

## POWERLIFTING PROTOCOL

General	Practice proper hygiene – wash hands before and after practice, do not touch your face, and avoid touching frequently touched surfaces when at practice.
General	Use hand sanitizer to sanitize hands between each lift. There should also be sanitizing wipes to use on all shared equipment i.e. lift bars etc.
General	All members of the group must practice physical distancing – 2 metres between their gear, themselves, etc.
Local Expectation	<p><b>Maximum number of athletes per program in Pilot Level: 12</b></p> <p><b>Maximum number of athletes per program in Level 1:</b> If you have the space to yourself (i.e. not sharing with the public), the maximum number of athletes allowed is 12, as long as there is enough space for all participants to physically distance. If using a shared space, the facility will dictate maximum numbers (up to 12 athletes maximum).</p> <p><b>Athlete to coach ratio:</b> Minimum 3:1 athlete to coach ratio (<b>Note:</b> All programs must have minimum 2 coaches, or minimum one coach and one Program Safety Volunteer, to meet Safe Sport Rule of Two standards)</p>
Coach	If physical distancing cannot be maintained, e.g. when setting a bar or spotting, coaches must wear masks.
Coach	Consider doing skill development as per the basic skills drills.
Coach	Develop a lesson plan that limits, as much as possible, communal use of equipment. Since that may not be possible with bars etc., ensure that each item is sanitized after use.
Facility	Use a community workout gym. Inquire about facility protocols prior to practice and be familiar with procedures. Ensure athletes are aware of these protocols and everyone follows them.
Facility	Do not loiter in parking lot or within the facility.
Equipment	Limit the use of communal equipment. Ensure that all communal equipment is sanitized prior to use by another athlete/coach. No touching or sharing of personal equipment including lifting belts, wraps, or chalk. Athletes may want to consider using liquid chalk if required.
Equipment	Where possible, provide each athlete with their own mat, bands etc. These can be kept in a bin or bag and left at the facility. They should be sanitized at the end of the each practice.
Equipment	Only 1 athlete and 2 coaches can be at the bar at any one time. Coaches should be on either side of the bar and wear masks.