

Action Plan for clubs Indoor Weightlifting

14th September 2020 - Version 3



Indoor Weightlifting - Importance of a safe return

Weightlifting Wales recognises the vital role academies and clubs play in ensuring physical and mental health. The return of indoor organised activity, is an exciting moment for the many members to gain the multiple physical, mental and social benefits of sport.

This return must be made as safe as possible. It is recognised that risk in sport cannot be completely eradicated, but with caution and care, risks can be reduced and the benefits enjoyed fully again.

It should be remembered that Covid-19 can be transmitted not just through close proximity, but also through touching surfaces, as participants congregate, prepare, and socialise. Equal attention must therefore be paid to this full range of risks.

The role of this document is to provide guidance and best practice for Weightlifting Wales clubs to allow them to return to training, while ensuring the safety and well-being of anyone that enters a facility is considered. This document sets out an action plan for opening clubs during an ongoing period of "social distancing"

A club can make their own decisions and can go above the standards set within this document, **but not lower**. This guidance is to assist a club with the various considerations and put in place appropriate risk mitigation strategies before opening their club.

This guidance has been published on the understanding that it is an interpretation of Welsh Government guidance relevant to the sport of weightlifting and aligning to British Weight Lifting COVID-19 Guide for Clubs - considerations to make before returning to training document

https://britishweightlifting.org/resources/bwl-covid-1-guidance-for-clubs-v1a-240720154504.pdf?mc_cid=d6508c8417&mc_eid=b9125c9612

We will continue to publish regular updates through the Weightlifting Wales website and social media channels, to keep you up to date.

All parties should note the disclaimer below.

Disclaimer

Please note that the subject matter covered in this guidance is in no way exhaustive and the material does not stand on its own nor is intended to be relied upon as a substitute for obtaining specific Government or legal advice. Individual circumstances will differ. The information contained in this guidance is given in good faith but any liability of Weightlifting Wales or its professional advisors (including their respective members or employees) to you or any third party which may arise out of the reliance by you or any other party of the contents of this guidance is hereby excluded to the fullest extent permitted by law. Weightlifting Wales and its professional advisors accept no duty of care or liability for any loss occasioned, whether caused by negligence or otherwise, to any person acting or refraining from actions as a result of any material in this guidance. We would strongly recommend that you consult professional advisors on specific issues before acting or refraining from action on any of the contents of this guidance.

Current Law & Guidance

1. Principal Guidance

Welsh Government

Sport, recreation and leisure: guidance for a phased return

<https://gov.wales/sport-recreation-and-leisure-guidance-phased-return>

Test, Trace, Protect Policy & Strategy

<https://gov.wales/test-trace-protect>

Apply for a coronavirus test: guidance

<https://gov.wales/apply-coronavirus-test>

Workplace guidance for employers and employees: COVID19

<https://gov.wales/workplace-guidance-employers-and-employees-covid19>

Public Health Wales

Test, trace, protect: coronavirus

<https://phw.nhs.wales/topics/latest-information-on-novel-coronavirus-covid-19/guidance-accordion/test-trace-protect-coronavirus/>

Action Plan – Indoor Weightlifting Activities 14th September 2020 V3.

Company No. 08704264 Wales Weightlifting Federation Ltd, Canolfan Brailsford, Ffriddoedd Road, Bangor, LL57 2EH <http://www.weightlifting.wales/> Tel: (01248) 388194
Page 4 of 34

2. Laws

The Health Protection (Coronavirus Restrictions) (No. 2) (Wales) Regulations 2020

<https://gov.wales/health-protection-coronavirus-restrictions-no-2-wales-regulations-2020>

The Management of Health and Safety at Work Regulations 1999

<https://www.legislation.gov.uk/uksi/1999/3242/contents/made>

The Data Protection Act 2018

<https://www.legislation.gov.uk/ukpga/2018/12/contents/enacted>

The General Data Protection Regulation (GDPR)

<https://eur-lex.europa.eu/legal-content/EN/TXT/?qid=1532348683434&uri=CELEX:02016R0679-20160504>

Action Plan

		Club action
Working within public health regulations and guidelines	<p>Activities should only be resumed where Welsh Government guidelines on social distancing can be followed.</p> <p>All activity should be consistent with the Welsh Government's guidance regarding health, social distancing and hygiene.</p> <p>Under current circumstances that means participants and others must be able to maintain a safe two metre distance, that good hygiene practices are in place, that equipment is disinfected regularly, and that it is clear that anyone who is symptomatic - or suspects they may have been exposed to the virus - does not take part. They should immediately self-isolate (as well as their household), follow the Welsh Government's self-isolation guidelines, and apply for a Coronavirus test.</p> <ul style="list-style-type: none"> • Self-isolation: explanatory diagram • Symptoms and self-isolation for contact tracing 	<p>The Club Committee (Head Coach, Welfare Officer and Secretary), must plan thoroughly for a safe return to training following Welsh Government guidelines and Weightlifting Wales guidelines which are specific to Weightlifting.</p> <p>A thorough Covid action plan and detailed risk assessment must be in place prior to opening and updated regularly.</p>

	<p>Face coverings will be required in all indoor public places, for both customers and staff working in those indoor public areas https://gov.wales/face-coverings-guidance-public</p>	<p>All those who attend a club, including participants, coaches, volunteers, spectators must wear a mask in the following areas:</p> <p>While entering the club</p> <p>Reception areas</p> <p>Corridors</p> <p>Toilets and changing areas</p> <p>Other public areas within the club</p> <p>Face masks must be kept on dependant on what is being done. Face masks must be worn while preparing to exercise, changing or undertaking any activity that isn't strenuous, especially when in close contact with other people, you will need to wear a face covering.</p> <p>However, there may be circumstances where the layout of the premises and the nature of the exercise mean that it would not be reasonable to expect you to wear a face covering. The World Health Organisation advises against wearing a face covering when exercising as sweat can make a face covering become wet more quickly, making it difficult to breathe and promoting the growth of microorganisms. It advises the important preventative measure during exercise is to maintain physical distance from others.</p> <p>Where a mask is not worn through strenuous exercise a club must continue to minimise the risk of exposure to coronavirus.</p> <p>The club must provide members further information about the systems put in place and what members will be expected to do.</p>
--	--	--

		<p>FAQ's regarding face coverings. https://gov.wales/face-coverings-frequently-asked-questions.</p> <p>The requirement will apply to everyone aged 11 and over – including customers and staff. However, you may have a reasonable excuse not to wear a face covering if (for example):</p> <ul style="list-style-type: none"> • you are not able to put on or to wear a face covering because of a physical or mental illness, or because of a disability or impairment; • you are accompanying somebody who relies on lip reading where they need to communicate; or • you are escaping from a threat or danger and don't have a face covering <p>Do face covering need to be kept on at all times?</p> <p>In general, yes, but you may have a reasonable excuse to remove a face covering temporarily if (again, for example):</p> <ul style="list-style-type: none"> • you need to take medicines; • you need to eat or drink; or • you need to remove a face covering to avoid harm or injury, either to yourself or others – for example to get somebody's attention about a danger. <p>Whether somebody has a reasonable excuse not to wear a face covering at any particular moment depends on the individual and the circumstances. This may mean that somebody has a reasonable excuse not to wear a face covering sometimes but not others. And the reasonable excuse may only be temporary.</p> <p>For example, when considering whether there is a need to eat or drink while in a place where face coverings are mandatory, any physical conditions and the temperature and humidity may all be relevant. Most people do not need to eat or drink on short trips away from home, but this may be different for somebody who is diabetic, for example, or in in hot weather.</p>
Recognising individuals' rights and well-being	Consideration of athlete, coach and volunteer well-being will be paramount. Club members should be provided with an option to opt-in/opt-out of returning to training. A disclaimer for those who do opt-in will be necessary.	The club must ensure a disclaimer has been completed for the members who opt into a return to training.

Appointing key accountable officers	<p><u>Coronavirus Officer:-</u></p> <p>The club's Accountable Officer should name an existing member of the club as the Coronavirus officer. They will be responsible for oversight of the Coronavirus risk assessments, for ensuring the necessary level of risk assessment and mitigations are in place, and that the club can adhere to its guidance responsibilities within local constraints.</p>	<p>The club will appoint a member as the Coronavirus Officer.</p> <p>Details of appropriate Covid awareness training may be found at Welsh Sports Association website</p> <p>https://wsa.wales/covid-19-awareness-training-for-the-sports-and-recreation-sector/</p> <p>This role is strategic in the phased return to sport activities. The Coronavirus Officer will manage and ensure that the required processes and information are put in place and monitor compliance with the guidance and legal requirements.</p> <ul style="list-style-type: none"> • An existing member of the organisation must be appointed as Coronavirus officer • They will be responsible for oversight of the Coronavirus risk assessments • They will be responsible for ensuring the necessary level of risk assessment and mitigations are in place • They will be responsible for ensuring that the organisation can adhere to its guidance responsibilities within local constraints. • Club Coronavirus Officers should liaise with their NGB equivalents for reassurance and guidance. • There is nothing in this role that will in any way 'medical' or require specialist knowledge of the virus or health protection.
Appointing key accountable officers	<p><u>Activity session Responsible person:-</u></p> <p>All sessions must have an individual responsible for the activities.</p>	<p>It is the duty of this person to ensure that the rules and requirements set out by the NGB, the Coronavirus Officer and Welsh Government are adhered to. This role can be carried out by the Coronavirus Officer or another suitably instructed person. The responsible person's duties shall include:</p> <ul style="list-style-type: none"> • Taking of a register of attendees and other persons or a suitable booking App which records attendance and contact details. All attendance must be recorded (coaches, volunteers, participants, spectators) • Ensuring all attendees understand the Covid-19 measures and rules that are in place.

		<ul style="list-style-type: none"> • To ensure that Covid-19 self-declarations are provided where required. • To monitor the session for compliance with the Covid-19 rules both general and specific to the activity. • To ensure a timely and safe dispersal at the end of any session. • The warning of or ejection from the session of persons that do not follow the rules or reasonable instructions thereby causing a nuisance or a risk to health of other participants, attendees or staff.
Risk Assessments	<p>Risk assessment is about identifying sensible measures in a timely fashion to control the risks in your training environment and the service you provide. The development of a risk assessment will help you decide whether all necessary issues have been addressed and help inform decisions and control measures.</p> <p>Clubs should prepare a risk assessment and risk mitigation plan, to be completed before resumption of activity at their venue that determines and communicates what can or cannot be achieved in relation to training and / or play in the local context.</p> <p>The risk assessment and risk mitigation plan should be sufficient to ensure that activities can be run safely, in a manner that conforms to Welsh Government legislation and guidance and appropriately protects all individuals involved (e.g. athletes, coaches, volunteers, spectators).</p>	<p>The risk assessment should be reviewed regularly to ensure that it remains relevant and appropriate under changing circumstances.</p> <p>Clear protocols to manage any person who becomes symptomatic in the training or play environment should be included in the risk assessment and risk mitigation plan.</p> <p>Clear protocols to provide/display clear messaging to individuals that anyone displaying symptoms of Coronavirus should not turn up for training or to play. They should immediately self-isolate (as well as their household), follow the Welsh Government's self-isolation guidelines, and apply for a Coronavirus test.</p> <p>Self-isolation: explanatory diagram Symptoms and self-isolation for contact tracing</p> <p>Clear protocols to support the Welsh Government's Test, Trace, Protect strategy and the associated GDPR implications of retaining and making available people's personal information as needed, both in terms of staff members, coaches and individuals in the training or play environment.</p> <p>Similarly, the risk assessment and risk mitigation plan should outline how staff who are returning to the training or play environment from self or household isolation due to suspected or confirmed cases of Coronavirus or other Coronavirus related reasons (such as having to</p>

		<p>isolate as part of a household where a member(s) was suspected or confirmed as having Coronavirus) will be medically assessed prior to return.</p> <p>A risk assessment and risk mitigation plan should also be prepared for single sporting events and competitions, such as for clubs / local competitions, behind closed doors.</p> <p>Clubs have a duty to consult coaches and volunteers on health and safety. Coaches and volunteers should be involved in assessing risks and the development and review of club health and safety policies; and risk assessments.</p> <p>When thinking about risk, key principles include:</p> <p>considering possible harms to both the physical and mental health of participants, coaches, volunteers and visitors</p> <p>minimising the need for journeys and face-to-face contact</p> <p>considering the age and vulnerability of people</p> <p>considering the minimum safe levels of coaches – for example to maintain the specific Coronavirus protocols, or in the event of a coach or volunteer becoming unwell, or needing to isolate repeatedly</p> <p>putting arrangements in place in the event of someone becoming unwell whilst on the premises;</p> <p>keeping risk assessments as ‘live’ documents and regularly reviewed</p> <p>recognising that communication, training, and appropriate equipment are significant factors in helping to reduce risk</p>
Managing a Covid-19 Incident	It is important for clubs to know what to do in the event that they are informed of a potential infection risk by the TTPS or by an individual. It is also important that staff of the organisation know how to recognise symptoms of Covid-19	<p>What should you do?</p> <ul style="list-style-type: none"> • Don't panic. It may not be Covid-19. • Tell them to contact the Coronavirus NHS service for help and advice.

<p>so that they themselves can follow the recommended actions in the TTPS should they become unwell.</p> <p>General Advice from Welsh Government:</p> <p>The main symptoms of Covid-19 are:</p> <ul style="list-style-type: none"> • a high temperature: this means you feel hot to touch on your chest or back (you do not need to measure your temperature) • a new, continuous cough: this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual) • a loss or change to your sense of smell or taste: this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal <p>Most people with coronavirus have at least one of these symptoms.</p> <p>Medical advice</p> <p>COVID-19 symptoms are usually mild, but some people can become very unwell. If you feel you cannot cope with your symptoms at home or if your condition gets worse, or your symptoms do not get better after seven days, use the online coronavirus service. You should book a</p>	<ul style="list-style-type: none"> • Do not record any details about them as this may be unlawful. Do not spread any gossip. You should inform your organisation's Coronavirus Officer. • Coronavirus Officers should contact the Coronavirus 111 service for advice if they are unsure. • Notify the NGB Coronavirus Officer of the situation but do not disclose any known details of any individual. • <u>DO NOT contact other people who may have been at the session. You are not allowed to do this lawfully. Let the TTPS do their job.</u> • Seek advice from your Coronavirus Officer about extra cleaning that may be required.
---	--

	<p>test as soon as you have symptoms https://gov.wales/apply-coronavirus-test</p> <p>If you do not have internet access, call 111. In a medical emergency, dial 999. Do not delay getting help if you're worried. Trust your instincts.</p> <p>Someone Advises that they have Covid-19</p> <p>If someone who has been at your site calls to inform you that they think they have Covid-19 or have symptoms, urge <i>them</i> to contact the Coronavirus 111 services using the link above or by calling 111. Do not express any opinion on the matter other than you think they should access the NHS services.</p>	
Returning to activity after illness	<p>The government advice requires any participant to be judged as fit to participate in an activity after a period of illness, especially if it has been Covid-19 related. This will apply if the club is aware of the participants period of illness. It is acceptable for the participant to confirm that they have consulted a medical professional such as their GP practice, and they have been told it is OK for them to return to activities.</p>	<p>All participants must seek medical advice before returning to training following isolation due to suspected or confirmed cases of Coronavirus. As with all participants a pre screening questionnaire must be completed.</p> <p>An example of graduated return to play for athletes maybe viewed https://www.weightlifting.wales/wp-content/uploads/2020/03/Graduated-return-to-play-for-performance-athletes.pdf</p>

	<p>Athletes or staff deemed ‘extremely vulnerable’ on medical grounds should continue to follow Welsh Government advice. This currently includes maintaining ‘shielding’ but which permits leaving home to exercise outdoors, and with people from up to one other household, as long as social distancing rules are strictly adhered to. These individuals should not therefore return to organised training or play but are able to exercise outdoors at times when fewer other people are around, to help further limit any risk of them contracting Coronavirus.</p>	<p>Advise extremely vulnerable members to follow Welsh Government guidelines</p>
<p>Time table for reopening</p>	<p>A club should only reopen or restart activities when the regulations allow and as soon as you feel able to do so safely. Until you feel it is safe and responsible to reopen you should remain closed.</p>	<p>All Welsh Government and National Governing Body guidelines must be in place and followed before reopening</p>
<p>Costs of reopening</p>	<p>The Welsh Government will not generally help meet the cost of reopening and it will be for each organisation to determine whether it is right for them to re-open at a given time. Clubs will need to discuss and agree how any abnormal costs that arise from mobilising a facility for use during restricted periods will be</p>	<p>There are potentially other sources of support through Sport Wales, but there will be priorities for such funding and therefore support cannot be guaranteed.</p>

	handled prior to training or play being resumed.	
Protective equipment for staff	The Welsh Government has published guidance on the Coronavirus and Personal Protective Equipment (PPE) , this guidance should be followed and will be updated regularly.	Clubs should discuss with coaches and volunteers PPE requirements
Communications	<p>Organisations will need to communicate clearly and regularly with members and participants, setting out what they are doing to manage risk and what advice they are giving to individuals to do likewise.</p> <p>Ideally organisations should publish an action plan detailing their plans to re-open safely and the steps they are taking to avoid and reduce the potential of transmission.</p> <p>Organisations should also clearly communicate opening times and how people can safely access a facility, if relevant - for example, through a booking or queuing system.</p> <p>It is more important than ever to consider inclusive guidance for people who need</p>	Members and new members should be provided with advice and guidance. Information will need to be communicated clearly

	support to be active. Organisations should consider this as part of their work to encourage people to return.	
Keeping facilities and equipment clean	<p><u>Cleaning protocols</u> should be put in place to limit Coronavirus transmission in public places. It is advised that touch points (e.g. door handles, counters, handrails and gates) should be particular areas of focus for increased cleaning.</p> <p>Frequent cleaning of work areas and equipment between uses, using your usual cleaning products, is advised. As is clearing workspaces and removing waste and belongings from work areas at the end of shifts.</p>	<p>Cleaning protocols must be in place and clear guidance provided</p> <p>To help everyone maintain good hygiene, consideration should be given to:</p> <ul style="list-style-type: none"> • using signs and posters to build awareness of good handwashing technique, the need to increase handwashing frequency, avoid touching your face and to cough or sneeze into your arm; • providing regular reminders and signage to maintain hygiene standards; • providing hand sanitiser in multiple locations in addition to washrooms; • setting clear use and <u>cleaning guidance</u> for changing rooms and toilets to ensure they are kept clean and social distancing is achieved as much as possible; • enhancing cleaning for busy areas; • providing more waste facilities and more frequent rubbish collection; • replacing hand dryers with paper towels in handwashing facilities; • provision of automated soap dispensers in washrooms if possible; • minimising use of portable toilets; and

		<ul style="list-style-type: none"> sufficient provision of automated hand sanitising dispensers in public places.
Ventilation	Ensure, where possible, that windows and doors to the exterior on the opposite side of a building are opened to create air flow, as this is most effective at clearing microdroplet airborne particles created when someone sneezes or shouts.	Clubs to ensure, where possible, airflow through the training areas and facility.
Considering Employees	Organisations have a Duty of Care in regard to the health and safety of their employees. This is a duty that is enshrined in law. It is well accepted that Covid prevention measures, such as social distancing, are a mandatory requirement in the workplace.	<p>What must you do?</p> <ul style="list-style-type: none"> Ensure that staff contact details are up to date. This is good practice anyway. Ensure employees are aware of social distancing and hygiene requirements in the workplace – both indoor and outdoor spaces are covered by these requirements. Keep a record of dates and times of staff attendance at your site. This will prevent confusion where many staff may still be working from home. You do NOT need to get consent to pass staff details to the TTPS. Covid-19 is a notifiable disease and you are able to pass this information without breaking the GDPR or any other data protection law. This is allowed under the Data Protection Act 2018 (DPA18) under Schedule 2 paragraph 7 and function 4. The Coronavirus Officer will coordinate data collection efforts along with ensuring that information and training is made available to staff, coaches and volunteers as required.
Considering Coaches and non-	Organisations should already have the contact details of coaches and non-employee staff (e.g. volunteer stewards etc.), if they don't then this needs to be a remedial step to acquire such details as this should be in place on the grounds	<p>What must you do?</p> <ul style="list-style-type: none"> Ensure that coaches and non-employed staff contact details are up to date.

employed staff	of health and safety and safeguarding where appropriate.	<ul style="list-style-type: none"> • Ensure coaches and non-employed staff are aware of social distancing and hygiene requirements in the workplace – both indoor and outdoor spaces are covered by these requirements. • Keep a record of dates, times and locations of activities that you are providing and who is attending from your employees, coaches or non-employed staff. • Appoint ONE member of your activity staff as the responsible person to collect a register of attendees – If an appropriate booking App is used, then coaches, volunteers, spectator, parent participation must also be recorded • Check and update all coach and volunteer agreements to ensure that the individual agrees to keep personal information confidential and secure, • If using a paper register - Train your coaches and staff on the need keep a register of participants and to ensure that the participants contact details are available. You will also need to train your staff to keep any register or attendance list secure and confidential. • If using a paper register - You need to provide a method or procedure for the coaches and staff to hand over the session register to a central point so that the data can be secured and destroyed when it is deemed no longer needed – you should retain the information for at least 21 days for it to be useful.
Visitors to site	During the restrictions to the workplace of employees, visitors coming to your site should be avoided where possible. It is import though to ensure that repairs and maintenance are carried out and this is a typical unavoidable case where you will have a visitor.	<p>What must you do?</p> <ul style="list-style-type: none"> • Get contact details for visitors and keep them secure but not in a visitor's book. • Record who they are visiting, the reason for the visit and where they are going. • Be sure to log when they leave site as well as when they arrive. • Handle the data in the same way you will for other attendance records.
Review	Ensure that all policies are reviewed regularly (at least weekly) and particularly in light of changes to government guidance, lessons	Review policies regularly

	learned and any other examples of best practice elsewhere.	
Club preparation	<p>Each club must only return to training when they have the appropriate measures in place as layout in - British Weight Lifting COVID-19 Guide for Clubs - considerations to make before returning to training document</p> <p>and in accordance with the Welsh Government guidance - Sport, recreation and leisure: guidance for a phased return.</p> <p>Social distancing principles must be adhered to at all times whilst people are gathered for the organised activity.</p>	<p>Facility Guidance</p> <p>Before opening:</p> <ul style="list-style-type: none"> • Opening your club is at the discretion and consent of the facility owner, provider or contractor. <p>The Club Committee (Head Coach, Welfare Officer and Secretary) has completed all relevant plans, procedures and risk assessment – updated for Covid-19, in accordance with the Welsh Government guidance - Sport, recreation and leisure: guidance for a phased return.</p> <ul style="list-style-type: none"> • All risk assessments are up-to-date and have Covid-19 considerations added and mitigated. <p><u>o Not performing an RA or putting the said strategies into action is a breach of health and safety law and can result in serious fines or even imprisonment.</u></p> <ul style="list-style-type: none"> • You have clarified with your insurance company around the re-opening of your club. • Deep cleans have taken place throughout the facility and of all its equipment. • All coaches, volunteers and members have been fully briefed • Appropriate Public Health Wales (PHW) or equivalent posters should be on display, throughout the facility, informing customers and staff of social distancing, hand-washing and any other cleanliness/hygiene protocols. • Sanitiser stations and hand wipes should be in place around the facility, especially in high contact areas for staff and members to access easily.

		<ul style="list-style-type: none"> • A facility must ensure their maximum capacity is no more than 30 people per room as long as the space is large enough to accommodate a maximum of 30 whilst adhering to the 2m social distance regulation. • UK Active's guidance for gyms calculates that there should be one person per 9m². • Designated socially distanced areas should be marked out throughout the premises using floor markings ensuring at least 2m can always be maintained between individuals. Where feasible it is recommended to introduce a one-way system for entry and exit to facilities and movement around equipment and platforms. • An appropriate booking system should be implemented to reserve time slots in advance, in order to ensure no more than the maximum number of individuals are in the facility during any time period. • Consider taking online or card payments only to minimise cash handling. • A time buffer should be built in between sessions to enable social distancing and adequate cleaning, aligned with Government guidelines. • If possible, separate entrance/exit systems should be implemented in order to maintain 2m social distancing. An external queuing system should also be implemented in order to control numbers into the facility at any one time. • Communicate with your members clearly and regularly, making them aware in advance of the measures you are putting in place at your venue, and guidelines they are asked to follow. • Consider additional steps to be implemented for any clientele aged over 70 or with underlying health conditions or if individuals have recovered from the virus. • All individuals on each occasion when they visit the club should sign a self-declaration form, stating they are healthy and fit and declare any underlying/previous illnesses. • Spectating should be actively discouraged and is not permitted. Where attendance of a parent/guardian (non-participant) or a carer for a disabled athlete is required, it should be limited to one per athlete where possible, with social distancing strictly observed while watching the sessions (consider marking out specific boxes/areas for this purpose).
--	--	---

		<p>Health, Safety and Hygiene</p> <ul style="list-style-type: none"> • It is important to state from the outset that social distancing and thorough, frequent hand washing remains the best health protection and defence against cross contamination. • Rigorous cleaning procedures should be designed and implemented upon opening. • Clean all common touchpoint surfaces (gates, door handles, handrails etc) regularly, wearing disposable gloves and face coverings. • Cleaning of all contact gym equipment after each session should be implemented including high risk contamination equipment such as Barbell, Weight Discs and Collars. Gloves should be worn whilst disinfecting equipment in order to minimise contact between skin and cleaning chemicals. • The use of chalk bins is not advised due to the risk of contamination. • Gloves are not mandatory but the requirement to regularly wash your hands should be encouraged. • Extra care/signposting will be provided to maintain social distancing when in changing rooms or toilets. Appropriate cleaning materials should be available for customers to use for touch points after each use. • Clubs should commit to the wellbeing of their staff and customers, and if they show/have any signs of COVID-19 (temperature, new persistent cough, loss of smell and difficulty breathing), they will be sent home to follow Government regulations. • If there is a COVID-19 case in the facility, the operator should follow the PH Guidance: COVID-19: Cleaning in non-healthcare settings while cleaning all areas of the facility. <p>https://www.gov.uk/government/publications/covid-19-decontamination-in-non-healthcare-settings/covid-19-decontamination-in-non-healthcare-settings</p>
--	--	--

		<ul style="list-style-type: none"> • If anyone is sent home if they are unwell and showing any symptoms, the individual should follow Government advice. <p>https://gov.wales/test-trace-protect.html</p> <ul style="list-style-type: none"> • Although there may be heightened concerns around first aid, this should continue in line with the facility's risk assessment, with the below aspects to be used when needed: <ul style="list-style-type: none"> • - Gloves • - Resus masks for emergency first aid to be provided to all first aiders • - Face masks for general first aid. • The Resuscitation Council UK has provided specific guidance on CPR delivery. <p>https://www.resus.org.uk/media/statements/resuscitation-council-uk-statements-on-covid-19-coronavirus-cpr-and-resuscitation/covid-community/</p> <ul style="list-style-type: none"> • You should follow the government guidance on appropriate PPE usage. The following documents should be consulted. <p>-Recommended PPE usage:</p> <p>https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/878750/T2_poster_Recommended_PPE_for_primary_outpatient_community_and_social_care_by_setting.pdf</p> <p>-COVID-19: Personal protective equipment use for non-aerosol generating procedures:</p> <p>https://www.gov.uk/government/publications/covid-19-personal-protective-equipment-use-for-non-aerosol-generating-procedures</p>
--	--	--

<p>Test, Trace, Protect</p> <p>And</p> <p>Taking bookings</p>	<p>Clubs, coaches and activity organisers must be aware of the Welsh Government's Test, Trace, Protect strategy and of their organisation's requirements to comply with that strategy, as well as the associated GDPR implications of retaining and making available people's personal information as needed. Activity organisers should support Test, Trace, Protect by collecting information on participants at training.</p>	<p>Each club must have in place an appropriate booking system to reserve time slots in advance, in order to ensure no more than the maximum number of individuals are in the facility during any time period.</p> <p>Consider mandating contactless or at least card payment, to avoid handling cash.</p> <p>Implementing an appropriate and thorough record-keeping system will support the Welsh Government's Test, Trace, Protect strategy in terms of coaches on duty at the club, and individuals training to ensure they can be traced, contacted, advised to self-isolate and tested accordingly for Coronavirus in the event of them having used the facilities, or been working at the venue, at the same time as an individual, or staff member, who has since tested positive for Coronavirus.</p> <p>https://gov.wales/test-trace-protect.html</p> <p>When taking bookings clubs will need to ensure that members are duly advised (verbally by phone, or via a website or on-line booking system) of the need and reasons under GDPR rules for their personal information to be retained, and the duration required, to support the Welsh Government's Test, Trace, Protect strategy.</p> <p>What must you do?</p> <ul style="list-style-type: none"> • Ensure that regular participants' (club members etc.) contact details are up to date and that they include a current telephone number. • Permitted events must be <i>organised</i>, so get bookings for the session. This will mean you can get contact details for the booking and will help ensure that sessions are not oversubscribed by limiting available slots. Remember to take the number of staff away from the session limit • Don't mention consent to pass details to the TTPS. • It is a decision of the NGB or club if they wish to advise participants that their details will be passed to the TTPS in the event of a Covid incident. You will need to balance
---	--	--

		<p>whether this will cause fear and put people off or instil confidence. You do not need to advise participants under the data protection law that allows you to pass their details without consent.</p> <ul style="list-style-type: none"> • Be sure that guardians have permitted their charges to attend any session where this is appropriate and that you have the guardians contact information. You will not need the child's contact details if you have the guardian's. • Ensure that a register of who attends is kept by staff in attendance. • Ensure the register is retained and kept secure for as long as you deem necessary – this must be at least 21 days to be of use. We would recommend that you keep this data for no less than 6 months. You should seek guidance from your insurers on this.
Mitigating risks	<p>Indoor Weightlifting may recommence only if the following criteria are met in full:</p> <ul style="list-style-type: none"> • Activities should only be resumed where Welsh Government guidelines on social distancing can be followed. • All activity should be consistent with the Welsh Government's guidance regarding health, social distancing and hygiene. • Under current circumstances that means participants and others must be able to maintain a safe two metre distance, that good hygiene practices are in place, that equipment is disinfected regularly, and that it is clear that anyone who is symptomatic - or suspects they may have been exposed to the virus - does not take part. They should immediately self-isolate (as well 	<p>Clubs must take responsible steps to reduce risks referring to the WW and WG documentation</p> <p>Training Guidance</p> <p>Training Area</p> <ul style="list-style-type: none"> • Activities in the training environment which require close personal contact must be avoided. • As stated above designated socially distance training areas should be marked out ensuring at least 2m can always be maintained between individuals. • Consider implementing coaching areas which allows coaches to instruct while maintaining social distancing rules. • Lifters should avoid sharing a bar or weights and this equipment should be thoroughly cleaned after each use or between different users working with them. • Prior to a session starting, all equipment should be thoroughly cleaned before use using appropriate cleaning materials. • At the completion of each session all used equipment will be thoroughly cleaned using appropriate cleaning materials. Having a gap between sessions will allow this cleaning to take place.

	<p>as their household), follow the Welsh Government's self-isolation guidelines, and apply for a Coronavirus test.</p> <ul style="list-style-type: none"> • Self-isolation: explanatory diagram • Symptoms and self-isolation for contact tracing • A facility must ensure they have calculated their maximum capacity based on the size of the facility. UK Active's guidance for gyms calculates that there should be one person per 9m² . • This guidance is fully implemented by the relevant club; • That the club creates an action plan and risk assessment, with activity taking place under Weightlifting Wales oversight and following its advice laid out in the Weightlifting Wales return to play guidance for clubs and this document • Face coverings will be required in all indoor public places, for both customers and staff working in those indoor public areas https://gov.wales/face-coverings-guidance-public 	<ul style="list-style-type: none"> • All platforms should be disinfected and allowed time to dry between sessions. <p>Coaching Guidance</p> <ul style="list-style-type: none"> • Encourage coaches to check all guidance that has been published, especially concerning social distancing and hygiene and any athlete specific guidance. • Be aware guidance can change quickly and more restrictive rules may be applied in the future, so please refer to Government guidance documents and the British Weight Lifting website regularly. • A return to training screening questionnaire should be completed by all coaches in order for them to be cleared as suitable to return. At every visit to the facility, coaches should sign a self-declaration stating they are fit and healthy with no symptoms of the virus. • The approach to coaching will be socially distanced communication, delivering cues, verbal corrections, and encouragement. There should be no physical contact and breaking of the 2m social distancing perimeter unless it is an emergency. • Face coverings and gloves are not mandatory for coaches to wear during a session. However, any shouting from coaches will generate droplet spread over a much larger area than normal interaction so the wearing of face coverings should be encouraged in these circumstances in order to minimise this spread. • Communicate with your athletes clearly and regularly, making them aware in advance of the measures you are putting in place at your venue, and guidelines they are asked to follow. • Spotting is to be discouraged, due to its violation of the 2m social distancing rules. • Loading the bar for athletes should be carried out carefully controlled with 2m social distancing observed and appropriate cleaning protocols implemented. <p>Athlete Guidance</p> <ul style="list-style-type: none"> • A pre-screening questionnaire should be completed by all athletes in order to be cleared as suitable to return. At every visit to the facility, athletes should sign a self-declaration stating they are fit and healthy with no symptoms of the virus.
--	---	--

		<ul style="list-style-type: none"> • Aligned with the English Institute of Sport the attitude of all involved in return to training should be, 'Get in, train and get out' – athletes should be prepared for training prior to arrival at venue (minimise use and avoid gathering in changing rooms/bathrooms etc). • It is down to the individual to take reasonable personal responsibility when taking part in physical activity. • Towels/'sweat towels' should not be taken into the training area. • Athletes should minimise and use only their own equipment including shoes, belt, wrist straps etc. • Athletes should bring their own chalk to the gym in a clear plastic bag with their name on it and this must not be shared with anyone else. • If using public transport, athletes should bring clean training clothing to get changed into before beginning their session and then change into clean travel clothing afterwards as this will help minimise the risk of contamination from their journey to the club and from the club back to their home environment. This is assuming that appropriate changing room facilities are available. • If travelling by car, walking or cycling athletes should arrive ready to train and change into fresh clothes before leaving.
Pre-attendance official symptom check	<p>All participants, volunteers and spectators must undergo a self-assessment for any COVID-19 symptoms. No-one should leave home to participate in sport if they, or someone they live with, is symptomatic - or suspects they may have been exposed to the virus. They should immediately self-isolate (as well as their household and extended household), follow the Welsh Government's self-isolation guidelines, and apply for a Coronavirus test.</p> <p>Self-isolation: explanatory diagram</p>	<p>Clubs will set up a self-assessment for COVID-19.</p> <p>All participants and those attending in all capacities will need to complete a self-assessment for every session, including coaches, volunteers and spectators.</p> <p>Activity organisers should ensure, upon arrival, that participants have completed a self-assessment for COVID-19 symptoms. Entry should be refused to anyone who is unable to provide assurance that they have done so and that to the best of their knowledge it is safe for them to take part.</p> <p>Participants will be made aware of any increased risk associated with taking part in activity, based on the assessment undertaken by the club. They should also be strongly advised to</p>

	Symptoms and self-isolation for contact tracing	<p>follow Welsh Government advice on how to protect yourself and others from coronavirus outside the sports setting, to reduce the risk to their fellow participants when they do attend.</p> <p>Dos and Don'ts</p> <ul style="list-style-type: none"> • DO NOT take people's temperatures! • DO NOT ask intrusive health questions • DO NOT 'diagnose' people's 'symptoms' • DO have plenty of signage at your locations about social distancing, educating on the symptoms of Covid-19 and advising on how people can get a test organised or what to do if they think they may have been infected. Don't assume everyone will have seen this information elsewhere. It never hurts to remind everyone. • DO ask staff to stay at home if they think there is a reasonable risk that they have been infected or been in contact with someone who has been infected. Tell them to report their absence in the usual way and seek help about a Covid test from the online service of NHS 111. • DO provide signs that ask people not to enter the premises if they think they may be infectious or have had contact with someone who has got Covid-19. Again, provide help information on your signs so they can get help.
--	---	--

Travel to club training	Participants to be encouraged to follow best practice for travel including minimising use of public transport and limiting car sharing. Walk or cycle if you can. People from one household and extended household can travel together in a vehicle.	Notify club members of appropriate ways to travel to training
Arrival at training venue / club	Clubs should strictly limit the time spent congregating at a venue before activity begins. Social and physical distancing measures must be applied at such times. Meet-up times should reflect this. This includes arriving changed and ready to begin the warm up, if possible, to minimise time spent waiting.	Appropriate booking system in place, social distancing measures and notifying membership
Social distancing during training	<p>All activities must adhere to social distancing</p> <p>Equipment sharing must be avoided.</p>	Refer to Mitigating risks section above

Social distancing during rest periods and after training	<p>All participants must remain socially distanced during rest periods.</p> <p>Water bottles or other refreshment containers, should in no circumstances be shared.</p> <p>After activity participants must maintain social and physical distancing for social interaction.</p>	<p>Notify club members</p>
Use of equipment	<p>Participants will be protected by non-sharing of equipment.</p> <p>Equipment must be cleaned to the appropriate standard before use. Check the latest guidance on cleaning and advice from the Welsh Government.</p>	<p>Clubs should ensure no person shares equipment through a single session. One person should use one set of equipment contained in the persons dedicated working / training area / grid of 3m x 3m.</p> <p>Refer to Mitigating risks section above for further use of equipment</p>
Coaches and volunteers	<p>Must adhere to social distancing</p>	<p>Refer to Mitigating risks section above</p>
Injury treatment	<p>Injuries during training should still be treated as participant wellbeing is utmost. The best way to protect yourself and others is through rigorous cleaning, personal hygiene and regular hand hygiene. An increased frequency of cleaning and disinfection of all surfaces and equipment, using standard household cleaning and disinfection products, is recommended. Face</p>	<p>Good practice ensures at least one first aid coach or volunteer present during training sessions.</p> <p>Refer to Mitigating risks section above</p>

	<p>coverings are also advisable when undertaking treatment.</p> <p>After contact with an injured participant, clean your hands thoroughly with soap and water or alcohol hand sanitiser at the earliest opportunity. This advice is applicable to all situations, regardless of whether there was close contact or the minimum 2 metre social distancing was maintained. Avoid touching your mouth, eyes and nose.</p> <p>Physios or their equivalent, should keep a record of each participant they have come into contact with for track and trace purposes.</p>	
Spectators	<p>Spectators should be limited at this stage to only those persons who need to attend, e.g. parents or guardians of children who require their attendance for health or safeguarding reasons. All spectators are to remain socially and physically distanced from each other and from the area of training whilst attending sessions, including accessing and leaving the venue, use of any facilities and whilst watching.</p> <p>Anyone in the area of training, or closer to it than social distancing rules would permit, will count towards the total number people</p>	<p style="text-align: center;">Notify parents and guardians</p> <p>What must you do?</p> <ul style="list-style-type: none"> • Ensure that non-participants are on the register of attendees even if they are not actively participating. • Make a note of the reason they are in attendance (e.g. a carer) and note who they have accompanied. • Do not refuse to admit them with the person they are accompanying – this could be discrimination under the Equality Act 2010. • Any guardian who is active in the session, for example the session is for very small children, should be treated as a participant.

	considered to the gathered for the organised activity.	<ul style="list-style-type: none"> Ensure the booking for the session allows a prospective attendee to book on a carer/support worker.
Facility usage	For sports reliant on third party owned or managed facilities adherence to these guidelines should be worked out collaboratively between club and facility. Facilities operators should refer to guidance for sports, clubs and facilities , which includes principles to prepare for a safe return to training and play, and the safe management of indoor and outdoor facilities.	Contact and work with facility provider
Movement on site	<p>All venues must have entry and exit and parking arrangements to venues that ensures social distancing can be maintained and that allow for the 2m physical distancing rules to be implemented at all times.</p> <p>Venues must display the appropriate signage to facilitate at all points throughout the facility and car park.</p> <p>Venues will implement traffic flow systems where possible and appropriate.</p> <p>Venues will outline physically distanced areas for members, coaches and spectators.</p>	Ensure all areas inclusive of carpark, facility and training areas maintain social distancing.

	Venues will ensure that all accessible provision within the site and the facility are available.	
Changing rooms and showers	Where possible, members must arrive changed and shower at home. Exceptions may be made where safety and safeguarding measures require their use. E.g. supporting disability athletes, a child needs a change of clothing etc. This should be considered when planning the activity to ensure all reasonable steps are taken to minimise risk.	Where a member needs to access the changing facility for an exceptional circumstance, ensure social distancing measures are maintained and cleaning protocols in place
Toilets	<p>Toilets will need to be opened for training periods.</p> <p>Toilets should be cleaned regularly in line with Welsh Government guidance for sports, clubs and facilities.</p> <p>Toilet capacity should be managed via entry and exit and to allow for the 2m physical distancing to be maintained.</p>	Where a member needs use of toilets, ensure social distancing measures are maintained and cleaning measures are in place with Welsh Government guidance

Useful links

Social and physical distancing

<https://gov.wales/coronavirus-social-distancing-guidance>

Self-isolation

<https://gov.wales/self-isolation-stay-home-guidance-households-possible-coronavirus>

Symptoms

<https://gov.wales/self-isolation-stay-home-guidance-households-possible-coronavirus#section-38123>

Test, Trace, Protect

<https://gov.wales/test-trace-protect-coronavirus>

Apply for a test

<https://gov.wales/apply-coronavirus-test>

Shielding

<https://gov.wales/guidance-shielding-and-protecting-people-defined-medical-grounds-extremely-vulnerable-coronavirus-0>

At risk people

<https://gov.wales/people-increased-risk-coronavirus>

Extended households

<https://gov.wales/guidance-extended-households-coronavirus>

Cleaning

<https://www.gov.uk/government/publications/covid-19-decontamination-in-non-healthcare-settings>

HSE guidance (including cleaning, risk assessment etc.)

<https://www.hse.gov.uk/coronavirus/working-safely/index.htm>

Reasonable measures

<https://gov.wales/taking-all-reasonable-measures-minimise-risk-exposure-coronavirus-workplaces- and-premises-open>

Masks

<https://gov.wales/face-coverings-frequently-asked-questions>