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

2021 North American Open Series 1
2021 National University Championships

Updated February 4, 2021
Acknowledgements

The following guide was created to assist USA Weightlifting members about the guidelines we are following to carry out the North American Open Series 1 and National University Championships in Salt Lake City in March 2021. It is up to date as of February 4, 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.

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 North American Open Series 1
2021 National University Championships

Published on February 4, 2021

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. “Participant” is defined but not limited by anyone entering the venue, an athlete, a coach, a volunteer, a technical official, a loader and set-up/staff personal.
   e. Participants will be required to provide a negative PCR COVID-19 test taken in the past 72 hours prior to Monday, March 1, 2021. The result must be presented by the time athletes are picking up their credentials at the venue.
      i. Alternatively, participants can present 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 March 1, 2021.
   f. 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.
   g. Tickets will not be sold for this event. Only accredited participants or participants that have a pass will be allowed inside the competition venue.
   h. Vendors will not be permitted for this event.
      i. Athletes registered for the in-person event can switch to the online competition option up until the Verification of Final Entries meeting, 10:00 to 10.30AM Mountain Time, March 1, 2021, by emailing events@usaweighting.org.
      j. Athletes registered for the online competition have the option of switching to the in-person event by emailing events@usaweighting.org until 2 PM Mountain Time on Thursday, February 11, 2021.
   k. Under no circumstances will an athlete be allowed to compete in the in-person competition if they fail to register for the in-person competition by the above outlined deadlines.
2) Registration Desk & Tickets
   a. The registration desk will be open on Thursday, March 4th at 8am at the Maverik 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. **COACHES WHO INTEND ON ATTENDING THE IN-PERSON 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 NOT** be sold to this event, as no spectators will be allowed.

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, 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

4) Warm-up room, Field of Play & Competition – **ATHLETES COMPETING IN-PERSON**
   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 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. Athlete’s 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 removing self-generated trash and empty bottles when session is over.

5) Warm-up room, Field of Play & Competition – **ATHLETES COMPETING ONLINE**

a. **Participants will be required to have the following equipment:**
   
i. One 15kg Weightlifting bar and or one 20kg Weightlifting bar. Competing athletes will lift using a barbell in accordance to their gender, age group and with the [IWF Technical and Competition Rules and Regulations (TCRR)](https://www.iwf.net).  
   
ii. Enough pairs of 25kg colored plates to load the bar according to competition standards. The barbell must be loaded according to the IWF TCRR at all times.

iii. Enough pairs of the following colored plates: 20kg, 15kg, 10kg, 5kg, 2.5kg, 2.0kg, 1.5kg, 1.0kg, 0.5kg to load the bar according to competition standards. The barbell must be loaded according to the IWF TCRR at all times.

iv. One pair of training or competition collars weighing 2.5kg each. Spring collars will not be accepted.

v. A 4 x 4m, or smaller, competition platform or a flat 4 x 4m, or smaller, space marked with tape. A rubber platform with the 4 x 4m area marked around is also acceptable. The background for the lifting space must be completely unbranded. A space bigger than 4 x 4m will not be accepted.

vi. At least one calibrated **DIGITAL** scale in kilos. A tolerance of 0.5kg will be applied for every bodyweight category (e.g. an athlete registered for the 49kg bodyweight category can compete with a bodyweight of 49.50kg or less).

vii. Reliable onsite WiFi that will be used to participate in the remote live competition.

viii. Adequate space to abide by local COVID-19 guidelines from your local authorities.
b. A technical official will verify each athlete’s equipment and competition area during weigh in. During the competition, the barbell must be loaded according to the IWF rules and regulations at all times.

c. Athletes will receive their competition and weigh-in zoom links by Wednesday, March 3, 2021.

d. Athletes will be able to compete from their home gym, or if a home gym is not available, at a gym of their choosing. This gym must not contain more than 2 athletes per session competing at the same time with a maximum building occupancy of ten. Should a local law or ordinance order fewer than ten people congregate, the site must follow those orders, along with any other health orders in effect.