

WEIGHTLIFTING



Back to Lifting: A Practical Guide to Returning to the Platform Safely

Facilities & Weightlifting Competitions

Updated May 27, 2020

Acknowledgements

The following guide was created to assist USA Weightlifting members, club owners and event organizers to supply general guidelines and best practices when it comes to returning to sport. It is up to date as of May 27, 2020.

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USA WEIGHTLIFTING
Post-COVID PROTOCOL

1) Generally

- a. Review the local authorities' recommendations.
- b. Follow the guidelines on number of people allowed inside the facility at one time and physical distance.
- c. Designate a staff member to monitor state and local government websites for updates or changes to the guidelines. Remember that the situation is still very fluid and recommendations can change at any point.
- d. ALL Entrances/Entrants into venue (staff, volunteers, coaches, athletes) should ALL be asked screening question regarding symptoms (Fever, Cough, SOB) and if had COVID in past 2-3 weeks AND digital non-contact thermal IR scanned for temp. This may be something that venues like hotels/ Convention centers will provide going forward if asked to.

2) Registration Desk

- a. Organize one registration desk to every couple hundred registered participants to the event. Allow 6ft distance between the edges of each registration desk.
 - i. For higher budget events, consider automatic credential printing stations and supply a couple of those for every couple hundred registered participants to the event. Under those circumstances, consider a completely unstaffed registration desk.
- b. Divide the credentials equally across all desks, in alphabetical order. Produce signage to clearly demonstrate where each letter/surname can be found.
- c. Open registrations and credentials pick-up as early as possible and keep them open through the day.
- d. Mark the floor with colored tape in order to allow 6ft distance between every participant queued, waiting to pick up its credential.
- e. Make the start list and schedule available on-line. Produce signage informing that the schedule CANNOT be found at the registration desk and direct people to your website in order to consult those documents.
- f. Make ticket sales available on-line. Encourage spectators to purchase tickets on-line.
- g. Have a separate desk for ticket sales. Allow the same 6ft distance between this desk and the registration desks.
- h. Supply a cleaning kit with hand sanitizer for every desk.
 - i. Consider supplying each desk with a protective vertical plexiglass barrier.
- j. Request that all staff members working at the registration desks wear face masks (the N95 mask is recommended) during all times.

3) Weigh-in Room

- a. Make sure that the weigh-in rooms are not connected to each other. The weigh-in rooms should not be located within main venue in case a lifter tests positive to decrease exposure to other contacts.
- b. Supply each weigh-in room with a digital non-contact IR thermometer. The assistant weigh-in official must check all athletes' temperature before entering and starting of the weigh-in process.
 - i. If an athlete shows abnormal temperature (above 100.4 F) the medical staff must be immediately alerted. The athlete will also be deemed 'unfit to compete' and will not be allowed in the competition or training venue. The official result will be similar to a fail to weigh-in (DNS – Did Not Start).



- c. Supply hand sanitizer, face masks, plastic gloves and cleaning wipes for the technical officials running the weigh-ins. The technical officials must wear the plastic gloves and face masks at all times.
- d. Allow two technical officials per weigh-in room. One of the officials will conduct the weigh-in per say and call the athletes whereas the second official will check the athlete's temperature, disinfect the scale and weigh-in area after each athlete steps on the scale.
- e. Supply more than a set of pens per weigh-in room. Encourage athletes to bring their own pen to sign their attempts. Disinfect all areas touched (including pens) by the participants after each weigh-in.
- f. A waiting room for a 10 athletes' session should be 250sqft in order to safely accommodate all athletes. Supply a hand sanitizing station for each waiting room. The seating area within the room should be marked, with chairs spaced 6 feet apart.
- g. Encourage athletes to attend the weigh-ins by themselves. Minor athletes are still obliged to attend the weigh-ins with a responsible accompanying same gender adult, who must be masked.
- h. Encourage all athletes to wear cloth or surgical masks during the weigh-in.

4) Training Hall

- a. For each platform, provide a cleaning station with hand sanitizer and cleaning wipes.
- b. A staff member must be at the entrance performing temperature checks. Abnormal temperature will trigger the same procedure found in 3-b-i.
- c. An athlete cannot be accompanied by more than one coach into the training hall.
- d. Have the platforms set up 10ft from each other. Distribute 4 chairs per platform, enforcing 6ft distance from them.
- e. Athletes should sanitize the bar between lifts on a shared platform.
- f. Athletes must be competing the weekend of the event to use the training hall.
- g. Athletes that have already competed will be asked to leave the training hall.
- h. Open the training hall as early as possible and close it as late as possible. Announce those times in advance and encourage participants to avoid the busiest times of the day.

5) Warm-up room, Field of Play & Competition

- a. For each platform, provide a cleaning station with hand sanitizer, surgical masks, and cleaning wipes.
- b. Provide plastic gloves and masks for the technical officials working in the warm-up room.
- c. Set up the warm-up platforms with 10ft between each other.
- d. Set up the monitors for the scoreboard, attempt board and camera on mounted TV stands so they are better seen by participants. Consider setting up multiple monitors so participants will not need to agglomerate in front of a single spot. Place tape on the floor every 6 feet side by side and front to back in front of monitors.
- e. When creating the schedule, consider a maximum of two athletes (ideally one) per platform in the warm-up room (12 athletes' session for a 6 platforms warm-up room, maximum).
- f. Encourage athletes and entourage to disinfect the bar after every attempt.
- g. Have the Chief Marshal (controlling the cards) and Assistant Marshal (entering the data in the computer system) sitting on different tables and at least 6ft apart. Those two positions need to communicate between them, somehow. USAW recommends the use of an intercom system or walkie-talkies. In a silent enough environment, regular communication will also work.



- i. In a group of very experienced technical officials and with good command over the used results system, consider completely ruling out the 'Assistant Marshal' position.
- h. Provide a protective vertical plexiglass barrier at the Chief Marshal table.
- i. Provide signage alerting participants that changes are taken only at the Chief Marshal table.
- j. Consider scratching the Technical Controller position.
- k. Scratch the 'Timekeeper' position. Alert the Speakers that they also need to keep the time while doing the 'Speaker' job.
- l. All loaders must wear plastic gloves. In any given group of loaders, one of them must disinfect the bar after every attempt unless athlete is following themselves.
 - i. When creating the schedule for the event, compute one extra minute per athlete per session when estimating the time that each session will take to finish.
 - ii. Also, consider creating a 10 minutes buffer between the end of a session and the beginning of another one, in the schedule, to allow time for cleaning and disinfection of the platforms.
- m. Provide extra bleach and cleaning wipes for the loaders area.
- n. When distributing chairs for spectators, make sure to respect 6ft in between each of them.
- o. Technical Officials should monitor social distancing and may remind/comment/enforce if athletes and coaches blatantly disregard.
- p. Encourage lifters and coaches to supply their own chalk and tape. Conversely, athletes and coaches should support by removing self-generated trash and empty bottles when session is over.

6) Medical Area:

- a. PPEs/ Sanitation: Provide medical area with enough surgical masks, hand sanitizer, wipes, paper towels, gloves to effectively sanitize medical area.
- b. THERMOMETERS: Provide supplies (2-3 digital non-contact IR thermometers, N95 Masks, paper Gowns) for medical team when called onto evaluate symptomatic person.
- c. SYMPTOMATIC PATIENTS: Make sure that all symptomatic participants will be directed to local medical providers and follow local government policies for testing and treatment.
- d. SIGNAGE: Provide signage that states that: "USAW Sports Medicine area is set up to assess, evaluate and treat non-COVID related issues, please utilize local medical establishment if show signs (cough, SOB, Fever over 100.4 degrees) of COVID-19 infection". Place sign around venue and medical area.
- e. COVID ASSESSMENT AREA: to consider an area where screening of athletes BEFORE they enter medical Area. This should be NEXT to or IN FRONT of entrance to medical area. This is IN ADDITION to regular COVID screening BEFORE entering into facility. RATIONALE: people once inside venue for long periods of time may start to feel ill and need a way to screen within venue AND screen BEFORE entering medical area.
- f. CHIROPRACTIC/OMT: Suggest face mask, gowns, and paper gowns be provided due to close contact and thrusting nature of certain motion/manipulations.
- g. FITNESS FOR DUTY: a USAW physician assigned to work at the event may be asked to weigh in on the health/fitness of an athlete if there is a dispute or question on their ability to compete. The physician after hearing the history, examining the athlete, reviewing any data, may render a decision which can only overturned by the event medical director upon requested review by athlete.





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Returning to Training

Updated May 27, 2020

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USA WEIGHTLIFTING

Sports Medicine Society

SAFE RETURN TO TRAINING

INTRODUCTION: Since March 2020, the novel Coronavirus pandemic has stopped mass gatherings, including sporting events, closed local gyms, and altered air travel. As many areas in the United States start to re-open and the “shelter in place” mandate is lifted, many of our athletes and coaches are asking about guidelines to safe return to weightlifting training. Using the following institutions (NCAA, NSCA, WHO, CDC, PAWF and IWF) we have compiled the following document as a way to help guide athletes and coaches. Please realize that this document is by no means conclusive and maybe subject to change as medical knowledge of the epidemiology of COVID-19 pandemic evolves.

TRANSITION PERIODS: Especially for those athletes who have ben sedentary or not involved specifically in the sport of weightlifting, it is during then a period of “inactivity” that athletes are at greater risk of injury, exertional heat illness, exertional rhabdomyolysis and cardiorespiratory failure. This has been noted by the NCAA and the NSCA in collegiate athletes after not exercising over the summer and then going through maximum exertional efforts upon their return to sport. The collaborative paper between the NSCA and the NCAA Competitive Safeguard Committee (Strength Cond Journal, June 2019) is available in the link below. Their 18 page consensus statement nicely outlines and makes recommendations on safely return to training https://journals.lww.com/nsca-scj/Fulltext/2019/06000.CSCCa_and_NSCA_Joint_Consensus_Guidelines_for.1.aspx

- A. Recommendations for the prevention of most common exertional injuries
- B. Development and application of the following for each gym:
 - a. Emergency action plans (EAP) for each training venue/gym
 - b. Pre-participation medical exam or at least questionnaire in relation to COVID-19
 - c. Results of at-risk athletes (those who may have had COVID-19 and subsequent sequelae) made available to coaching, training staff and medical personnel.
- C. Adjustments of workouts to match environmental conditions especially with extreme heat, cold or humidity
- D. Recommendations that coaching and training staff be properly certified. We recognize the importance of the USAW coaching certification program in helping to improve the sport and decrease injury related to lifting.
- E. Limits to training volumes, training intensity and work-to-rest ratios that will allow coaches to design program for their athletes that are personalized and safe.
 - a. When designing the training programs keep in mind that some athletes might have had an inactive period over the last weeks. Returning immediately to a full blown program might result in injuries and affect lifters.
- F. Adjust hydration status, as some gyms may lift outdoors in heat. Athletes who have been lifting in cooler settings may need to increase their usual hydration status.



VENUE/GYM:

Recommendations that should be strongly considered in relation to venue.

- 1) Follow the local, regional, or state government and public health policies in your region.
- 2) Limit number of athletes to no more than 10 persons (spectators, staff or athletes) per 500 sq. ft. of open gym floor space, where each athlete can exercise with at least 6 feet or 2 meters between them. If no masks are being used, suggest 10-12 feet between platforms/workstations.
- 3) The bathrooms should have soap and running water. ALL athletes, staff should wash their hands after using the bathroom.
- 4) Encourage athletes to arrive to the gym on their sports clothes, so changing rooms can remain closed.
- 5) Open air, good ventilation, and larger areas decrease risk of infection.
- 6) Suggest everyone entering the gym (athletes, coaches, staff, and visitors) have their temperature taken via a non-contact Infrared thermometer.

ATHLETES:

- 7) Persons should wear masks when NOT exercising or cooling down. If an athletes' needs "spotting," the spotter should wear their own PPE.
- 8) Masks should be worn over nose/mouth, can be medical grade surgical disposable, N95, or some double-sided thick, tightly cloth woven material. Handkerchiefs, neoprene face shields (with unfiltered mouth/nose wholes), and elastic neck wrap or Face/neck gaiter tube bandana extended over the face may not be as effective. The Mask is generally thought to protect others from the wearer, NOT the wearer from other people.
- 9) An athlete should not "share" their bar and should disinfect after use. If an athlete shares a platform, they must each use a separate bar or disinfect between each use or may use disposable surgical gloves.
- 10) Athletes should use their own personal equipment (shoes, belts, wraps, chalk, muscle rub, etc.) and refrain from sharing or community use (unless properly sanitized)
- 11) Encourage the use of taped off "social distancing" training areas to designate a visual separation
- 12) Encourage individual chalk stations within separate training areas. This can be accomplished with zip lock bags with athlete names or plastic storage containers both are cheap and an easy way to limit contact in a shared space.

SANITATION:

- 13) Disinfection of bar may be used with disinfecting wipes, 60%-70% isopropyl alcohol spray, 1/3 cup bleach per gallon of water, or other disinfectant solutions approved by CDC. Bar needs to be dry before next person uses that bar to ensure proper disinfection.
- 14) Disinfection of gym and platforms should occur many times a day depending on volume of use.
- 15) The venue/gym should supply sanitation stations so athletes and coaches may easily clean equipment between use. The gym should perform their own sanitation of venue/equipment daily, if not more often.

