



ROGUE®

**WEIGHT
LIFTING**

6.25 - 7.4

Detroit
★ MI ★

2021

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

2021 National Championships Week

2021 National Junior Championships

2021 National Under 25 Championships

2021 National Youth Championships

2021 National Championships

Updated June 18, 2021

Acknowledgements

The following guide was created to assist USA Weightlifting members about the guidelines we are following to carry out National Championships Week in Detroit, Michigan June 25-July 4. It is up to date as of June 18, 2021.

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.

USA Weightlifting reserves the right to revise these regulations, should conditions warrant.

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:

2021 USAW Nationals Week

Published on June 18, 2021

1) Generally

- a. Review and follow the local authorities' recommendations! USAW will update this document should the local guidelines change between now and the start of the event.
- 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. "Participant" is defined but not limited by anyone entering the venue, an athlete, a coach, a volunteer, a technical official, spectator, a parent, a loader and set-up/ staff personal. To be clear, this covers any person entering the building for the purposes of the USA Weightlifting event.
 - i. Participants will be required to provide a negative **PCR COVID-19, Rapid Test or Antigen** test taken in the 72 hours before retrieving the credentials. The result must be presented by the time a participant is picking up their credentials/tickets at the venue. Alternatively, participants can present:
 1. Proof of complete vaccination with the last dose taken at least by June 12, 2021 (meaning **14 days** prior to the start of the event). Photos and photocopies of vaccination records are acceptable.
 2. A written or electronic documentation of recovery from COVID-19 after a previous SARS-CoV-2 infection in the form of a positive viral test result and a letter from a licensed healthcare provider or public health official stating the individual has been cleared. The infection had to occur within 90 days of June 26, 2021.
- e. **Updated guideline for mask use while at the venue** (Please note that current guidelines at the TCF Center ask for use of masks while in the common areas at all times. USAW guidelines only apply to when inside the competition, training venue and meeting rooms:
 - i. The use of masks (medical paper, double thickness cloth or N95) indoor is **optional** for:
 1. Fully vaccinated individuals (second dose of vaccine received 14 prior to retrieving the credential)
 2. Athletes under 12 years of age



- ii. The use of masks (medical paper, double thickness cloth or N95) indoor is **mandatory** for:
 - 1. Non-vaccinated individuals
 - 2. Athletes and Officials at the weigh-in room
 - 3. Anyone with direct exposure to the 2020 Olympic Team
 - 4. Individuals in situations where social distancing is not possible
- f. **Spectators will be allowed, with limited capacity.** USAW reserves the right to change this guideline at any point, in case the circumstances in Detroit, MI change. A negative PCR, a Rapid or an Antigen test within 72 hours, a positive test within 90 days or positive of full vaccination at least 14 days prior to arrival is required.

Note: Showing proof of vaccination is optional. However, only those showing proof will be allowed to waive the masking and pre-event COVID testing requirements.

2) Registration Desk & Tickets

- a. The registration desk will be open on Friday, June 25, 2021 by 2pm at the TCF.
- 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. **COACHES WHO INTEND ON ATTENDING THE COMPETITION, MUST REGISTER AS A COACH FOR THE EVENT IN BARS AND MUST PRODUCE A NEGATIVE PCR COVID-19 TEST OR PROOF OF RECOVERY AS OUTLINED ABOVE. FAILURE TO FOLLOW THIS PROCEDURE WILL RESULT IN THE COACH NOT BEING ALLOWED INTO THE VENUE.**
- d. Signage will be placed to guide participants to the correct queues.
- e. Social distancing must be observed at all times.
- f. Tickets will be sold at USAW's website and at the door. Advanced purchase is highly recommended Participation is limited. Purchasing a ticket does not guarantee admission to the event, as capacity limits in the venue will be enforced.

3) Weigh-in Process

- a. To minimize contact, athletes aged 18 years old or older **MUST** come to the weigh-in unaccompanied.
- b. Athletes aged 17 years old or younger **MUST** attend the weigh-in with either a same-gendered 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 a temperature above 100.4 F medical staff will 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, meaning remaining six feet apart, must be observed at all times at the weigh-in waiting area.
- f. At the conclusion of the weigh-in, athletes in all competitions 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
 - g. Parents of athletes that are competing at the 2021 National Youth Championships and that not registered as coaches will be able to access the warm-up room provided that they have a warm-up pass **AND** are holding an event ticket.**
- 4) 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 larger 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 for easy viewing from across the warm-up area.
 - e. Athletes and entourage are requested to disinfect the plates and bar after the end of their session.
 - f. The Marshal Table will have only one technical official behind a vertical plexiglass barrier.
 - g. Loaders will wear plastic gloves and face shields or goggles in addition to masks. Loaders will disinfect the bar after every attempt.
 - h. Technical Officials will monitor social distancing and may remind/comment/enforce if athletes and coaches blatantly disregard. Athletes may receive a DSQ due to 'un-sportsmanship behavior' in case they disregard social distancing and protective measures.
 - i. Lifters are encouraged to bring their own chalk.
 - j. Athletes and coaches should support by dispose of their trash and empty bottles when the session is over.

Important Note

By registering, attending, entering or otherwise engaging with the USA Weightlifting National Championships week, the member agrees to abide by the USA Weightlifting Back to Lifting Guidelines, as well as associated instructions of USA Weightlifting staff, TCF Center Staff, TCF Center Security, the Technical Controller and/or USA Weightlifting medical personnel while on site. Failure to comply with these regulations or instructions will result in a referral to the USA Weightlifting Judicial Committee with an automatic 1 year suspension of membership, subject to the hearing in front of the USA Weightlifting Judicial Committee.

