

British Weight Lifting COVID-19 Guide for Members – considerations to make for returning to competitions (v1)

Guidance as of 17 August 2020

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

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1) Venue and Layout, General Precautions, Test and Trace

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
- Each lifting area should be 2m from the next lifting area
- Platforms may be arranged in two parallel rows with 6m between each row. The middle 2m of this gap will be for Technical Officials to move between the platforms to judge the lifts
- Platforms should be laid out in a staggered formation so that athletes are not directly facing each other, OR all athletes should face the same direction so there are no face-to-face positions. Referees must be able to judge lifts facing the athlete.
- The competition scoreboard must be clearly visible to all platform so that no gathering around a small screen is required. Recommended solutions are the use of TV screens/monitors, projectors or sharing to a Zoom link accessible by the athletes and coaches.
- The Scoreboard operator, Timekeeper and Speaker must be positioned with a good view of all platforms with no shared equipment. Social distancing regulations must be followed with seating arrangements.
- All venues should 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 because of the potential for increased risk of transmission - particularly from aerosol and droplet transmission.

- 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. To achieve this, specific measures should be implemented:
 - o 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 to 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.
 - o Ventilation systems should provide 100% fresh air and not recirculate air from one space to another.

b. General Precautions

- Technical Officials should wear face coverings at all times. The organiser should provide face coverings if requested.
- Athletes, coaches and helpers should provide and wear their own face coverings at all times
 - o Athletes may remove their face covering for their attempts, they should be replaced as soon as possible after an attempt is complete
- Individuals who cannot wear face coverings for medical reasons should inform the event organiser upon arrival at the event
- Athletes, coaches and helpers are encouraged to leave the venue immediately after their group has finished and to shower, wash and change at home rather than in shared venue facilities

c. Test and Trace

The opening up of the economy following the COVID-19 outbreak is being supported by NHS Test and Trace. You 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. These facilities are expected to have systems for recording their customers and visitors. If you do



not already do this, you should do so to help fight the virus. We have worked with industry and relevant bodies to design a system in line with data protection legislation, details of which can be found [here](#).

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

a. Athletes (and equipment)

- The size of a competition group is determined by the number of equipped platforms to a maximum of 16. Each athlete in a group should be allocated their own platform with no shared equipment; including barbells, discs, bar cleaning kit and chalk bin.
- Each platform should be equipped with:
 - o an appropriate barbell (5, 15 or 20kg),
 - o discs to a weight of 190kg,
 - o spring collars (2.5kg collars preferred if possible)
 - o and barbell cleaning kit (see section 7 - After Competition for what to include)
- Athletes must provide their own chalk; shared chalk bins and chalk should not be provided.

b. Coaches and Helpers

- Each athlete may bring a maximum of two people to assist with coaching and/or loading. This may be two coaches or one coach and one unqualified helper. Athletes may not bring two unqualified helpers.
- All coaches must hold a current BWL License.
- Unqualified helpers are intended to support with loading the barbell. They are not permitted to fulfil any coaching roles.

c. Technical Officials

- Each competition group will need a minimum of 4 Technical Officials to reduce cross-over of roles and shared equipment:
 - o Referee x 1 (1 x Referee at Tier 3 competitions OR 3 x Referee at Tier 1 or 2).
 - o Speaker x 1
 - o Scoreboard operator x 1
 - o Timekeeper x 1
- Additional Technical Officials may be required to deliver Weigh ins.
 - o A Jury is not required
 - o The centre referee where possible should be BWL Level 3 or higher and will act as Technical Controller.



d. Spectators

- The presence of spectators should be determined by current Government guidance on events and gatherings and venue capacity and may be considered on a case-by-case basis by the organiser.

3) Arriving at an event

- To enter an event all attendees must pre-register on the event entry form (completed by the athlete). This will allow the organiser to monitor exact attendee numbers.
- Upon arrivals all attendees must report to the arrivals area where they must use hand sanitiser. Attendees are encouraged to bring their own hand sanitiser for use during competition.
- At the check in desk every attendee will be asked a short verbal questionnaire to ensure no-one enters the venue who may be experiencing symptoms of coronavirus virus.
- Anyone who may be experiencing coronavirus symptoms must immediately leave the venue.
- Every attendee must provide their own face covering and wear it all times, except for athletes when making an attempt or those who cannot wear face coverings for medical reasons. Athletes must replace the face covering immediately after an attempt.

4) Weigh in (and kit check)

- Weigh in and kit check should be done in a different part of the venue to the competition area to limit crossover of groups.
- There should be no physical contact at all between athletes and Technical Officials during weigh in and kit check.
- Athletes will be issued a 5-minute weigh in time slot by the organiser. The recommended process for managing weigh ins is for each athlete to be called individually into the building to weigh in, WhatsApp or similar messenger tools may be used.
 - Alternatively, a socially distanced queue may be used.
- If there are more athletes than will fit into a 60-minute weigh in, the weigh should start 10 minutes earlier and finish 10 minutes later.
- In the weigh in room the scale platform should be located at least 2m away from the Technical Official, with a digital display positioned closer to the Technical Official.
 - Alternatively, the athlete should step onto the scale facing away from the Technical Official so the display can be read.
- The scales must be cleaned after each athlete weigh in with disinfectant spray, ideally this will be done by the Technical Official supervising the weigh in. Sterile gloves and hand sanitiser must be provided in the weigh in.



- Only one person at a time may enter weigh in, unless a chaperone is required for an U18 athlete.
 - Example: 2 x Technical Officials and 1 x Athlete (+ 1 x chaperone if U18)
 - To limit the number of people gathering in usually small weigh in areas, coaches should only attend weigh in as a chaperone for U18s. Athlete should be prepared to declare their own starting attempts.
- After weigh ins athletes and coaches should not stay in the venue to wait to compete.

5) Warm Up

- Athletes will be allocated a platform to warm up and compete on. Each platform will be inside a marked out 4mx4m 'box' which can only be entered by the athlete, coach and helper.
- Athletes, coaches and helpers must stay in their 'box' at all times other than for comfort breaks. There will be no shared competition or warm up platforms.
- If social distancing is required between individuals from separate households it must be maintained within the 'box'. This may require increasing the size of the 'box' at the discretion of the organiser to comply with distancing requirements.
- Athletes will be allowed onto their designated platform 30 minutes before the first lift.
- Athletes will only be allowed onto their platform after the full cleaning procedure has been completed for the previous group.

6) Competition Format

- Athletes will compete on the same platform they use to warm up. There will be no shared equipment.
- There will be no volunteer loaders. Athletes must provide whoever will load their bar: themselves, coach, helper
- There will be no group parade. Athletes will be introduced from their own platform.
- Competitions should have a minimum of six Technical Officials active during each group in the following roles:
 - 3 x referee (L2 or above)
 - 1 x scoreboard operator (L2 or above)
 - 1 x Timekeeper (L2 or above)
 - 1 x Speaker (L3 or above)
 - Additional Technical Officials may be required for weigh ins
- The referees who will move between the platforms, maintaining at least 2m between each athlete
- The competition will follow the usual timings and sequence of competition.



- A Marshal table should not be used. Changes should be made in one of the following ways:
 - o Option 1: Coaches verbally call changes to the Marshal from their designated platform. In line with Section 1, shouting or speaking at an unduly raised volume must be prevented to limit the risk of transmission.
 - o Option 2: A competition WhatsApp group or similar is setup to allow changes to be made direct to the Marshal
 - o Option 3: Provide each platform with a whiteboard and marker to write changes and show to marshal

7) After Competition

- Medal ceremonies should not take place. Medals may be handed out at the exit, or preferably posted out after the competition.
- 10 minutes after the final lift every athlete/coach/helper must leave the venue UNLESS they are working with an athlete in the next group. If this is the case the organiser should attempt to keep them on the same platform throughout to minimise shared equipment.
- A full clean of each platform and technical equipment must 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.

8) Exiting the venue

- All gloves must be put in a closed-lid bin before leaving the venue
- A hand washing facility must also be provided for athletes who have not worn gloves, prior to the sanitising station
- After gloves are removed and disposed, every visitor should sanitise their hands before leaving the venue
- 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.

9) Example competition timeline

- Example for group of 10 athletes

Time	Action
1000	Weigh in start (5-minute time slots)
1005	
1010	
1015	
1020	
1025	
1030	
1035	
1040	
1045	
1050	
1100	Weigh in ends
1130	Warm up starts
1150	Athlete introduction from platforms
1200	Group start
1330	Group finish
1340	Last athlete leaves venue
1340	Cleaning starts
1350	Cleaning complete
1350	Warm up starts for next group

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.