

International Weightlifting Federation

COVID-19 GUIDELINES

FOR THE ORGANIZATION & THE MANAGEMENT OF IWF
COMPETITIONS DURING COVID-19 PANDEMIC

2021 IWF World Championships – Tashkent





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1. INTRODUCTION

The IWF acknowledges the extraordinary nature of the COVID-19 pandemic and the difficulties for the organization of safe sporting events. In consideration of these extraordinary circumstances, the IWF issued this document to provide mandatory guidelines for the resumption of competition in light of the current COVID-19 pandemic.

The IWF COVID-19 Guidelines have been developed in line with the IWF Medical Committee and are applicable to all persons participating in IWF Competitions. This includes but is not limited to athletes, athlete's entourage, technical officials, media, Executive Board Members, IWF staff, OC staff and volunteers. Member Federations should have their own detailed COVID-19 mitigation plans in place, in line with local government guidelines, and remain responsible for implementing necessary measures in regular domestic environment. Member Federations are responsible for preparing competition in a safe environment, ensuring they follow national and international guidelines and safety recommendations. The IWF recognizes that government COVID-19 regulations and recommendations vary from country to country. These guidelines are specific to the current COVID-19 pandemic; however, they are not intended to replace local laws, regulations or guidance.

The aim of The IWF COVID-19 Guidelines is to ensure that all steps are taken to mitigate the risk of infection for those involved in competition, understanding the risk cannot be completely eliminated. It is everyone's individual responsibility to protect his or her health and the health of others.

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.

Consistent with WHO recommendations (and host federation Government guidelines) the IWF prioritizes enhanced hygiene and physical distancing, together with a proper COVID-19 testing program. This is supported by a zonal approach for competition, mitigating risk for athletes and officials.

Please consult regularly the recommendations of the World Health Organization

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

The Member Federation or any other stakeholders must fully follow the IWF regulations and the local health authorities as well as the recommendations of WHO and other international institutes. While entering to the Event, the Member federations and all stakeholders acknowledge and accept the possible risk of being infected and they accept and follow the regulations written below. The Member Federations and all stakeholders who enter the Event cannot raise any legal claim if one is infected with the COVID-19 virus.

Each Participant will be asked to fill in the **waiver form** available on the IWF website and upload it to the E-entry system.



2. REQUIREMENTS PRIOR TO ORGANIZING AN IWF COMPETITION

2.1 General requirements

The following steps/criteria must be completed in order to conduct an IWF Event:

- 1) To build a **Competition Health Plan** (Competition Health & Safety Risk Assessment) in compliance with the IWF COVID-19 Guidelines and approved by local Public Health Authorities. Close cooperation between Organizing Committee (OC), Government and Local Public Health Authorities is mandatory.
- 2) Each organizing committee will appoint an **OC COVID-19 Officer**.
- 3) Evidence that OC and all attendees **comply with the IWF COVID-19 Guidelines**
- 4) To have mechanisms in place to take **responsibility for the costs of testing** and contract tracing if available in the host country.
- 5) Written evidence that host federation/organizers have met **government/ local authority restrictions** for participating delegations to enter and leave the country.

2.2 Financial Management

- ✓ Consider if the event is cost effective and the financial risk of cancellation.
- ✓ Consider the country's COVID-19 restrictions, requirements, cleaning protocols and financial impact on staffing requirements and volunteer needs.

2.3 Host Federation OC COVID-19 OFFICER

Each organizing committee will need to appoint an OC COVID-19 Officer who has awareness of the IWF COVID-19 Guidelines and is up to date with the latest evidence on COVID-19 disease. He/she must be distinct from the Event Medical Team.

The OC COVID-19 Officer will liaise with local Public Health Authorities in the planning for the event, and during the event. The IWF contact person pre-event, and on-site for COVID-19 matters will be the IWF Covid-19 Officer whose duty will be to liaise with the OC COVID-19 Officer, ensuring that all COVID-19-related issues outlined in these Guidelines are met. The IWF Covid-19 Officer and OC COVID-19 Officer should meet regularly during the event to update the status of all athletes and officials and check on the progress and management of any active cases. A current update should be circulated regularly to all team delegations and officials. The IWF may consult the IWF Medical Team in case any medical advice is needed. A pre-competition meeting will be organized.

2.4. COVID-19 Team Leader

All teams of each Member Federation should appoint an English-speaking COVID-19 Team Leader who will be responsible for ensuring all measures are followed by athletes and all other personnel involved with the event. The Team Leader would be the liaison with the OC COVID-19 Officer and the IWF Covid-19 officer. The Team Leader should work in close cooperation with the team's doctor to daily monitor the health conditions of each delegation members.

Upon arrival each Team Leader will be required to give his/her phone number to the OC COVID-19 Officer and the IWF Covid-19 Officer. A group chat (WhatsApp or Telegram) will be created by the IWF in order to communicate throughout the Competition.

3. COVID-19 TESTING PROCEDURE DURING THE WWC

Only the Participants with evidence of a **recent negative COVID-19 PCR test** (done within 72 hours) will be eligible to attend or take part in the relevant competition. This applies to all accredited Participants, including athletes, athlete's entourage, ITO's, media, IWF staff, Executive Board Members.

All costs related to this pre-departure PCR test are to be borne by the participant and/or their Member Federation.

Upon arrival at the hotel the participants are brought to the test center, and everyone is retested by **antigen test**. You will be asked to show vaccination evidence if you are vaccinated, however if you are fully vaccinated you still must be tested according to the testing process in place.

All costs related to the test upon arrival are to be borne by the participant and/or their Member Federation. Persons tested must wait for the result of the antigen test (1-3 hours maximum):

- If the antigen test is negative, they can go out of the room and start training
- If the antigen test is positive this person will go into quarantine awaiting the definite report of the new PCR-test (see positive report protocol below) (If they room share another person (s) will isolate and take PCR-test)
- In the very unlikely event of a positive antigen test and a negative PCR test, quarantine will be lifted, and this person can return with (to their) the team

PLEASE NOTE: Considering the size of the event, the number of participants, the current Covid situation in some countries, it has been decided between the IWF and the OC to test the participant **every 5th day of their stay**. The cost of the in-between test will be borne by the OC.

As for the pre-departure PCR test, it will be organized by the OC and shall be borne by the participant and/or their Member Federation.

SUMMARY

Testing during the Competition Testing every 5 days and for all Participants (Athletes, Coaches, entourage, Technical Officials, Media, IWF Staff, EB Members.)

Day 0 upon arrival (Antigen) -COST 20 USD

Day 5 after arrival (Antigen) – AT NO COST

Day 10 Antigen if the stay is longer than 10 days- AT NO COST

Day 15 Antigen if the stay is longer than 15 days- AT NO COST

Pre-departure: PCR test – COST 30 USD

3.1 Positive Report Protocol

The identified person of authority must immediately inform the OC COVID-19 Officer, the IWF Covid-19 Officer and/or the Medical Team. The subsequent testing protocol will then be the responsibility of the OC COVID-19 Officer in accordance with protocols set by the local health authority.

The following scenario will guide all decisions regarding a suspected COVID-19-positive case during the event:

- Anyone being positive after the RAPID test or detecting any of the symptoms below must STAY IN THEIR ROOM and inform their COVID-19 Team Leader
- Then the COVID-19 Team Leader must inform either the OC Covid-officer or the IWF Covid-19 Officer

- The infected person will be isolated in quarantine
- Contact tracing will immediately commence (in some countries through the tracing application)
- All close contacts will be isolated and tested (PCR) as soon as possible.
- In the case of a positive result for an individual without any or with mild symptoms, they will be quarantined in their hotel room (or otherwise as indicated by the local authorities) with all meals delivered and their health condition monitored.

➤ Failure to report symptoms will also result in disciplinary action!

QUARANTINE RULES

Anyone tested positive at any time is to be quarantined at their hotel in a dedicated Isolation room.

Quarantine period is 10 days (to be confirmed by OC according to Government rules)

After 72 hours persons can only leave quarantine if they are symptom free and produce 2 PCR negative tests separated by 48 hours.

- In the case of a positive test with accompanying severe symptoms, the individual should be admitted to hospital care under the direction of the OC COVID-19 Officer.
- From this point the management protocol of the hospital medical staff will be respected.
- Hospital discharge will be at the discretion of the attending medical staff who will inform the OC COVID-19 Officer.

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

4. DELEGATION BEFORE TRAVEL

- The Member Federation is required to ensure all representatives are **insured** to travel to competition.
- The Member Federation COVID-19 Team Leader is to be defined.
- Download, install all relevant COVID-19 information on your smartphone. (if any existing tracing application for instance)
- 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), COVID-19 test results and certificate of vaccination if you are fully vaccinated by the time of the travel.
- Take a **PCR COVID-19 test (PCR, NOT antigen test)** if possible authenticated with QR Code, performed maximum 72 hours prior to arrival.
- The original documents can be presented either in PRINTED or PDF form, in English or any bilingual format containing English and issued by the testing laboratory/center.

ANYONE WHO FAILS TO PROVIDE DOCUMENTS CANNOT ENTER THE TERRITORY WHERE THE COMPETITION IS ORGANIZED AND TAKE PART IN THE COMPETITION.



- Complete and sign **the event attendee waiver form** (available on IWF website). If an athlete is under 18 years of age his/her parent/guardian must also sign the document. It has to be **sent to the IWF in advance via the E-entry system or given at the accreditation.**

5. ARRIVAL AT HOST COUNTRY

- Wear relevant Personal Protection Equipment (**PPE**) **masks**, use hand sanitizer and practice appropriate social distancing (1.5 meter) whenever possibly during your travel.
- Present immigration authorities with your **invitation, Visa (if needed)** and evidence of your **negative PCR TEST done within 72 hours prior to your arrival.**
- Move quickly through the airport when you arrive and keep your activities to a minimum and always social distance and wear a mask.
- Keep a look out for the Host Federation Officials and meeting point.

6. 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 during the transportation
- Obey rules when arrive at destination

Transportation

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

7. HOTEL ARRIVAL, COVID-19 TEST AND STAY

- Hotel COVID-19 and Host Federation rules and regulations are strictly enforced.
- Single rooms recommended for Technical Officials, 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-19 Leader is taking the keys for the team and is asked to provide an email and mobile number that can be used for notification
- **ANTIGEN TEST UPON ARRIVAL IN HOTEL . The test upon arrival will cost USD 20, this cost shall be borne by each participant/Member Federation**
- The COVID-19 Team Leaders bear responsibility over their athletes and entourage:
 1. Participants must wait in the designated room for the sample to be taken by the Medical Company (ZILOLA MEDICAL) provided by the Local Organizing Committee
 2. **Antigen tests** using a nasopharyngeal swab are done upon arrival. The result may take max. 3 hours to give the result due to volume and timing of testing. (The maximum time may be the result of a large volume of tests at the same time)
 3. The results will be communicated via the Team Leader
 4. Each COVID-19 Team Leader is asked to provide a mobile number that can be used for notification.
 5. Each person tested will be asked to show proof of vaccination, however even if it is strongly recommended to be vaccinated it is not mandatory to participate in the World Championships.
 6. **Accreditation Card will be released to athletes and competitors once Negative test confirmed.**

8. BUBBLE

- 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.**
- 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 cutlery. One-way traffic in place. Wearing a mask is always mandatory 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.



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.

9. ACCREDITATION

- **Once your Antigen TEST is negative each Team Leader can come to the accreditation room.**
- Ensure 2 meters distance.
- Disinfect any or all materials after each delegation.
- **The event attendee waiver form** for all delegation members will be required (if not sent to the IWF before departure).
- **Note that you will have to travel back with a PCR negative result.**

10. VERIFICATION OF FINAL ENTRIES/ITO MEETING

- Presentation of the Covid-19 measures will be done at the Verification of Final Entries and at the Technical Officials' Meeting before the start of the Competition.

11. TRANSPORTATION TO TRAINING AND COMPETITION

- Host Federation Transportation rules and regulations are strictly enforced.
- Wait in designated area.
- Temperature Testing may take place.
- 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 check and sanitize

12. TRAINING

- No Spectators (Masks to be worn by all except athletes when exercising on platform)
- 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.
- Stay with the team
- Depart to bus waiting area after training.

13. WEIGH-IN

- Wash hands and sanitize before entry
- Use face mask
- Coach to bring own pen
- 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

14. WARM-UP AREA

- Keep Social Distance
- Athletes, 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.



15. COMPETITION

5-to-3-meter scoreboard in the warm up area (one per Platform or a minimum of two scoreboards in room) – To be defined with LOC

- Be on time to the chief Marshall table
- Plexiglas (Perspex shield) in front of the Marshall table
- Keep your distance to other platforms, coaches and athletes
- Separate entrance and exit for athletes, coaches, and officials.
- Coaches and officials should wear masks
- Temperature check and sanitization station at entrance

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

Loaders zone

- Wear gloves and face mask
- Sanitize/disinfect the barbell when a new athlete on the platform
- Dedicated disinfection team between group sessions

Competition Venue

The 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.)

16. VICTORY CEREMONY

- Area sanitized before ceremony
- Social distancing
- Separated victory podium places (2 – 1 – 3)
- No Handshaking or Celebration Hugging
- The athlete take him/herself the medal from the tray (TBC)
- Athletes will be masked during ceremony
- Medal presenters will be masked and wear gloves during the ceremony

17. Doping control

- Please refer to ITA Covid-19 guidelines: <https://ita.sport/covid-19-doping-control-protocols/>
- 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

18. AFTER THE EVENT/DEPARTURE

- Before departure (return home) each participant will have to show a **PCR negative test result**:
 - PCR testing for all participants **at a cost of USD 30.**
 - NOTE that to travel back to your country from Uzbekistan you will be required to present a negative PCR test certificate. **The test will be organized by the OC.**
- 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.

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 **FFP2 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.