



Considerations for Return to Training

The objective of this document is to help OWA clubs and facilities develop plans and protocols to return to training safely. Along with the risk assessment tool, your plan should be posted at the entrance and in high traffic areas. It is recommended that your plan be sent to the Ontario Weightlifting Association for review.

These protocols are **not** a list of requirements; however, they should be considered and implemented to the extent that they address the risks at your club or facility.

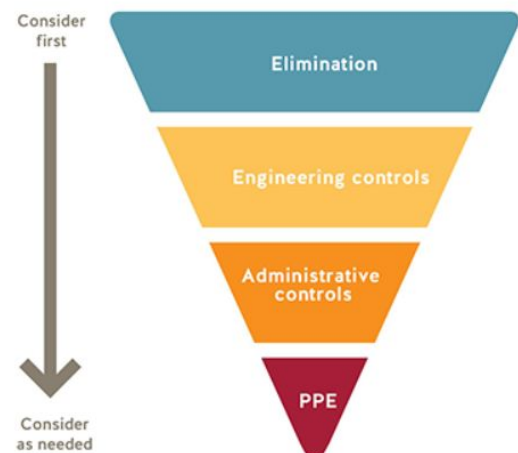
These considerations are based on a Hierarchy of Hazard Prevention and Control Program through the Canadian Centre for Occupational Health and Safety (CCOHS), shown below. They have been modified to reflect the needs of a club or gym training space for Olympic Weightlifting.

First level protection (elimination): Use policies and procedures to keep people at a safe physical distance from one another. Limit the number of people in your workplace at any one time, and implement protocols to keep workers at least 2 metres from other workers, customers, and members of the public.

Second level protection (engineering controls): If you can't always maintain physical distancing, install **barriers** such as plexiglass to separate people.

Third level protection (administrative controls): Establish rules and guidelines, such as cleaning protocols, telling workers to not share tools, or implementing one-way doors or walkways.

Fourth level protection (PPE): If the first three levels of protection aren't enough to control the risk, consider the use of **non-medical masks**. Be aware of the limitation of non-medical masks to protect the wearer from respiratory droplets. Ensure workers are **using masks appropriately**.



Source: COVID-19 Safety Plan - WorksafeBC.com

First-level Protection: Elimination

Modifying how people act in a space to limit spread

- ❑ Staff, coaches and athletes must be screened upon arrival by asking if they are sick or symptomatic. If they answer in the affirmative, they should not be allowed to enter. This must be documented. Anyone with COVID-19 symptoms should go straight home and obtain a test through their local assessment centre.
- ❑ Contact information of all coaches, athletes and session info kept for contact tracing purposes. This can be done with a strict sign-in/sign-out policy.
- ❑ Establish and post occupancy limits that ensure the physical distancing requirement can be maintained. NO shared bars/platforms. One platform/athlete if platforms are 2m apart. Shared equipment (change plates, collars) should be disinfected after use or when sharing between athletes.
- ❑ Adjust programming to minimize traffic (running staggered classes between different programs) and allow time for cleaning between classes. Train in “shifts” or reduce class sizes. Book training spots in advance.
- ❑ Adjust programming to account for warm ups/cool downs among different classes, to reduce “stragglers”. Request that athletes do not arrive more than 5 minutes before their class time.
- ❑ Encourage athletes to conduct their workouts and exit the facility without unnecessary delays.
- ❑ Equipment should not be shared or used simultaneously (e.g. working in sets).
- ❑ Shower and locker rooms must remain closed, with the exception of washrooms. Encourage patrons to arrive in workout clothes.
- ❑ Do not serve food or beverage. However, vending machines are allowed with increased cleaning and disinfection of common touch surfaces.
- ❑ Close drinking fountains. Water bottle filling stations are acceptable if appropriately and frequently sanitized.
- ❑ Allow a maximum of one parent or guardian per junior athlete inside facility who should remain physically distant. When possible, have parents/guardians pick up their child outside.

Second-level Protection: Engineering Controls

Changing the physical space to assist in limiting interaction or contamination

- Reduce a mix of incoming/outgoing traffic at entrances as much as possible. Consider directing traffic within the facility with one-way flow (where possible) using floor markers/stickers. Clearly mark entrances and exits.
- Space equipment at least two metres apart or barriers should be erected between equipment. Remove and store extra loose equipment from the training floor to minimize cleaning surfaces. If removal of equipment or erection of barriers is not possible, equipment closer than two metres apart should not be used and marked accordingly.
- Mark a designated exercise area for each client to stay inside of during a workout.
- Make hand-washing stations and/or approved hand sanitizers available and encourage clients to use them upon entering and exiting. Provide stations throughout the facility and in high-contact areas.
- Use outdoor spaces, if possible.
- Provide disposable/one-use towels in shared washrooms.
- Remove unnecessary communal items such as candy, magazines, and complimentary phone chargers.

Third-level Protection: Administrative Controls

Limiting exposure through rules and guidelines for use of the space

- Inform coaches, administrators, members, parents/guardians and participants of new protocols through email, club website, member receipts, etc.
- Encourage customers to bring their own personal equipment where possible (rollers, straps, etc.).

- Display signage throughout the facility reinforcing key messages of physical distancing, wiping equipment and hygiene protocols.
- Create a chores list or sign-off sheet for employees (between classes and end of day) on cleaning of high-touch surfaces such as door handles, frames, coat racks.
- Require athletes and clients to wipe down the equipment before and after use, including rollers, bands, and other accessories.
- Ensure regular cleaning of shared employee space (kitchen, front office, storage rooms) and shared facilities and equipment (telephones, computers, washrooms and laundry rooms).
- Use contactless forms of payment wherever possible.
- Consider a dedicated training time for athletes with underlying conditions, or high-risk clients.

Fourth-level Protection: PPE

Providing equipment for safe working and training environments

- Provide disinfectants for clients and staff in convenient locations. Hand sanitizer should contain at least 70 percent alcohol and be approved by Health Canada (DIN or NPN).
 - Provide employees with resources such as tissues, no-touch trash receptacles, hand soap, disposable towels.
 - Provide adequate bins for the safe disposal of paper towels that have been used for cleaning and personal use. The bins should be lined with plastic bags, which are tied and disposed of regularly according to local refuse storage and collection requirements.
 - Any non-athlete (coach or gym employee) as well as athletes after and before training should wear a mask at all times.
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RESOURCES:

Coronavirus Disease (COVID-19) Cleaning and Disinfecting Public Spaces

<https://www.canada.ca/content/dam/phac-aspc/documents/services/publications/diseases-conditions/coronavirus/cleaning-disinfecting-public-spaces/cleaning-disinfecting-public-spaces-eng.pdf>

Approved Cleaning products for use against SARS and Cov-2

<https://www.canada.ca/en/health-canada/services/drugs-health-products/disinfectants/covid-19/list.html>

Ontario COVID response information.

<https://www.ontario.ca/page/how-ontario-is-responding-covid-19>