



1 March 2021 – Strassen, Luxembourg

**International Powerlifting Federation (IPF)
COVID-19 Recommendations on Re-opening Championships**

BACKGROUND

The International Powerlifting Federation (IPF) follows the World Health Organization (WHO) guidelines/scientific studies and recommends the following protective measures against the spread of COVID-19.

Important, when reopening championships, the IPF's primary responsibility is to ensure the safety of all participants (athletes, anti-doping personnel, coaches, loaders/spotters, officials, spotter/loaders, etc.) and spectators, at ALL of our championships.

TRAVEL

Each country has set up and introduced their own distinct travel restrictions and quarantine requirements. They should be followed to the letter. Please review them prior to booking your airline tickets. Each day, prior to your departure, be sure you check the requirements, as they may change without notice. In the not too distant future, travelers may be required to provide their vaccination records before they travel to a championship.

All delegates traveling to an IPF event (Regional and World Championships, General Assembly, etc.) shall be required to follow the entry requirements for the country that shall be hosting and directing the competition or meeting.

If there are no specific requirements for a country, the IPF recommends that all athletes and delegates have a valid negative test for COVID-19, no less than 72 hours before time of entry into the country. Please ensure that you carry this document with you at all times.

When necessary, the organizer shall be obligated to assist both athletes and delegates to locate appropriate medical centers to have tests completed whenever necessary. The expense of the test shall be the responsibility of the athlete and delegate.

SAFETY PRECAUTIONS

One can reduce the chance of being infected or spreading COVID-19 by taking precautions. There is always a chance of getting the COVID-19 infection despite all the preventive measures in place. However, organizers of IPF events need to facilitate and reinforce these precautions. International regional and national events are expected to follow COVID-19 protocols as well.

1. Physical / Social Distancing

When someone coughs, sneezes, or speaks they spray small liquid droplets from their nose or mouth which may contain the virus. When an infected person exhales, the



droplets can reach a distance of 1.5 meters. The WHO and disease control bodies in various countries recommend a minimum physical distance between 1-2 meters.

Precautionary Measures:

- When in line at the weigh-in, or entry to the venue, ensure that you maintain at least 1,5 meters (5.5 feet) distance up the 2 meters (6 feet).
- Reception volunteers should have some form of glass or partition to maintain social distance.
- Signs should be posted to remind people to maintain social distancing, especially when a group is expected, including the weigh-in area, gear-check area, technical meeting, etc. Chairs and tables should be positioned to allow physical distancing for all attendees.
- In weigh-in area, gear check area, platform and anti-doping area, the organizers must provide protective equipment to on-duty staff. Face masks are mandatory while eye/face shields, plastic aprons/protective gowns are optional. Higher level of personal protective equipment is welcomed.

2. Hand Hygiene

Scientific studies show that after sneezing, the droplets containing coronavirus can spread more than 6 meters and can survive on surfaces for different durations from hours to even days. The COVID-19 can stay alive on steel for 2-3 days, so the bar and disc can harbor the virus, which then can be transmitted to lifters and loaders who touch it. COVID-19 can stay alive on wooden tables and chairs for 2 days and on paper for 3 hours, so volunteers need to make sure they sanitize their hands before touching any paper documents on the table to prevent the spread of the virus. Hence, proper sanitization of the environment and our hands is essential to control the spread of infection. Touching eyes, nose and mouth is, of course, is discouraged.

Precautionary Measures:

- All attendees should regularly and thoroughly clean their hands with an alcohol-based hand rub or thoroughly wash their hands with soap and water.
- Organizers should provide alcohol-based hand rub/spray should be available in areas where people gather. For example, entrances to meeting rooms, the competition venue, the weigh-in area, the gear check area, the referees' room, warm-up area, secretariat table, jury table, and anti-doping room.
- The organizers shall have equipment in the warm-up area and competition area cleaned with an anti-septic agent before the start of each session.
- Loaders must clean the bar with antiseptics after each round of lifting and at the request of an athlete, coach through the technical controller.



3. Respiratory Hygiene

It is a known fact that many infected individuals are not symptomatic, but they can be infectious, and their body fluids may contain the virus. Scientific studies have shown the effectiveness when using masks.

Precautionary Measures:

- Every person in the event premise must wear a mask covering his/her mouth and nose. Absolutely no one is exempt from this guideline for any reason at any time.

General precautions:

- Body temperature should be checked prior to entering the event venue.
- Those discovered having a fever or respiratory symptoms will not be allowed to enter the venue and will be advised to see a medical doctor.
- It is advisable and highly recommended that all delegation members have medical insurance coverage before traveling.
- The number of coaches allowed in the warm-up area shall be strictly followed. It is advisable to have security on each entrance to the warm-up area.
- The Meet director shall decide on the number of spectators allowed into the venue. Social distancing of at least 1 meter, between seats, should be followed. The seats and other facilities should be sanitized regularly in the venue.

MEDICAL SUPPLIES

The competition director should have the following medical supplies readily available and on-hand in the competition venue.

1. Medical masks for staff (delegates need to bring their own masks)
2. Infrared thermometer
3. Single use plastic gloves for staff
4. Single use plastic aprons for staff
5. Hand sanitizer
6. Sanitizing spray either alcohol based or chlorinated water based / anti-septic wipes
7. Facial tissue paper to mop up anti-septic
8. Kitchen rolls for placing on weigh in scale
9. Bottles of water to replace water tank in warm up area
10. Signage of social distancing
11. Kits for clearing up spilled tissue fluid
12. Eye shields or face shields for staff, decent personal protective gowns for loaders that allow the sponsors' T shirts to be seen are optional
13. Disposable tablecloths for single use in gear check area are optional



IPF SPECIFIC INSTRUCTIONS IN COMPETITION VENUE

A. Weigh in room:

- Hand sanitizers and sanitizing spray, facial tissues must be available.
- Signage for social distancing must be placed on the floor or in eye-catching areas to remind athletes/coaches in the que to keep a distance of at least 1.5 meters. Athlete/coaches may also be separated by partition boards.
- Lifters and coaches in the que must wear masks.
- Referees should wear medical masks. Referees may also wear eye/face shields, plastic aprons/protective gowns and single use plastic gloves are optional.
- Only 1 coach is allowed to accompany a lifter.
- Kitchen paper towels should be placed on top of the scale and discarded after each athlete has performed the weigh-in.
- Lifters must use hand sanitizer to clean their hands before touching the pen to sign the speaker card.
- The chair for placement of clothing must be cleaned with sanitizing spray after each lifter has departed the weigh-in room.

B. Gear check area

- Hand sanitizer and sanitizing spray and facial tissues must be available.
- Signage of social distancing must be placed on the floor to remind the que to keep a distance of at least 1.5 meters. Athlete/coaches may be separated by partition boards.
- Referees should wear masks, eye/face shield, plastic aprons/protective gowns, single use plastic gloves to inspect the equipment.
- After checking the gears of a lifter, the table should be cleaned with sanitizing spray before another lifter presents their gear to the official. Alternatively, the gear for each lifter can be placed on single use plastic tablecloth for inspection. After the inspection, the gear is then wrapped up with the tablecloth and returned to the lifter.
- The referee should rub their hands with hand sanitizer, even when wearing gloves, to prevent infection from spreading from one lifter's gear to another lifter.
- Lifters must sanitize their hand before using the pen for signing or they may use their own pen.
- Referees may refuse equipment, if it is unclean and may endanger other people in the warm-up area and platform.

C. Warm up area:

- At a minimum, the spotters and loaders shall clean the bar and disc after each round of lifting with a sanitizing spray.
- Lifters and coaches must wear masks all times in the warm-up area.



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- The lifter may remove their mask, when the bar is called loaded, and may execute the attempt not wearing their mask. However, before entering the warm-up they must replace their mask.
 - Eating in warm up area is discouraged. However, a competition session may last for several hours and lifters need to take food and drink to replenish their bodies. Stations with partitions for eating are preferred in the warm-up area.
 - Drinks and food are allowed but sharing of food is not advised, as saliva also harbors the virus. Lifters can take off masks during eating or drinking but need to replace it immediately after eating or drinking.
 - Bottles of water should be provided instead of a tank of water to avoid contamination.
 - The warm-up area needs to be cleaned with antiseptics after each session.

D. Wrapping area:

- The technical controller needs to be protected with masks. Eye/face shields, single use plastic gloves, plastic aprons/personal protective equipment are optional.

E. Competition platform:

- When the lifter steps onto the platform, they are not required to wear a mask.
- Loaders should wear masks and gloves to protect themselves, as they will be in contact with a large number of lifters each day. Use of eye/face shields is allowed.
- After each round, the bar and disc must be cleaned with a sanitizing spray by the loaders. If there is spillage of body fluid like blood, saliva, vomit, it needs to be cleaned to ensure there is no contamination.
- As there are many lifters trafficking on the platform, referees should wear masks to receive the appropriate protection. Use of eye/face shield, transparent protective gowns are optional.

F. Anti-doping room:

- Hand sanitizer and sanitizing sprays must be available.
- Anti-doping officer and other specimen collection personnel need to be protected as there is a high probability of contact with body fluids. They should have full protection gear including masks, eye/face shield, single use plastic gloves or protective gowns. Bottles of water, instead of tank of water should be given to lifters while waiting for specimen collection.

G. Award ceremony:

- When the technical controller marches the lifters to the platform area, all lifters and officials are required to wear masks to protect themselves. When the athletes are called to the podium for the medal presentation, they may remove their mask only when taking photos. Alternatively, the lifters can bring transparent masks. As a courtesy, the organizer can provide transparent masks for the medal presenters, but this is optional.



H. Banquet:

- The restrictions concerning gatherings should follow the guidelines in the host country. The basic principles of social distancing, hand hygiene, respiratory hygiene should be followed at all times.

If you have any questions, on the following guidelines, please contact:

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