

Action Plan for clubs

Outdoor Weightlifting activities



Action Plan

Outdoor Weightlifting activities

<p>Importance of a safe return</p>	<p>Weightlifting Wales recognises the vital role academies and clubs play in ensuring physical and mental health. The return of outdoor organised activity, is an exciting moment for the many members to gain the multiple physical, mental and social benefits of sport.</p> <p>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.</p> <p>It should be remembered that Covid-19 can be transmitted not just through close proximity, but also through touching surfaces. Both are relevant outside too, as participants congregate, prepare, and socialise. Equal attention must therefore be paid to this full range of risks.</p>
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Weightlifting operating outdoors – Guidance for clubs

		Club action
Club preparation	<p>Each club must only return to training when they have the appropriate measures in place as layout in the Weightlifting Wales return to play guidance for clubs and in accordance with the Welsh Government guidance - Sport, recreation and leisure: guidance for a phased return.</p> <p>All clubs must develop a COVID-19 plan and risk assessment prior to activity. Preparation should include those in charge of the session taking part in specific training, as necessary, and participants being asked to consider if their underlying health, may caution against participation. Please refer to Welsh Government guidance for sports, clubs and facilities, for more information to help you prepare.</p> <p>Social distancing principles must be adhered to at all times whilst people are gathered for the organised outdoor 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. • The Club Committee (Head Coach, Welfare Officer and Secretary) has completed all relevant plans, procedures and risk assessment – updated for Covid-19, in line with Government advice. • All risk assessments are up-to-date and have Covid-19 considerations added and mitigated. • 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 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 should be in place around the facility, especially in high contact areas for staff and members to access easily. • 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 100 squared foot. For example a 3mx3m training area. For outdoor training the activity consists of no more than 30 persons. • Designated socially distanced areas should be marked out throughout the premises indoor and outdoor using floor markings ensuring at least 2m can always be maintained between individuals. • 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 and to record Test Trace and Protect.

		<ul style="list-style-type: none"> • 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 who 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. 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 need to be in place 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.
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Test, Trace, Protect	<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, to record attendance and contact details for Test, Trace, Protect.</p>
Mitigating risks	<p>This document is designed to minimise the transmission risk whilst taking part in outdoor Weightlifting activities and enable participants to make an informed decision about their own risk.</p> <p>Organised outdoor activities may recommence only if the following criteria are met in full:</p> <ul style="list-style-type: none"> • The activity consists of no more than 30 persons; • 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 <p>* These requirements (i.e., to implement this guidance appropriately) apply equally to any organised outdoor activity outside the direct</p>	<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 not share a bar or weights and this equipment should be thoroughly cleaned after each use. • 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. • All platforms should be disinfected and allowed time to dry between sessions.

oversight of a sport NGB – e.g., an activity organised by a business, a public body, a charitable, benevolent or philanthropic institution, or a club or political organisation. In these situations the organising body is responsible for implementing this guidance. The section, ‘[Guidance for sports, clubs and facilities](#)’ provides more information on the preparations required.

Coaching Guidance

- 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 Weightlifting Wales 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.

Athlete Guidance

- 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.
- 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).
- 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.

		<ul style="list-style-type: none"> • Athletes should 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 Symptoms and self-isolation for contact tracing</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. Anyone refused entry</p>	<p style="text-align: center;">Clubs will set up a self-assessment for COVID-19.</p> <p style="text-align: center;">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>on this basis must be instructed to immediately self-isolate and to follow the steps set out above.</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 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>	
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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	All activities must adhere to social distancing Equipment sharing must be avoided.	Refer to Mitigating risks section above
Social distancing during rest periods and after training	All participants must remain socially distanced during rest periods. Water bottles or other refreshment containers, should in no circumstances be shared. After activity participants must maintain social and physical distancing for social interaction.	Notify club members
		Clubs should ensure no person shares equipment through a single session.

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>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 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>	<p>Good practice ensures at least one first aid coach or volunteer present during training sessions.</p> <p>Where facilities remain closed, exceptions must be made for essential activity such as provision of first-aid or access to essential equipment.</p> <p>Refer to Mitigating risks section above</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 considered to be gathered for the organised outdoor activity, where a limit of no more than 30 persons applies.</p>	Notify parents and guardians
Facility usage	<p>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 our 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.</p>	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>	Ensure all areas inclusive of carpark, facility and training areas maintain social distancing.

	<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> <p>Venues will ensure that all accessible provision within the site and the facility are available.</p>	
Changing rooms and showers	<p>Where possible, members must arrive changed and shower at home. Use of changing and shower facilities is not allowed at this stage. 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.</p>	<p>Where a member needs to access the facility for an exceptional circumstance, ensure social distancing measures are maintained and cleaning protocols in place</p>
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>	<p>Where a member needs to access the facility for use of toilets, ensure social distancing measures are maintained and cleaning measures are in place with Welsh Government guidance</p>

Hygiene	Participants will be encouraged to refrain from spitting or rinsing out their mouths on or around the training area.	Coaches should intervene when and where required if the situation occurs
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Key pieces of Welsh Government guidance

- **Unlocking our society and economy: continuing the conversation**
- **Leading Wales out of the coronavirus pandemic – a framework for recovery**
- **Coronavirus regulations: frequently asked questions**
- **Coronavirus (Covid-19): employers and businesses guidance**
- **Coronavirus and personal protective equipment (PPE)**
- **Coronavirus social distancing guidance**
- **Coronavirus: Leaving home to exercise: guidance**
- **Face coverings: frequently asked questions**
- **Self-isolation: stay at home guidance for households with possible coronavirus**
- **Taking all reasonable measures to maintain physical distancing in the workplace**
- **Taking all reasonable measures to maintain physical distancing in the workplace – supplementary guidance**
- **Travelling safely (coronavirus): guidance for the public**
- **Shielding and protecting people defined on medical grounds as extremely vulnerable from coronavirus**
- **Test, Trace, Protect protocols**
- **Test, Trace, Protect guidance for employers**