

OFBCA POWERLIFTING MEET

PLAN OF ACTION

The reason for this google slide is to describe how the Oklahoma Football Coaches Association and the OFBCA Powerlifting Board is going to implement a plan of action to be able to have all powerlifters across the state to be able to lift this year and be safe at the Regional and State Championships. This plan is meant to show how the OFBCA is going to great lengths to keep ALL participants of this event safe as possible through social distancing measures. This PLAN OF ACTION will be strictly enforced by the host school El Reno. Our goal is for the kids of this state to be able to lift as safely as possible during this COVID-19 pandemic.

HOST SITES

State Powerlifting Meet - El Reno, OK

Thursday March 11th - Junior High Meet (7th / 8th / 9th)

Friday March 12th - Large School Meet (3A - 6A Schools)

Saturday March 13th - Small School Meet (2A - C Schools)

Regional Powerlifting Meets - March 3rd, 4th & 5th

*Wednesday - Junior High / Thursday - Large School / Friday - Small School

Northwest Region - Woodward, OK

Northeast Region - Miami, OK

Southwest Region - Anadarko, OK

Southeast Region - Broken Bow, OK

Each Regional will include a COVID-19 Release form in their Regional Packets. This form will require that the Superintendent of each participating school signs off to allow the student athletes to participate in the Regional & State Championships!

PLAN OF ACTION

- Regional Meets will be over 3 days instead only 1
- Temperature of each lifter will be taken by Head Coaches before entering the facility
- Junior High Rosters will be limited
 - 11 kids total per grade (7th / 8th / 9th)
 - Normally 33 per grade
- High School Roster will be limited
 - 22 kids total per team
 - Normally 33 per team
- State Championships Roster is determined by qualifying from Regional Meet
 - 25 kids per weight class / 11 weight classes
- Each lifter will be given 2 tickets for family at Regional Meet
- Each Lifter will be given 3 tickets for family at State Meet

- Regional sites can (may or may not) set up live feeds through the internet for those that cannot attend
 - Completely up to the host site
- State Championships Meet will contact Skordle to live broadcast the State Championships Meet
- Regional sites will use 2 gyms instead of 1 gym to allow for social distancing
- Lifters will lift in designated areas that will be roped off and tightly guarded in order to contact trace all lifters
- Lifters will be required to stay in their lifting area and gym only during the competition (no roaming around period)
- Only coaches, judges and meet workers will be allowed on the meet floor

- Masks must be worn at all times when a lifter is not in the rack lifting (This goes for everyone) - Coaches / Judges / Workers
- Lifters may choose to wear their mask during the lift
- Hand Sanitizer will be available at each rack and every station for all lifters and workers
- After each Round of lifting all bars, benches, and racks will be disinfected to keep all areas as clean as possible
- Lifting groups will be split into 2 different groups so that no more than 13 lifters will be lifting in an area at one time
- We will flight each weight class with 13 - 25 lifters lifting 1st and 1 - 12 lifters lifting 2nd
- All site hosts will make sure to have support personnel on hand to enforce this Plan of Action

- There will be no Coaches or Judges Hospitality Room due to social distancing (Judges will be given food & drinks on floor)
- We will provide bottled drinks at each lifting area for all judges and workers
- We will provide enough personnel to monitor each and every lifting area
- Lifters will only be allowed on the gym floor they will lift on, they will not be allowed in the other gym (Again no roaming)
- Medals will be awarded at each weight class lifting areas instead of a podium and will be handed out to the lifters there
- Trophies will be given to the winning coaches instead of a gathering ceremony
- We will have 4 weigh in stations instead of only 2 (2 in each gym)

- We will have a clean - up crew in place for all events for the purpose of unexpected incidents
- Latex gloves and masks will be on hand for any person or persons that loses, breaks, or needs them
- All protocols from Regionals throughout the State Championships will be consistent and standard for all events. We will all be on the same page doing the same things.
- All lifters in their lifting areas are responsible to spot all lifts in their flight group and not the weight jockey's.
- We will have administration at both the Regional & State Championships to reinforce all COVID-19 protocols in place for each event.
- This document and all protocols will be put on our website for transparency with all administrators, students athletes & parents. (www.ofbcapowerlifting.com)

DETAILS FOR THE JUNIOR HIGH STATE MEET

- 1) Top 3 lifters will qualify from each Region so a total of 12 lifters for each grade and weight class (Instead of 5)
- 2) The next top 3 alternates will make it to State so a total of 15 lifters per class per grade (Instead of 5)
- 3) Each grade will have 165 lifters total spread out over 3 gyms
- 4) 7th grade will lift 1st / 8th grade will lift 2nd / 9th grade will lift last (Again 15 lifters at a time will be lifting)
- 5) In the Main Gym (Jenks) only 75 kids will be lifting ever at one time on the floor
- 6) In Jenks Annex (Secondary Gyms) only 90 kids will be lifting ever at one time on the floor
- 7) Total number of Junior High lifters is 495 but only 90 or 75 kids will be lifting at one time ever on the floor

DETAILS FOR THE LARGE & SMALL SCHOOL STATE MEET

- 1) Top 5 lifters will qualify from each Region so total of 20 lifters will qualify for State Meet for each class
- 2) Next Top 5 alternates will make it to State so a total of 25 lifters per weight class
- 3) There will be a total of 275 lifters for the Large School State Meet
- 4) There will be a total of 275 lifters for the Small School State Meet
- 5) We will flight the 25 lifters in each weight class
 - a) 13 - 25 will go 1st / 1 - 12 will go 2nd
- 6) There will be 78 lifters that will be lifting at one time in Jenks Annex
- 7) There will be 65 lifters that will be lifting at one time in Jenks
- 8) Total number of kids is 275 but only 78 or 65 kids will be lifting at one time in the gyms