



World Para Powerlifting

Safe Return to Para Powerlifting Guidelines

Version 1.0

Introduction

These guidelines have been developed to assist NPCs, NFs and athletes in considering their conduct and to help ensure a safe return to the sport of Para powerlifting. They provide a list of key principles to observe in order to reduce the likelihood of spreading the COVID-19 virus upon resumption of Para powerlifting activities. They are not intended to apply as a reference guide for LOCs in hosting Para powerlifting events.

First and foremost, all individuals involved in Para powerlifting activities should adhere to any guidance, rules and regulations produced by your national and local governments and to the health regulations in place in your country and local area. You should not return to any Para powerlifting activities until it is considered safe to do so on the basis of the advice provided by these authorities.

Before the start of any sporting activity you should consider your own individual health situation and environment. Individuals should not return to sport if in the past 14 days they have been unwell, displayed any symptoms associated with COVID-19 or had contact with someone with a known or suspected case of COVID-19.

These guidelines are for general information purposes only and should not be relied upon as a form of medical or legal advice. Like any activities, there are some inherent risks involved and by participating in Para powerlifting activities you are accepting those risks. In resuming Para powerlifting activities you do so at your own risk and in no way is the IPC or WPPO liable in connection with your use of these guidelines

Key Principles

Self-behaviour

- ✓ Apply personal hygiene measures (even when training away from group facilities);
- ✓ Wash or sanitize your hands thoroughly (minimum 20 seconds) before and after practice;
- ✓ Avoid at all times touching your eyes, nose and mouth with your hands;
- ✓ Sneeze and/or cough into a tissue or the internal crease of the elbow;
- ✓ Be aware of which surfaces you touch;
- ✓ Keep when possible a minimum 1.5 metre distance from other people; preferably 2 metres during and after physical activity;
- ✓ Athletes or staff deemed to be at greater risk should strongly consider whether it is safe for them to participate and follow any applicable government or health authority advice specific to them.

Training facility

- ✓ Keep your personal belongings inside your bag rather than leaving it in common areas;
- ✓ Use individual chalk zip-lock bags or plastic storage containers with athlete names to store your items;
- ✓ Maintain social distancing separation between all benches and training areas;
- ✓ Use your own personal equipment (straps, belts, wraps, chalk, towel, water bottle etc.);
- ✓ When possible during training, avoid sharing bars and benches.



Key Principles

Equipment

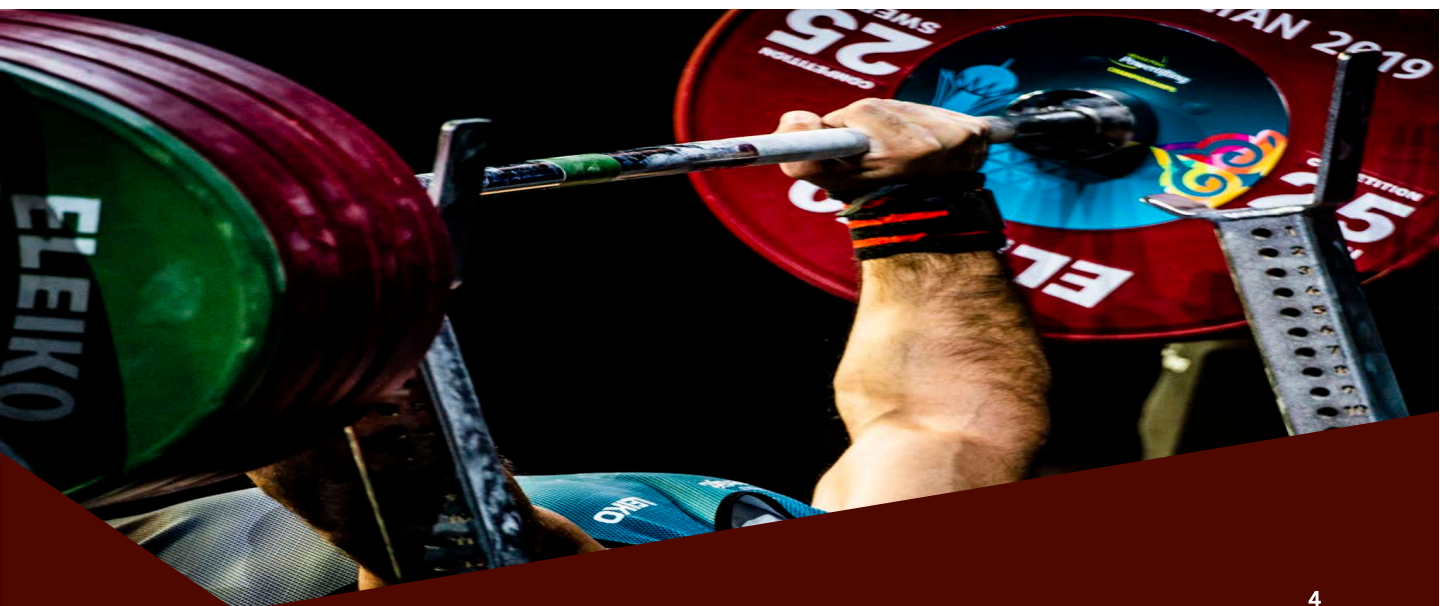
- ✓ Clean and disinfect all surfaces, such as bars, weights and benches before and after every use;
- ✓ Immediately clean any surfaces which may contain bodily fluids;
- ✓ All material used should be disinfected at the end of the training session including wheelchairs, prostheses etc.

Athletes

- ✓ Resumption of physical activity must be progressive in duration and intensity in order to readjust the body to the effort (heart, muscles, tendons) applying a gradual return to training;
- ✓ Athletes should wear masks at all times when they are not in training;
- ✓ Follow the 'Get in, train and get out' process (athletes should arrive to the training facility wearing their sports clothes, ready to train and leave quickly after practice).

Coaching

- ✓ Wear a mask during the entire training session;
- ✓ Always maintain social distancing when giving feedback and while athletes are resting;
- ✓ Implement a 15-minute buffer between participants, to ensure equipment can be cleaned;
- ✓ Organize online training sessions and use of online resources (videos) where possible.



More Resources

Further resources are also available online:

Videos

- Handwashing video demonstration: <https://www.youtube.com/watch?v=3PmVJQUCm4E&feature=youtu.be>
- Public advice: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>

Websites

- World Health Organisation: <https://www.who.int/home>
- IPC: <https://www.paralympic.org/news/information-para-athletes-and-ipc-members-covid-19>
- IOC: <https://www.olympic.org/athlete365/coronavirus/>

Credits

- Australian Institute of Sport (AIS) - <https://www.health.gov.au/sites/default/files/documents/2020/05/australian-institute-of-sport-ais-framework-for-rebooting-sport-in-a-covid-19-environment.pdf>
- COVID-19 Community Tennis Guidelines - <https://www.tennis.com.au/wp-content/uploads/2020/05/Community-Tennis-Guidelines.pdf>
- IWF Medical Committee
- USAPA - https://www.usapa.org/wp-content/uploads/2020/05/COVID-19-RETURN-TO-PLAY_USAPA.pdf
- USA Weightlifting: <https://www.teamusa.org/USA-Weightlifting/Resources/COVID19-Updates/Back-to-Lifting-Guides>
- World Rugby - <https://playerwelfare.worldrugby.org/covid-19>



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