

Weightlifting Wales Updated Covid-19 Guidance – 7 August 2021

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1. Latest Government guidance for Wales – Alert level 0 (7 August 2021)

From Saturday 7 August 2021

Complete the move to alert level 0:

- remove legal restrictions on the number of people who can meet indoors, including in private homes, public places or at events
- all businesses and premises can open, including nightclubs
- people should still work from home wherever possible
- face coverings will remain a legal requirement indoors, with the exception of hospitality premises. This will be kept under review.
- fully vaccinated adults, under 18s and vaccine trial participants will not need to self-isolate if they are in a close contact of someone with coronavirus.

Alert level 0: Summary

At Alert Level Zero, from 7 August 2021, there are no legal limits on the number of people who can meet, including in private homes, public places or at events. In addition all businesses and premises may be open.

However, we have not yet reached a position where we can remove all protections and – in line with the [latest scientific and public health advice](#) – we are keeping some key rules in place in law. In these respects collective responsibility is needed rather than personal choice.

1. Businesses, employers and other organisations must continue to undertake a specific coronavirus risk assessment and take reasonable measures to minimise exposure to, and the spread of, coronavirus.
2. Everyone must continue to [self-isolate](#) for 10 days if they test positive for COVID-19. If you are a close contact of someone who has tested positive and you are aged 18 or over and not fully vaccinated, you must also self-isolate for 10 days.
3. Adults and children over 12 must continue to wear [face-coverings](#) in indoor public places, with the exception of hospitality settings such as restaurants, pubs, cafes or nightclubs.

Legal requirement on businesses, workplaces, public places and event organisers

Regulation 16 of the **Health Protection (Coronavirus Restrictions) (No. 5) (Wales) Regulations 2020** imposes obligations on people responsible for premises that are open to the public or where work takes place:

- to minimise the risk of exposure to coronavirus on the premises, and
- to minimise the risk of spread of coronavirus by those who have been on the premises.

This is to be achieved by taking the following steps, which are based on the “hierarchy of controls” principles (referred to above):

- step 1: undertake a specific assessment of the risk of exposure to coronavirus at their premises (and to consult persons working on the premises or representatives of those persons in doing so)
- step 2: provide information to those entering or working at the premises about how to minimise the risk of exposure to coronavirus. This includes, in particular, information to all those working on the premises about their risk of exposure to coronavirus identified in the risk assessment and the measures to be taken to minimise this risk
- step 3: ensure that reasonable measures are taken to minimise risk of exposure to the virus on the premises

Welsh Government guidance

<https://gov.wales/coronavirus-law>

<https://gov.wales/alert-level-0>

<https://gov.wales/alert-level-0-summary>

<https://gov.wales/alert-level-0-frequently-asked-questions>

<https://gov.wales/alert-level-0-guidance-public>

<https://gov.wales/alert-level-0-guidance-employers-businesses-and-organisations>

<https://gov.wales/reasonable-measures-action-cards-businesses-and-organisations-coronavirus>

<https://gov.wales/reasonable-measures-minimise-risk-coronavirus-workplaces-and-open-premises-guidance-enforcement>

<https://gov.wales/public-premises-and-workplace-covid-19-risk-assessment>

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

<https://www.hse.gov.uk/simple-health-safety/risk/index.htm>

2. UK Active guidance

<https://www.ukactive.com/wp-content/uploads/2018/05/Guidance-for-moving-to-Level-0-in-Wales-from-7th-August.pdf>

3. Weightlifting Wales NGB recommendations for Wales

To minimise the risk of exposure to coronavirus on the premises, and minimise the risk of spread of coronavirus by those who have been on the premises, Weightlifting Wales would recommend maintaining the following mitigations to keep staff and members safe:

- Undertake a specific assessment of the risk of exposure to coronavirus at the premises. (and to consult persons working on the premises or representatives of those persons in doing so). This should consider the points identified by the Welsh Government's and UK Active's guidance.
- Provide information to those entering or working at the premises about how to minimise the risk of exposure to coronavirus. This includes, in particular, information to all those working on the premises about their risk of exposure to coronavirus identified in the risk assessment and the measures to be taken to minimise this risk.
- Ensure that reasonable measures are taken to minimise risk of exposure to the virus on the premises, such as but not an exhaustive list:-
 - Do not admit members who have suspected or confirmed COVID-19 or if they have been asked to self-isolate by NHS Test and Trace
 - Informing staff that anyone who is symptomatic, has tested positive, is awaiting a test result or has been asked to self-isolate must not enter the premises.
 - Clubs are advised to continue displaying QR codes for members wishing to check in using the NHS COVID-19 app.
 - To continue collecting customer contact details to support [NHS Wales Test, Trace, Protect](#).
 - Face coverings remain mandatory and members should be reminded to use a face covering before/after their sporting activity and in crowded indoor areas, but you don't have to wear one during exercise.

- Prevent crowding by limiting numbers or controlling movement of people so that where possible members can safely distance themselves from others.
- Limit your capacity by reducing and monitoring the number of people who may be inside your premises at any one time.
- Continue with the hygiene and cleaning regimes you have established during the pandemic - cleaning surfaces (especially high touch points) that people touch/share regularly.
- Avoid sharing equipment, if equipment is shared then regular cleaning protocols should be implemented in between use.
- Equipment no longer needs to be spaced 2m apart, please risk assess and check with manufactures (if needed) for recommended space between equipment.
- Do not allow any shared use of water bottles, chalk etc...
- Provide hand sanitiser and encourage staff and members to sanitise and wash their hands frequently.
- Keep spaces well ventilated by opening doors and windows. Identify poorly-ventilated areas in the venue and take steps to improve air flow.
- Manage use of changing rooms by encouraging physical distance to ensure that members feel assured of their safety. Using markings to avoid the creation of bottlenecks or adopting a one-in one-out process. Limiting numbers.
- Make sure that you inform staff and customers how to visit your facility safely and ensure they are kept up to date with any changes that may be made.
- Communicate regularly, consistently and clearly with your members and volunteers so they are aware of the guidance and expectations when visiting your club/facility.
- If you are cleaning after a known or suspected case of COVID-19, follow the measures set out in the [guidance for cleaning in non-healthcare settings](#).

Across all the restrictions please be mindful of both staff and members as some people may not be as comfortable with the lifting of restrictions as other people.

Please make sure you follow all other [Welsh Government Covid secure](#) guidance