

BCPA Return to Play Plan

Last updated: August 20, 2020

Introduction

This document provides guidance on restarting powerlifting competitions within the BCPA. It will be updated as new information becomes available and government regulations change. It is possible that restrictions may regress in reaction to worsening conditions. Please check for updated versions of this document on the BCPA website before moving forward with any plans to compete or hold a competition.

Forecast

The provincial government of BC has empowered [viaSport](#) to direct provincial sport organizations. While powerlifting is not a recognized provincial sport organization, viaSport is still asking non-recognized sport organizations to follow their guidance.

viaSport maintains a regularly updated [Return to Sport webpage](#). Their current guidance is in the Transition Measures stage according to their [Sport Activity Chart](#). During the Transition Measures stage, acceptable activities focus on small groups with no or limited spectators. Athletes should be focusing on non-contact activities. Competitions may be slowly introduced with in-club play or modified games.

The next phase of the Return to Sport Activity Chart does not have a start date. The next phase, Progressively Loosen, allows for increased group size, limited spectators, expansion of training activities, introduction to small group contact, and interclub/regional game play.

BC is currently in [Phase 3 of its Restart Plan](#). Orders, notices, and guidance from the BC Provincial Health Officer (PHO) are [available online](#). The latest guidance from the BC PHO was updated on August 7, 2020 and limits public gatherings and events to no larger than 50 people.

[Phase 4 of BC's Restart Plan](#) is the final phase, and is conditional on at least one of three factors being met in BC:

- Wide vaccination
- Community immunity
- Broad successful treatments

In order to hold competitions, the BCPA must look towards meeting provincial guidance measures while in Phase 3 of BC's Restart Plan and in the Progressively Loosen stage of viaSport's Sport Activity Chart.

We expect viaSport to progress to the Progressively Loosen stage in September 2020, which opens up the prospect of powerlifting competitions being held in BC once again. The rest of this document provides guidance to meet directors on how to hold competitions while observing provincial restrictions and guidance.

Limits on Participants

The PHO places limits on participants for gatherings and events. As of August 7, 2020 the limit is 50 people. The latest information can be found on the government [Orders, Notices & Guidance page](#).

This puts a considerable strain on the BCPA's ability to hold a competition. We have identified the following people that must be present in order to hold a competition:

- 1 meet director
- 3 referees
- 1 platform chief
- 5 spotter/loaders
- 2 scorekeepers
- 1 expeditor
- 1 announcer
- 1 admission
- 1 warmup room marshall

Up to 17 volunteers in total, at least one of which must have first aid certification as per the IPF Technical Manual, otherwise another volunteer with first aid certification must be present.

Athletes may have one coach or handler accompanying them. For the remainder of this document, the term "coach" will also refer to "handlers", with no distinction made between the two at this time.

We will not allow spectators, so the remaining people at the event will be athletes and their coaches. The maximum number of athletes per flight is 14. Most athletes will have one coach.

Add up all of the volunteers, athletes, and coaches in each session. This number must not exceed the provincial limit on public gatherings and events.

In the past it has been common at our competitions to have one session of athletes competing while the next session of athletes is present to register their equipment and weigh-in. We cannot do this with the current restrictions on public gatherings. Each session must be isolated, and participants cannot mix with volunteers, athletes, and coaches from other sessions. Meet directors must plan for a session to completely vacate the venue before athletes from the next session can enter the venue.

Insurance Risk

This section addresses requirements that must be met in order to cover insurance risks for the CPU and the venue.

Participation Waiver

All participants, including athletes, volunteers, and coaches, must sign the CPU Participation Waiver before they can enter the venue.

Questionnaire

The CPU requires all participants, including athletes, volunteers and coaches, to fill out and present the CPU COVID-19 Screening Questionnaire and Waiver before entering the venue.

Signage

Meet directors must clearly display at the venue that the CPU, BCPA, venue, and meet directors will not be liable for the contraction of COVID-19 while at the competition.

Announcements

Verbal notice must be given at the start of the competition reminding that the CPU, the BCPA, the venue, and the meet directors will not be liable for the contraction of COVID-19 while at the competition.

Health Risks

This section outlines health risks that have been identified at competitions.

Entrance

Volunteers, athletes, and coaches typically use the same entrance to enter the competition venue. There may be a lineup for entry into the venue.

Potential surface contact with shared materials: None.

In order to mitigate risk, we must:

- Require all people entering the venue be registered beforehand with the meet director. This ensures contact tracing in the event of a confirmed case of COVID-19 at the venue.

- Require people or groups of participants lining up be spaced 2 metres apart. Groups of participants can only consist of one athlete and their respective coach(es).
- Require people lining up to wear a mask covering their nose and mouth.
- Require people to apply hand sanitizer upon entry to the venue.
- Employ a volunteer at the entrance to
 - Ask each person entering the venue to fill out a questionnaire regarding the person's recent travel outside of the country, exposure to people with confirmed or presumptive case of COVID-19. The questionnaire can be filled out and signed beforehand.
 - Check photo identification to verify the person entering the venue has registered to be present at the competition.
 - Perform a non-contact temperature reading on each person entering the venue to ensure they do not have an elevated body temperature. An elevated body temperature is 38 degrees Celsius or higher. The temperature reading on the non-contact thermometer may have to be calibrated, so please follow the instructions for the thermometer to ensure no false negatives occur.
 - Deny entry to any person who fails to satisfy the entrance conditions.

Equipment Check

There is usually a lineup as athletes and their coaches wait for the officials to check equipment. There are two officials present as well as a third volunteer, and they typically sit in close quarters. The two officials must communicate with each other, so they typically sit side-by-side.

Potential surface contact with shared materials:

- Athletes' equipment
- Stationary
- Competition t-shirts

In order to mitigate risk, we must:

- Allow coaches to accompany their athlete in the lineup.
- Require 2 metres of spacing between people in the lineup.
- Provide a table long enough so the officials can maintain 2 metres of space between each other as they check equipment.
- Provide wider tables, or buffers in between athletes and the equipment check table, so 2 metres of space can be maintained between an athlete and officials that is checking the athlete's equipment.
- Require athletes and volunteers to wear masks over their nose and mouth.
- Require officials checking equipment to wear gloves at all times. Gloves must be disposed after each athlete's equipment is checked and a new pair of gloves used for the next athlete, or hand sanitizer must be used on gloved hands before handling the next athlete's equipment.

Weigh-In

An athlete's weigh-in occurs in the presence of a weigh-in official. Sometimes athletes will line up outside the weigh-in room as they wait for their turn to be called. Athletes may also gather around the weigh-in sheet posted on a wall near the weigh-in room.

Potential surface contact with shared materials:

- Weigh-in document
- Stationary
- Scale

In order to mitigate risk, we must:

- Require 2 metres of spacing between athletes in the area they wait for their weigh-in.
- Post weigh-in order online instead of on a wall where people can gather.
- Require weigh-in officials to wear gloves.
- Require weigh-in officials and athletes to wear a mask covering their nose and mouth.
- Weigh-in officials should not handle athlete's identification during inspection.

Test Rack

A competition-grade adjustable rack, bench, and barbell is made available to athletes so they can determine the settings they need on the competition platform in order to perform their lift attempts. This is a place where athletes may gather, and they will be sharing equipment.

Potential surface contact with shared materials:

- Barbell
- Rack implements (levers and pins)
- Bench

In order to mitigate risk, we must:

- Provide a spray bottle with cleaning solution, hand sanitizer, paper towels, and garbage can near the Test Rack.
- Require participants to clean the equipment after each athlete has finished determining their equipment settings.
- Require athletes and their coach(es) to be spaced 2 metres apart from other groups while waiting their turn to use the Test Rack.

Warmup Room

The warmup room is where all athletes prepare for competition. The warmup room has platforms with strength equipment. The BCPA provides 4 platforms in the warmup room.

Potential surface contact with shared materials:

- Weight plates
- Barbell collars

- Barbells
- Rack implements (levers and pins)
- Bench
- Deadlift jacks

In order to mitigate risk, we must:

- Assign athletes and their coach(es) to specific warmup platforms. Athletes and their coach(es) will not be able to move freely to other warmup platforms for the purposes of warming up.
- Athletes must supply their own chalk and baby powder.
- Ensure seating around the warmup platform is spaced out 2 metres apart. Chairs can be placed in groups to accommodate athletes with one or more coach.
- Assign a warmup room marshall volunteer. The marshall will clean equipment surfaces after constantly, cycling around all warmup platforms until no more athletes are warming up.
- Require volunteers, athletes, and coaches to wear masks covering their nose and mouth.
- Provide a spray bottle with cleaning solution, hand sanitizer, paper towels, and garbage can near each warmup platform.

Staging Area

The staging area is where athletes wait behind the platform, out of sight of the competition platform, until it is their turn to compete. The entire flight of athletes and their coaches may be waiting in this area concurrently.

Potential surface contact with shared materials:

- Chairs
- Chalk

In order to mitigate risk, we must:

- Athletes must supply their own chalk.
- Ensure there is 2 metres of space between groups of chairs in the staging area. Each group of chairs can accommodate one athlete and their coach(es).
- Require volunteers, athletes, and coaches to wear masks covering their nose and mouth.

Score Table

The score table is where scorekeepers enter data as the competition proceeds. It is also where athletes or coaches submit the weights for their next attempts. The announcer is usually situated at the score table as well.

Potential surface contact with shared materials:

- Chairs

- Stationary
- Laptops
- Attempt cards
- Announcer's microphone

In order to mitigate risk, we must:

- Require expeditors and scorekeepers to wear gloves, as they will be touching attempt cards that were handled by athletes and coaches.
- Erect clear plastic partitions in front of the expeditor and scorekeepers to separate them from athletes and coaches.
- Require volunteers at the score table to maintain 2 metres of distance between each other.
- Require volunteers, athletes, and coaches to wear masks covering their nose and mouth when interacting at the score table.
- Supply a new microphone, a new microphone pop screen, or thoroughly clean the microphone for each volunteer who announces during the competition. This is important, as water droplets from mouths will accumulate in the microphone pop screen.
- Provide hand sanitizer for the volunteers at the score table.

Competition Platform

The competition platform will have three referees sitting beyond its perimeter. The platform chief and spotter/loaders will be on the platform at all times. One athlete will be on the platform at any given time, and one coach may be standing nearby to observe.

Potential surface contact with shared materials:

- Barbell
- Plates
- Referee cards and DRL remotes

In order to mitigate risk, we must:

- Require volunteers to wear gloves.
- Require volunteers and coaches to wear masks covering their nose and mouth.
- Clean the equipment with a bleach solution at the end of each round of attempts and when requested by an athlete or coach.

Volunteer Room

We provide a room or area sectioned off for volunteers to rest and eat. Food is supplied in this area.

Potential surface contact with shared materials:

- Food equipment such as coffee pots and cups.

In order to mitigate risk, we must:

- Provide a volunteer to hand out food to volunteers.
- Serve pre-packaged foods in their original sealed packaging.
- Provide paper towels and hand sanitizer so volunteers can clean hands and face before eating.
- Limit the number of people in the volunteer room.

Drug Testing Room

CCES will provide their own operational guidance. The meet director must accommodate CCES personnel and cannot not impose additional restrictions on personnel.

Bathrooms

Athletes use the bathrooms to change into their equipment, relieve themselves, or practice safe hygiene.

Potential surface contact with shared materials:

- Toilets
- Faucets

In order to mitigate risk, we must:

- Limit the number of people in bathrooms.