



Inspection Report



22 & 23 OCTOBER 2021
MEROPA CASINO & MEROPA HOTEL
THE EVENT WILL BE LIVE STREAMED





**NEW DATE
CONFIRMED**

23 Oct. 2021

VENUE:
POLOKWANE

<p>Athletic Physique</p> <ul style="list-style-type: none"> • Up to 174cm high • Up to 178cm high • Over 178cm high • Masters over 40yrs 	<p>Ladies Bikini</p> <ul style="list-style-type: none"> • Junior U/23 • Up to 166cm high • Over 166cm high • Masters over 35yrs 	<p>Ladies Wellness</p> <ul style="list-style-type: none"> • Up to 166cm high • Over 166cm high 	<p>Ladies Beach Bikini</p> <ul style="list-style-type: none"> • Up to 163cm high • Over 163cm high
<p>Ladies Physique • One line-up</p> <p>Muscular Physique • One line up</p> <p>Body fitness • One line-up</p> <p>Ladies Fit Model • One line-up</p>	<p>Classic Physique</p> <ul style="list-style-type: none"> • Under 175cm high • Over 175cm high 	<p>Classic Bodybuilding</p> <ul style="list-style-type: none"> • Under 175cm high • Over 175cm high 	

Please note that all officials, competitors and spectators will be rotated according to standard Covid-19 protocols.

Promoter has the right to combine line ups!

Athlete registration online
www.ifbbsa.co.za

Weigh In
Athletes wear attire

Friday 22 Oct. 18:00 - 20:00
Saturday 23 Oct. 08:00 - 09:30
Athlete registration fee R350
Affiliation fee R200

Audience information

First session start @ 10:00

TICKETS: R150 per session | R350 all sessions
R300 backstage



Live judging

Start time: 10:00

CONTACT

WAYNE | 083 967 8978 | Wayne@gentlegiantpromotions.com

ADELE | 072 355 6248 | adelejacobso1@gmail.com

1. INTRODUCTION

Sunfest is a new addition to the Bodybuilding SA calendar launching August 2021. The **Sunfest** will be unique because it will cater for up-and-coming development athletes as well as seasoned athletes and will be hosted in different provinces.

As promoters our biggest joy is to take nothing and create something.

Creating a platform where athletes can come and enjoy their moment. That is what it is all about. It is not only about the money paid out, how many athletes there are, or how many people sit in the audience, how expensive the medals are; no, it is about athletes after weeks and weeks of commitment stepping onto the stage and “the” moment we all want them to have.

Bodybuilding South Africa’s goal is to achieve a fair and competitive stage by giving all athletes equal means to compete and get the well-deserved recognition for their hard work.

2. VENUE



SUN INTERNATIONAL

MEROPA CASINO & ENTERTAINMENT WORLD - POLOKWANE

3. WEIGH-IN AND REGISTRATION

Weigh-in and registration will take place at the venue: **MEROPA CASINO & ENTERTAINMENT WORLD**

Plot 59 Sterkloop, Roodepoort Road, Limpopo, Polokwane 0700

Friday 22 October at 18h00 to 20h00; and

Saturday 23 October 08h00 to 09h30

NOTE THAT THIS WILL BE THE ONLY OPPORTUNITY FOR ATHLETES TO WEIGH-IN AND REGISTER. STRICTLY NO WEIGH-IN OR REGISTRATION AFTER THESE TIMES

Registrations for - **Saturday 8h00 to 9h30** are for those athletes **traveling from far.**

Special arrangements or request should be sent to: -
michelle@gentlegiantpromotions.com

Athlete Online Registration Link:

http://ifbbsa.co.za/index.php?option=com_rsform&view=rsform&formId=17

Athletes per line up R350
Mix pairs / Fit pairs R350 p/pair

Bring proof of payment to weigh in and registration.

IFBB Online Affiliation Fee (For those who have not participated in any IFBB Show yet for 2021):

<https://www.webtickets.co.za/v2/Event.aspx?itemid=1508225711>

Annual fee R200

All Online payment links for this show is available on the IFBB SA website underneath the **Sunfest Polokwane** Poster: www.ifbbsa.co.za - **Bring your proof of payment to Weigh-in and Registration.**

3.1 REQUIREMENTS AT WEIGH-IN:

Identity Document (All Athletes)

IFBB Affiliation Card or Proof of Affiliation payment (All Athletes)

Wear your Posing trunks / Board Shorts (All Males)

Wear your Posing suit (All Females)

Bring your dress (Fit Model Category)

Bring your stage shoes (All Females)

Music on CD/USB in MP3 format (Bodybuilders, Men's Classic Physique & Women's Physique only)

NB! The use of profane, vulgar, or offensive language is strictly prohibited in posing music. Should you fail to adhere to these requirements, you will be requested to leave the stage.

4. SERVICE PROVIDERS

We partnered with reputable service providers to add the finishing touches to your hard work and enhance your physiques before you step on stage to compete.

These service providers are deemed the preferred service providers for this event. *The Promoter* cannot be held responsible for any loss, damage, and resultant claims you may incur with regards to service providers who are not preferred service providers for this event.

4.1 STAGE TAN SERVICE PROVIDER

The preferred Stage Tan Service Provider at the event is: **JAN TANA AFRICA**.

Bookings are essential and should be done online at the following links:

<http://jantanaafrica.com/index.php/competition-tan/book-competition-tan>

or www.jantanaafrica.com or www.ifbbsa.co.za

Tan schedules and how to prepare your skin for the best stage colour will be sent one week prior to the competition date on the WhatsApp group that will be created as per online registrations



Cost: R650

Base Coat: Friday night 22/10/2021 at the venue 18h00 – 20h00 base coat will be done on a first come first serve basis.

We suggest you first do weigh-in Friday night and after that, your base coat to confirm your line-up and what time you will be competing the next day.

Always keep in mind that changes to the tanning schedule can be done Friday night.

Stage Coat: Saturday arrive a minimum of 2 hours before your stage time. Schedules will be confirmed a week prior to the event on the WhatsApp group and changes may be made on Friday night at weigh-in.

Touch up and Glaze: Inclusive to the fee.

We are committed to serving you and will stay at the venue till the last JAN TANA client has competed!

Email: michelle@gentlegiantpromotions.com

Email: france@gentlegiantpromotions.com

JAN TANA Products for self-application will also be on sale at the event.



BBSA Reserves the right to refuse any athlete onto the stage who self-tans with tans and/or bronzers that can be wiped off. If the tan rubs off by simply wiping, the athlete will be instructed to remove it before stepping on stage and risks missing their line-up.

!!No Spray & Cook or Deep Heat may be used at this event!!

4.2 HAIR AND MAKEUP:

The preferred Hair & Make-up provider at the event is.

VELENTE STUDIO

Bookings are essential and should be done online at the following link:

<http://jantanaafrica.com/index.php/competition-tan/hair-and-makeup-booking> or www.ifbbsa.co.za or 076 4935 874

Hair & Make-up schedules will be sent one week prior to the competition date on the WhatsApp group that will be created as per online registrations



4.3 PHOTOGRAPHY:

The Official Photographer at the event is: **SOLBY JACKSON FROM SKJ PHOTOGRAPHY**

Photo link will be available for download on the face book and BBSA / IFBB SA web page after the event.

4.4 ACCOMMODATION:



Special arrangement with **SUN INTERNATIONAL MEROPA HOTEL** for all officials and athletes.

Contact for bookings: hellomeropa@suninternational.com

Contact Number: +27 15 290 5400

Booking Code: SUNFEST2110

Special Fees: Single Room – R700.00 p/night

Special Fees: Double Room – R1400.00 p/night



5. RUNNING ORDER

NB! *Due to Strict COVID-19 Safety Protocols the running schedule will be strictly adhered to, and no exceptions will be made to accommodate athletes who arrive late or miss their line-up.*

Athletes must arrive strictly at their specified Check-in times to go through the COVID-19 checks and enter the designated waiting area.

The groups will not be allowed in earlier or later than the specified arrival time for check-in.

NB! *This is a Live-Judging Show* - You will arrive, judged and prize giving will ALL be done within your designated session time on stage.

ATHLETE PROCEDURE:

1. Arrive minimum 2 hours before your stage session begins.
2. Sign in, take temperature, and sanitize.
3. Move to holding area A or B and tanning.
4. Always wear your mask except when on stage and maintain social distance protocols.
5. Backstage manager will collect athletes in holding area and move them backstage.
6. After prize giving collect belongings and leave holding area.

PROGRAM AND RUNNING SCHEDULE: 23 OCTOBER 2021

THE EVENT WILL BE LIVE STREAMED (More info will follow)

Session #	Check-in to Holding Area	Onstage	Division
Session 1	Athlete Check-in & athletes meeting 08:00	Stage Time 10:00 - 12:00 (2 hour) Sanitize 12:00 – 12h:30	Jnr Bodybuilding * U23
			Snr Bodybuilding * U70kg * U80kg * U90kg * O90kg
			Bodybuilding Masters * O40yrs
			Bodybuilding Overall Jnr, Snr, Masters
Session 2	Athlete Check-in & athletes meeting 10:30	Stage Time 12:30 – 13:30 (1 hour) Sanitize 13:30 – 14:00	Ladies Bikini * Junior U23
			Ladies Bikini * U166cm * O1663cm * Over 35yr
			Ladies Beach Bikini * U163cm * O163cm Ladies
			Classic Bodybuilding * U175cm * O175cm
			Overall Ladies Bikini
Session 3	Athlete Check-in & athletes meeting 12h00	Stage Time 14:00 - 15:00 Sanitize 15:00 – 15:30	Ladies Fit Model * One line up * Round 1
			Men's Athletic Physique * U174cm * U178cm * O178cm * Over 40yrs
			Ladies Wellness * U163cm * O163cm
			Men's Muscular Physique * One line up
Session 4	Athlete Check-in & athletes meeting 13:30	Stage Time 15:30 – 16:30 Sanitize & Clean. 16:30	Overall Men's Athletic Physique Overall Ladies Wellness
			Ladies Fit Model * One line up * Round 2
			Ladies Fit Model * One line up * Round 3
			Ladies Body Fitness * One line up
			Ladies Physique * One Line up
Session 4			Men's Classic Physique * U175cm * O175cm
			Overall Men's Classic Physique

NB! *The promoter has the right to combine line ups*

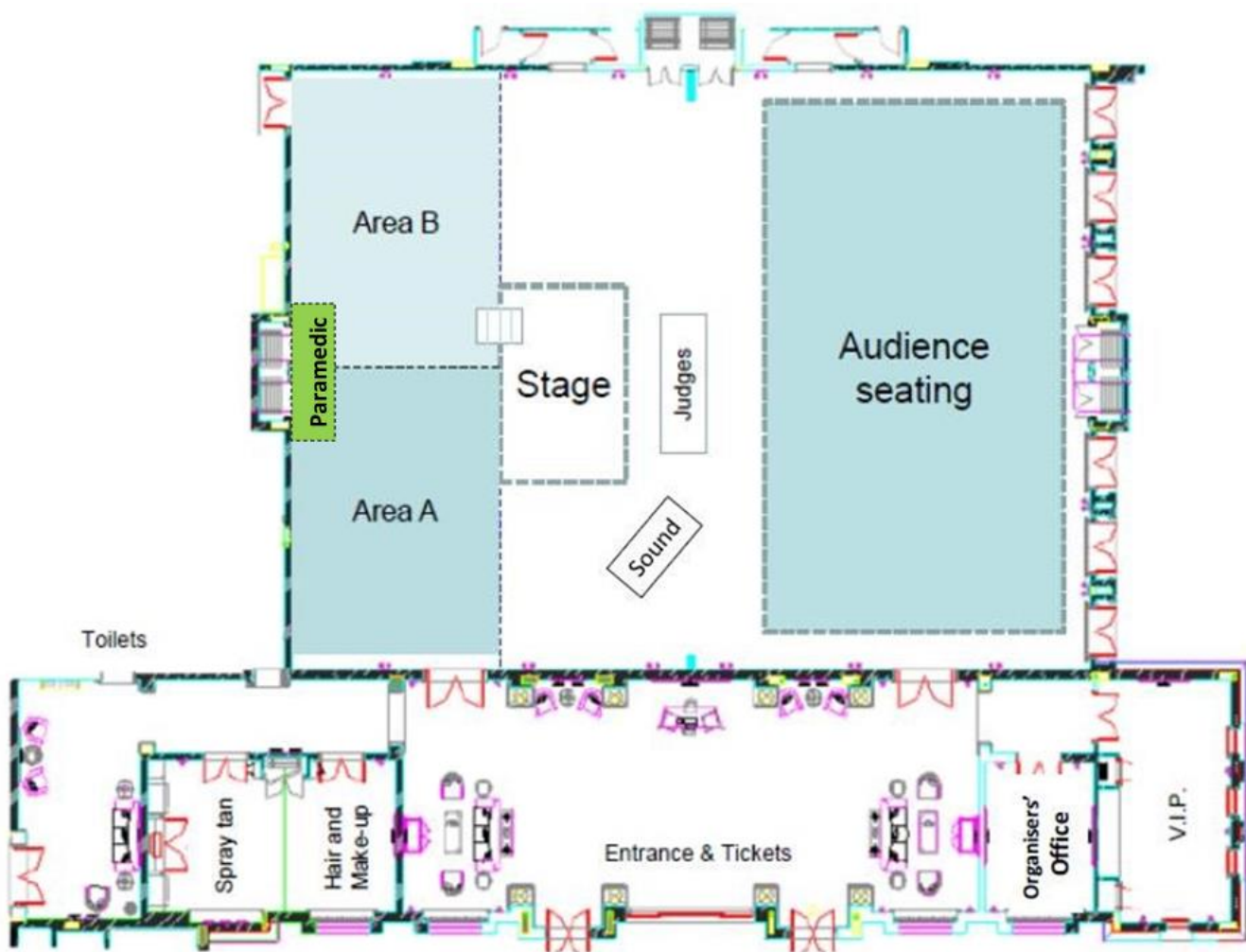
NB! *Athletes arrive minimum 2 hours before your session*

- Due to COVID-19 regulations athletes will only be allowed access into the venue as per the above scheduled session times.
- Do not remove your mask except when on stage.
- You will be asked to leave the venue if you do not comply with these rules and always wearing your mask.

6. HEALTH AND SAFETY

COVID-19 has prompted the implementation of further protocols beyond the standard health and safety guidelines. As such we have implemented restriction of access and restriction of movement to avoid any possible incidents.

FLOOR PLAN



6.1 SCREENING AND PREVENTION

NO MASK NO ENTRY

All Athletes, Spectators, Officials, Exhibitors and Organisers will complete a register, have their temperature checked and hands sanitized prior to entering the premises.

Regular sanitization of hands is encouraged, and sanitization stations will be deployed throughout the venue and at all entry/exit points.

To implement strict access control and to restrict movement of people within the venue, designated areas will be allocated to Athletes, Audience members, Officials and Exhibitors/Suppliers.

Athletes will always be required to wear a mask within the waiting and backstage areas. **The masks will be removed only before going on stage.**

6.2 BACKSTAGE AND HOLDING AREA PASS

Due to COVID-19 safety protocols and social distancing requirements only limited backstage passes will be available. This pass will give you access to the holding area as well as backstage.

COST: R300 (Back Stage Pass Only – available at the door)

R500 (Back Stage Pass + Full Day Pass – available at the door)

NB! The number of persons will be controlled at the door as proclaimed under COVID-19 Regulations for indoor events in the SA GOVERNMENT GAZETTE as amended for that time.

IF YOU ARE IN VIOLATION OF FOLLOWING THESE COVID-19 RULES AND REGULATIONS - GGP WILL HAVE THE RIGHT TO EXCUSE YOU FROM THE BACK STAGE AREA AND VENUE - NO EXCEPTIONS WILL BE MADE.

6.3 ACCESS CONTROL AND MOVEMENT

To limit interaction and enforce social distancing, individuals will not be able to move between the designated areas unless to visit the lavatories, Exhibitors, or restaurant. Social distancing will be enforced in all areas.

Athletes, audience members, officials and exhibitors will be issued colour coded wrist bands on arrival at the venue. *It is vital that these are always worn and visible.* Security Personal will secure all access points and designated areas and will be checking bands to control access between the designated areas.

Once athletes have competed and concluded their session, they will need to exit the venue.

Separate areas will also be allocated to judges and officials, and movement between these areas will be extremely limited.

The venue will be cleared after each session to enable deep cleaning and sanitization of the area before the next session can commence.

6.4 ATHLETES MOVEMENTS

Athletes will arrive at their designated Check-in times and move to "Athletes waiting area A".

Athletes that need to move to onsite service providers will proceed to designated area.

All athletes will wait in the area A until the backstage manager fetch the group to move backstage area B. Keep your mask on.

From the backstage area B, athletes will enter the stage and on completion of the judging round, return to the backstage area B and await further instructions from the Backstage Manager.

Upon completion of the session, athletes will be required to leave the Stage and exit through the backstage area B to collect their belongings from the Athletes Waiting Area A and exit the building.

The athlete's holding area A and backstage area B will be sanitized between every session. Once an athlete has exited the athlete's holding area and backstage area, they will not be able to re-enter this area again.

Should athletes wish to join the audience to watch the show, they will have to purchase a ticket only if seating is available in the audience area.

6.5 AUDIENCE

The allowing of spectators for the event will be determined by the COVID-19 regulations as announced by the President of South Africa at the time of the event.

THE EVENT WILL BE LIVE STREAMED (More info will follow)

Due to social distancing requirements and strict protocols, the seating area has been limited to a capacity as per COVID-19 regulations at that stage.

Refreshments will be available onsite at **MEROPA CASINO & RESTAURANT**

COST: R150 Per Session (Available at the door)

R350 Full day/All Sessions (Available at the door)

IFBB'S OFFICIAL MAGAZINE FOR THE ATHLETE BY THE ATHLETE



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We would love to hear from you after reading the magazine.

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