

Weightlifting Tasmania Inc

COVID-19 Safety Plan



Athletes

Must:

- Not attend if unwell in the last 14 days
- If unwell at event, notify COVID Supervisor and leave event
- Hand hygiene as per the PHS poster information
- Utilise sanitising stations as provided
- Enter and leave warmup area as soon as practicable
- Limit themselves to one set of weights, and platform
- Sanitise hands on entry and exit of the warmup area
- Sanitise bar and weights used in the warmup area on closure of their sessions
- Maintain social distancing measures as per PHS poster as practically possible (e.g. 1.5m separation)
- Refrain from social gathering post event or session