

Overview

Considerations to make before returning to training.

Guidance as of 31st Aug 2020 after the Scottish government briefing by the First Minister.

The role of this document is to provide guidance and best practice for Weightlifting Scotland Clubs to allow them to return to training, while ensuring the safety and well-being of anyone that enters your facility is considered.

This document sets out the framework for opening clubs during the period of 'social distancing'. It also provides the basis for clubs to develop their own required technical operating guidance for their members, staff, and visitors for when the Scottish government has advised that facilities, or parts of facilities, can open. This framework has been developed by British Weight Lifting and amended to use by Weightlifting Scotland.

Introduction

We are all very well aware as to the benefits Weightlifting can have over an individual's physical and mental wellbeing.

The gym and fitness industry will have a vital role in ensuring this after Covid restrictions are lifted.

We believe this role has never been more important than now, in helping society regain its health.

However, we must ensure that minimum standards are set to prevent the spread of COVID-19 any further. A club can make their own decisions and can go above the standards set within this document, but *not lower*. This guidance is to assist a club with the various considerations and put in place appropriate risk mitigation strategies before opening your club.

Venues & Facilities

Weightlifting facilities across the country are all different and operate in different local contexts.

Assessing whether a safe exercise environment can be provided depends on a range of factors, which apply differently at each venue. It is the responsibility of each weightlifting club, coach and facility to make that assessment based on their local environment.

- Ensure your club committee oversees and maintains the implementation of measures. Venues are advised to take time to ensure they reopen safely, rather than rushing.
- All activity should be consistent with the Scottish Government guidance regarding health, travel, social distancing and hygiene at all times
- Venues must consider safety first, particularly minimizing the risk of infection/transmission. A thorough risk assessment should be undertaken, and appropriate measures put in place to ensure participants, staff and volunteers are protected.
- Guidelines will be updated as we progress through the different phases of Scottish Government measures

Facilities

- A facility must ensure they have calculated their maximum capacity based on the size of the facility.
- UK Active's guidance for gyms calculates that there should be one person per 3m². E.g. a 50m² sized training facility can hold a maximum of 16 people.
- Designated socially distanced areas should be marked out throughout the premises using floor markings ensuring at least 2m can always be maintained between individuals.
- An appropriate booking system should be implemented to reserve time slots in advance, in order to ensure no more than the maximum number of individuals are in the facility during any time period.
- Consider taking online or card payments only to minimize cash handling.
- A time buffer should be built in between sessions to enable social distancing and adequate cleaning, aligned with Government guidelines.
- If possible, separate entrance/exit systems should be implemented in order to maintain 2m social distancing. An external queuing system should also be implemented in order to control numbers into the facility at any one time.
- Communicate with your members clearly and regularly, making them aware in advance of the measures you are putting in place at your venue, and guidelines they are asked to follow.
- Consider additional steps to be implemented for any clientele aged over 70 or with underlying health conditions or if individuals have recovered from the virus. (see appendix 1)
- All individuals who visit the club should sign a self-declaration form, stating they are healthy and fit and declare any underlying/previous illnesses.
- Wherever possible facilities must ensure that ventilation of fresh air is kept as high as possible (opening windows, doors and turning up air handling units).

Health, Safety and Hygiene

- It is important to state from the outset that social distancing and thorough, frequent hand washing remains the best health protection and defense against cross contamination.
- Rigorous cleaning procedures should be designed and implemented upon opening.
- Clean all common touchpoint surfaces (gates, door handles, handrails etc) regularly
- Wearing disposable gloves and face coverings
- Cleaning of all contact gym equipment after each session should be implemented including high risk contamination equipment such as Barbell, Weight Discs and Collars.
- Gloves should be worn whilst disinfecting equipment in order to minimize contact between skin and cleaning chemicals.
- The use of chalk bins is not advised due to the risk of contamination.
- Gloves are not mandatory but the requirement for members to regularly wash their hands should be encouraged.



- Changing rooms should remain out of use in Weightlifting Clubs until further information is published by the Scottish Government.
- Appropriate cleaning materials should be available for customers to use for touch points after each use.
- Ensure usual access to first aid and emergency equipment is maintained
- Please ensure the first aid equipment has been updated appropriately for the COVID pandemic and first aiders have undertaken appropriate additional training.

COACHES

COACHING ADULTS

- Personal training or coaching is permitted if it is outdoors, physical distancing can be maintained, and is with a maximum of 14 members from 4 other households, giving a total of 15 people per day.
- Coaches should not deliver training to more than 4 households (or extended households) at any one time or provide coaching to more than 4 households (or extended households) per day.
- Coaching of people who are shielding is now permitted, provided it takes place outdoors and physical distancing and hygiene guidelines are strictly observed.
- Coaches who are shielding are not permitted to deliver at the current time.

COACHING CHILDREN

- Children under 12 do not need to maintain physical distance between themselves.
- Children aged 12-17 are only free of physical distancing guidelines during the activity.
- Normal physical distancing guidelines will however apply before and after the activity takes place.
- Coaching of people who are shielding is now permitted, provided it takes place outdoors and physical distancing and hygiene guidelines are strictly observed.
- Coaches who are shielding are not permitted to deliver at the current time.

Coaching Guidance

- Encourage coaches to check all guidance that has been published, especially concerning social distancing and hygiene and any athlete specific guidance.
- Be aware guidance can change quickly and more restrictive rules may be applied in the future, so please refer to Government guidance documents and the British Weight Lifting website regularly.
- A return to training screening questionnaire should be completed by all coaches in order for them to be cleared as suitable to return.
- At every visit to the facility, coaches should sign a self-declaration stating they are fit and healthy with no symptoms of the virus.
- The approach to coaching will be socially distanced communication, delivering cues, demonstrations, verbal corrections, and encouragement.





- There should be no physical contact and breaking of the 2m social distancing perimeter unless it is an emergency.
- Face coverings and gloves are not mandatory for coaches to wear during a session. However, any shouting from coaches will generate droplet spread over a much larger area than normal interaction so the wearing of face coverings should be encouraged in these circumstances
- Communicate with your athletes clearly and regularly, making them aware in advance of the measures you are putting in place at your venue, and guidelines they are asked to follow.
- Spotting is to be discouraged, due to its violation of the 2m social distancing rules.

BEFORE LEAVING HOME & AFTER YOU RETURN

- Wash your hands with soap and water for at least 20 seconds before leaving home to go outside (or use an alcohol gel if washing hands is not possible)
- Take hand sanitizer with you
- Bring a full water bottle, and do not share food or drink with others
- Ensure your equipment is kept clean and wipe down your equipment and water bottles before and after use
- Ensure you take all your belongings with you at the end of the session and do not leave anything behind

TRAVELLING TO AND FROM TRAINING

- Avoid using public transport where possible. Please note that if public transport cannot be avoided, it is mandatory to wear a face mask or covering. This applies to travel on all forms of transport including taxis and private hire cabs.
 - Arrive as close as possible to when you need to be there.
 - Avoid touching entrance gates, fences, benches, etc. if you can.
 - Do not congregate after training. No extra-curricular or social activity should take place – athletes should be prepared for training prior to arrival at venue (minimise use and avoid gathering in changing rooms/bathrooms etc.).
- It is down to the individual to take reasonable personal responsibility when taking part in physical activity. -Towels/'sweat towels' should not be taken into the training area.
- Athletes should use only their own equipment including shoes, belt, wrist straps etc.
- Athletes should bring their own chalk to the gym in a clear plastic bag with their name on it and this must not be shared with anyone

HYGIENE

- If you need to sneeze or cough, do so into a tissue or upper sleeve.
- Avoid touching your face

Competitions





- At present no competitions are not scheduled through Weightlifting Scotland
- competitions should only be undertaken within your own club , where household , physical distancing and hygiene are in place
- Updates regarding future competitions can be seen via our website

