

Weightlifting- SAFE RETURN TO COMPETITION

Key considerations

These guidelines are specific to the current COVID-19 Pandemic; however, they are not intended to replace local laws, regulations or guidance.

Prior to events advice should be sought from local public health authorities and all local health and safety regulations should be complied with.

General principles

This document has been developed in line with the IWF Medical Committee, which encourages:

- All stakeholders to take measures to ensure that sport is practiced in a manner that protects the health of the athlete and the implementation of those measures that are necessary to protect the health of all participants. And ensuring the necessary level of risk mitigations are in place and the minimum guidance are achieved has taken place.

It is everyone's individual responsibility to protect his or her health and the health of others.

These Guidelines aim to achieve the following objectives:

- Help ensure that an IWF event can be planned and executed in line with relevant best practice and in accordance with local government national public health guidance and regulations.
- Provide relevant health guidance for all stakeholders of an IWF event.
- Provide a robust framework for the detection, isolation, and management of a positive COVID19 infected person or persons during the sport event.
- Identify and share best practice for event management in the context of the COVID-19 pandemic, ensuring collaboration and exchange with all the sport stakeholders as well as other sporting authorities.

Please consult regularly the recommendations of the World Health Organization

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

This document is a recommendation and is subject to changes depending on the evolution of the pandemic and the progress made by the scientific community with regards to diagnostic approaches and antiviral treatments and vaccine.



IWF

WHO tools

WHO guidelines are characterized by the concentration of people at a specific location for a specific purpose over a set period of time and which has the potential to strain the planning and response resources of the country or community.

The definition is purposefully not linked to the size of the gathering or the number of people (although this obviously has an impact on the assessment of associated risks) because each community has a different capacity to manage crowds in practical terms, for regulation and guidance, national authorities may place a numerical limit for the definition of a group or mass gathering.

Event Location Specific Measures

Key areas

1. Delegation before travel
2. Arrival at host country
3. Transportation to hotel
4. Hotel arrival and stay
5. Accreditation
6. Transportation to training and competition
7. Training
8. Weigh-in
9. Warm-up area
10. Competition
11. Victory ceremony
12. Testing
13. After the event
14. If athlete (<18yo) tests positive at event- Aftercare

1. Delegation Before travel

- Federation is required to ensure all representatives are **insured** to travel to competition.
- Federation COVID-19 Liaison Officer / Team Leader to be defined.
- Download, install all relevant COVID-19 information on your smartphone.
- Prepare a list of the people you expect to have close contact with during your stay.

- All the relevant documentation confirmed, Passport, Visa (if needed), Insurance, COVID test results.
 - Take a **PCR COVID-19 test (PCR, NOT antigen test) within 72 hours of the departure flight.**
 - ORIGINAL DOCUMENT + OFFICIAL TRANSLATION needed (take a copy to be kept with you).
 - The documents can be presented either in PRINTED or PDF form, in English or any bilingual format containing English and issued by the testing laboratory.
 - Official translations into English are also accepted but must be signed and stamped by translation office.
 - No amateur/self-translations allowed
- ANYONE WHO FAILS TO PROVIDE DOCUMENTS CANNOT ENTER THE TERRITORY OF UZBEKISTAN AND TAKE PART IN THE COMPETITION.**
- Complete and sign **the event attendee waiver form** (at the end of these guidelines). If athlete is under 18 years of age his/her parent/guardian must also sign document. It has to be **sent to the IWF in advance via the E-entry system or shown at the accreditation.**

2. Arrival at Host Country

- Wear relevant Personal Protection Equipment (PPE) Masks, use hand sanitizer and practice appropriate social distancing (2m or 6 feet) whenever possibly during your travel.
- Present immigration authorities with your **invitation, Visa** (if you need one) and evidence of your **negative PCR TEST done within 72 hours of the departure** of the flight and other relevant documents if required.
- Move quickly through the airport when you arrive and keep your activities to a minimum and always Social Distance (SD) and mask.
- Keep a look out for the Host Federation Officials and meeting point.

3. Transportation to Hotel

- Stay with your Team Leader
- Be on time, patient and polite
- Each team member must manage their own luggage inside and outside the vehicle.
- Wear your mask and gloves

- Obey rules when arrive at destination

Transportation

Specific arrangements will be in place to ensure that busses do not run with full capacity, allowing for social distancing. Passengers will be required to sanitize their hands before entering the busses while masks must be always worn. The buses will be disaffected between each journey and ventilated after each travel.

4. Hotel Arrival and Stay

- Hotel COVID-19 and Host Federation rules and regulations are strictly enforced.
- Single rooms recommended for ITO's, team members are allowed in double rooms.
- No room changes will be permitted.
- Hotel arrival – Temperature testing and sanitization station at hotel entrance
- Wait in designated area.
- Each Team COVID Manager is taking the keys for the team and is asked to provide an email and mobile number that can be used for notification
- Be ready to take another RAPID test upon your arrival at your hotel.
- **RAPID ANTIGEN TEST UPON ARRIVAL IN HOTEL** (antigen test is permitted, unless symptomatic)

Make sure to pay attention to your arrival time to ensure that you will be available for the test.

Price of the RAPID TEST is 20 USD/person. To be paid by each person/delegation upon arrival at the hotel.

- The Team COVID Managers bear responsibility over their athletes and entourage
 1. Participants must wait in the designated room for the sample to be taken by official technicians provided by the Local Organizing Committee
 - a. **ANTIGENE tests** using a nasopharyngeal swab are done upon arrival
 2. Participants can leave the room **ONLY** after receiving their negative rapid test result
 - b. The results will be communicated via the Delegation COVID Manager
 - c. Each Team COVID Manager is asked to provide an email and mobile number that can be used for notification
 4. **Accreditation Card will be released to athletes and competitors once Negative test confirmed.**

ANTIGEN TEST RULES: Athlete/coach/staff will be swabbed in room and all results will be shared with that IF's COVID Manager. The athlete/coach/staff will remain in hotel room until their IF COVID manager communicates to them their test is negative. The test is rapid (15 minutes) but it may take a few hours to relay information to athletes/coaches, etc. due to volume and timing of testing.

- Stay within your group “Bubble” when in Hotel, transport and training. **All participants obliged to stay in this bubble. Any type of visit is prohibited. FAILURE TO STAY WITHIN THE BUBBLE WILL RESULT IN STARTING OVER THE ENTIRE TESTING PROCESS AT YOUR OWN EXPENSE.**
- Officials at the hotel will be here to check if the bubble rules are respected.
- RESTAURANT: Food in restaurant should be at specific times and with social distance measures, no more than four at a table. – Buffet style but with waiters serving the food. Protected knives and forks. One-way traffic in place. Wearing a mask in mandatory at all times in the restaurant except only if you are seated and eating at your designated table. Sanitization at the entrance of the restaurant.
- Hotel weigh scales to be available with cleaning and sanitizing equipment available.

REPORTING ANY SYMPTOM:

Anyone being positive after the RAPID test or detecting any of the symptoms below must STAY IN THEIR ROOM and inform their Team COVID Manager

The Team COVID Managers must inform either the LOC COVID Manager or the IWF COVID Manager or the IWF Medical Staff.

Failure to report symptoms will also result in disciplinary action!

COVID – 19 SYMPTOMS **Most common symptoms:** • fever 37.5°C or above • dry cough • tiredness/fatigue/Loss of taste/Loss of Smell

Less common symptoms: • aches and pains • sore throat • diarrhea • conjunctivitis • headache • loss of taste or smell • a rash on skin • discoloration of fingers or toes

Serious symptoms: • difficulty breathing or shortness of breath • chest pain or pressure • loss of speech or movement

QUARANTINE RULES

1. Anyone tested positive at any time is to be quarantined at their Hotel in a dedicated isolation room.
2. Quarantine period is 14 DAYS
3. After 72 hours persons can only leave quarantine if they are SYMPTOM FREE and produce 2

NEGATIVE PCR tests separated by 48 hours

Persons with negative PCR tests who were/are in close contact with the positive individual are:

- if not showing any symptoms ->monitored by the LOC Covid Manager
- if showing any symptoms -> separated and monitored by the LOC Covid Manager

Direct and related expenses of the quarantine are to be paid by the delegation. Delegations are expected to have health insurance coverage.

Hotel

All hotels will be **solely used by the participating teams and officials. If possible, no external guests will be allowed.** The hotel staff will operate in line with hotel sanitary procedures and a risk mitigation plan will be in place which has been developed in accordance with the local legislation.

5. Accreditation

- **Once your RAPID TEST is negative each team leader can come to the accreditation room.**
- Ensure 2 meters distance.
- Disinfect any or all materials after each delegation.
- Final Competition documentation will be required.
- **The event attendee waiver form** for all delegation members will be required (if not sent to the IWF before departure).
- Present your personal insurance documents
- **Inform the LOC if a test is needed before your departure (Antigene, or PCR).**

6. Transportation to Training and Competition

- Host Federation Transportation rules and regulations are strictly enforced.
- Wait in designated area.
- Temperature Testing may take place.
- Orderly entry System to bus, sit in Team area.
- Arrival at Venue – **Stay within the Team “Bubble” also always maintain social distance**
- Allow extra time due to temperature testing and sanitizing.
- Departure – Stay in designated waiting area with team.
- Arrival at Hotel. Allow for Temperature and sanitize

7. Training

- No Spectators
- Host Federation Training Hall rules and regulations are strictly enforced.
- Deep Cleaning to take place before and between groups.
- Arrival – Temperature and sanitization area
- Arrive in Training outfit
- Platforms spaced two meters apart.
- IWF guidelines for equipment apply

Attempt to have only one lifter per platform if available.

- No sharing of equipment with other platforms
- Only use team or personal Chalk / Water / towel/ Platform number
- Stay with the team
- Depart to bus waiting area after training.

8. Weigh-in

- Wash hands and sanitize before entry
- Use face mask
- Temperature may be recorded
- Keep social distance in the weigh-in queue – Marked on floor
- Undress most of the clothes outside the weigh-in room
- Have disposable paper towel on scales during weigh-in
- Have your own pen
- The athlete will weigh-in standing on a paper disposable towel.
- The scale and the chair for the clothes will be sanitized/disinfected after each athlete.
- TO's will wear face mask
- The rooms must be sanitized/disinfected after each group

9. Warm-up area

- Keep Social Distance
- Coaches, officials wear face mask
- **Athletes when not warming up on platform do not queue up in front of attempt board or scoreboard. Athletes must wear masks when not actively warming-up, training or lifting. Must wear masks in presentation.**
- 5 to 3 meter scoreboard in the warm up area (one per Platform or a minimum of two scoreboards in room)
- Be on time to the chief Marshall table
- Plexiglas in front of the Marshall table
- Keep your distance to other platforms, coaches and athletes
- Do not shake hands or hug

10. Competition

- Separate entrance and exit for athletes, coaches, and officials.
- Coaches and officials should wear masks
- Temperature and sanitization station at entrance

Athletes are allowed to remove masks to lift, but should replace it afterward.

Loaders zone

- Wear gloves and face mask
- Sanitize/disinfect the barbell when a new athlete on the platform
- Measures with barbell loaders : Social Distance, mask and gloves

Competition Venue

The Training and Competition facility will be solely used by the participating teams, officials, media, TV production and contractors. No external spectators will be allowed. If there are some external spectators they shall be separated. The venue staff will operate in line with the local sport facilities sanitary procedures and a risk mitigation. Volunteers at the competition to check if the Covid-19 rules are followed (masks, disinfection at the entrance, people allowed.)

11. Victory ceremony

- Area sanitized before ceremony
- Safe Distancing
- Separated victory podium places (2 – 1 – 3)
- No Handshaking or Celebration Hugging
- **Athletes will be masked during ceremony**

12. Testing

Please refer to ITA Covid-19 guidelines

- Ensure that there is adequate space to allow for social distancing in processing rooms and waiting areas
- Hand sanitizer in waiting areas
- Soap in bathrooms (for use after providing sample)
- PPE products available in doping control such as face masks and gloves for athletes and chaperones as well as disinfectant products.
- Clean with alcohol or disinfectant product all pens after each signature

13. Departure/after the event

- Before departure (return home) **Every team leader will alert the LOC COVID manager if their country/or countries they are travelling through require (based on the information given by the team leader):**
 - No testing for COVID
 - PCR testing
 - Antigen Testing
 - PCR tests for those participants who will request it during accreditation at a **cost of USD 25.**
- Retain the names and contact details of all participants for at least one month. This will help public health authorities trace people who may have been exposed to COVID-19 if one or more participants become ill shortly after the event. Consider the applicable laws on privacy and personal data protection.
- If anyone at the event was isolated as a suspected COVID-19 case, the organizer should inform IWF and all participants. They should be advised to monitor themselves for symptoms for 14 days and take their temperature twice a day.

If Athletes test POSITIVE during event, he/she will be given a quarantined room in the Hotel and be provided with nutrition, medical (if needed) and a chaperone (if under 18 years of age, and if no chaperone from the team can stay 14 days of quarantine, and no parent has travelled with minor). All participating federations must undertake full moral and financial responsibility of their registered/accredited delegates with regard to their health and wellness in case of accidents or damages not attributable to the OC. In this regard any cost related to Covid-19 and further quarantine measures shall be borne by the Member Federation (any flight modification, extra accommodation, medical care etc).



GENERAL MEASURES

Continue to follow and comply with all orders and guidelines promulgated by your national authorities.

Keep updated on the latest information from trusted sources, such as WHO or your local and national health authorities

Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water frequently.

Maintain at least 2-meter distance between yourself and others whenever possible.

Wearing mask and proper protections when necessary

Change you mask at least 2 times a day. Recommended use FP2 Mask!!!

Avoid going to crowded places unnecessarily

Avoid touching eyes, nose and mouth

Cover your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately and wash your hands.

If you have a fever, cough, difficulty breathing, or any symptom of COVID-19 as diarrhea for example, notify your Team Covid-19 Officer or a COVID-19 Manager at the event.

Any significant increase in the number or efforts for breathing should be taken seriously.

Daily monitoring of the heart-rate rest (HRR), the number of your heart beats during one minute when you wake up before starting any activity, is a good way to monitor your body and become aware of a potential infection.