

# COVID-19 PROTECTIVE MEASURES

Weightlifting Wales advises **all** who attend events in Wales to:

- Complete a lateral flow test 2 days before you attend
- Do not attend if you are symptomatic, have tested positive or identified by TTP as a close contact
- Complete our online Covid self-assessment before attending: [CLICK HERE](#)
- Wash your hands regularly
- Sanitise your hands regularly
- Wear a face covering if aged 11 and over, unless exempt
- Follow the guidance on the day given for warming-up and competing
- Bring your own chalk

**WE ENCOURAGE YOU TO SOCIAL DISTANCE**  
All attending include lifters, coaches, TO's and spectators