

2021 State Meet Covid Updates/Best Practices

We plan to proceed with the 2021 Texas State Weightlifting Championships on time January 15-17 in San Antonio Texas. We want to host an event that is safe and enjoyable for all attendees. Safety has always been the largest factor in any decision made for the State Meet. The 2021 State Meet will present us with the extremely difficult challenge of balancing a positive experience, maintaining peak performance of our athletes, maintaining social distancing, and adhering to local, state, and national (should they become available) guidelines.

We are making some adjustments to the operation of the 2021 State meet based on what we know today (November 17, 2020) about Covid. Please note that information and/or regulations may change. This document will be updated, and any changes will be indicated, and reposted.

Masks/face covering (herein referred to 'mask') will be 100% required (exception for individual younger than 2) unless specifically specified below. If you do not have a bar in your hands you need to wear a mask.

In Person Event Cancellation

We will convert the meet to a virtual meet in the event the State of Texas, Bexar County, or the city of San Antonio impose any restrictions that will not allow an indoor gathering of at least 65 individuals, which is the minimum number of individuals required to run the event with 0 spectators.

- 12 Athletes (Both Platforms)
- 12 Coaches (Both Platforms)
- 2 Loaders (Both Platforms)
- 3 Judges (Both Platforms)
- 1 Marshal (Both Platforms)
- 1 Speaker (Both Platforms)
- 3 Event Managers (Entire Event)

The event schedule will be the exact same schedule as the in person meet. All athletes will compete as if it were an in person meet. A full list of rules and regulations will be provided if the event must be converted to an online event.

RW Pavilion

Through our research, we have found the largest risk of transferring Covid inside an enclosed venue is via HVAC systems that recirculates internal air. We have confirmed that the HVAC unit used by the RW Pavilion circulates air from a unit outside. There is an enclosed small storage area between the venue

portion of the RW Pavilion and the outside where the HVAC unit is located. There is an extremely low risk of any recirculated air coming into the RW Pavilion.

The following updates will ensure that we are either ensuring proper social distancing or ensuring that people are not breathing on each other. Note – current occupancy maximum is 50% in the RW Pavilion.

Event Details

We will reduce the number of athletes per session (15 → 12) while adding sessions (14 → 17) which ultimately reduces the number of athletes from 420 to 408. This allows 2 athletes max for each warm up platform. Each session will last 2 hours and 15 minutes which adds 1.25 minutes for each athlete on average than in year's past. This will allow for thorough cleaning after each session.

Each athlete will be allowed 1 and only 1 coach in the warm up area. Coaches are always required to wear a mask while in the venue. Only coaches can make changes and/or otherwise visit the marshal table.

Each athlete can invite a max of 5 spectators into the venue.

All athletes, coaches, and spectators must exit the venue after the final lift of the session. No exceptions even if you are involved in the next session.

Flow of Competition

Weigh In

Everyone in the warm up area is required to wear a mask. The warm up area includes the hallway and the weigh in room. Athletes may only remove their mask when the official doing the weigh in allows for the removal of the mask. This will only be allowed for weigh in only and the mask must be put back on once the official weight is recorded. Below is the information required at weigh in:

- Snatch/CJ Openers
- Athlete's Coach

Athletes and coaches must maintain 6 feet of distance for other lifters and must vacate the weigh in area once successfully weighed in. Failure to adhere to these weigh in policies will result in removal from the competition.

Competition Venue

Masks are required to enter the venue. Below is a list of individuals allowed to enter the competition venue:

- Scheduled Staff
- Emergency Personnel

- Officials for the Current Session
- Athletes for the Current Session
- Coaches for the Current Session
- Spectators for the Current Session

We will have volunteers checking credentials against the weigh in list to make sure the correct athletes and coaches enter the venue.

Each individual will have an assigned warm up platform and assigned chair in the warm up area. Each warm up platform and chair will have 6 feet of separation. The warm up platform will have an arrow indicating the direction to face while warming up.

The spectator area will have groups of 5 chairs spaced out 6 feet from the next group of 5 chairs.

Below is an image of how the competition venue will be setup.



