

The following link has the precaution and protocols that the DoubleTree has put in place.
<https://www.hilton.com/en/corporate/coronavirus/>

In addition to what the hotel has in place we will be implementing the following:

General

- Anyone who has been outside the country in the 14 days prior to competition, or who is showing any signs of illness please do not attend.
- Always maintain 2m social distancing and follow direction of travel arrows within the venue.
- When not possible to maintain 2m distance please wear a face covering.

Weigh-in/Registration

- Weigh-ins will be conducted on the second floor of the hotel away from other gatherings
- In order to prevent line ups please book a time spot to weigh-in in advance. Do not arrive more than five minutes ahead of your booked time. Do not bring anyone other than yourself and your coach.
- Maintain 2m social distancing
- Bring your own pen to sign forms
- Kit check will be overseen by a GPC Official but you will be asked to handle your own equipment during inspection
- Only one athlete and one official will be present in the weigh-in room at a time. A paper towel will be placed on the scale for the athlete to stand on then immediately discarded.
- After registration and weigh-in you and your coach will be given passes to the warm up room and venue. There will be no admittance without presenting your pass

Competition

- Flights will be smaller than ten lifters
- Warm up rooms for squat, bench and deadlift will be located in separate rooms from each other and from the main lifting hall
- Only athletes and coaches will be given access to the warm up room and only one flight at a time
- After each flight has finished warming up the room will be sanitized before the next flight is allowed access.
- Hand sanitizing stations will be in each warm up room as well as the main hall
- Platform equipment will be sanitized between each round
- We ask that you bring your own chalk ammonia etc. and do not share with other lifters