



South African Powerlifting Federation

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Powerlifting – competition protocols

Competition Facilities

1. Powerlifting competitions will be organized following the published guidelines for sanitization, social distancing, personal protective equipment and contact logging.
2. Each competition will comply with the restriction in numbers of lifters plus officials depending on the size of the venue.
3. The number of lifters competing per session will be strictly controlled to limit the number of people in the venue, keeping the maximum number below 50 at all times.
4. COVID-19 information posters will be displayed in the venue.
5. No spectators will be allowed.
6. The competition meet director will keep a register of all the people involved in competition sessions, which will include
 - a. Full names
 - b. Residential address
 - c. Cellphone, Telephone number or Email address
 - d. Contact details of another person living in the same residence.
7. Lifters and officials will be subject to the following measures on arrival at the venue:
 - a. Temperature screening
 - b. Hand sanitization (see below example of equipment available)
 - c. Logging personal details in the attendance register
 - d. Completing a personal health questionnaire and declaration (Sample attached)
8. Any officials or lifters with a high temperature, or who are at risk based on their answers to the questionnaire, will not be allowed into the venue and will be referred for COVID-19 testing. Should anyone test positive after the event, the contact sheet will be made available for contact tracing.
9. The weigh-in area will be disinfected before and after each weigh-in session, and the scale will be cleaned before and after each lifter has been weighed.
10. Lifters and officials will wear masks at all times.
11. Social distancing will be enforced by limiting the number of people on platform to the minimum, and ensuring that referees are seated 1.5m-2m from the lifter.
12. All equipment will be disinfected before and after the competition, and before being used by another lifter. Extra time will be allowed between lifts and between sessions to facilitate cleaning where necessary.
13. Lifter safety is paramount, and spotters will be allowed to prevent injury to the lifter.

14. Platforms in the warm-up area will be spaced 2m apart to comply with social distancing. Lifters will not be allowed to move between warm-up stations.
15. Chairs in the holding area will be spaced 1.5m apart to comply with social distancing.
16. All lifters and officials will bring their own food and drink to the venue, and no sharing of food or drink will be allowed. Water bottles for the platform officials will be cleaned and not shared.
17. Papers will be kept to a minimum. Weigh-in figures will be captured directly into the computer scoring system. Next attempts will be given verbally to the scorers, and also captured directly into the computer scoring system.
18. Bathrooms will be subject to cleaning and sanitization in compliance with the published guidelines. There will be no cloth towels, instead paper towels will be used in the bathrooms and kitchen, and regular hand-washing will be required by athletes and officials.
19. All doors will remain open, when feasible, to reduce contact and ensure adequate ventilation. The air conditioning units in the indoor venue will be in good working order.
20. If necessary, training will be given on the correct use of masks and face screens, including cleaning and disposal.

Dealing with a confirmed or suspected COVID-19 case

1. Any officials or lifters with a high temperature, or who are at risk based on their answers to the questionnaire, will not be allowed into the venue and will be referred for COVID-19 testing. Should anyone test positive within 14 days after the event, the contact sheet will be used for contact tracing.

- In addition, please be reminded of the following as per directions:
 - Non - contact Sport, should only be limited to training and matches;
 - Your organisation must ensure that all Clubs are compliant and provides operational plans;
 - Reduced number of players and participants in field;
 - Testing of Players and participants is compulsory. (If such is included on the application may be ignored);
 - Training venues must be disinfected and cleaned every day;
 - Control measures must be put in place;
 - Monitoring and Compliance must be assured;
 - Compliance Officer must be appointed;
 - Clubs must also appoint Compliance Officers;
 - All training venues names must be submitted within 24 hours after receipt of the permission;
 - No spectators are allowed at training and matches;
 - Attendance register must be kept by compliance officer for all people entering the sporting venue;
 - All people entering the sporting venue must wear mask and screened;
 - Any person with high temperature may not be allowed to enter the sporting venue; and

- Areas declared as Hotspot should be avoided subject to the advisory from the Department of Health and extra precautionary measures must be in place if allowed to train and play matches.

Note, further that the department may deploy officials to monitor compliance and such officials may be allocated a specific identity document.



South African Powerlifting Federation

COVID-19 Individual Screening
Questionnaire and Declaration

FULL NAME : _____

TODAY'S DATE : _____ TIME: _____

SAPF Affiliated Member (Yes/No): _____

PHONE NUMBER: _____

RESIDENTIAL ADDRESS: _____

EMAIL ADDRESS: _____

NAME and CONTACT DETAILS of another person living at same residential address:

Name: _____ Phone Number: _____

Do you have any of the following symptoms? (Yes/No)

- New and persistent cough _____
- Shortness of breath _____
- Difficulty breathing _____
- Sore throat _____
- Fever _____
- No symptoms _____

Have you been in contact with anyone in the last 14 days who is experiencing these symptoms? (Yes/No) _____

Have you tested positive for COVID-19 in the last 14 days? (Yes/No) _____

Have you been in contact with anyone in the last 14 days who has tested positive for COVID-19? (Yes/No) _____

What mode of transport did you use to get here? _____

Temperature Reading on Entry: _____

I hereby confirm that the above information is correct, to the best of my knowledge.

Signature: _____ (Parent or guardian if under 18)

