



## 2021 Powerlifting Return to Activity Guidelines

Updated 3/26/2021

### Screening Process

- All Return to Activity (RTA) pre-event screening protocols must be followed. Protocols may be found at <https://www.sonj.org/sports/sonj-return-to-activity-guidelines/>. The screening process includes athletes, coaches and any family members/caregivers that remain for the duration of practice.
- Athletes must have current medical and COVID waiver prior to the start of training
- Volunteer certifications are required prior to the start of training
  - Coaches (age 18+) – Updated Class A Form/Background Screen, Protective Behaviors, Concussion and COVID waiver

### Venue

- All programs must adhere to venue capacity rules and regulations. As such, spectators may be asked to leave venues if capacity limits are met and are expected to comply. Current guidance – no more than **fifty (50)** total individuals
  - 50 total all-inclusive to athletes, coaches, volunteers and spectators
- Confirm with venue regarding additional restrictions
- Locker rooms may not be available based on venue guidelines – check with venue prior to training

### Training Guidance/Equipment

- All practice structure must align with the current Special Olympics New Jersey RTA guidelines
- Athletes can practice no more than one (1) time per week
- While at the venue, ensure all participants practice social distancing and maximum group number limitations as outlined in the current RTA plan
  - Social distance when moving from one machine to the next
- Mask Compliance – Masks must be worn at all times by all participants
  - Includes athletes, coaches, volunteers, and spectators
  - Mask is required by athletes during activity
  - Mask may be removed for hydrating or brief medical reasons only
- No personal equipment should be shared between athletes including weight belts
- Athletes must wash or sanitize hands before and after each piece of equipment



## **2021 Powerlifting Return to Activity Guidelines (cont.)**

- Sanitizing Equipment - All equipment must be sanitized between athlete use
  - Check with venue regarding sanitizing protocols
  - PPE equipment is available in the Coach Tool Kit (available by SONJ)
- Chalk Use (if applicable) – For athletes that utilize chalk, they must provide own gallon size Ziploc bag with chalk

### Volunteers/Spectators

- Programs must use the minimum number of volunteers possible for training/practice
  - Volunteers are required to be pre-registered through Special Olympics New Jersey
  - Volunteers must always wear a mask and maintain social distancing protocols
  - Volunteers are counted as part of the total number of individuals allowed at a venue
- Spectators are discouraged to attend training/practices
  - Spectators must always wear a mask and maintain social distancing protocols
  - Spectators are counted as part of the total number of individuals allowed at a venue

### Competition

- June 12-13 – SONJ Sports Complex, Lawrenceville