



COVID Safety and Weightlifting Training

What is COVID-19?

Coronavirus disease (COVID-19) is an infectious disease caused by a newly discovered coronavirus.

Most people infected with the COVID-19 virus will experience mild to moderate respiratory illness and recover without requiring special treatment. Older people, and those with underlying medical problems like cardiovascular disease, diabetes, chronic respiratory disease, and cancer are more likely to develop serious illness.

The best way to prevent and slow down transmission is be well informed about the COVID-19 virus, the disease it causes and how it spreads. Protect yourself and others from infection by washing your hands or using an alcohol-based rub frequently and not touching your face.

The COVID-19 virus spreads primarily through droplets of saliva or discharge from the nose when an infected person coughs or sneezes, so it's important that you also practice respiratory etiquette (for example, by coughing into a flexed elbow).

At this time, there are no specific vaccines or treatments for COVID-19.

Source: World Health Organisation

COVID-19 Safety Plan for Weightlifting Clubs

The following measures must be taken to minimise the risk of COVID-19 infections spreading through Weightlifting clubs.

Venue Biosecurity

Clubs must appoint one or more COVID Safety Officers (CSO) who will be responsible for ensuring compliance with this COVID Safety Plan.

Only training athletes and their coaches are permitted to attend a training session.

CSO's will use a non-contact thermometer to check the temperature of each person and ask the following questions before permitting them to enter the gym:

- a. Have you to your knowledge recently come into contact with a person suffering from COVID-19?
- b. Have you felt unwell in the last 5 days?

If their temperature is 37.3 °C or higher, or the answer to a or b is YES, they must not enter.



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Cleaning

All areas frequented by patrons must be cleaned at least daily with detergent or disinfectant.

Areas that are frequently touched must be cleaned regularly with detergent or disinfectant. This includes tables, counter tops, door handles, taps, sinks, etc.

All training equipment including platforms, bars, discs, collars, etc. must be cleaned with disinfectant immediately after each user has finished with it.

Where bars, discs, collars, etc., are allocated to specific platforms they must not be moved to another platform. Where bars, discs, collars, etc. are stored in racks, they must be cleaned and disinfected before being returned to racks.

A cleaning kit containing disposable gloves, disinfectant, disposable wipes and a closed bin must be provided at each training platform.

Bins must be emptied at least daily. Disposable gloves must be worn when cleaning equipment and emptying bins. Hands must be washed thoroughly or sanitized with alcohol-based hand sanitizer before and after wearing disposable gloves.

Access and Social Distancing

Anyone who is feeling sick in any way must not enter the gym.

Only registered members may enter the gym. Casual “walk-ins” are not permitted. All users must sign in and sign out, recording the date, time and duration of attendance.

Only Athletes who are training, and required Coaches are permitted in the gym. No spectators, supporters, family members, etc. are permitted.

Patrons must be punctual and strictly adhere to training times.

The total number of people permitted in the gym at any time is limited to 1 person per 4 square meters.

All patrons must maintain a distance of at least 1.5m from any other person. There must be no physical contact with another person at any time.

Only one athlete per platform and barbell is permitted. Athletes must not share equipment during training. All equipment used or handled must be disinfected before anyone else uses it.

Patrons must bring only essential personal training equipment into the gym. Personal equipment should be cleaned daily and must not be shared. Personal equipment including



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towels, water bottles, straps, bandages, and chalk must be carried in and out of the gym in a closed bag and kept in the bag when not being used.

Patrons must leave the gym immediately after training. Showering on the premises is not permitted.

Handwashing and Hygiene

Hand sanitizer must be provided at entry and exit points. All patrons must use hand sanitizer on entry and exit.

Tissues and hand sanitizer must be provided at each training platform.

Bathrooms must be well stocked with hand wash and disposable paper towel.

Patrons should be reminded to wash their hands often and not to touch their eyes, nose and face.

Patrons must cover their nose and mouth when coughing or sneezing. Ideally, patrons should cough or sneeze into a tissue and dispose of it immediately in a closed bin. After coughing or sneezing, patrons must use hand sanitizer before touching anything or continuing to train.

Athletes must supply their own chalk and take it with them when they leave the gym.

Injury Management

For minor injuries and where possible, First Aiders should maintain a minimum distance of 1.5m from the injured person and provide appropriate advice and first aid supplies, e.g. ice, bandages, sterile dressings, etc., to guide the patient through a process of self-treatment.

Where distance cannot be maintained, First Aiders must ensure that they wear Personal Protective Equipment including disposable gloves as a minimum, before treating the patient.

Managing COVID-19 Symptoms Onsite

If a patron exhibits or reports symptoms of COVID-19 while at the gym, they must be isolated immediately. Their personal equipment should be packed into a closed bag and the area and equipment they used must be disinfected immediately. Arrangements should be made for the person to leave the premises with their personal equipment as soon as possible and without coming into contact with anyone else. They should be advised to call the National Coronavirus Hotline: 1800 020 080 and they should not be allowed to return to the gym until they have been tested for COVID-19 and declared clear of the disease.

If the person exhibits severe symptoms, call 000.



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COVID-19 Awareness

Posters should be displayed around the gym, providing information on the following:

- Effective handwashing
- Social Distancing
- Symptoms of COVID-19
- COVIDSafe app

Checklist for COVID Safety Officers and Coaches

- If you feel sick, stay home
- Clean and disinfect common areas daily
- Regularly disinfect frequently touched surfaces
- Ensure hand sanitizer is provided at entries and exits
- Ensure that all patrons use hand sanitizer on entry and exit
- Ensure that only essential personnel are admitted to the gym
- Ensure that the number of people in the gym doesn't exceed current regulations
- Ensure that cleaning kits are kept well stocked
- Ensure that effective social distancing practices are observed
- Remind patrons to practice effective handwashing regularly

Checklist for Athletes

- If you feel sick, stay home
- Clean personal equipment daily and before bringing it into the gym
- Bring your own drinking water
- Bring your own chalk
- Sign in and sign out, recording the date and time
- Don't share platforms or equipment
- Keep your personal equipment in your bag when not using it
- Clean and disinfect all equipment after use
- Get in, train, and leave. Shower at home
- Maintain a distance of at least 1.5m from any other person
- Wash your hands often and don't touch your nose, eyes or face

Non-mandatory Measures

Patrons should be encouraged to:

- Download and activate the COVIDSafe app
- Be vaccinated against influenza