the safety and well-being of anyone that enters your facility is considered. This document sets out the framework for opening clubs during an anticipated period of "social distancing". It also provides the basis for clubs to develop their own required technical operating guidance for members, staff and visitors once the Government has advised that facilities, or parts of facilities, can open.

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. The gym and fitness industry will have a vital role in ensuring the ongoing health and wellbeing of the nation following the lifting of COVID-19 restrictions. We believe this role has never been more important than at this current time in helping society regain its health. However, we must ensure that minimum standards are set to prevent the spread of COVID-19 any further. A club can make their own decisions and can go above the standards set within this document, **but not lower**. This guidance is to assist a club with the various considerations and put in place appropriate risk mitigation strategies before opening your club.

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 sport of weightlifting. 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.

Guidance:

1) Facility Guidance

Before opening:

- Opening your club is at the discretion and consent of the facility owner, provider or contractor.
- The Club Committee (Head Coach, Welfare Officer and Secretary) has completed all relevant plans, procedures and risk assessment – updated for Covid-19, in line with Government advice.
- All risk assessments are up-to-date and have Covid-19 considerations added and mitigated.
- You have clarified with your insurance company around the re-opening of your club.
- Deep cleans have taken place throughout the facility and of all its equipment.
- All coaches, volunteers and members have been fully briefed.
- Appropriate Public Health England (PHE) or equivalent posters should be on display, throughout the facility, informing customers and staff of social distancing, hand-washing and any other cleanliness/hygiene protocols.
- Sanitiser stations and hand wipes should be in place around the facility, especially in high contact areas for staff and members to access easily.
- A facility must 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 3m². Eg a 50m² sized training facility can hold a maximum of 16 people.
- Designated socially distanced areas should be marked out throughout the premises using floor markings ensuring at **least 2m can always be maintained** between individuals.
- An appropriate booking system should be implemented to reserve time slots 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.
- A time buffer should be built in between sessions to enable social distancing and adequate cleaning, aligned with Government guidelines.
- If possible, separate entrance/exit systems should be implemented in order to maintain 2m social distancing. An external queuing system should also be implemented 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 guidelines they are asked to follow.
- Consider additional steps to be implemented for any clientele aged over 70 or with underlying health conditions or if individuals have recovered from the virus.
- All individuals who visit the club should sign a self-declaration form, stating they are healthy and fit and declare any underlying/previous illnesses.
- Spectating should be actively discouraged. Where attendance of a parent/guardian (non-participant) or a carer for a disabled athlete is required, it should be limited to one per athlete where possible, with social distancing strictly observed while watching the sessions (consider marking out specific boxes/areas for this purpose).

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.
- Rigorous cleaning procedures should be designed and implemented upon opening.
- Clean all common touchpoint surfaces (gates, door handles, handrails etc) regularly, wearing disposable gloves and face coverings.

- Cleaning of all contact gym equipment after each session should be implemented including high risk contamination equipment such as Barbell, Weight Discs and Collars. Gloves should be worn whilst disinfecting equipment in order to minimise contact between skin and cleaning chemicals.
- The use of chalk bins is not advised due to the risk of contamination.
- Gloves are not mandatory but the requirement to regularly wash your hands should be encouraged.
- Extra care/signposting will be provided to maintain social distancing when in changing rooms or toilets. Appropriate cleaning materials should be available for customers to use for touch points after each use.
- Clubs should commit to the wellbeing of their staff and customers, 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.
- If there is a COVID-19 case in the facility, the operator 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-non-healthcare-settings/covid-19-decontamination-in-non-healthcare-settings>
- 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-covid-19/testing-and-tracing/ask-for-a-test-to-check-if-you-have-coronavirus/>
- Although there may be heightened concerns around first aid, this should continue in line with the facility's risk assessment, with the below aspects to be 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/media/statements/resuscitation-council-uk-statements-on-covid-19-coronavirus-cpr-and-resuscitation/covid-community/>
- You 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
 - 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>

2) Training Guidance

Training Area

- Activities in the training environment which require close personal contact must be avoided.
- As stated above designated socially distance training areas should be marked out ensuring at **least 2m can always be maintained** between individuals.
- Consider implementing coaching areas which allows coaches to instruct while maintaining social distancing rules.
- Lifters should not share a bar or weights and this equipment should be thoroughly cleaned after each use.
- Prior to a session starting, all equipment should be thoroughly cleaned before use using appropriate cleaning materials.

- At the completion of each session all used equipment will be thoroughly cleaned using appropriate cleaning materials. Having a gap between sessions will allow this cleaning to take place.
- All platforms should be disinfected and allowed time to dry between sessions.

Coaching Guidance

- Encourage coaches to check all guidance that has been published, especially concerning social distancing and hygiene and any athlete specific guidance.
- Be aware guidance can change quickly and more restrictive rules may be applied in the future, so please refer to Government guidance documents and the British Weight Lifting website regularly.
- A return to training screening questionnaire should be completed by all coaches in order for them to be cleared as suitable to return. At every visit to the facility, coaches should sign a self-declaration stating they are fit and healthy with no symptoms of the virus.
- The approach to coaching will be socially distanced communication, delivering cues, verbal corrections, and encouragement. There should be no physical contact and breaking of the 2m social distancing perimeter unless it is an emergency.
- Face coverings and gloves are not mandatory for coaches to wear during a session. However, any shouting from coaches will generate droplet spread over a much larger area than normal interaction so the wearing of face coverings should be encouraged in these circumstances in order to minimise this spread.
- Communicate with your athletes clearly and regularly, making them aware in advance of the measures you are putting in place at your venue, and guidelines they are asked to follow.
- Spotting is to be discouraged, due to its violation of the 2m social distancing rules.
- Loading the bar for athletes should be carried out carefully controlled with 2m social distancing observed and appropriate cleaning protocols implemented.

Athlete Guidance

- A pre-screening questionnaire should be completed by all athletes in order to be cleared as suitable to return. At every visit to the facility, athletes should sign a self-declaration stating they are fit and healthy with no symptoms of the virus.
- Aligned with the English Institute of Sport the attitude of all involved in return to training should be, '**Get in, train and get out**' – athletes should be prepared for training prior to arrival at venue (minimise use and avoid gathering in changing rooms/bathrooms etc).
- It is down to the individual to take reasonable personal responsibility when taking part in physical activity.
- Towels/'sweat towels' should not be taken into the training area.
- Athletes should use only their own equipment including shoes, belt, wrist straps etc.
- Athletes should bring their own chalk to the gym in a clear plastic bag with their name on it and this must not be shared with anyone else.
- If using public transport, athletes should bring clean training clothing to get changed into before beginning their session and then change into clean travel clothing afterwards as this will help minimise the risk of contamination from their journey to the club and from the club back to their home environment. This is assuming that appropriate changing room facilities are available.
- If travelling by car, walking or cycling athletes should arrive ready to train and change into fresh clothes before leaving.

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.