SAFETY RETURN TO PARA POWERLIFTING GUIDELINES

GENERAL RULE
Adhere to any guidance, rules and regulations produced by your national and local governments and to the health regulations in place in your country and local area.

SELF-BEHAVIOUR
Consider your own individual health situation and environment.

SELF-BEHAVIOUR
Wash or sanitize your hands thoroughly (minimum 20 seconds) before and after practice.

SELF-BEHAVIOUR
Keep when possible a minimum 1.5 meter distance from other people; preferably 2 meters during and after physical activity.

SELF-BEHAVIOUR
Wash or sanitize your hands thoroughly (minimum 20 seconds) before and after practice.

EQUIPMENT
Clean and disinfect all surfaces, such as bars, weights and benches before and after every use.

EQUIPMENT
Use your own personal equipment (straps, belts, wraps, chalk, towel, water bottle etc.).

EQUIPMENT
All material used should be disinfected at the end of the training session including wheelchairs and prostheses.

EQUIPMENT
Use your own personal equipment (straps, belts, wraps, chalk, towel, water bottle etc.).

ATHLETES
Follow the 'Get in, train and get out' process (arrive to the training facility wearing sports clothes, ready to train, and leave quickly after practice).

ATHLETES
Resumption of physical activity must be progressive in duration and intensity in order to readjust the body to the effort (heart, muscles, tendons) applying a gradual return to training.

ATHLETES
Follow the 'Get in, train and get out' process (arrive to the training facility wearing sports clothes, ready to train, and leave quickly after practice).

COACHING
Wear a mask during the entire training session.

COACHING
Implement a 15-minute buffer between participants.

DIGITAL
Organise online training sessions and use of online resources (videos) where possible.