



WEIGHTLIFTING IRELAND

29/06/2020

Roadmap to Opening Affiliated Clubs and Facilities

29th June Phase 3

Permit "behind closed doors" sporting activities events where arrangements are in place to enable participants to maintain social distancing.

Club Requirements

- Weightlifting Ireland Clubs must be fully compliant with membership procedures.
- All Club members training must be registered members of Weightlifting Ireland.
- Only registered Weightlifting Ireland coaches permitted.
- All attendees to live within the stated distance as recommended by the Government.
- Clubs to forward of updated Copy of Safety Statement before 20th June 2020.
- Clubs to forward Health & Safety Risk Assessment Covid-19 Prevention 20th June 2020.
- Letter of compliance agreeing to all terms, signed by Club President and Secretary.
- Confirmation of insurance cover for training during the Covid-19 restrictions.
- No Walk in Bookings or training permitted.
- List of names attending each session including athletes and coaches to be available to Weightlifting Ireland following training session.

Gym Arrival and Training

- All members to complete and submit a signed Covid-19 declaration form.
- If a member unwell, or if they have had contact with someone who is a confirmed or suspected case, they must stay at home.
- Members arrive fully dressed in training gear and put Weightlifting shoes on as soon as they arrive.
- Separate Gym door for entry and exit. Entry door to remain open.
- On arrival all members must wash their hands thoroughly as per HSE guidelines.
- Athletes must bring a personal towel and hydration bottle.
- Athletes must bring their own chalk – Strictly no sharing of chalk.
- No handshaking, high-fives, hugging or other physical contact for the foreseeable future.
- If you are not lifting or loading, you must be seated at the back of the platform
- A minimum two-meter gap between all members where possible always.
- Before leaving, all members must wash their hands thoroughly as per HSE guidelines
- Enough time must be allowed between groups to allow for disinfecting of equipment and to prevent crossover.
- Members in at risk groups (70+ years and/or medical history issues) should be facilitated to train at home.

Gym Training procedures

- Coach must keep sign-in list (sign in desks leave too much opportunity for sharing of pens, touching desks, sheets, etc).
- Light switches and other non-essential surfaces will be disinfected regularly, but if you do not need to touch it just don't.
- Doors should always remain open to reduce unnecessary touching and improve airflow
- Separate entrance & exit will be used.
- All equipment (bars, plates, bands, mats seats) must be disinfected between sessions.
- A maximum of one person per 10m on the premises at any one time. Only one person on platform or marked out floor area (3 x 2.5m).
- Seating areas, walking areas must be marked out on the floor.
- Areas recognised as being a problem for congestion (entrance hallways, lockers area) must be removed or amended to ensure no congestion.

Safety Officer / COVID-19 Officer

Weightlifting Ireland has a duty of care to ensure that our affiliated clubs ensure that we operate within a safe environment.

The measures, which relate to Phase 2 of the Roadmap for Reopening Irish Society and Business, cover each step of the journey from home to the club gate and back home again.

Our measures and procedures are under constant review and updated as advice from government, health authorities and governing bodies evolves in line with the gradual lifting of social restrictions.

Safety Officer (Club Level)

Clubs must appoint an assigned Safety Officer responsible for managing issues and queries relating to the Covid-19 pandemic.

This Officer should:

- Should check with their insurers if any amendments to their policies are required to cover Covid19 issues.
- Ensure they review these protocols and that the club can comply before reopening their club.
- Ensure that the club and its members adhere to HSE / Public Health advice in all cases
- Ensure that sufficient HSE Covid-19 information Posters are in place.
- Operate a booking system for all training. This will help with contact tracing if necessary. Ensure athletes understand the need for social distancing while entering and exiting the club.
- Ensure that the club maintains accurate records of who is training and when. This should include all persons and not just the one making the booking. This must be carried out for all sessions, and in the case that a parent/guardian is present in the club that must also be recorded. This will help with contact tracing if necessary.
- Be responsible for informing all members of the Covid-19 guidelines and insist on full cooperation. Ensure that the contact details for all members are up to date as this will assist with contact tracing should it be necessary.
- Ensure all athletes and coaches always have hand sanitizer and antiseptic wipes available to use.

President: Colin Buckley



28/06/2020

Secretary: Peter Carroll



28/06/2020