

# BCPA Return to Play Plan

Last updated: November 22, 2021

## 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.

BC is currently in [Step 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 6, 2020. The current guidelines allow for indoor sport for competitions. Indoor sport activities can have 50 spectators or 50% seated capacity, whichever is greater.

[Step 4 of BC's Restart Plan](#) is the final phase and is conditional on more than 70% of the 18+ population vaccinated with dose 1, along with low case counts and low COVID-19 hospitalizations.

In order to hold competitions, the BCPA must look towards meeting provincial guidance measures while in Step 3 of BC's Restart Plan.

## Provincial Mask Mandate

As of August 25, 2021, BC has implemented a province-wide mask mandate for indoor spaces. This means that masks must be in use by all attendees of BCPA-affiliated events held in BC. Masks must be worn at all times when attending the event except for the following situations:

- An athlete is performing lifts on a warm-up platform
- An athlete is performing a lift on the competition platform
- Whenever an attendee is actively engaged in the act of eating or drinking

## Proof of Vaccination Requirement

By order of the PHO, proof of vaccination will be required to access BCPA events. This requirements applies to all people born in 2009 or earlier.

As of September 13, 2021, anyone attending a BCPA event must be partially vaccinated. An individual is partially vaccinated when they have received one dose of a COVID-19 vaccine approved by Health Canada.

As of October 24, 2021, anyone attending a BCPA event must be fully vaccinated. An individual is fully vaccinated when they have received their second dose of a COVID-19 vaccine approved by Health Canada.

More information on how to obtain proof of your vaccination status can be [found here](#).

## Limits on Participants and Spectators

We are observing [Step 3 of viaSport's Return to Sport Restart 2.0 plan](#). The following guidance is in place for indoor sports:

- Group Size: There is no maximum group size for participants, coaches, volunteers, staff and officials
- Travel: Canada-wide travel allowed. International travel must still follow federal restrictions and guidance.
- Physical distance does not need to be maintained on or off the field of play.
- Seated events: Up to 50 or 50% of capacity, whichever is greater (i.e. if your space holds 75 people the capacity is now 50. If your space holds 500 people the capacity is now 250).

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.

Spectators are allowed up to the limits imposed by the latest provincial health orders. The limit is 50 spectators or 50% of venue capacity, whichever is *greater*.

We will require competitions to collect contact information from all athletes, coaches, volunteers, staff, officials, and spectators for the purposes of contact tracing in the event of COVID exposure.

## 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.

## Exposure Mitigation

### Venue

All athletes, coaches, officials, and volunteers must supply completed copies of the CPU Participation Waiver and the CPU COVID-19 Screening Questionnaire and Waiver. The meet director must send copies out beforehand and keep blank copies available at the entrance.

Masks must be worn by all athletes, coaches, volunteers, and spectators when inside the competition venue except for the following situations:

- An athlete is performing lifts on a warm-up platform
- An athlete is performing a lift on the competition platform
- Whenever an attendee is actively engaged in the act of eating or drinking

Masks, gloves, and hand sanitizer must be supplied for volunteers if they wish to use them.

### 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.