



## **Victorian Weightlifting Association COVID Safe Return to Play Plan**

The VWA is the state affiliate of the Australian Weightlifting Federation. The VWA ensures all rules and regulations are complied with at sanctioned state and club hosted weightlifting competitions. The following plan must be followed in addition to International Weightlifting Federation rules and AWF regulations whilst COVID-19 restrictions are in place.

*The following measures must be taken to minimise the risk of COVID-19 infections spreading during Weightlifting competitions. Athletes, coaches, technical officials and volunteers who are unable or unwilling to comply with these rules must not participate in weightlifting competitions in any capacity while COVID-19 restrictions are in place. For club-hosted events, if your club is unable or unwilling to comply with these rules then your club will not be permitted to host a sanctioned weightlifting event.*

*All clubs wishing to host a weightlifting event while COVID-19 restrictions are in place must complete and submit the attached Competition Agreement no later than 14 days prior to the event.*

A link to the Victorian Government's updated restrictions for sport and exercise can be found below:

**<https://www.coronavirus.vic.gov.au/sport-and-exercise>**

The VWA has a dedicated *Return to Play* webpage with updated restrictions, guidelines and plans available for clubs and members:

**<http://www.vicweightlifting.com/Return-to-Play>**





## **Organising and Hosting a Weightlifting Competition**

### Participants and Spectators

From 6 December 2020, indoor non-contact community sport may resume for all age groups if participants can maintain a physical distance of 1.5m and there are no more than 50 participants for indoor individual sports, such as weightlifting.

Indoor contact and non-contact community sport is permitted throughout COVIDSafe Summer, subject to a density limit of one person per four square metres when staffed or one person per eight square metres when unstaffed, and group sizes of no more than 50 people.

Spectators can attend community sport and professional sport, and they count towards the overall cap for the facility.

Competition organisers must take measures to schedule the timing of sessions (including weigh-in) so that indoor density quotients are followed.

Current restrictions are outlined at the Victorian Government's webpage:

**<https://www.coronavirus.vic.gov.au/sport-exercise-and-physical-recreation-services-sector-guidance>**

### Venue

Clubs must appoint one or more COVID Safety Marshalls (CSM) who will be responsible for ensuring compliance with this Return to Play Plan.

The CSM will also act as a liaison between the club and the VWA to communicate any issues and/or provide updates as required.

A club appointed CSM must always be present on-site to facilitate this plan during Club operating hours.

The number of people permitted in the competition venue is defined by the size of the space and subject to the following density quotients:





- **1 person per 4 square metres (divide the indoor space in square metres by 4) when staffed; and**
- **50-participant limit per competition (indoors) where the space allows for that many (and the above density quotients are followed).**

Members of the public must be able to maintain a physical distance of 1.5m from one another and no physical contact is permitted (non-contact sport).

Fitted face masks are no longer required but must be carried by all members of the public over the age of 12 years. You must wear a face mask indoors where you cannot keep a physical distance of 1.5m from others.

The CSM will record the name and mobile phone number of each individual that attends the venue as well as the date and time of entering and leaving the venue, to be signed off by that individual. A register for recording this information can be found at the end of this document. Coaches must not sign on behalf of athletes.

Changerooms, toilets and showers may be used. The density quotient of 1 person per 4 square metres applies to changerooms and people must maintain a physical distance of 1.5m.

The following measures must also be followed to keep the competition venue 'COVID safe':

- Signage must state the number of people permitted inside the venue.
- Put signs around the venue reminding members to socially distance themselves, maintain good hand hygiene and rules for cleaning and sanitising (refer to posters enclosed).
- Provide sanitisation tools such as wipes and hand sanitiser.
- Ensure adequate soap is provided in toilets and bathrooms.
- Remove or cordon off common areas to avoid congregation.
- Create specific pathways for entering and exiting areas.

The venue should be thoroughly cleaned prior to opening for access to the event. All equipment to be used on the competition platform as well as in the warm up area, on the competition management desk and in the weigh-in room should be cleaned and wiped down with disinfectant prior to the first session and then again at the completion of each session.

Change rooms, toilets and shower facilities should be cleaned before the commencement of the event and again after the completion of the competition.

The entire field of play, including the weigh-in room, should be cleaned with disinfectant or detergent before and after each session.



All items in the loaders' area must be wiped down with disinfectant before and after each session, including all seating and competition equipment.

Chalk must not be shared or provided for use by the competition organiser for shared use. Competitors must use their own supplied chalk.

**The competition bar must be wiped clean between attempts.**

The competition management desk must also be wiped down before and after each session with disinfectant, including computers, monitors, microphones and MC's equipment, speakers, desks and chairs. Technical officials and volunteers on the competition management desk must provide their own pens and take these with them at the conclusion of the session.

There should be no tablecloth or other such protective material covering the competition management desk. The desk surface must be able to be wiped clean on a regular basis with an appropriate disinfectant solution.

All chairs, tables and scoring instruments (including the handles on referee flags) used by referees (and jury) must be cleaned with disinfectant before the first session and after each subsequent session.

### Field of Play

All participants in the competition including athletes, coaches, technical officials and volunteers must adhere to the 1.5m physical distancing requirements at all times. This includes ensuring all participants maintain this physical distance in the warm up area, inside and outside the weigh-in room, in change rooms and when moving from one area to another.

Technical officials and volunteers on the competition management desk must be seated 1.5m apart, must use hand sanitiser regularly, must wash their hands before and after each session and preferably during the interval between snatches and clean and jerks. Volunteers and technical officials on the competition management desk and all referees (including jury) must provide their own pen and take this with them at the conclusion of the session. The competition management desk, chairs and all equipment on and around the desk must be wiped down with disinfectant before and after each session, including those used by referees (and jury).



Coaches must communicate their athlete's weight changes to technical officials on the competition management desk from a physical distance of 1.5m or more. Competition organisers should clearly indicate where coaches may stand to perform this task by way of markings (ie tape) on the floor.

Loaders must keep a physical distance of 1.5m between themselves when seated and when loading and unloading the bar and must wash their hands thoroughly before and after each session **and** during the interval between snatches and clean and jerks. Regular use of hand sanitiser, to be provided by the organisers, is encouraged.

**Chalk and chalk bins are not to be made available for communal use.** Athletes must provide their own chalk to use, not share with other athletes, and take with them when they leave the venue.

If equipment in the warm up area is being shared by competitors it must be wiped clean between users.

### Weigh-In

Technical officials, athletes and coaches must maintain a distance of at least 1.5m from each other in the weigh in room.

**The 1 person per 4 square meters rule must be followed.** Competition organisers must place signage on the weigh-in room door clearly indicating how many people are permitted to be in the weigh-in room at one time. Technical officials must then make arrangements to ensure the number of people in the weigh-in room does not exceed this predetermined number.

**Note: that the VWA Child Safe Standards require that minors must not be allowed to weigh-in in the presence of only one adult.**

Hand sanitiser must be provided in the weigh-in room (see Hand Sanitiser).

Athletes and coaches must bring their own pen(s) to weigh-in for signing forms and take these with them as part of their personal items.

Technical officials must bring their own pen(s) to weigh-in for completing forms. Only one technical official should handle the competition forms at weigh-in and deliver them to the



competition management desk after weigh-in, then wash their hands immediately after weigh-in has concluded.

Measures must be taken to prevent athletes congregating outside the weigh-in room. All athletes must maintain 1.5m distance between each other. Competition organisers must clearly indicate by way of signage on walls or on the floor where athletes may wait with a clear 1.5m distance between one another. For this reason only athletes may wait in this area for weigh-in. Coaches should not congregate with athletes waiting for weigh-in. Minors may be accompanied by an adult.

Athletes must wear socks when standing on the scales. The weigh-in scales must be cleaned **after each athlete** is weighed. Spraying and wiping the scales with a disinfectant spray will ensure the scales are cleaned quickly and effectively. The technical official performing this duty must use hand sanitiser before and immediately after this procedure before the next athlete enters the weigh-in room.

Tables and door handles and any items of equipment must be cleaned with disinfectant after weigh-in is completed and competition organisers must ensure a cleaning station (see Bins section) is provided in the weigh-in room.

All personal items must be removed from the weigh-in room. Once cleaned, nobody should enter the weigh-in room/area until the technical official performing the weigh-in for the next session is present.

### Presentations

To maintain social distancing, athletes and technical officials should not be assembled for presentation at the start of the competition. Athletes should remain in the warm-up area while the speaker announces their names in order of the start numbers.

Once all competitors have been announced, the 10-minute countdown commences.

Technical officials can be similarly introduced once they have taken their places.



## Hand Sanitiser

The competition organiser must provide hand sanitiser in the following areas:

- All entry and exit points;
- In each cleaning station (see Bins section);
- On each referee desk;
- At the technical desk;
- In the loaders area;
- In each change room and/or bathroom;
- At any other appropriate area in the venue.

## Bins

A cleaning station must be provided in the warm up area at **each** warm up platform, adjacent to the competition platform and in the weigh-in room and contain the following:

- hand sanitiser;
- disinfectant or similar solution;
- disposable sanitary wipes;
- disposable gloves;
- 1 x closed bin lined with a plastic liner;
- bin liners.

For example, if there are 8 warm up platforms then a minimum 10 cleaning stations will be required (one at each warm up platform, one adjacent to the competition platform and one in the weigh-in room).

Bins also must be made readily available for use in the venue. Bins must be lined with a plastic liner and emptied daily or when they reach capacity, whichever occurs sooner. Disposable gloves must be worn when cleaning equipment and emptying bins. Hands must be washed thoroughly or sanitised with alcohol-based hand sanitiser before and after wearing disposable gloves. When emptying bins with disposable gloves these should be disposed of into a bin after use.



The following measures are also recommended to keep training venues 'COVID safe':

- Put signs around the venue reminding members to socially distance themselves, maintain good hand hygiene and rules for cleaning and sanitising (refer to posters enclosed).
- Remove or cordon off common areas to avoid congregation.
- Create specific pathways for entering and exiting areas.
- Spreading out equipment in the warm up area to create greater physical distance between athletes.
- Remove as much equipment and unnecessary items as possible to create more space.

## Cleaning

All areas frequented by patrons must have been cleaned thoroughly prior to the commencement of the event, be cleaned daily with detergent or disinfectant at the completion of the event, and use the following measures to ensure the venue remains clean and safe during the competition:

- Areas that are frequently touched must be cleaned regularly with detergent or disinfectant. This includes tables, counter tops, door handles, taps, sinks, etc.;
- All competition equipment and equipment used in the warm up area must be cleaned between users, including platforms, bars, discs, collars, computers, scoring and timing consoles, referee flags, etc. must be cleaned with disinfectant;
- The cleaning procedure for the weigh-in room outlined above must also be followed for each session;
- Loaders should clean the bar with disinfectant **after each attempt** and during the interval between snatches and clean and jerks. At the completion of the session loaders must clean the competition bar, discs and collars with disinfectant or similar solution so as to minimise slippage on the bar as well as any other high touch items including chairs and seating areas. The same applies between users of equipment in the warm up area.
- Where bars, discs, collars, etc., are allocated to specific platforms they must not be moved to another platform. Where bars, discs, collars, etc. are stored in racks, they must be cleaned and disinfected before being returned to racks.





A cleaning station must be provided at **each training platform and adjacent to the competition platform and in the weigh-in room** containing the following:

- hand sanitiser;
- disinfectant or similar solution;
- disposable sanitary wipes;
- disposable gloves;
- 1 x closed bin lined with a plastic liner;
- bin liners

Bins must be emptied at least daily, or as soon as they are full, whichever occurs sooner. Disposable gloves must be worn when cleaning equipment and emptying bins. Hands must be washed thoroughly or sanitised with alcohol-based hand sanitiser before and after wearing disposable gloves.

Shared equipment must be cleaned **between users**. Competition organisers must ensure the equipment in the warm up room is cleaned with disinfectant between users and at the conclusion of each session, including chairs and any other high touch surfaces. Athletes and coaches for the next session must not enter the warm up area until the equipment is cleaned and safe to use. All personal items must be removed from the warm up area, including chalk.

The next session cannot commence until this cleaning procedure has taken place.

Fitness Australia and Safe Work Australia advise the following when cleaning equipment:

- Workplaces must be cleaned daily and recorded;
- Cleaning with water and detergent is sufficient;
- Alternatively a 2-in-1 cleaning solution of a combined detergent and disinfectant is appropriate;
- Cleaning hard surfaces can be followed with further disinfectant containing >70% alcohol, quaternary ammonium compounds, chlorine bleach or oxygen bleach;
- More frequent cleaning is recommended for high touch surfaces such as equipment, doorknobs and swipe machines.



## Access and Social Distancing

Anyone who is feeling sick in any way or displaying symptoms of COVID-19, including cold, flu and respiratory symptoms, must not enter the venue.

Anyone who is feeling sick in any way must not attend the event.

All attendees must register their attendance at the venue using the Attendance Register attached to this plan. The appointed CSM(s) must submit this register to the competition director at the completion of the competition, who will keep this register on file for contact tracing purposes.

Spectators can attend community sport and professional sport, and they count towards the overall cap for the facility.

The number of people permitted in the competition venue is defined by the size of the space and subject to the following density quotients:

- **1 person per 4 square metres (divide the indoor space in square metres by 4) when staffed; and**
- **50-participant limit per competition (indoors) where the space allows for that many (and the above density quotients are followed).**

All patrons must maintain a distance of at least 1.5m from any other person. There must be no physical contact with another person at any time.

Athletes must bring only essential personal equipment into the venue. Personal equipment should be cleaned daily and must not be shared. Personal equipment includes:

- Towels;
- water bottles;
- Chalk;
- Straps;
- Belt;
- bandages and tape.

These items must be carried in and out of the venue in a closed bag and kept in the bag when not being used.



## Handwashing and Hygiene

Hand sanitiser must be provided throughout the venue.

A cleaning station must be provided at **each warm up platform, adjacent to the competition platform, and in the weigh-in room** containing the following:

- hand sanitiser;
- disinfectant or similar solution;
- disposable sanitary wipes;
- disposable gloves;
- 1 x closed bin lined with a plastic liner;
- bin liners.

Bathrooms must be well stocked with hand wash and disposable paper towel. Athletes, coaches, technical officials and volunteers are encouraged to frequently wash their hands with soap and water and disinfect surfaces they have touched to minimise transmission of the virus.

**Athletes must supply their own chalk and take it with them when they leave.**

The use of the enclosed posters displayed around the venue will help remind participants to maintain proper hand hygiene and distancing measures.

The Victorian Government's advice on public drinking fountains and bubblers can be found here:

<https://www.dhhs.vic.gov.au/sport-and-exercise-restrictions-covid-19#can-i-drink-from-a-public-water-fountain-or-bubblernbsp>

## Injury Management

For minor injuries and where possible, First Aiders should maintain a minimum distance of 1.5m from the injured person and provide appropriate advice and first aid supplies, e.g. ice, bandages, sterile dressings, etc., to guide the patient through a process of self-treatment. Where distance cannot be maintained, First Aiders must ensure that they wear Personal Protective Equipment including disposable gloves as a minimum, before treating the patient and a face mask.



## **Managing COVID-19 Symptoms Onsite**

If a patron exhibits or reports symptoms of COVID-19 while at the competition, they must be isolated immediately. Their personal equipment should be packed into a closed bag and the area and equipment they used must be disinfected immediately. Arrangements should be made for the person to leave the premises with their personal equipment as soon as possible and without coming into contact with anyone else. They should be advised to call the National Coronavirus Hotline: 1800 020 080 and they should not be allowed to return to the gym until they have been tested for COVID-19 and declared clear of the disease.

If the person exhibits severe symptoms, call 000.

The above scenario should be recorded in the register maintained by the CSO and reported to the relevant authorities and the VWA immediately.

## **COVID-19 Awareness**

Posters should be displayed around the gym, providing information on the following:

- Effective handwashing;
- Social Distancing;
- Symptoms of COVID-19;
- COVIDSafe app.

Posters are enclosed and available on the VWA website.



### **Checklist for COVID Safety Officers**

- ☐ If you feel sick, stay home
- ☐ Clean and disinfect common areas daily
- ☐ Regularly disinfect frequently touched surfaces
- ☐ Ensure hand sanitizer is provided at entries and exits
- ☐ Ensure that all patrons use hand sanitizer on entry and exit
- ☐ Ensure only essential personnel are admitted entry and attendees complete attendance register
- ☐ Ensure that the number of people in the gym doesn't exceed current regulations
- ☐ Ensure that cleaning kits are kept well stocked
- ☐ Ensure that effective social distancing practices are observed
- ☐ Remind patrons to practice effective handwashing regularly

### **Checklist for Athletes**

- ☐ If you feel sick, stay home
- ☐ Clean personal equipment daily and before bringing it into the gym
- ☐ Bring your own drinking water
- ☐ Bring your own chalk
- ☐ Sign in and sign out, recording the date and time
- ☐ Don't share platforms or equipment
- ☐ Keep your personal equipment in your bag when not using it
- ☐ Clean and disinfect all equipment after use including any chairs you used
- ☐ Get in, train, and leave. Shower at home
- ☐ Maintain a distance of at least 1.5m from any other person
- ☐ Wash your hands often and don't touch your nose, eyes or face

### **Non-mandatory Measures**

Patrons should be encouraged to:

- Download and activate the COVIDSafe app
- Be vaccinated against influenza



## VWA COVID Safe Return to Play Plan

### Competition Agreement

This form must be completed by Clubs wishing to host a sanctioned weightlifting competition on the VWA Events Calendar. If your Club already has a scheduled (or previously postponed and yet to be rescheduled) competition this form must be completed in recognition of this COVID Safe Plan.

Club: \_\_\_\_\_ Venue: \_\_\_\_\_

Competition Name: \_\_\_\_\_ Date: \_\_\_\_\_

Competition Director: \_\_\_\_\_

Email: \_\_\_\_\_

COVID Safe Officer(s): \_\_\_\_\_

I hereby confirm the abovenamed weightlifting competition will comply with the VWA's COVID Safe Return to Play Plan including:

|   | Agree                    |
|---|--------------------------|
| 1) Number of participants will not exceed current restrictions (50)   | <input type="checkbox"/> |
| 2) Density quotients (1 person per 4sqm) will be followed   | <input type="checkbox"/> |
| 3) Attendance Register will be completed and recorded   | <input type="checkbox"/> |
| 4) Social distancing (1.5m rule) will be enforced   | <input type="checkbox"/> |
| 5) Signage will be displayed to confirm the permitted number inside the venue and indicate the max number of people in changerooms and weigh-in rooms and markings placed to assist participants stay 1.5m from each other in congested areas | <input type="checkbox"/> |
| 6) Where multiple sessions are scheduled these will be timed to cleaning of equipment takes place   | <input type="checkbox"/> |
| 7) Provisions will be made to ensure cleaning stations are situated adjacent to the competition platform, at each warm up platform and in the weigh-in room   | <input type="checkbox"/> |
| 8) Provisions will be made to ensure hand sanitiser and ample cleaning aids are available for patrons to use in all areas of the venue  | <input type="checkbox"/> |
| 9) All cleaning and disinfecting requirements for equipment and other items outlined in this plan will be followed at all times   | <input type="checkbox"/> |



I have read and understood the guidelines contained in this *Return to Play Plan* and agree to make provisions to conduct my club's event with these restrictions in place. I understand that should my club fail to abide by the restrictions and guidelines set out by the Victorian Government and those outlined in this Plan my club's competition may be cancelled and all results discredited.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

Position: \_\_\_\_\_

**Complete and submit this form via email to VWA Operations Manager  
Ryan Mitchell no later than 14 days prior to the event date  
[office@vicweightlifting.com](mailto:office@vicweightlifting.com)**