



IBSA BACK TO COMPETITION SPORT GUIDELINES IN TIMES OF COVID-19 - POWERLIFTING

This document imposes additional obligations on everyone who is participating in an IBSA POWERLIFTING competition during COVID-19. The rules, policies and procedures identified in this document will be enforced just like any other provisions in IBSA's POWERLIFTING rules of play until such time as an effective and proven vaccine for COVID-19 is discovered and is made readily available throughout the world. Protests and appeals related to the content of this document shall be conducted in accordance with IBSA's protest and appeal procedures. Please note that this is a document which can be updated according to current changes and requirements.

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1. Introduction

This document has been developed to support the safe return to IBSA Powerlifting competition activities, in response to the COVID-19 pandemic. These guidelines are defined for all the stakeholders including athletes, team staff, officials, volunteers and other staff including spectators (if they are permitted) involved in Powerlifting competitions to prevent COVID-19 infection. These countermeasures are also intended to support event organisers and all IBSA sanctioned competitions will be operated according to these guidelines. The main objective is to reduce contact between teams, officials and other participants and use facemasks, sanitizers and disinfection as per the medical and health authority recommendations.

Sanitization of the equipment and the playing area including toilets, changing rooms, entrance and exit points will be required according to the guidelines. The LOC must also follow national regulations and inform IBSA Powerlifting at least 60 days before the start of the competition, regarding any additional requirements which need to be put in place before an IBSA sanctioned event. In addition to the 60 days notice of any local health requirements, regular communication shall be required in order that IBSA is immediately notified of any change in these regulations. This document contains both COVID-19 specific recommendations as well as general recommendations on hygiene and infection control. Once the situation changes with regards to the COVID-19 pandemic this document will be revised accordingly, the updates taking effect immediately if another time frame is not given.

It is everyone's individual responsibility to protect his or her health and the health of others by every possible means including the ones mentioned in these guidelines. IBSA assumes no liability and any damages arising as a result if any individual contracts COVID-19, even if these rules are followed precisely.

2. Preliminary Organisation Measures

Mandatory attendance register

A **Safety Officer** must be assigned by the LOC and IBSA to keep an updated register with all the people enrolled in the competition: volunteers, athletes, team support staff, etc. It should include the register of incoming day and hour, and outgoing day and hour, direct individual mobile phone contact - mandatory (and in the case of teams also the team leader mobile phone contact), areas where he/she has been, accommodation location / room number, people in the same room, guides, in order to fulfil an eventual need of an epidemiological inquiry. However, it is important to stress that athletes may not leave the hotel or go outside of the hotel apart from going to the competition venue and at all times may only use the official transportation. The forms shall be marked private and confidential and treated as personal health information under the applicable IPC International Standard related to the protection of health information. These records should be destroyed within three weeks after the event, unless there are any pending protests or appeals. In such a case, the records will be destroyed within three weeks of the protest or appeal being concluded. If there are any suspected or confirmed cases (one

person) and outbreaks (more than one person) they must be reported to the Safety Officer, LOC who will inform the country's Health Authorities immediately and the Technical Delegate as well as contacting the IBSA Executive Director henk.vanaller@ibsasport.org. All participants shall be informed as per instructions from the appropriate Health Authorities of that country. If the country where a competition is held has a Covid-19 tracing application, attendees may be required to install it on their mobile phones.

The Safety Officer is the lead of the process concerning all these safety rules in times of the COVID-19 pandemic and will make sure that all those guidelines are respected and will work closely with the transport manager, volunteers and the venue manager as well as the IBSA Technical Delegate to ensure the safety of all participants is at the forefront.

Volunteers

There should be at least three volunteers (more will be required depending on the facility size and layout and competition size) to make sure that the sanitation guidelines are adhered to by verifying that the athletes and their accompanying persons follow the rules and that all hygiene tools are in place. Non touch rubbish bins with closed lids to help contain contaminants are highly recommended. Rubbish bins should be cleaned with disinfectant, lined with a plastic liner and emptied after each half day. All sanitizers should be frequently checked and stocks replenished and they should be vigilant that all participants are using these at all times. No food or drinks may be brought in except for water personally carried in by each participant. (An exception to this rule can be made if the athlete, for example, has diabetes but a medical certificate should be produced evidencing this.) Participants may be required to bring a full water bottle if they are not able to fill it at the venue.

LOC /the venue should have their own staff for cleaning bathrooms. Taps, sink bowls, toilets to be cleaned/disinfected at least two times during each half day-session. Use disposable, one-use sanitizing tissue for each separate high-touch surface or disposable paper towels with appropriate disinfectant. A thorough cleaning of all facilities in use should be done at the end of each half-day period with disinfectants.

3. Arrival in Host Country/Hotels

Airport arrivals

It is imperative that each team attending an IBSA Powerlifting competition is fully aware of the arrival airport's regulations in relation to their country and be sure to verify any contact the LOC before they depart to check for any recent changes. COVID-19 measures frequently change within short notice and IBSA or the LOC cannot be held responsible if teams are put into quarantine or if the necessary COVID-19 tests have not been performed in advance by the team. The LOC should communicate the relevant Covid-19 protocols at the airports and hotels to all nations attending the competition to make sure that everyone is aware of their obligations.

Hotels

Each hotel will have specific hygiene and safety regulations in COVID -19 times. Participants will be notified of these requirements upon registration for the event, with updates given prior to departure, and review upon arrival. These regulations must be observed on arrival and throughout the stay of every participant. However, buffet is not recommended (both at hotels and at competition venues) because of not only crowding and queuing aspects but also because of the obvious hygiene problems of many people touching the serving spoons and dishes.

4. Transport

It is expected that the transport provided will not mix different national teams and other people and therefore LOC are obliged to provide adequate transport for arrivals of teams and throughout the competition. Each team will travel together (separate men's and women's teams from each country), technical officials shall travel as a group (unless separated into two separate groups), classifiers shall travel as a group etc. A transport manager should be appointed for the duration of the competition and work closely with the Safety Officer to make sure all regulations on the transport are adhered to:

- Hygienizing alcohol (80%) or sanitizing alcoholic gel mix should be accessible on all transport. Each person entering (upon each entry), and leaving (upon each departure) will sanitize their hands;
- Garbage receptacles with no touch lids will be provided on each transport vehicle.
- All people must stay seated with masks on at all times. (See note regarding masks in Appendix 2);
- Cough etiquette is imperative at all times. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze;
- No one who is guiding an athlete should use their bent elbow;
- Volunteers will not guide athletes; teams must provide support staff to fulfil this role.

5. Classification

Classification will take place at designated IBSA sanctioned competitions and will strictly follow the IBSA Classification Hygiene and Infection Control Guidelines in times of COVID-19. See:

<https://www.ibsasport.org/news/2041/ibsa-releases-guidelines-for-safe-sight-classification>

The IBSA Classification Hygiene and Infection Control Guidelines have been developed to support the safe return to classification activities in response to the COVID-19 pandemic.

6. Competition Venue – Field of play

Before the competition

- A thorough cleaning of the competition area should be done before and at the end of each half-day period with disinfectants;
- 2 sanitizers must be available at all entrances to the venue where volunteers will be on hand to make sure that everyone has a face mask and they use the sanitizer;
- All people have to wear facemasks inside the venue. The exception is the competitors on the field of play;
- Hand sanitizer, facemasks and disposable gloves have to be present at the official table at the entrance to the venue at all times;
- No hand shaking at any time is allowed, including at coin-toss;
- Supplies of the following must be made available by the LOC at all times during the event: facemasks; non allergic latex disposal gloves; hand sanitizers; garbage bags; paper towels; cleaning wipes; spray disinfectants;
- Follow all rules put in place by venue operators including local health regulations. This may include limited or no use of washrooms, change rooms and other areas. It may include coming to the program dressed ready to participate and departing immediately after;
- With regard to spectators in the venues or whether the attendance is restricted to only those participating in the competition and related support staff, the LOC must be guided strictly by the laws of the Local Health Authorities.

Physical distancing

- Off court and out of competition physical distancing of 2m must be vigorously sustained;
- Different pathways for athletes (before and after the game) will be created to maintain physical distancing;
- Officials and competitors should avoid closed spaces (less than 1.5 meters between each person);
- Warm up area to be restricted to maintain physical distancing between athletes. Only the required athletes will be allowed in the warmup or competition area. This means only those who are listed on the competition sheet;
- Do not celebrate by hugging and or touching team members etc.
- Try to avoid grouping at time outs or breaks.

During the competition

- The referees must always wear a face mask;
- The coach or guide must always wear a face mask;
- An adequate supply of floor wipes using disinfectant during the game must be supplied and sweat droplets should be cleaned immediately if they appear on the competition area (wipes, mop);

After the competition

- When the competition is finished the coach and referee must immediately leave the field of play; players have to put on their face masks and leave the field of play;
- air ventilation and disinfection after each game (doors should be open – preferably to the outdoors);

Medical assistance

- Medical personnel will take up a position outside the playing area in a marked-out area with PPE: face mask (medical (N95) quality), gloves, eye protection, and apron, already applied ready to respond to an incident. If appropriate, the mask to be applied to the patient too;
- Facemasks (medical (N95) quality masks) must be worn when delivering first aid or medical support. However, the recommendation is that First Aid, where possible, be applied by the patient themselves through verbal instruction and physical distancing;

7. Anti-Doping

Anti-doping procedures will be conducted according to the most recent COVID-19 protocols:

<https://www.wada-ama.org/en/resources/doping-control-process/COVID-19-ado-guidance-for-resuming-testing>

8. Medal Ceremonies

Medal ceremonies cannot be carried out as normal due to the proximity of medal and gift presenters to athletes during the awarding.

Presenters

Only one person will present the medals and the gifts, and this must be the same person for each medal and medal event taking place on one day.

Medal presenters must wear masks and gloves during the presentation. They may step aside at the end of the ceremonies only.

Medals will be presented to all medallists on trays or cushions by one person only. Each winner will come up separately or be separated to decrease amount of time the presenter is close to others. This is to avoid presenters coming into close contact with athletes, and to minimise the number of people present during the presentation. However, if the medal presenter is blind and requires a guide which frequently happens in IBSA sports, an exception should be made.

Ceremony – medals

There will be three trays only: one set of bronze, silver, gold medals for each team

1. Presenter moves across the podium towards the relevant team and stands in front of them.
2. Presenter moves tray or cushion towards the athlete.
3. If there are medals for teams, the team leader should pick up all medals for the team.
4. Presenter moves to the side of the podium for the national anthem;
5. Athletes and presenter remain in place for photos (athletes remain in their podium spots, no joining with other countries or competitors);
6. Athletes and presenter depart the podium in separate directions.

APPENDIX 1 - COVID -19 Symptoms

Watch for symptoms of COVID-19 that can appear up to 14 days after being exposed to the virus. The symptoms of COVID-19 are similar to other respiratory illnesses including the flu and common cold. The most common [symptoms of COVID-19](#) include:

- Fever*
- Chills
- Cough or worsening of chronic cough
- Shortness of breath
- Sore throat
- Runny nose
- Loss of sense of smell or taste
- Headache
- Fatigue
- Diarrhea
- Loss of appetite
- Nausea and vomiting
- Muscle aches

While less common, symptoms can also include:

- Stuffy nose
- Conjunctivitis (pink eye)
- Dizziness, confusion
- Abdominal pain
- Skin rashes or discoloration of fingers or toes.

*Average normal body temperature taken orally is about 37°C.

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/question-and-answers-hub/q-a-detail/q-a-coronaviruses>

Appendix 2. Hygiene and Infection Control Recommendations

a. *Physical distancing*

Maintain a physical distance (a minimum of 2 metres or a greater distance if stipulated by the national health authority) from other individuals.

<https://www.who.int/westernpacific/emergencies/COVID-19/information/physical-distancing>

b. *Hand washing*

Performing hand hygiene frequently with an alcohol-based (80% v/v for ethanol or 75% v/v for isopropyl) hand rub and if your hands are not visibly dirty or with soap and water if hands are dirty; provide clear instructions to participants on hand washing, specifically when participants and athletes should wash their hands.

c. *Hand hygiene:*

https://www.who.int/infection-prevention/campaigns/clean-hands/WHO_HH-Community-Campaign_finalv3.pdf?ua=1
https://www.who.int/gpsc/clean_hands_protection/en/
<https://www.who.int/infection-prevention/tools/hand-hygiene/en/>

d. *Hand sanitisers:*

https://www.who.int/gpsc/5may/Guide_to_Local_Production.pdf?ua=1

It is permissible for participants to use their own hand sanitisers because of allergy issues.

e. *Non-latex gloves*

Gloves are not a substitute for hand hygiene. Gloves that are removed should not be put back on. It is also recommended that guides should wear gloves when accompanying the athlete.

How to safely remove gloves:

<https://www.globus.co.uk/how-to-safely-remove-disposable-gloves>.

f. *Face masks*

Masks must be worn by all participants in the competitions apart from the players when they are on the court participating in a match. For an accompanying person and/or translator a non-medical face mask can be considered (i.e., something constructed to completely cover the nose and mouth, without gaps, and secured to the head by ties or ear loops). Therefore, provide clear instructions on how to safely put them on and remove them. See WHO guidance:

<https://www.who.int/images/default-source/health-topics/coronavirus/risk-communications/general-public/protect-yourself/infographics/masks-infographic---final.tmb-1920v.png>
<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/when-and-how-to-use-masks>

g. Cough etiquette

This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately and wash your hands.

https://www.who.int/images/default-source/health-topics/coronavirus/risk-communications/general-public/protect-yourself/blue-3.png?sfvrsn=b1ef6d45_2

h. Cleaning and disinfecting surfaces

Surfaces should be cleaned with soap and water or a detergent to remove organic matter first, followed by disinfection. Use ethanol at a concentration of 70%-90%, or sodium hypochlorite (bleach) at a concentration of 0.1% (1000 ppm).

<https://www.who.int/publications-detail/cleaning-and-disinfection-of-environmental-surfaces-inthe-context-of-COVID-19>

Appendix 3

WAIVER OF LIABILITY FOR ALL CLAIMS AND RELEASE OF LIABILITY

PLEASE READ CAREFULLY BEFORE SIGNING.

Completed waivers must be returned to the LOC with registration or prior to attending any IBSA sanctioned competition.

By signing below, the participant (named below) and/or the participant's guardian who represents the participant confirms that the participant:

1. Has not travelled internationally during the last 14 days;
2. Has not visited a COVID-19 high risk area, region or location during the last 14 days;
3. Does not knowingly have COVID-19;
4. Is not experiencing known symptoms of COVID-19, such as fever, cough, or shortness of breath, and if experiences such symptoms during the Event will immediately notify and depart from the Event;
5. Has not, in the past 14 days, knowingly come into contact with someone who has COVID-19, who has known symptoms of COVID-19, or is self-quarantining after returning to their home country;
6. Will follow government recommended guidelines in respect of COVID-19, including practicing physical distancing, and will do so to the best of the Participant's ability during the Event;
7. Will follow the rules and guidelines put in place by IBSA and by the Local Organizing Committee.
8. In addition, by signing below the Participant and/or the Participant's Guardian understands, acknowledges and assumes the inherent risks in participating in this activity or event, including, but not limited to: the potential for bodily injury or illness (including contraction of COVID-19 contact or interaction with others who may have been exposed to COVID-19).

9. In consideration for allowing the Participant to participate in the Event, the Participant and/or the Participant’s Guardian:

(a) releases, discharges and forever holds harmless the Local Organization from any and all liability for damages or loss arising as a result of the risks of participation in or in connection with the Event;

(b) waives any right to sue IBSA and/or the Local Organizing Committee in respect of all causes of action (including for injuries or illness caused by their own negligence), claims, demands, damages or losses of any kind that may arise as a result of the risks of participation in or in connection with the Event, including without limitation the right to make a third party claim against IBSA and the LOC including individuals participating in delivering the competition for IBSA/LOC;

(c) freely assumes all risks associated with the risks, anything incidental to the risks, which may arise as a result of participation in or in connection with the Event.

YOU ARE GIVING UP LEGAL RIGHTS TO ANY AND ALL FUTURE CLAIMS AGAINST THE ORGANIZATION.

I confirm that I have read and fully understand this waiver and release of liability. I sign this waiver and release of liability voluntarily without any inducement, assurance, or warranty being made to me.

Print Name: _____

Date of Birth: _____

Print name: _____
The “Guardian” (if Participant is a minor)

Signature: _____
Participant or Guardian for minor

Date:

This waiver will be interpreted in accordance with the laws of Germany.

Appendix 4

COVID-19 AND HEALTH DECLARATION*

Separate forms to be completed by each athlete and support personnel on arrival and each day attending this IBSA sanctioned competition.

The health and well-being of all is our highest priority. As a result of the COVID-19 outbreak, we are applying screening processes and hygiene measures to safeguard athletes, their support staff and classification personnel. As a condition of proceeding with your participation in this IBSA sanctioned event, please answer the questions below and adhere to the additional hygiene processes requested of you.

SELF-DECLARATION	YES/NO
Are you presenting with any of the following symptoms relating to COVID-19? <ul style="list-style-type: none"> • Fever • Cough • Shortness of Breath • 	
Have you in the past 14 days been in contact with someone diagnosed with coronavirus to your knowledge?	

If you respond 'YES' to any of these questions, then as a precautionary measure, you will be unable to proceed with participation at this time. We ask for your full support as we all have a shared responsibility to minimise the risk of exposure and protect our individual and collective health.

NAME

COUNTRY

IBSA MEMBER - NPC/Association

SIGNATURE

SIGNATURE OF GUARDIAN

DATE

*Self-declaration records will be used and disclosed for managing participation at an IBSA sanctioned competition during the risk period only and as required by local health regulations. Records will be kept securely and retained for a period required under our retention schedules in compliance with privacy laws and regulations. Please let us know if you have any questions or concerns and thank you for your co-operation.