



**Ontario Weightlifting Association
Considerations for Return to Competition**

Contents

Purpose & Ministry Guidelines

1. Requests for Sanctions
2. Facilities
3. Competition Registration & Schedule
4. Volunteers
5. Weigh-in Procedures
6. Warm-Up Zone
7. Competition Platform
8. Officials
9. Equipment
10. Athlete Responsibilities
11. Coach Responsibilities
12. Contact Tracing
13. References

Ministry Guidelines for Reopening

Phase 2

Social gathering limits will be expanded to up to 10 people

Phase 3

Indoor gathering limits will increase to a maximum of 50 people

Outdoor gathering limits will increase to a maximum of 100 people

Gathering limits are subject to physical distancing requirements

Public gathering limits apply to indoor and outdoor events, such as community events or gatherings, concerts, live shows, festivals, conferences, **sports and recreational fitness activities**, fundraisers, fairs, festivals or open houses.

Amateur and recreational sports leagues may resume so long as they do not allow prolonged or deliberate physical contact between players or if they have modifications to avoid physical contact between players.

Purpose

This document was created by the Ontario Weightlifting Association to provide guidance in organizing sanctioned competitions and events, in light of the risks associated with COVID-19.

Although care has been taken to ensure it is as thorough as possible, it is by no means a complete or final list of requirements for competition organizers. Host locations will need to consider these guidelines in the context of municipal regulations, available facility space and the limitations of the facility layout.

It is recommended that organizers keep a copy of this document available for reference.

| Return to Play Phases | |
|-----------------------|--|
| Phase 1 | Return to Training for High-Performance Athletes as members of OWA clubs, and 2019/2020 members only |
| Phase 2 | Return to Training for all OWA members training toward competition |
| Phase 3 | Return to Club and Open Sanctioned competitions within the Ministry gathering limits |

1. Requests for Sanctions

Sanction requests may be submitted for competitions located in a municipality which has entered Phase 3 of the Phased Ontario Reopening, and which has remained in Phase 3 for 40 consecutive days.

The sanction request must be received by the OWA a minimum of 45 days in advance of the competition date for Open and SDC events, and a minimum of 30 days for Closed Club or Inter-Club events.

The organizer must be able to provide all the required elements outlined in this document, as well as any additional requirements from the relevant Ontario municipal health unit.

The online sanction form will be updated with these requirements.

Volunteers

Host must guarantee a minimum number of volunteers (not including officials) secured before a sanction will be issued (see [Volunteers](#)). All volunteers must have, at minimum, an OWA volunteer membership, obtainable on the OWA website.

All volunteers must sign a participant agreement outlining protocols and responsibilities toward safety.

The OWA reserves the right to cancel or withdraw sanctions granted to organizers before the event if the location re-enters Phase 2, or if the organizer cannot guarantee the requirements outlined by their municipal health unit or in this document.

The Competition Administrator may video-conference or physically visit competition location (if possible) approximately 3 weeks before the event to go over flow and layout of competition. This optional meeting is only to review guidelines and provide feedback on event setup, and is not to be considered a guarantee by the OWA that all safety protocols have been met.

The OWA will provide a review and feedback form to organizer after the event and kept on file by the OWA, outlining any issues encountered or improvements necessary, which must be fixed before the host is granted future sanction requests.

2. Facilities

All athletes, coaches, officials, spectators must sanitize their hands upon entry.

Ontario Weightlifting Association
Considerations for Return to Competition

Temperature check with a non-contact IR thermometer (host requirement or OWA provided to volunteer on duty) and screening review will be administered at entrance. Anyone with a temperature registering higher than 38C/100.4F will not be permitted to enter the facility.

All entrants, including spectators and volunteers, will be required to sign in and provide a contact number. Entrants will then be provided with a wristband to bypass temperature and screening questions upon re-entry if needed.

Access to the facility must be limited to only those essential for the event.

Masks or face coverings are **mandatory** for spectators, coaches, officials, and volunteers at all times. There will be no exceptions made; if a coach or official cannot comply, they are asked not to attend the event.

Masks or face coverings are **mandatory** for athletes at all times beyond the warm-up zone and competition platform. Athletes leaving the warm-up zone for any reason will be required to wear a mask.

Competition venues must have one designated entrance and one designated exit to enforce a one-way flow of traffic, including to the warm up room.

Organizers should provide sanitizer at regular stations throughout.

Any washrooms, locker rooms, change rooms, showers or similar amenities made available to participants must be cleaned and disinfected at regular intervals throughout the day according to a schedule (see [Volunteers](#)).

All door handles and commonly-touched surfaces (countertops, door frames, seating, etc.) should be wiped down at regular intervals throughout the day according to a schedule.

The **competition organizer** must maintain a detailed log recording all participants (athletes, coaches, staff, volunteers, officials and spectators) present at every competition, along with contact information (email and phone number). This log can be used for tracing in the case of a participant contracting COVID-19. The OWA will be provided with this information for the purposes of contact tracing.

Athletes will **not** be permitted to share equipment apart from the competition bar. The competition organizer must be able to ensure no athletes share equipment while in the warm up zone, including change plates, spring collars, or seating (see [Competition Registration and Schedule](#)).

Ontario Weightlifting Association
Considerations for Return to Competition

The numbers of athletes per session will be dependent on municipal restrictions on indoor gatherings and available space and equipment for distanced platforms with a maximum of 1 athlete/platform in a given session. Current restrictions for Phase 3 locations (August 1, 2020) limit indoor gatherings to no more than 50 people at any time.

If Phase 3 restrictions are in place at the time of the event, participants could be divided in the following way:

9 Officials/Administrators*

8 - 10 Volunteers & Loaders

Up to 10 athletes per session, according to equipment limits

Up to 10 coaches (1 per athlete)

3 athletes at weigh in

8 -10 additional**

* Per session: 3 Referees, 1 Speaker/Timer, 1 Marshall, 2 Weigh-In, 1 Technical Controller, 1 Competition Administrator

**for parents/guardians of athletes under 18, or to account for officials changing shifts, or to account for additional volunteer needs

Until gathering restrictions are increased, **spectators will not be permitted at open competitions, with the exception of 1 accompanying parent or guardian per athlete under the age of 18.**

3. Competition Registration & Schedule

The total number of participants permitted to register for a competition, and the total number of athletes per session, will be dependent on:

- The facility hours available for the event
- The total number of officials and volunteers secured and available, keeping in mind the safety of all volunteers and limiting the duration of scheduled sessions
- The gathering limits outlined by the Government of Ontario on indoor events in Phase 3 locations; taking into consideration any possible overlap between athletes in different sessions (those competing and those weighing in), spectators in different sessions, or shift overlap between athletes and volunteers. See [\(Facilities\)](#) for more detail.

Ontario Weightlifting Association
Considerations for Return to Competition

The competition schedule must consider facility gathering limits at all times, especially before and after the event, and between session times. The schedule **must** account for a cleaning period between sessions for disinfecting all warm up equipment, medal presentations, and providing athletes and coaches time to depart before the beginning of the next session.

Under the current restrictions, session sizes will be limited to a maximum of 10 athletes per session, provided that the warm up zone can accommodate platforms spaced 6 feet apart and that no athlete shares equipment of any kind (bar, plates, change plates, collars, or seating).

The number of sessions will be determined by the number that can be accommodated with a required cleaning and warm up time between sessions.

It is important to note that athletes from a later session will **not be permitted to enter the facility** until the prior session has completed, athletes have vacated the warm-up area, and the warm-up equipment is cleaned. Time will need to be given to athletes for warming up before the session begins. At the conclusion of each session, 15 minutes could be given for cleaning of warm up equipment, followed by a 30-minute period for athletes to warm up before the first lift of that session.

A sample schedule for a four-session, 40-athlete competition could look like:

Session 1 Weigh in 7:30am – 8:30am
Session 1 Compete 9:30am – 11:00am
45 MINUTE BREAK FOR CLEANING & ATHLETE WARM UP

Session 2 Weigh in 9:45am – 10:45am
Session 2 Compete 11:45am – 1:15pm
45 MINUTE BREAK FOR CLEANING & ATHLETE WARM UP

Session 3 Weigh in 12:00pm – 1:00pm
Session 3 Compete 2:00pm – 3:30pm
45 MINUTE BREAK FOR CLEANING & ATHLETE WARM UP

Session 4 Weigh in 2:15pm – 3:15pm
Session 4 Compete 4:15pm – 5:45pm
FINAL CLEANING AND TAKE DOWN

each session would have 10 athletes and a 15-minute break between snatch and clean and jerk (to allow athletes time to use the restrooms at reduced capacity).

4. Volunteers

Host must guarantee a minimum number of volunteers are secured before sanction will be issued.

Volunteer positions must include:

- at entrance for monitoring number of people in facility, providing sanitizer to everyone entering, ensuring masks are worn. This volunteer is also responsible for screening entrants, and obtaining sign-in and contact information
- near warm-up area guiding flow of entrance/exit, monitoring warm up area and potentially tracking scoreboard and calling athletes to platform – **this position will be provided by the OWA as a Technical Controller if officials are available**
- 3 to 4 loaders socially distanced beside platform (both sides) and cleaning between every lift
- monitoring spectator area and providing regular, scheduled cleaning of common spaces such as bathrooms/change rooms. The number of volunteers required for this position depends on the size of the facility and the number of common spaces to be cleaned

A cleaning schedule **must** be posted outside of washrooms; all washrooms must be cleaned after each break between sessions (including snatch/CJ) approximately every 30-45 minutes.

Appropriate protective equipment is required for **all** volunteers (mask, access to sanitizer or wash station, gloves) and readily available for cleaning equipment between rotations or at the end of day.

Volunteers must also be able to maintain safe distance from athletes, coaches and spectators.

If lunch is provided for volunteers/officials, it must be boxed or packaged individually - no buffet style, or self-serve food or beverages. Coffee or tea should be served by a volunteer - no shared paper or plastic containers. Water in bottles only; no fountains for reusable bottles unless it can be cleaned after each use.

Alternatively, volunteers and officials can be provided food/beverages served by a single person. This volunteer must have washed their hands before serving and wear gloves and a mask. Officials and volunteers must be socially distanced within food service area.

5. Weigh-In Procedures

The start list will be posted in advance of the competition and at the front entrance. Athletes will not be allowed into the facility until 10 minutes before their weigh-in time.

Athletes and officials must wear a mask during the weigh-in process unless the athlete is likely to be over their weight class. If the athlete must remove the mask to make weight, they must replace the mask for the rest of the weigh-in process.

Athletes will remain outside the building or socially distanced within the facility if space allows. Weigh-in area must be clearly marked for distancing. All athletes must wear a mask or face covering while waiting for weigh-ins.

The weigh-in will be attended by two officials for every session. One official will be responsible for recording the weight and opening attempts of the athlete, and disinfecting the door, scale pen, chair and any other shared surface between each use. Athletes are encouraged to bring their own pen to the weigh-in.

The second official will manage the entry of athletes, only allowing as many athletes into the waiting area as can be safely spaced. In the case of an athlete 18 years of age or under, the second official will call the athlete in and also be present during the weigh in.

6. Warm-up Zone

The facility must have enough equipment for 1 full set of plates and bar per athlete. No athletes will be permitted to share equipment or platforms. The maximum number of athletes per session will be determined by the number of bars and sets of plates available which can be distanced appropriately.

Athletes will NOT be provided with chalk in the warm-up zone or before the competition platform. Athletes MUST bring their own chalk, clearly marked or labelled, with them to the competition. Any items left behind between sessions will be discarded.

The warm-up zone should be large enough to allow for 2m of space between all athletes and coaches – measured center of platform to center of platform.

Athletes will remain on their warm-up platforms until called to the competition bar.

If the warm-up space is large or the speaker cannot be clearly heard by all athletes and coaches in the warm-up zone, a second speaker will be placed in the warm-up zone in addition to the speaker directed toward referees, loaders and spectators.

Ontario Weightlifting Association
Considerations for Return to Competition

The scoreboard must be visible to all coaches and athletes in warm-up room. To reduce crowding around scoreboards, the live OWLCMS scoreboard can be shared on a smartphone or tablet once the location is generated after weigh-ins and available to all coaches.

There will be no overlap between sessions. The host club is responsible for cleaning bars and plates between sessions, and time will be provided for volunteers to do so.

Maximum 1 coach or assistant per athlete permitted in warm up (with the exception of athletes 18 and under who are allowed 1 additional “spectator” who is not permitted in warm up room).

Warm-up zone seating directly outside of competition platform will be removed. Athletes will remain on their warm-up platform until called to the competition bar. Coaches should be aware of the scoreboard to ensure the athlete is ready when called.

7. Competition Platform

Competition bar and plates disinfected between **each lift**; hand sanitizer, gloves and masks provided to all loaders. Loaders must wear a face covering at all times.

Bar cleaning is mandatory between every lift, even if a lifter is following themselves.

Medal Presentation

At the conclusion of a session, the class winners and clubs will be announced, and all athletes and coaches will be asked to vacate the facility before the next session can begin warm-up.

Medals, including Best Lifter, will be mailed to all recipients. Best Lifter and session photos will be posted to social media throughout the event.

8. Officials

Officials will be required to wear masks at all times during each session, including speaker. Officials must confirm that they are comfortable wearing a mask for their scheduled portion of the competition before agreeing to officiate, as the mask policy will have no exceptions granted.

Sanitizer and wipes or disposable towels must be available for all officials before each session. Each official is responsible for cleaning their station **upon the start of their shift**.

Organizers will attempt to schedule a minimum number of officials required per session.

Officials must understand their own risk level and sign a waiver before the competition. Names of officials will be provided to volunteers at entrance for check-in. Officials should account for check-in time and arrive accordingly.

Ontario Weightlifting Association
Considerations for Return to Competition

All officials and referees must be spaced 2 meters apart.

Attempts will be made to reduce number of officials per competition to Marshall and Speaker only at Officials table.

The Officials table (specifically Marshall) must be separated from contact with coaches and/or athletes by 2 meters, or with a physical barrier.

Closed/package lunches only. Encourage officials to pack their own lunches (see Volunteers).

9. Equipment

Sani-spray or other equipment-safe disinfectant will be provided for use on keyboards/mice/microphone. Equipment will be reduced or streamlined as much as possible.

All equipment will be wiped down by officials at START of each working session.

Referee buttons are to be disinfected between sessions or between any change in officials, and referees provided with gloves if they choose.

10. Athlete Responsibilities

Athletes will bring a clearly marked bag with clothing, towel, personal equipment, and **chalk**. No items are to be shared by lifters at any time. Items left in warm up area will be disposed of at the end of each session.

Chalk must be in a sealable container.

Athletes will wear masks at all times while outside of the warm up zone, including for use of washrooms and when entering/exiting the facility.

11. Coach Responsibilities

Coaches must wear masks or face coverings **at all times** during the competition. No exceptions will be made.

Only one coach or assistant permitted per athlete.

12. Contact Tracing

Average incubation period for infection is 5 to 6 days, but can range from 1 to 14.

If participant develops symptoms at any point within 5 - 6 days after the competition, and returns a positive test, the participant must contact the Competition Administrator. The Administrator will report to the OWA Board, and all participants from entire competition will be contacted, encouraged to monitor for symptoms and obtain a test. It will be recommended that the individual's club (if an athlete or coach) also obtains a test if athlete had returned to training at that time.

It is recommended that all participants download the free Government of Canada's COVID Alert app before the competition.

Contact information of all coaches, athletes, spectators (parents/guardians), volunteers and session info will be kept for contact tracing purposes for 14 days following the competition. No participant information will be kept for any other reason, or for a period longer than 14 days.

Refund requests will be considered on a case-by-case basis beyond the refund deadline and in discussion with the competition organizer.

Until further notice, the OWA will receive all registrations and entry information for sanctioned events.

*When the use of a mask throughout this document is mentioned, it is intended that it must be a NEW disposable mask or a CLEAN reusable mask (or face covering). Reusable masks must be washed daily in order to be re-used or renewed.

Ontario Weightlifting Association
Considerations for Return to Competition

References:

Dive Ontario – Return to Diving

https://diveontario.com/wp-content/uploads/2020/06/DPC20-Return-to-Diving-v1-w_cover1.pdf

Government of Ontario - Reopening Ontario

<https://www.ontario.ca/page/reopening-ontario>

Reopening Ontario - Stage 3 Framework

<https://files.ontario.ca/mof-framework-reopening-province-stage-3-en-2020-07-13-v2.pdf>