



Return 2 Play Training Guidelines

Powerlifting

Activity

Sport Risk

Individual

Moderate: Phase 3,4

Guidelines

Phase 3

- Social Distance during group trainings
- Coach maintains social distance during instruction
- No contact in body placement or demonstration of skills
- Training may be with 50 people or less
- Smaller groups of 6 to 8 should be observed in rotating from stations
- No shared water, towels, equipment, bags, shoes, clothing
- No hydration stations
- If possible, clearly mark separate Entrance and Exit for gym/space
- If possible, doors should be opened to lessen common contact points on door handles and bars
- Clean apparatus and shared equipment after each use, including bars, plates, benches etc
- Station/event specific work should be scheduled so that athletes do not gather closely together or have unnecessary cross traffic
- Coaches should consider use of gloves for personal contact and spotting when necessary for the safety of the athlete, with a goal of switching gloves between athletes
- Spotting remains important element for safety, coaches can consider alternative teaching options that align with social distancing
- Provide each athlete personal chalk they keep in their own plastic container

Phase 4

- Train as normal



Phase 1: Low Risk Sports: 10 people or less, follow guidelines above



Phase 2: Slight Risk Sports: 10 people or less, follow guidelines above



Phase 3: Moderate Risk Sports: 50 People or less, follow guideline above



Phase 4: High Risk Sports: No Restrictions