Acknowledgements

The following guide was created to assist USA Weightlifting members about the guidelines we are following to carry out the National Youth, American Open Finals and National Championships in Atlanta in December 2020. It is up to date as of October 14, 2020.

The recommendations contained herein are not intended or implied to be mandates or industry standards. Many of these recommendations are based upon current guidelines set forth by the Centers for Disease Control and Prevention (CDC) and other Federal government agencies. The USA Weightlifting Sports Medicine Society and U.S. Olympic & Paralympic Sport Medicine Department also supplied its expertise for this guide.

The knowledge surrounding COVID-19 is constantly changing and circumstances are different based on geographic region. USA Weightlifting strongly encourages all USA Weightlifting members, club owners and event organizers to adhere to their state and local guidelines when determining their own re-opening policies and procedures.

The following considerations are provided for general informational purposes only and are not intended as, and should not be relied upon as, specific medical or legal advice. You are strongly encouraged to consult with qualified medical personnel/public health officials for medical considerations and to local, state and federal orders and/or laws for legal considerations. If you use any considerations provided for herein, you do so at your own risk and you specifically release from any and all liability USA Weightlifting, and their directors, officers, employees, volunteers, and agents in connection with your use of the enclosed considerations.

Please contact USA Weightlifting at (719) 866-4508 or usaw@usaweightlifting.org with any questions or concerns.
USA WEIGHTLIFTING
COVID-19 Pandemic PROTOCOL for the following events:

2020 American Open Finals
2020 USAW National Championships
2020 National Youth Championships

Published on October 14, 2020

Preface

USA Weightlifting will closely monitor the 7-day average number of cases in Fulton County through https://globalepidemics.org/. At 12:00PM Eastern Time on Sunday, November 29th, should the 7-day moving average of daily new cases per 100k people hit or exceed 25 in Fulton County as indicated on GlobalEpidemics.org, the in-person event will be canceled and moved to an online event, with the competition being held virtually on the same dates. This action will be necessary to ensure the health and safety of the participants.

1) Generally
   a. Review and follow the local authorities’ recommendations!
   b. Follow the guidelines on number of people allowed inside the facility at one time and physical distance.
   c. Entrants into venue will be asked screening question regarding symptoms (Fever, Cough, SOB) and have their temperature scanned using a digital non-contact thermal IR. Symptomatic participants will not be allowed inside the venue.
   d. Participants will be requested to provide a negative COVID-19 test taken in the 2 weeks prior to the event. The result must be sent/uploaded to USAW's membership platform.
   e. The use of masks (medical paper, double thickness cloth or N95) indoor is mandatory at all times. Neck gaiters are not acceptable. Competing athletes will wear their mask at all times including warm-up area. The athlete may remove mask upon entering the competition platform to compete. After lift is complete, the Athlete must place mask. Athlete MUST refrain from celebratory actions (hugging, kissing, disregarding 6 feet social distance, etc.) that are outside the infectious disease control guidelines.
   f. Tickets will not be sold for this event. Only accredited participants or participants that have a pass will be allowed inside the competition venue.

2) Registration Desk & Tickets
   a. The registration desk will be open on Wednesday, December 2nd at 8am at the Georgia International Convention Center.
   b. Credentials will be divided equally across all desks in alphabetical order. Participants must disinfect their hands before screening through the credentials in order to find theirs.
   c. Signage will be placed to guide participants to the correct queues.
   d. Social distancing must be observed at all times.
   e. Tickets WILL NOT be sold to this event.
3) Weigh-in Process
   a. Athletes aged 18 years old or older MUST come to the weigh-in by unaccompanied.
   b. Athletes aged 17 years old or younger MUST attend to the weigh-in with either a same
gender coach or a parent of either gender.
   c. Athletes will be screened for temperature before the start of the weigh-in process.
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).
   d. Athletes MUST bring their own set of pens to sign the weigh-in cards.
   e. Social distancing must be observed at all times at the weigh-in waiting area.
   f. At the conclusion of the weigh-in, participants of the Youth Nationals will receive:
      i. One (1) Athletes’ Pass, for the athlete
      ii. Two (2) Warm-up Pass, for accredited coaches to access the warm-up area
      iii. Two (2) Parent Pass, for direct relatives to access the Spectating Family Area
   g. At the conclusion of the weigh-in, participants of the 2020 American Open Finals and
2020 USA Weightlifting Nationals will receive:
      i. One (1) Athletes’ Pass, for the athlete
      ii. Two (2) Warm-up Pass, for accredited coaches to access the warm-up area

4) Training Hall
   a. A training hall WILL NOT be set up for this event.

5) Warm-up room, Field of Play & Competition
   a. Each platform will be set up 10ft away from each other. Participants are required to
observe social distancing at all times.
   b. Each platform will have a cleaning station with hand sanitizer.
   c. The organization of the event will aim for sessions that are no bigger than 10 athletes/
session.
   d. Coaches are encouraged to not gather around the screens with the attempt boards
and scoreboards. Those will be set up on stands to ease the access to it.
   e. Athletes and entourage are requested to disinfect the bar after every attempt in the
warm-up area.
   f. Athletes and entourage are requested to disinfect the plates and bar after the end of
their session.
   g. The Marshal Table will have only one technical official behind a vertical plexiglass
barrier.
   h. Loaders will wear plastic gloves and face shields or goggles in addition to masks.
Loaders will disinfect the bar after every attempt.
   i. Technical Officials will monitor social distancing and may remind/comment/enforce
if athletes and coaches blatantly disregard. Athlete's may receive a DSQ due to
‘un-sportsmanship behavior’ in case they disregard social distancing and protective
measures.
   j. Lifters are encouraged to bring their own chalk.
   k. Athletes and coaches should support by removing self-generated trash and empty
bottles when session is over.