

Sport-Specific Protocol: Powerlifting

Status: Return to Competition

Last Updated: March 24, 2021

Special Olympics



This document is specific to the sport of powerlifting and is supplemental to the general *Return to Activities Protocol*. It is imperative that powerlifting programs adhere to any protocol outlined below or in the general *Return to Activities Protocol*. If your facility or local government has rules in place that are stricter than those provided by Special Olympics, those local rules are to be followed.

BEFORE PARTICIPANT ARRIVAL

- Communicate to each lifter that it is highly recommended they arrive in their lifting attire and are prepared to depart in their lifting attire.
- Ensure venue is disinfected, especially restrooms and high traffic areas, such as doors and entry ways.
- It is highly recommended that all equipment is provided by the team and not each lifter.
- Sanitize bench, bar, weight plates, scale, or other equipment to be used.
- Designate a space for each player to set their gear that is at least 6 feet from another player's space.
- Designate spaces at least 6 feet apart for lifters to sit or stand when they are not lifting. This may be the same space that was designated for their gear.
- Collect *COVID-19 Code of Conduct* from all attendees (coaches, volunteers, county management, etc.).

PARTICIPANT CHECK-IN

- Designate one location to enter the facility for check-in and screening.
- Check-in area must be setup so that social distancing can be maintained.
- If possible, check-in area should be setup outside to reduce bottlenecks and close-quarter interactions.
- Make regular announcements to reinforce the importance of PPE, hand hygiene, and social distancing.
- *Athlete Medical Forms* must be on-site and checked as usual.
- Check that each participant has a *COVID-19 Code of Conduct* on-site.
- Must follow the "Onsite Screening Protocol for COVID-19" as outlined in the *Return to Activities Protocol*.
- Collect *COVID-19 Code of Conduct* from all attendees (players, coaches, county management, family, etc.).

LOCKER ROOMS

- Locker room use is strongly discouraged.
- If locker rooms must be used, limit capacity and stagger times that groups are allowed inside.
- Prior to use, coaches should make lifters aware that all protocols are still in place inside the locker room.

DURING ACTIVITY

- Masks are required at all times.
- Social distancing must be maintained, except when actively lifting or spotting a lifter. It is recommended that spaces are marked on the ground to show lifters where to stand when they are not actively lifting.
- If multiple platforms or benches are needed, utilize every other one to allow social distancing between spotters and officials.
- Lifters must sanitize or wash their hands prior to lifting. Chalk may be applied after sanitizing or washing hands.
- It is highly recommended that lifters sanitize their hands regularly throughout the activity.

- The bar and bench should be sanitized between lifters.
- Weight plates should be sanitized regularly throughout the activity.
- If a scale is used, cover it with a paper towel (or other barrier) and discard the paper towel after each lifter. If no barrier is used on it, the scale should be sanitized between lifters.
- Only coaches should setup equipment, and hands should be sanitized prior to equipment setup.
- High fives, handshakes, or greetings using direct contact are NOT permitted.
- Make regular announcements to reinforce the importance of PPE, hand hygiene, and social distancing.

AFTER ACTIVITY

- Lifters should be encouraged to leave the area at the conclusion of the activity. Use of restrooms as needed is acceptable.
- If multiple teams use the same facility, allow time between practices or meets to sanitize the facility and conduct screening on the arriving team.
- Social distancing must be maintained while waiting for rides. Lifters waiting for rides should do so outside, weather permitting.
- Sanitize all equipment at the conclusion of practices or meets.

MEALS & WATER

- Meals
 - Meals are strongly discouraged.
 - If a meal will be served, boxed or bagged meals are preferred.
 - Food preparation, packaging, and serving must be done by the caterer or food service staff.
 - Napkins and utensils must be provided and individually distributed to each participant by the caterer or food service staff. Pre-packaged utensils are highly preferred.
 - No buffets or banquet style meals are permitted. Concession stands run by the facility are allowed to serve.
- You may distribute water provided:
 - The person distributing the water is utilizing PPE and proper sanitation procedures.
 - The water is in a sealed container.
 - One person is handling the water and players are not permitted to reach into the water reservoir.
 - Community water coolers should not be utilized.

PENALTIES

- Programs that do not adhere to these protocols will be suspended from hosting powerlifting events for 1 year.
- Lifters who do not adhere to these protocols may face punishment up to and including suspension from Special Olympics activities.
- Additional punishment may be given to County Management as warranted, on a case by case basis, according to the *Return to Activities Protocol*.