

Reviewed and Approved by GNL Return to Powerlifting Plan August 31, 2021

The Newfoundland and Labrador Powerlifting Association **Return to Sport Plan**

Forward

Following the impacts of the COVID-19 Pandemic, the Department of Health and Community Services has permitted the sport of powerlifting to resume in the province of Newfoundland and Labrador in Alert Level 2 and Alert Level 1 of the provincial COVID-19 Alert Level System.

To ensure the safety of our participants and to ensure that all public health measures can be properly implemented, the Newfoundland and Labrador Powerlifting Association (NLPA) has put forward the following as an outline of proposed sport activity for Powerlifting in our province.

The following outline and approximate timeline includes all practice/training, competition, tournaments, special initiatives, etc for our provincial sport organization (PSO) as a whole. We recognize that powerlifting is an individual sport largely practiced solo in gym facilities. There are also groups and clubs who train together. Members are asked to respect the policies and regulations of the Department of Health and Community Services, the policies and regulations implemented by the facilities in which they train, as well as this Return to Sport Plan of the NLPA.

Individual teams or clubs may have their own Return to Sport Plan, which are specific to their individual organization within our sport.

All individual teams/clubs that are involved and sanctioned with the NLPA must follow the Newfoundland and Labrador Powerlifting Return to Sport Plan. If teams and clubs wish to make their own Return to Sport Plan, it must align with the NLPA PSO Return to Sport Plan.

It is recommended that any powerlifting teams/clubs that make their own specific team Return to Sport Plan to submit them to the NLPA via nlpaexec@gmail.com for approval. We will approve it at the PSO level and return it with feedback if needed.

Our goal is to simply ensure the safety of all members of the PSO, as well as the integrity of our sport, as training and competition resume following the shutdown caused by the pandemic. Resuming training and competition in a systematically appropriate approach that abides by all public health recommendations is the safest way to ensure that all participants in our sport can enjoy powerlifting in a safe environment.

If you have any questions regarding the NLPA Return to Sport Plan and its implementation, please do not hesitate to contact us at nlpaexec@gmail.com.

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The NLPA will put in place the following protective measures and guidelines for the following Public Health Alert Levels which are determined by the Department of Health and Community Services.

Alert Level 3

Individual athlete skill development sessions are permitted. Including coaches and athletes, the maximum number of individuals is 20.

Coaches and athletes should follow the health regulations applicable to this alert level for gyms and fitness facilities and should be aware that the current public health measures supercede this document as they may have changed since its drafting. Up-to-date ones may be found here: <https://www.gov.nl.ca/covid-19/information-sheets-for-businesses-and-workplaces/sport-guidance/>

At the time of this document being drafted, the following public health measures were required to be in place:

- Individuals (coaches & athletes) from separate households should maintain physical distance at all times. Individuals from a single household may be grouped in a single training pod.
- Group sport activities are suspended until Alert Level 2

Alert Level 2

Individual athlete skill development and team practice/training sessions are permitted. Return to Sport Plans are not required for activities in Alert Level 2 Phase

Phase 1: April 10- May 24, 2021

Individual Athlete Skill Development (April 10- May 24, 2021)

1. Individual athlete skill development sessions are permitted. Including coaches and athletes, the maximum number of individuals for athlete skill development sessions is 50. Refer to Sport Guidance for the recommended public health measures for these sessions.
2. Please adhere to training venue specific public health measures and protocols.

Team Practice/Team Training Sessions (April 10- May 24, 2021)

1. Teams/clubs may resume modified team practice/training.
2. High Performance athletes and their teams/ clubs can resume modified team practice training at this time.
3. Clubs/teams that are composed of athletes or coaches from different RHA regions cannot meet to train together at this time.
4. No spectators are permitted.
5. No competitions between separate teams, clubs or regions will be held.
6. No intra-squad training at this time and no competitions, even informal ones are to be held between differing groups.
7. Athletes who can be involved with two or more teams/clubs are asked to pick only one team to train with regularly (whichever team they will be able to train with more) and refrain from training with others.

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8. All public health measures and guidelines put forward from the Department of Health and Community Services for [Sport Guidance](#) need to be followed.
9. Please adhere to training venue specific public health measures and protocols.
10. Team practice/training sessions with members of a single team does not require a Return to Sport Plan

Recreational Sport Group (April 10- May 24, 2021)

All teams or clubs are asked to follow the exact same points as the Team Practice/Team Training Sessions outlined above.

Phase 2: May 25 - August 31, 2021

1. Team practice/Team training sessions and recreational sport groups can all continue as outlined above.
2. Intra-squad training IS permitted: Athletes who can be involved with two or more teams/clubs are asked to limit their involvement to a MAX OF 2 Teams or groups, in which they will intend to train with regularly (i.e. more than once per month).
3. Competition between different clubs/teams IS NOT permitted at this time.
4. No spectators are permitted.
5. No competitions between separate teams, clubs or regions will be held.
6. Please adhere to training venue specific public health measures and protocols.

Phase 3: September 1, 2021 - August 2022

1. Team practice/Team Training Sessions and Recreational Sport Groups can all continue.
2. Intra-squad training IS permitted: Athletes who can be involved with two or more teams/clubs are asked to limit their involvement to a MAX OF 2 Teams, in which they will intend to train with regularly (i.e. more than once per month).
3. Athletes of all ages in any team/club/league can resume modified training as long as all NLPA Return to Sport Policies and Procedures, as well as venue specific COVID-19 protocols are adhered to.
4. Please adhere to training venue specific public health measures and protocols.

Competitions & Tournaments for Phase 3 (September 15, 2021-August 2022)

1. Competitions/tournaments between separate teams, clubs or regions within Newfoundland and Labrador IS permitted at this time.
2. All competitions must be sanctioned by the NLPA.
3. The allowance of spectators at competitions is at the discretion of the NLPA and is contingent upon:
 - a. Current Provincial COVID-19 Alert Level in regions of interest.
 - b. Prevalence of active COVID-19 cases in regions of interest.
 - c. Current provincial public health precautions in place for regions of interest.
 - d. Space capacity for the venue in question.
 - e. Capacity of the meet director to adequately police the venue and maintain COVID spacing requirements.
 - f. Number of athletes and coaches involved.
 - g. Capability to meet all NLPA Return to Sport Policies and Procedures as well as venue specific COVID protocols.
4. No canteen/food services are permitted at tournament venues.

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5. Tournament technical packages will be distributed to attending teams prior to competition dates that will outline venue special COVID-19 procedures that must be followed.
6. The NLPA has set the tentative dates for all NLPA sanctioned tournaments, which is outlined in the PSO Activities / Initiatives and Competitions sections.
7. NLPA approval is needed for any of the following events: Multi-team tournaments, multi-team meets, duel team meets/intra-squad competition, and duel team training/intra-squad practices.
8. The NLPA reserves the right to not approve of such requests, based on public health precautions and provincial/regional COVID-19 prevalence during that given time.

PSO Activities / Initiatives

The NLPA has set the following dates for scheduled PSO activities. All information is tentative and can be subject to change:

1. NLPA Annual General Meeting - September, 2021: Virtual via Zoom.

Regional or Provincial Championships/Competition

The NLPA has set the following dates for scheduled sanctioned regional/provincial competitions. All the noted policies for Competitions & Tournaments above must be followed at all times. Failure to do so could result in the cancellation or withdrawal of the tournament prior to or during a scheduled event. All information is tentative and can be subject to change.

1. NLPA Provincial Championships - SEPTEMBER 17-19, 2021

- St. John's, NL
- Venue: Techniplex
- Open to all member athletes and their coaches.
- Maximum 1 coach per lifter for classic lifters, 2 coaches per lifter for equipped lifters, as per Canadian Powerlifting Union rules.
- Athlete age ranges: 9 and up
- Athletes are responsible for their own accommodations and travel arrangements.
- Anticipated participants: 60 per distinct session.
- 4 sessions over three days
- The allowance of spectators at competitions is at the discretion of the NLPA and is contingent upon:
 1. Current Provincial COVID-19 Alert Level in regions of interest.
 2. Prevalence of active COVID-19 cases in regions of interest.
 3. Current provincial public health precautions in place for regions of interest.
 4. Space capacity for the venue in question.
 5. Capacity of the meet director to adequately police the venue and maintain COVID spacing requirements.
 5. Number of athletes and coaches involved.
 6. Capability to meet all NLPA Return to Sport Policies and Procedures as well as venue specific COVID protocols.
- All CPU and NLPA waivers must be signed prior to participation.

2. Eastern Newfoundland Championships - OCTOBER 29-31, 2021

- Sydney, Nova Scotia
- Open to qualifying athletes from the Atlantic Provinces

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- Newfoundland athletes are welcome to attend, but the NLPA holds no jurisdiction over this event.
- Dependent on health restrictions in Nova Scotia allowing for such an event
- Participants are responsible for their own travel arrangements and accommodations
- Returning travelers would be subject to the current restrictions for self-isolation and testing requirements based on vaccination status and any additional health restrictions that might come into play [https://www.gov.nl.ca/covid-19/together- again/#step1](https://www.gov.nl.ca/covid-19/together-again/#step1)

3. Gander Open - NOVEMBER 27, 2021 (TENTATIVE)

- Gander, NL VENUE TBD
- Open to all member athletes and their coaches.
- Anticipated participants (including athletes, coaches and volunteers): 60 per distinct session,
- 2 sessions over one day
- Maximum 1 coach per lifter for classic lifters, 2 coaches per lifter for equipped lifters, as per Canadian Powerlifting Union rules.
- Athlete age ranges: 9 and up
- Athletes are responsible for their own accommodations and travel arrangements.
- No canteen or food services will be provided.
- The NLPA will not permit spectators to attend.
- All Gov NL Public Health Protocols for Indoor Recreation must be followed. <https://www.gov.nl.ca/covid-19/information-sheets-for-businesses-and-workplaces/guidance-for-indoor-recreation/>
- All NLPA Return to Sport Policies and Procedures as well as venue specific COVID-19 protocols must be followed.
- The allowance of spectators at competitions is at the discretion of the NLPA and is contingent upon:
 1. Current Provincial COVID-19 Alert Level in regions of interest.
 2. Prevalence of active COVID-19 cases in regions of interest.
 3. Current provincial public health precautions in place for regions of interest.
 4. Space capacity for the venue in question.
 5. Capacity of the meet director to adequately police the venue and maintain COVID spacing requirements.
 5. Number of athletes and coaches involved.
 6. Capability to meet all NLPA Return to Sport Policies and Procedures as well as venue specific COVID protocols.
- No canteen or food services will be provided.
- All Gov NL Public Health Protocols for Indoor Recreation must be followed. <https://www.gov.nl.ca/covid-19/information-sheets-for-businesses-and-workplaces/guidance-for-indoor-recreation/>
- All NLPA Return to Sport Policies and Procedures as well as venue specific COVID-19 protocols must be followed.
- All CPU and NLPA waivers must be signed prior to participation.

4. NLPA Winter Open - JANUARY 23-24, 2022 (TENTATIVE)

- Tentative Venue: Ballrooms, Sheraton Hotel
- Open to all member athletes and their coaches.

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- Maximum 1 coach per lifter for classic lifters, 2 coaches per lifter for equipped lifters, as per Canadian Powerlifting Union rules.
- Athlete age ranges: 9 and up
- Athletes are responsible for their own accommodations and travel arrangements.
- Anticipated participants (including athletes, coaches and volunteers): 60 per distinct session,
- 2 sessions over one day
- No canteen or food services will be provided.
- The NLPA will not permit spectators to attend.
- All Gov NL Public Health Protocols for Indoor Recreation must be followed. <https://www.gov.nl.ca/covid-19/information-sheets-for-businesses-and-workplaces/guidance-for-indoor-recreation/>
- All NLPA Return to Sport Policies and Procedures as well as venue specific COVID-19 protocols must be followed.
- The allowance of spectators at competitions is at the discretion of the NLPA and is contingent upon:
 1. Current Provincial COVID-19 Alert Level in regions of interest.
 2. Prevalence of active COVID-19 cases in regions of interest.
 3. Current provincial public health precautions in place for regions of interest.
 4. Space capacity for the venue in question.
 5. Capacity of the meet director to adequately police the venue and maintain COVID spacing requirements.
 5. Number of athletes and coaches involved.
 6. Capability to meet all NLPA Return to Sport Policies and Procedures as well as venue specific COVID protocols.
- No canteen or food services will be provided.
- All Gov NL Public Health Protocols for Indoor Recreation must be followed. <https://www.gov.nl.ca/covid-19/information-sheets-for-businesses-and-workplaces/guidance-for-indoor-recreation/>
- All NLPA Return to Sport Policies and Procedures as well as venue specific COVID-19 protocols must be followed.
- All CPU and NLPA waivers must be signed prior to participation.

5. Bay St George Open - FEBRUARY 6-7, 2022 (TENTATIVE)

- Tentative Venue: TBD
- Open to all member athletes and their coaches.
- Maximum 1 coach per lifter for classic lifters, 2 coaches per lifter for equipped lifters, as per Canadian Powerlifting Union rules.
- Athlete age ranges: 9 and up
- Athletes are responsible for their own accommodations and travel arrangements.
- Anticipated participants (including athletes, coaches and volunteers): 30 per distinct session,
- 2 sessions over one day
- No canteen or food services will be provided.
- All Gov NL Public Health Protocols for Indoor Recreation must be followed. <https://www.gov.nl.ca/covid-19/information-sheets-for-businesses-and-workplaces/guidance-for-indoor-recreation/>
- All NLPA Return to Sport Policies and Procedures as well as venue specific COVID-19 protocols must be followed.

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- The allowance of spectators at competitions is at the discretion of the NLPA and is contingent upon:
 1. Current Provincial COVID-19 Alert Level in regions of interest.
 2. Prevalence of active COVID-19 cases in regions of interest.
 3. Current provincial public health precautions in place for regions of interest.
 4. Space capacity for the venue in question.
 5. Capacity of the meet director to adequately police the venue and maintain COVID spacing requirements.
 5. Number of athletes and coaches involved.
 6. Capability to meet all NLPA Return to Sport Policies and Procedures as well as venue specific COVID protocols.
- No canteen or food services will be provided.
- All Gov NL Public Health Protocols for Indoor Recreation must be followed. <https://www.gov.nl.ca/covid-19/information-sheets-for-businesses-and-workplaces/guidance-for-indoor-recreation/>
- All NLPA Return to Sport Policies and Procedures as well as venue specific COVID-19 protocols must be followed.
- All CPU and NLPA waivers must be signed prior to participation.

6. Canadian Powerlifting Union (CPU) National Championships - March 10-19, 2022 (TENTATIVE)

- Location: St. John's, NL, Sheraton Hotel
- This event occurring is contingent on several factors, including:
 - inter-provincial travel being allowed
 - Public Health restrictions allowing a national-level event.
 - The feasibility of all provinces being able to attend as per their respective health restrictions.
 - An assessment of the current Public Health situation at that time including vaccination levels, advisories, regulations, and recommendations.
- Open to qualifying athletes 12 and up
- Anticipated participants (including athletes, coaches and volunteers): 60 per distinct session,
- 2 sessions per day
- 8 days
- Many of the participants will fill multiple roles throughout the week (athlete, referee, coach, volunteer), so the total number of participants is greatly reduced.
- Maximum 1 coach per lifter for classic lifters, 2 coaches per lifter for equipped lifters, as per Canadian Powerlifting Union rules.
- All CPU and NLPA Covid policies must be followed and CPU and NLPA waivers signed.
- All athletes and coaches are responsible for their own accommodations and travel.

Phase 4 Atlantic Competition (if being considered when Atlantic bubble is in place)

1. Eastern Newfoundland Championships - OCTOBER 29-31, 2021

- Sydney, Nova Scotia
- Open to qualifying athletes from the Atlantic Provinces
- Newfoundland athletes are welcome to attend, but the NLPA holds no jurisdiction over this event.

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- Dependent on health restrictions in Nova Scotia allowing for such an event and NSPL COVID rules hold complete control over this meet.
- Participants are responsible for their own travel arrangements and accommodations.
- Returning travelers would be subject to the current restrictions for self-isolation and testing requirements based on vaccination status and any additional health restrictions that might come into play <https://www.gov.nl.ca/covid-19/together-again/#step1>

2. Canadian Powerlifting Union (CPU) National Championships - March 3-8, 2022.

- Location: St. John's, NL
- This event is contingent on several factors, including:
 - inter-provincial travel being allowed
 - Public Health restrictions allowing a national-level event.
 - The feasibility of all provinces being able to attend as per their respective health restrictions.
 - An assessment of the current Public Health situation at that time.
 - Open to qualifying athletes 12 and up
 - Maximum 1 coach per lifter for classic lifters, 2 coaches per lifter for equipped lifters, as per Canadian Powerlifting Union rules.
 - All NLPA And CPU Covid policies must be followed.
 - All athletes and coaches are responsible for their own accommodations and travel.