



COVID-19 CHAMPIONSHIP GUIDELINES SEPTEMBER 2020

These guidelines apply to all championships sanctioned by British Powerlifting until further notice.

1. The maximum number of people in the lifting hall shall be in accordance with the prevailing government or Home Country regulations, which currently for England is 30. No spectators permitted.
2. The arrangements for each championship must be agreed with venue managers.
3. Maximum of one coach per lifter, who must attend the weigh-in and complete the registration form. The right is reserved not to allow any coaches to control numbers in the hall.
4. Social Distancing must be observed throughout including the weigh-in room, warm-up and platform holding area. Suitable floor markings should be laid. Face coverings must be worn by everyone except lifters who are either actively warming up or on the platform. The only exception may be the speaker.
5. Side-spotting only; no centre lift-off for bench press and no one behind the lifter for squats.
6. Loaders/spotters must wear gloves as well as face coverings and must register their names and contact details.
7. The bar and bench must be cleaned after each attempt and sanitised after every round.
8. No communal chalk trays permitted. Lifters must provide and use their own chalk.
9. In the warm-up area the bar, bench and plates must be cleaned/sanitised after each lifter.
10. There must be sufficient handheld sanitising sprays/cloths available to accomplish 7. and 8.
11. There must also be sanitisation points at the entrance to the lifting hall, warm-up area and weigh-in room.
12. Table staff and all other officials/media personnel/sponsors must observe two metre social distancing. They must also register their names and contact details.
13. The maximum number of lifters in a flight shall be limited to allow compliance with 1.
14. No kit checks to be carried out, but any lifter in any doubt about their kit should consult a senior referee.
15. Guidelines subject to any new national/local government regulations that come into force.

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