Recommended COVID-19 Guidelines for 2020-21 LHSAA Powerlifting Meets

All coaches, athletes, spectators, officials and personnel must wear a mask in accordance with the State of Louisiana regulations.

Disclaimer: Guidelines are subject to change and will be updated in accordance with government directives.

Pre- Meet Screening:
- All meet directors and coaches shall adhere to the LHSAA guidelines for General Competition for All Sports.

Meet Floor:
- All lifters must wear a mask during competition.
- Lifter’s chairs should be 6 feet apart or to the best extent possible.
- No lifting chalk shall be provided by the meet host. Schools shall provide their own lifting chalk to their lifters.
- Hand sanitizer will be provided at each platform.
- Between each flight the meet equipment should be wiped or sprayed down and sanitized (bar, plates, bench, and rack).
- Limit the people on the floor in the lifting area to coaches/lifters/spotter/loaders/table workers/judges – no wrappers or trackers in the lifting area if social distancing cannot be maintained.
- Flight size should be manageable to maintain social distancing as much as possible.

Weigh in:
- All individuals in the weigh-in room shall wear a mask.

Coach’s meeting:
- The meet director has the discretion to determine how many coaches can attend the coach’s meeting to maintain social distancing as much as possible between coaches.
- Coach’s chairs should be 6 feet apart or to the best extent possible.

Limitations on Gatherings:
- When not directly participating in warm-up or contests, care should be taken to maintain a minimum distance of 3 to 6 feet between each individual.

Dressing Facilities:
- The meet host is responsible for providing restroom facilities that are separate from fan use.
- If available, dressing facilities for officials and teams should be large enough to allow for social distancing and should be cleaned and sanitized prior to use. If no adequate space is available, consider rotating use to an appropriate number of individuals.

Facilities Cleaning before and during the meet:
- Follow all CDC and public health guidelines regarding facility sanitization.
- Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam should be covered.

Spectators:
- Reference opensafely.la.gov for attendance guidelines.