

Safety in Powerlifting Training and Competition

A key element to a successful strength and conditioning program is safety in the weight room. The following can help to assure athletes safety and prevent injury and loss of hard earned gains:

- Make sure all equipment is in proper working condition and that no safety hazards exist such as tripping or striking a part of the body
- Make sure that spotters are always used and attentive in the squat and bench. Stay close but don't make the athlete dependent on your support as this is not allowed in competition. Always use two hands when spotting.

Powerlifting Coaching Guide

- A back spotter should be used for the deadlift if there is a concern about the athletes balance.
- Always use collars on the bar with plates
- Always use safety arms for the bench press that are set high enough to protect the neck but not so high as to allow the bar to strike them.
- Athletes must always use a thumbs around grip on the benchpress. This prevents the bar from slipping out of the hand and is competition rule.
- Athletes should warmup with light movement such as walking in place, slow jog or exercise bike before beginning to lift to reduce the possibility of muscle injury. A cool down with stretching should be incorporated after training is over to enhance recovery.
- Do not have athletes attempt weight that they cannot do without good form
- For cleanliness and environmental health, keep equipment wiped down with a sanitizer and maximize ventilation and air flow as much as possible