

**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**

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***TRAINING TOO MUCH, TOO FAST = INJURY***

**You've been away from your usual training routine. Ease back in to training. Remember your goals – Tokyo 2021/Paris 2024.**

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**☑ 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!***

