

# **WEIGHTLIFTING**

| SPORT SPECIFIC FRAMEWORK                                      |   |  |  |   |  |
|---|---|--|--|---|--|
| SPORT:  | A   | B  | C  | D   | E  |
| <b>WEIGHTLIFTING</b>  |   |  |  |   |  |
| COMMUNITY SCENARIO:<br>HEALTH STATUS<br>TRAVEL<br>ENGINEERING | <b>HIGH RISK<br/>(ECQ)</b>  | <b>HIGH RISK<br/>(MECQ)</b>  | <b>MODERATE RISK<br/>(GCQ)</b>   | <b>MODERATE RISK<br/>(mGCQ)</b>   | <b>LOW RISK/<br/>"NEW NORMAL"/<br/>Olympic Hopeful<br/>guidelines</b>  |
| IATF<br>RESTRICTIONS**  | <p>Everyone is advised to "Stay-at-Home"</p> <p>No mass transportation</p> <p>No interzone travel</p> <p>No mass gathering</p> <p>Gyms, fitness facilities are closed</p> | <p>APOR allowed to travel</p> <p>&lt;20 and 60 and above are to stay at home</p> <p>Limited mass transportation</p> <p>Sports travel is still non-essential</p> <p>No interzone travel – may travel to ECQ</p> <p>Intrazonal movement allowed</p> <p>No mass gathering</p> <p>Sporting events are prohibited<br/>Gyms, fitness facilities are closed</p> <p>Water parks are not allowed to operate</p> | <p>Movement for leisure purposes are not allowed; essential travel only</p> <p>&lt;20 and 60 and above may be allowed to go outdoors only for exercise.</p> <p>Intrazonal travel allowed,<br/>Interzonal travel allowed</p> <p>Public transportation allowed to operate at limited capacity</p> <p>Category IV (fitness, kids establishments are still not allowed to operate)<br/>School sports are still suspended</p> <p>Interzonal</p> | <p>All persons allowed to move outside of residence</p> <p>Intrazonal travel allowed,<br/>Interzonal travel allowed</p> <p>Individual and group outdoor activities including NON-CONTACT sports (golf/tennis/ table tennis/ swimming) are allowed – NO SHARING of equipment</p> <p>Sporting events of the above category (indoor and outdoor non-contact sports) are allowed but with 50% capacity of arena</p> <p>Category IV (fitness, kids</p> | <p>NO DETAILED GUIDELINES yet as of May 23, 2020</p> <p>Intrazonal travel allowed, Interzonal travel allowed</p> |

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|   |   | <p>Individual, Outdoor exercises are allowed within the zone- walks, jogs, biking, running</p> <p>Rehab clinics are on skeletal workforce</p> <p>No face to face school classes</p> | <p>movement allowed<br/>No mass gathering</p> <p>Sporting events are prohibited</p> <p>Gyms, fitness facilities are closed</p> <p>No face to face classes; school sporting events are not allowed</p> <p>Outdoor non-contact sports, walking, jogging, running, biking, golf, swimming, tennis, badminton, equestrian and skateboarding are allowed—limited clubhouse basic operations</p> | <p>establishments are allowed to operate at 50% capacity)</p> <p>Transportation is allowed to operate at the capacity dictated by DOTR; bikes and e- bikes encouraged</p> <p>Face to face classes may be conducted but no gatherings.</p> <p>Gathering of up to 10 socially distanced persons are allowed</p> <p>Gyms, indoor fitness facilities are allowed to operate at maximum 50% capacity</p> |   |
| <p>WEIGHTLIFTING ACTIVITY RECOMMENDATIONS</p> | <p>Training inside own premises such as</p> <p>Olympic lifts (Snatch, Clean &amp; Jerk), Strength training (solo)</p> | <p>Training inside own premises such as</p> <p>Olympic lifts (Snatch, Clean &amp; Jerk), Strength training (solo)</p>   | <p>Training outside the house</p> <p>Olympic lifts (Snatch, Clean &amp; Jerk), Strength training (solo)</p>  | <p><u>*FOR RECOMMENDATION PENDING APPROVAL OF IATF AS AN MGCCQ ACTIVITY</u></p> <p>Individual training at clubhouse and fitness gyms/centers</p> <p>Limited number of person per training (maximum of 10 persons)</p> <p>Local and Online tournaments/competition may be allowed, if</p>  | <p><u>*FOR RECOMMENDATION PENDING APPROVAL OF IATF</u></p> <p>Free environment (Open Circuit) training at clubhouse and fitness gyms/centers</p> <p>Limited number of person per training (maximum of 10 persons)</p> <p>Local and Online tournaments/competitions may be allowed, if</p> |

|   |              |              |              | approved by IATF   | approved by IATF   |
|---|--------------|--------------|--------------|--|--|
| WEIGHTLIFTING<br>GENERAL HYGIENE<br>RECOMMENDATIONS | Hand washing | Hand washing | Hand washing | <p>Hand washing before and after training</p> <p>Health Declaration Form in the past 14 days and COVID-19 Exposure Form</p> <p>Maintain Individual Health Monitoring Chart for contact tracing</p> <p>Athletes/Coaches with symptoms will be advised to stay at home</p> <p>Wearing of face mask/face shield outside training period is required</p> <p>Ensure social distancing of at least 2 meters</p> <p>No sharing of equipment (barbell, plates, etc.)</p> <p>Players must arrive at the venue in proper training attire/full gear</p> <p>Players must handle their own towels and personal belongings exclusively</p> <p>No physical contact between athletes and coaches (High</p> | <p>Hand washing before and after training</p> <p>Health Declaration Form in the past 14 days and COVID-19 Exposure Form</p> <p>Maintain Individual Health Monitoring Chart for contact tracing</p> <p>Athletes/Coaches with symptoms will be advised to stay at home</p> <p>Wearing of face mask/face shield outside training period is required</p> <p>Ensure social distancing of at least 2 meters</p> <p>No sharing of equipment (barbell, plates, etc.)</p> <p>Players must arrive at the venue in proper training attire/full gear</p> <p>Players must handle their own towels and personal belongings exclusively</p> <p>No physical contact between athletes and</p> |

|                                    |     |     |   |  |   |
|------------------------------------|-----|-----|---|--|---|
|                                    |     |     |   | Fives, Shaking of hands, etc.)   | coaches (High Fives, Shaking of hands, etc.)  |
| FACILITY RECOMMENDATIONS           | N/A | N/A | USE OF INDOOR FACILITIES IS NOT ALLOWED <i>IATF Resolution no. 38</i> | <p>Health and Safety control officers will be assigned.</p> <p>Body temperature will be taken by Health and Safety Officer upon entry</p> <p>Regular cleaning and disinfection of clubhouse and fitness gym</p> <p>Regular cleaning and disinfection of equipment before and after use</p> <p>Provide hand washing or sanitizing stations</p> <p>Participants shall be limited to fifty percent (50%) of the venue</p> <p>Properly ventilated fitness gyms, clubhouses and other indoor venue</p> <p>Use of communal areas such as Changing Rooms and Locker Rooms are not allowed</p> | <p>Health and Safety control officers will be assigned</p> <p>Body temperature will be taken by Health and Safety Officer upon entry</p> <p>Regular cleaning and disinfection of clubhouse and fitness gym</p> <p>Regular cleaning and disinfection of equipment before and after use</p> <p>Provide hand washing or sanitizing stations</p> <p>Participants shall be limited to fifty percent (50%) of the venue</p> <p>Properly ventilated fitness gyms, clubhouses and other indoor venue</p> <p>Use of communal areas such as Changing Rooms and Locker Rooms are not allowed</p> |
| SPECTATOR AND ADDITIONAL PERSONNEL | N/A | N/A | Only one accompanying person allowed if athlete under aged.           | <p>No spectators allowed</p> <p>Maximum one (1) companion as necessary</p>   | <p>No spectators allowed</p> <p>Maximum one (1) companion as necessary</p>  |

