

# Manchester 2021 Para Powerlifting World Cup

## Team Information Webinar 2

- **Travelling to the UK**
- **Check in and testing procedure**
- **Training, warm up and competition**
- **Transport**
- **Catering**
- **General hygiene and safety measures**
- **Code of Conduct and behaviour**

# Travelling to the UK

- Passenger Locator Form > Complete online
- PCR test within 72 hours of leaving your home country > evidence on arrival
- Elite Sport Exemption Letter > LOC will provide
- Visa documents
- Teams must provide credit card details for any additional costs > does your team have insurance?

[www.britishweightlifting.org](http://www.britishweightlifting.org)



## Check in and testing procedure

- LOC staff will guide your team from airport to hotel (15 minutes)
- Team Managers receive information pack
- Every attendee receives personal event pack; hand sanitiser, face covering, code of conduct, chalk for lifters
- The whole team go into the testing centre and complete the testing protocol
- After testing each person will check in to the hotel and go straight to their room

# Training, Warm Up and Competition

- Training will be according to bodyweight category, with one coach per lifter in training area
- This means your team may not all train together
- The training schedule will be closely monitored and people will not be allowed to enter the training area if they are not on the schedule.
- Training equipment will be cleaned after each training session
- Warm up equipment will be cleaned after each competition session
- Competition equipment will be cleaned after every attempt

# Transport

- Transport to the competition venue will only be available to lifters who are competing, plus one coach per lifter, and technical officials
- If you are not competing or coaching a lifter you will not be able to travel to the competition venue or leave the hotel grounds
- All transport reduced to 50% capacity
- The bus drivers take a Covid-19 test every 3-days

# Catering

- Meals will be collected from a served buffet
- Everyone must take their meal back to their hotel room to eat. Leave any waste outside your room and the hotel will collect it
- Teams must not go into each others rooms to eat their meal
- We have planned with the hotel so no one will miss a meal if they are competing during a meal time

# General hygiene and safety measures

- Social distancing > 2 metres at all times unless coaching/physiotherapy
- Face coverings > wear at all times unless medically exempt
- Hand sanitiser > LOC provides, use regularly



# Code of Conduct and behaviour

- The LOC and WPPO will issue a Code of Conduct for the competition
- This will outline how we expect every person at the event to act to protect themselves and others from the risk of Coronavirus
- There will be sanctions for anyone who breaches the Code of Conduct
- We need your support to ensure every person at the competition behaves the right way so we are all able to take part in this competition safely

# Questions