

SAFE 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

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



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