

# Weightlifting Wales COVID-19 Guide for Clubs and Academies

## – Return to Play. Version 1a

The safety and wellbeing of all lifters, coaches, officials, volunteers and the wider community is at the heart of any guidance that Weightlifting Wales provides. We know that everyone in the Weightlifting community is keen to resume our sport as soon as it is safe and appropriate for them to do so.

Weightlifting Wales wishes to ensure that all members are safe when they return to training and that academies and affiliated clubs are thoroughly prepared in their planning to open safely and under Welsh Government guidelines.

The guidance that follows provides specific advice for academies and affiliated clubs to return to activity. It is important to say that any return to activity must take account of local conditions and any risk assessment for normal activities should be undertaken as well as ensuring that all Welsh government guidance around Covid-19 is taken into account.

### What Wales' lockdown traffic lights mean's for academies and affiliated clubs

#### Lockdown

Exercise once a day outside of house on own or with household.

#### Red

Exercise more than once a day and incidental activity locally.

Outdoor sports courts to open.

Elite athletes resume some activity.

#### Amber

Team and individual sports, non-contact sport and games in small groups indoors and outdoors.

Some outdoor events with limited capacity and events behind closed doors for broadcast.

#### Green

All sports, leisure and cultural activities open, with physical distancing.

All events resume with limited capacity.

Different elements may progress through the traffic light phases – from Lockdown to Green at different rates depending on Welsh Government advice. It's important to note that 'Green' is not a return to a pre-COVID19 normal, it will be a phase where the sport is functioning alongside the virus and could last some time.

Weightlifting Wales has adopted the British Weightlifting COVID-19 Guide for Clubs and recommends all affiliated clubs to adhere to the below guidance.



# British Weight Lifting COVID-19 Guide for Clubs - considerations to make before returning to training (v1a)

Guidance as of 15 JULY 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 ongoing period of "social distancing". It also provides the basis for clubs to develop their own required risk mitigation guidance for members, staff and visitors now 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 an 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. <https://www.gov.uk/guidance/working-safely-during-coronavirus-covid-19/providers-of-grassroots-sport-and-gym-leisure-facilities>

- All risk assessments are up-to-date and have Covid-19 considerations added and mitigated.
- Not performing an 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.
  - 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 9m<sup>2</sup>.
  - Designated socially distanced areas should be marked out 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.
  - 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 on each occasion when they 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 and is not permitted. 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](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 avoid sharing a bar or weights and this equipment should be thoroughly cleaned after each use or between different users working with them.
- 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 minimise and 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.*

## APPENDIX

BWL has put together the following information to support your club

### **Appendix 1 – Useful links**

- [Guidance on the Phased return of Sport and Recreation](#)
- [Guidance for providers of grass roots sport and leisure facilities](#)
- [How to clean your gym](#)
- [Guidance on CPR delivery.](#)
- [Guidance for appropriate PPE](#)

## Appendix 2 – Advice if you think you have symptoms of COVID-19

If you have any of the main symptoms of corona virus (COVID-19) **do not attend training**. You should contact your Club's Covid-19 officer, stay at home (self-isolate) and get a test.

If you develop symptoms whilst you are training you must go home immediately and contact your Club's Covid-19 officer

### What are the symptoms of COVID-19?

Most people with coronavirus have at least 1 of these symptoms.

- *a high temperature* – this means you feel hot to touch on your chest or back (you do not need to measure your temperature) or your temperature 37.8°C or greater.
- *a new, continuous cough* – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- *a loss or change to your sense of smell or taste* – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal

When you attend training, you will be asked if you have any symptoms of COVID-19 and may have your temperature taken.

#### What should I do if have symptoms?

If you have any of the main symptoms of coronavirus:

1. **Stay at home (self-isolate)** – do not leave your home or have visitors. Anyone you live with, and anyone in your support bubble, must also self-isolate. See link [here](#) for more information. If you are training or away from home, you must return home immediately.
2. **Get a test** – get a test to check if you have coronavirus as soon as possible. Anyone you live with, and anyone in your support bubble, should also get a test if they have symptoms.

### How do I get a test?

Anyone who has symptoms of coronavirus (COVID-19) can ask for a free test to check if they have the virus. This is called an antigen test. You need to get the test done in the first 5 days of having symptoms.

You can ask for a test:

- for yourself, if you have coronavirus symptoms now (a high temperature, a new, continuous cough, or a loss or change to your sense of smell or taste)
- for someone you live with, if they have coronavirus symptoms  
This service is for people in England, Scotland, Wales and Northern Ireland.

Further details on COVID-19 testing and how to book a test can be found [here](#)

### Where can I get further information?

If you have any worries about your symptoms or are not sure what to do then you can dial 111 or use the online COVID-19 advice service [here](#)

### Appendix 3 - Return to Training Pre-Screening questionnaire Member Name

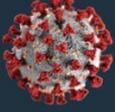
Date

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                     |                                          |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------|------------------------------------------|
| <p>Have you had confirmed COVID-19 infection or any symptoms (listed below) in keeping with COVID-19 since January 2020?</p> <ul style="list-style-type: none"> <li>• - Fever</li> <li>• - New, persistent, dry cough</li> <li>• - Shortness of breath</li> <li>• - Loss of taste or smell</li> <li>• - Diarrhoea or vomiting</li> <li>• - Muscle aches not related to sport/training</li> </ul>                                                                                                                                                                                   | <p>Yes /<br/>No</p> | <p>If 'Yes', please provide details:</p> |
| <p>Have you had a known exposure to anyone with confirmed or suspected COVID-19 since January 2020? (e.g. close contact, household member)</p>                                                                                                                                                                                                                                                                                                                                                                                                                                     | <p>Yes /<br/>No</p> | <p>If 'Yes', please provide details:</p> |
| <p>Do you live with or will you knowingly come into close contact someone who is currently 'shielding' or otherwise medically vulnerable if you return to the training environment?</p>                                                                                                                                                                                                                                                                                                                                                                                            | <p>Yes /<br/>No</p> | <p>If 'Yes', please provide details:</p> |
| <p>Do you have any health related concerns (physical or mental) with regards to returning to the training environment?</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                         | <p>Yes /<br/>No</p> | <p>If 'Yes', please provide details:</p> |
| <p>Do you currently have any of the main symptoms of Covid-19</p> <ul style="list-style-type: none"> <li>• <i>a high temperature</i> – this means your temperature 37.8°C or greater.</li> <li>• <i>a new, continuous cough</i> – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)</li> <li>• <i>a loss or change to your sense of smell or taste</i> – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal</li> </ul> | <p>Yes /<br/>No</p> | <p>If 'Yes', please provide details:</p> |

Additional comments:

Signed: Date

## Appendix 4 – BWL ‘Lift Safe’ Covid-19 Infographic

 **LIFT SAFE COVID-19**

 **BRITISH WEIGHT LIFTING**

### GET IN

**Before arrival**  
You must complete a pre-screening questionnaire

**Travel**  
Please travel to training by foot or your own vehicle

**On arrival**  
You will be asked to take your own temperature

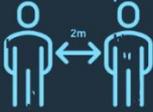
**Symptoms of Covid-19**  
If you have a high temperature, a new continuous cough or a change or loss of smell / taste you must stay at home, call 111 and follow NHS / PHE advice

**Stay in your bubble**  
Avoid Public transport and maintain 2m social distancing any time you are outside your home environment

**High Temperature**  
If your temperature is 37.8°C or above you must go home immediately, call 111 and follow NHS / PHE advice

### TRAIN

**Wash Your Hands**  
regularly with soap or using an alcohol gel

**Practice Social Distancing**  
and minimise the need to share equipment

**Clean & Disinfect**  
Wipe down bars, plates and equipment thoroughly before and after training using disposable wipes

**Train Smart**  
Face away from others where possible and train at an intensity which reduces the need for others to intervene for your safety (e.g. spotting)

### GET OUT

**Go Straight Home**  
Wash your hands and go home exactly as you arrived

**Protect your bubble**  
Once you are home keep your bubble small, you have a responsibility to practice effective social distancing to protect your family and team mates

# Appendix 5 – UK Home Countries Covid-19 Graduated Return to play Guidance

### INDICATORS OF COVID-19 INFECTION

SHORTNESS OF BREATH  
NEW, PERSISTENT DRY COUGH  
FEVER  
GI SYMPTOMS SUCH AS DIARRHOEA & NAUSEA  
LOSS OF TASTE AND SMELL

THIS GUIDANCE IS AIMED AT ATHLETES WITH MILD TO MODERATE SYMPTOMS OF COVID-19. ATHLETES SHOULD FOLLOW LOCAL GOVERNMENT GUIDELINES OF COUNTRY OF RESIDENCE FOR MANAGEMENT OF SYMPTOMS INCLUDING ISOLATION AND TESTING PROCESSES. ATHLETES WHO HAVE MORE COMPLICATED INFECTIONS, OR REQUIRED HOSPITAL SUPPORT SHOULD HAVE A MEDICAL ASSESSMENT BEFORE COMMENCING GRTP. ASSESSMENT MAY INCLUDE:

- BLOOD TESTING FOR MARKERS OF INFLAMMATION (HS-TROP, BNP, CRP). CONSIDER RENAL & HAEMATOLOGY MONITORING
- CARDIAC MONITORING (ECG, ECHO, ETT, CARDIAC MRI)
- RESPIRATORY FUNCTION ASSESSMENT (SPIROMETRY)

**10 DAYS** REST FROM ONSET & **AT-LEAST 7 DAYS** SYMPTOM FREE & OFF ALL TREATMENT, E.G. PARACETAMOL → **GRTP** GRADUATED RETURN TO PLAY PROTOCOL

### GRADUATED RETURN TO PLAY PROTOCOL UNDER MEDICAL SUPERVISION

|                      | STAGE 1<br>10 DAYS<br>MINIMUM                          | STAGE 2<br>3 DAYS<br>MINIMUM                                     | STAGE 3A<br>1 DAY<br>MINIMUM                                    | STAGE 3B<br>1 DAY<br>MINIMUM                    | STAGE 4<br>2 DAYS<br>MINIMUM                    | STAGE 5<br>EARLIEST<br>DAY 17                | STAGE 6                                              |
|----------------------|--------------------------------------------------------|------------------------------------------------------------------|-----------------------------------------------------------------|-------------------------------------------------|-------------------------------------------------|----------------------------------------------|------------------------------------------------------|
| ACTIVITY DESCRIPTION | MINIMUM REST PERIOD                                    | LIGHT ACTIVITY                                                   | FREQUENCY OF TRAINING INCREASES                                 | DURATION OF TRAINING INCREASES                  | INTENSITY OF TRAINING INCREASES                 | RESUME NORMAL TRAINING PROGRESSIONS          | RETURN TO COMPETITION<br>IN SPORT SPECIFIC TIMELINES |
| EXERCISE ALLOWED     | WALKING, LIGHT ACTIVITIES OF DAILY LIVING              | WALKING, LIGHT JOGGING, STATIONARY CYCLE, NO RESISTANCE TRAINING | SIMPLE MOVEMENT ACTIVITIES E.G. RUNNING DRILLS                  | PROGRESSION TO MORE COMPLEX TRAINING ACTIVITIES | NORMAL TRAINING ACTIVITIES                      | RESUME NORMAL TRAINING PROGRESSIONS          |                                                      |
| % HEART RATE MAX     |                                                        | <70%                                                             | <80%                                                            | <80%                                            | <80%                                            | RESUME NORMAL TRAINING PROGRESSIONS          |                                                      |
| DURATION             | 10 DAYS                                                | <15 MINS                                                         | <30 MINS                                                        | <45 MINS                                        | <60 MINS                                        | RESUME NORMAL TRAINING PROGRESSIONS          |                                                      |
| OBJECTIVE            | ALLOW RECOVERY TIME, PROTECT CARDIO-RESPIRATORY SYSTEM | INCREASE HEART RATE                                              | INCREASE LOAD GRADUALLY, MANAGE ANY POST VIRAL FATIGUE SYMPTOMS | EXERCISE, COORDINATION AND SKILLS/TACTICS       | RESTORE CONFIDENCE AND ASSESS FUNCTIONAL SKILLS | RESUME NORMAL TRAINING PROGRESSIONS          |                                                      |
| MONITORING           | SUBJECTIVE SYMPTOMS, RESTING HR, I-PRRS                | SUBJECTIVE SYMPTOMS, RESTING HR, I-PRRS, RPE                     | SUBJECTIVE SYMPTOMS, RESTING HR, I-PRRS, RPE                    | SUBJECTIVE SYMPTOMS, RESTING HR, I-PRRS, RPE    | SUBJECTIVE SYMPTOMS, RESTING HR, I-PRRS, RPE    | SUBJECTIVE SYMPTOMS, RESTING HR, I-PRRS, RPE |                                                      |

ACRONYMS: I-PRRS (INJURY - PSYCHOLOGICAL READINESS TO RETURN TO SPORT); RPE (RATED PERCEIVED EXERTION SCALE)  
NOTE: THIS GUIDANCE IS SPECIFIC TO SPORTS WITH AN AEROBIC COMPONENT



INFOGRAPHIC CREATED BY UK HOME COUNTRIES INSTITUTES OF SPORT; ELLIOTT, N. ELLIOTT, J. BISWAS, A. MARTIN, R. HERON, N. CO19GO

COVID-19 GRADUATED RETURN TO PLAY PROTOCOL / AT E... JUN 2020 / SGCOCOSI OSUATHLETEIDANEF RMFDIAI PRFNAL