



Information's and Actions taken for hosting a safe championship during the ongoing Pandemic

The 2021 World Sub-Junior, Junior, Master & Open Classic Powerlifting Championships is organised by IPF and hosted at Eleiko HQ in Halmstad.

For both IPF and Eleiko, the greatest importance is to arrange a World Championships where the health and well-being of everyone involved is not endangered. Arranging a major event during a pandemic requires high demands on the personal responsibility of both participants and organizers, along with a well-planned event based on prevailing circumstances. To prevent and minimize the risk of a potential spread of Covid-19 among participants, staff and visitors, extensive measures have been taken.

Together we can make these championships safe and successful for all involved. Please read and be sure to follow the information, recommendations and requirements below:

- First and most important – the current IPF Covid Precautions must be respected during the whole time of the championship:
<https://www.powerlifting.sport/fileadmin/ipf/data/championships/informations/2021/IPF.Covid.Precautions.pdf>
- Information sheets with the restrictions and recommendations that have been set by the Swedish Authorities and the organizer will be posted both at the hotels and the venue to make sure that everyone can comply.
- Buses will regularly take participants from the hotels to and from the venue on set timetables, which will be published in the official hotels and at the Venue.
- Staff from IPF and Eleiko will circulate the different areas of the venue to ensure restrictions are followed and be available for questions or concerns that might arise.
- Testing will take place to ensure participants, staff, and visitors do not have an ongoing Covid-19 infection. The details around testing are found in a separate information sheet and below. If the set requirements for **testing are not followed entrance to the venue will be denied.**
- The entrance and exit to the venue will be in separate parts of the building to get an even flow of people and avoid crowding in the doorways. Clear signs will be placed out so everyone knows where to go.
- There is a **maximum number of people allowed in each specific area** to ensure that social distancing can be upheld in line with the restrictions set by the Swedish Authorities for sports events. Signs will be displayed with information about maximum number of people allowed in the different areas.

Entrance to competition Area

Only lifters, coaches and officials who are scheduled for the specific competition day are allowed to enter the venue. The exact list will be published in the hotels. This is a rule by the local authorities to ensure a safe competition, also to ensure that the maximum number of persons in and around the building (ELEIKO Headquarters) will not be exceeded.

Each person, who is allowed to enter the building, will receive a sticker on the entrance which will be placed at the accreditation. Without the sticker and the accreditation no entrance will be granted.

At the same checkpoint at the entrance of the building and related to sticker also each person must present the valid Covid test as mentioned below. Again: No test – no access to the building!

All lifters that are not competing at that specific time and spectators are required to always sit down at appointed seats except for when moving to another area, using the bathroom, or queueing to buy food and beverages. This is the restrictions set by the Swedish Authorities and no mingling around is allowed at sport events or restaurants.

Training

For all lifters who want to train: Training platforms (4) will also be provided at ELEIKO Headquarters (see attached map). Each lifter who wants to train need to register at the entrance and ask for a special badge. There will be a maximum number of 12 badges for lifters and a maximum number of 12 badges for coaches. The total number in the training area is 24 persons and cannot be exceeded. After the training, lifters and coaches need to bring the badges back to the entrance.

We kindly ask for your understanding that if the total number of badges is exhausted, you need to wait until badges will be back on the entrance and the next slots are available.

Training time will be daily from 09:00am until 19:00pm

- In the case that there are too many people at the same time in a certain area, the organizers have the right to ask people to move to a different area, or if necessary, take the bus back to the hotel.
- There will be an extra tent outside of the venue where spectators can watch the livestream if the competition area has reached the maximum of people allowed.
- There will be a tent set up in the courtyard where Swedish “Fika” (snacks, coffee, beverages) can be enjoyed with safe social distancing while watching the livestream of the competition. There is also furniture out in the open for those who prefer the fresh air. There will also be a separate entrance and exit in the courtyard.
- All visitors are requested to use face masks during the entire competition. Exceptions are made for athletes and acting referees who are engaged in ongoing competition. This is according to the IPF Covid19 Protocol and also recommended by the Local Authorities in focus of this international event.

- Everybody must wear a face mask when using the shuttle bus.
- Face masks must cover mouth AND nose!
- Extra changing rooms and toilets are placed outside the venue in close connection to ensure social distancing can be held.
- There will be extra cleaning in all common areas throughout the day.
- At the hotel everyone is required to follow the rules and regulations for that specific hotel.

Test requirements and how it is carried out

Testing and presentation of a negative result for an ongoing Covid-19 infection will be required to minimize the risk of spreading the virus.

Two test centres are set up for participants, staff and visitors. One is placed at **Hotel Plaza** and one is placed at **Good Morning Hotel** where most participants and officials will stay. For those staying at Grand Hotel Halmstad there is only a short walk to Hotel Plaza so we kindly ask you to book an appointment for testing there. Testing is administrated by a third party named ExpressCare. ExpressCare can also provide testing and travel certificates that might be needed for trips back home.

An online registration is mandatory and ExpressCare created a special online registration for the event: <https://www.expresscare.se/world-powerlifting-championships-by-ipf>



Opening hours and all time slots for testing you will find in the online registration.

The responsibility to follow the test requirements lies on each participant, staff, and visitor. If the requirements are not met, entrance to the competition venue will be denied and you will respectfully be asked to leave the area.



The requirements differ if you are fully vaccinated with an EU approved vaccine and the specifics are found below:

Fully vaccinated with EU Approved vaccines:

- To be considered fully vaccinated you have received 2 doses of vaccine and 2 weeks has passed since the second dose. You must bring your vaccine certificate that clearly states that this is an EU approved vaccine.
- Upon arrival to the hotel the requirement is that everyone takes an antigen test at the test centre or provide a negative test result that is not older than 48 hours.
- After the initial test upon arrival an additional test should be taken every fourth day during the stay.
- To be allowed to enter the competition venue you will need to present your vaccine certificate along with the test result that is no more than 96h old.

Requirements of testing are based on the fact that even if you are fully vaccinated you may still get infected and carry the disease without any possible symptoms.

NOT fully vaccinated with EU Approved vaccine:

- Upon arrival to the hotel the requirement is that everyone takes an antigen test at the test centre unless you travel on a test that is not older than 48h when you arrive.
- During the stay tests should be taken every second day.
- To be allowed to enter the competition venue a negative test result that is no older than 48h needs to be presented every day.

Practical information regarding testing

- ExpressCare provides an online system where everyone can make their appointments.
LINK for online Registration: <https://www.expresscare.se/world-powerlifting-championships-by-ipf>
- To enter the competition venue an antigen test is sufficient. You receive the test result after 30 minutes at the most, if not sooner. The result will be sent digital to the same e-mail address that was used to book the test. In the reception at the hotels they can assist with printing the result and travel certificate if needed.
- Everyone pays for the tests on each occasion either with a credit card or cash in SEK. An invoice to be sent after the event is not possible. If you need a physical receipt please let the staff from ExpressCare know and they can print one for you.
- ExpressCare can provide PCR tests and travel certificates for everyone who needs it for their trip home. Note that the test result for a PCR test takes longer than an antigen test. If you take the test before 12:30 you will receive the result between 18:00-23:30 the same evening. If you take the test **after 12:30** you will receive the result the **following evening** between



18:00-23:30. Make sure you take the test in time, so you have the result and travel certificate in time for your trip.

- The prices are as follows:
 - Antigen test - 345sek, travel certificate 50 SEK extra
 - PCR test including travel certificate - 1050 SEK
- If someone shows an ongoing infection on the antigen test, they will also be required to take a PCR test, free of charge.
- In the case of a proved infection of Covid-19 the individual will be isolated at the hotel they stay at.
- A mask is to be worn in the test centre.
- If you can't find a suitable time to book, please contact ExpressCare directly. You find their contact information in the booking system.
- The most updated information about testing will be available at the test centers.

GUEST CAR PARKING (20)

TENT 3
8x12 m
DRESSING ROOM
for athletes
(MEN / WOMEN)

6 TOILETS
8x12 m
(MEN / WOMEN)

ELEIKO
STAFF PARKING

SHUTTLE
BUS
PARKING

GUEST
CAR PARKING (18)

TENT 1
8x12 m
AUDIENS AREA
with tables & chairs
for 100 people

COMPETITION
AREA
11m x 13m per
together with warm up
training and display

WARM UP
AREA

RESQUE
ROAD

FOOD
TRUCK
AREA
6x13 m

DINING
ROOM
(12X14m)
Tables and chairs with
streaming screen

ELEIKO
KITCHEN
WEIGH
IN
1 TABLE, 2 CHAIRS
& SCALE
2 TOILETS & CLEANING

CHANGING ROOM IPF
(MEN / WOMEN)
ANTI DOPING
TEST
1 TABLE, LOCKED FRIDGE
STRENGTHWEAR SHOP

SBD
SHOP
4x6m
SHOP &
DISPLAY
(12X23m)
SHOWCASE
PRESETERA
TRAINING
AREA
(12X18m)

ELEIKO
WAREHOUSE & PRODUCTION
(LOCKED AREA)

IPF
"CHECK IN"
MAIN
ENTRANCE

ELEIKO
RECEPTION
TOILET
PRINTER
ELEIKO
OFFICE
AREA
ELEIKO
OFFICE
AREA
IPF
OFFICE
IPF MEETING
ROOM (8)

PATIO
TENT 2
8x12 m
SWEDISH FIKA AND
WAFFLES
Tables and chairs

ELEIKO
OFFICE AREA
(CLOSED AREA)