Recommendations from USA Para Powerlifting

Return to Train Committee

☑️ MINIMIZE RISK

WEAR MASK while training (quilter’s cotton or 4-ply microfiber)

WASH HANDS (soap & water) before, during, and after training session

☑️ DAILY HEALTH CHECKLIST

(see CDC for full list)

FEVER (100.4°F)

COUGH

SHORTNESS OF BREATH

 années TOO MUCH, TOO FAST = INJURY

• You’ve been away from your usual training routine. Ease back into training. Remember your goals — Tokyo 2021/Paris 2024.

☑️ TRAINING in PUBLIC HEALTH PROTECTIONS

SAFEST = Continue to train at home

SYMPTOMS = STAY HOME and contact your medical provider ASAP

Adjust your training time to off-peak hours to optimize social distancing

Spotters (heavy days) must wear a mask

Cleaning machines before you use them

(stay with the machine/bench if you can)

KEEP HANDS AWAY from face throughout all training until you wash hands with soap & water.

REMEMBER: Act like you are trying not to get someone else sick. Minimize everyone’s risk.

Stay safe!