

WEST RAND | EKURHULENI | SEDIBENG

>> PROVINCIAL CHAMPIONSHIPS <<



18 September 2021
Walter Sisulu Sports Hall

INSPECTION REPORT

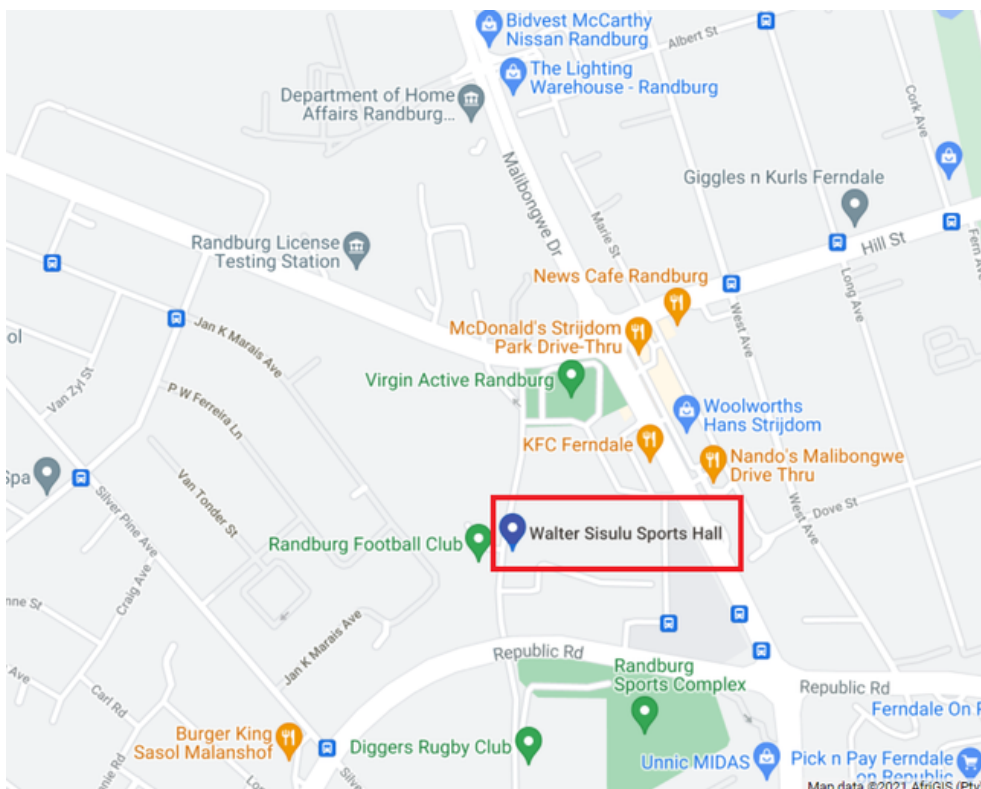
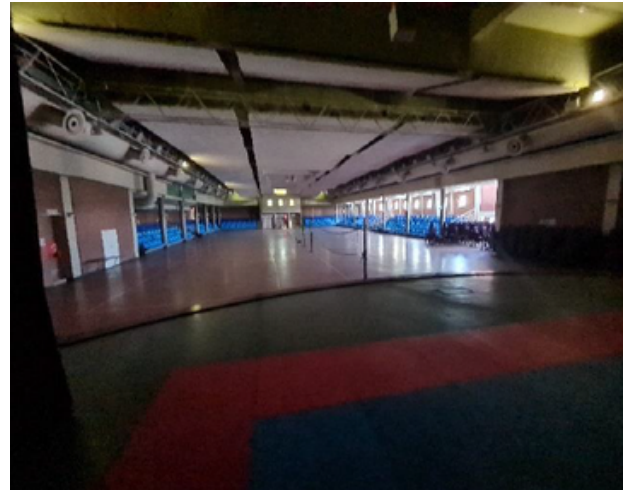
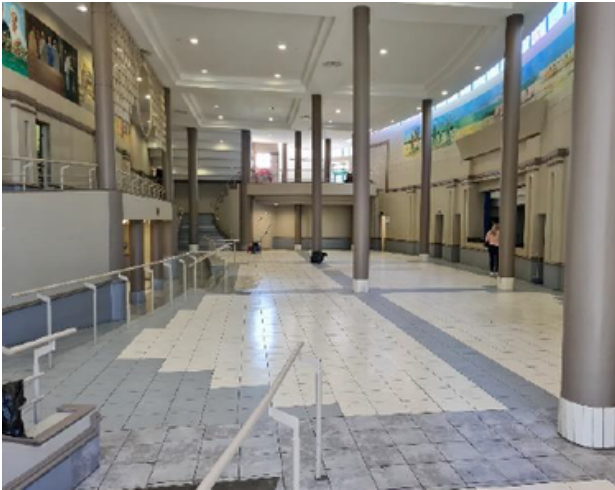
- 1. Venue**
- 2. Event Divisions**
- 3. Athlete Weigh-in**
- 4. On-site Service Providers**
- 5. Athlete Schedule & Running Order**
- 6. Important Event Information**



>> Provincial Championships 2021 <<

1. The Venue

Combined Provincial Championships will take place at **Walter Sisulu Sports Hall**. This is a multi-purpose venue that forms part of the Randburg Sports Complex Centrally located in Praegville, Randburg; Walter Sisulu Sports Hall is located just off Hans Schoeman Drive.



2. Event Divisions

WOMEN'S DIVISIONS

Beach up to 163cm
Beach over 163cm

Bikini up to 166cm
Bikini over 166cm
Bikini Masters (one line-up)

Wellness Fitness (one-line-up)

Body Fitness (one line-up)

Ladies Physique

Fit Model (one line-up)

MEN'S DIVISIONS

Men's Physique up to 174cm
Men's Physique over 174cm
Men's Physique Masters

Muscular Physique (one line-up)

Classic Physique (one line-up)

Classic Bodybuilding up to 175cm
Classic Bodybuilding over 175cm

Junior Bodybuilding under 18 years
Junior Bodybuilding under 23 years

Bodybuilding up to 70kg
Bodybuilding up to 80kg
Bodybuilding up to 90kg
Bodybuilding over 90kg

****Please note that we reserve the right to combine or remove line-ups.** Final line-ups will only be determined once all athletes have registered for the event.

3. Athlete Registration & Weigh-in

ATHLETE REGISTRATION

Athletes wishing to take part in the Combined Provincials MUST register online.

REGISTER ONLINE HERE: http://ifbbbsa.co.za/index.php?option=com_rsform...

Please note that ONLY online entries will accepted. NO late entries will be accepted.

***PLEASE NOTE THAT NO REGISTRATIONS/WEIGH-IN WILL BE ACCEPTED ON SHOW DAY.**

All athlete entries & payments must be in by no later than Wednesday, 15 September.

ATHLETE WEIGH-IN

Athlete Weigh-in will take place on **Friday 17 September 2021**

- **Walter Sisulu Sports Hall, Randburg 17h00 to 20h00**
- **Slater Gym, Cnr Leslie Street & Rhodes Avenue, Vereeniging** (Sedibeng athletes only)

**Please note that this will be THE ONLY OPPORTUNITY FOR ATHLETES TO WEIGH-IN
STRICTLY NO WEIGH-IN OR REGISTRATION WILL BE ALLOWED ON COMPETITION DAY.**

ALL ATHLETES ARE REQUIRED TO BRING THE FOLLOWING TO WEIGH-IN:

- Identity Document
- IFBB Affiliation Card or Proof of Affiliation payment
- **All athletes must arrive at weigh-in wearing your stage attire. IFBB officials need to check whether your stage attire is compliant with IFBB regulations.**
- **Female competitors:** Wear your bikini, bring your shoes. Fit Model competitors must bring their evening gowns to athlete registration
- **Male competitors:** Wear your bodybuilding posing trunks or board shorts
- Bodybuilders must bring posing routine music on CD/USB in MP3 format

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.

- Bring copy of your entry form and proof of payment to weigh-in.

****If athletes fail to register and weigh-in, they will not be allowed to take part in the event. No late registration & entries will be considered.**



4. On-site Service Providers

APPROVED SERVICE PROVIDERS

In order to assist our competitors, we have made the the following services are available to athletes onsite. We strongly urge competitors to support the suppliers who are supporting our event. Due to event restrictions, only pre-approved service providers (as listed below) will be allowed at the venue.

COMPETITION STAGE TAN



Competition
ONLINE BOOKINGS
now open!

Jan tana
AFRICA

R650

Include:
• night before base coat
• on the day tan
• touch up and glaze

Self-application product will be available to purchase at all events.

Bookings @
jantanaafrica.com

Michelle@gentlegiantpromotions.com
083 626 7631

*Applicable in Southern Africa

Jan Tana

Bookings online @ www.jantanaafrica.com
Email: michelle@gentlegiantpromotions.com



SunKissed Tanning

For bookings contact Paula Jennings - 083 260 7775
www.sunkissedtanningstudio.com



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> > Provincial Championships 2021 < <

4. On-site Service Providers (cont.)

HAIR & MAKE-UP SERVICES



Hair & Make-up by VeLente Studio

Hair and make-up services will be provided by VeLente Studio. Bookings are essential. Please call Lente on 076 4935 874 to confirm your booking.



EVENT PHOTOGRAPHY

SKJ Photography

Soulby Jackson is the official photographer for this event. Athletes will be informed when images will be available.



5. Athlete schedule & Running order

All competitors must arrive no later than 2 hours before their Stage time. Please note that it is YOUR responsibility to arrive on time. Due to strict COVID-19 safety protocols, no exceptions will be made to the schedule. If you fail to arrive on time and miss your line-up, the organizers and officials will not be held responsible.

ATHLETE SCHEDULE & RUNNING ORDER

Session no.	Arrival time	Athlete meeting	Stage time	Divisions
Session 1	08h00	08h15 – 09h15	10h00 – 11h00	Ladies Beach Men's Muscular Physique Ladies Body Fitness Overalls
Sanitize	11h00 – 11h30			
Session 2	09h30	09h45 – 10h00	11h30 – 12h30	Fit Model (Round 1) Wellness Fitness Classic Bodybuilding Overalls
Sanitize	12h30 – 13h00			
Session 3	11h00	11h15 – 11h30	13h00 – 14h00	Fit Model (Round 2) Men's Physique Men's Physique Masters Men's Classic Physique Overalls
Sanitize	14h00 – 14h30			
Session 4	12h30	12h45 – 13h00	14h30 – 15h30	Ladies Bikini Ladies Bikini Masters Overalls
Sanitize	15h30 – 16h00			
Session 5	14h00	14h15 – 14h30	16h00 – 17h00	Junior Bodybuilding Masters Bodybuilding Senior Bodybuilding Overalls

6. Important Event Information

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 minimise risk.

ENTRY PROCEDURE - NO MASK NO ENTRY!

- All athletes, officials, spectators 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 available throughout the venue and at all entry/exit points.
- To implement strict access control and restrict movement of people within the venue, designated areas will be allocated to Officials, Athletes, Audience members and 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.
- Safety protocols and social distancing will be required in all areas through the venue. Please respect and adhere to these protocols, which are in place for everyone's safety.

BACKSTAGE & ATHLETE HOLDING AREA

LIMITED BACKSTAGE PASSES WILL BE AVAILABLE. This pass will give you access to holding area as well as backstage. COST: R300 full day – only available at the door.

ACCESS CONTROL AND MOVEMENT

- Individuals will not be able to move between the designated areas unless to visit the bathrooms or to purchase refreshments. 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. Important Event Information (cont.)

Please note that **LIVE JUDGING** will be taking place in set hourly sessions.

The Running Schedule will be strictly adhered to. NO EXCEPTIONS will be made to accommodate athletes who arrive late or miss their line-up.

Athletes must arrive strictly at their specified Arrival Time to go through the COVID-19 checks and enter the designated athlete waiting/holding area. The group will not be allowed in earlier or later than the specified arrival time for check-in.

ATHLETE PROCEDURE WHEN ARRIVING AT THE VENUE

1. Athletes will arrive at the designated arrival time.
2. Sign in, have your temperature taken and sanitize at the main entrance.
3. Report to Athlete Holding Area A or B.
4. A short athlete meeting will take place to brief all athletes on the procedure to follow.
5. Athletes that need to move to onsite service providers for stage tan, hair and make-up will proceed to the designated area within the venue.
6. All athletes will wait in the holding area until the backstage manager fetches the group to move the backstage area.
7. The backstage manager will fetch you from the holding area and move the line-up to the stage door 15 minutes before stage time.
8. Always wear your mask, except when on stage, and maintain social distance protocols.
9. From the backstage area, athletes will enter the stage and on completion of the judging round, return to the backstage area and await instructions from the backstage manager.
10. Please take note of when overall awards for your category will be.
11. Upon completion of their session, athletes will be required to leave the stage and exit through the backstage area, collect their belongings and exit the building.
12. The athlete holding areas will be sanitized between every session. So once an athlete has exited the athlete area, they will not be able to re-enter this area again.
13. Should athletes wish to join the audience to watch the show, they will need to purchase a ticket only if seating is available in the audience area.

SPECTATOR/AUDIENCE INFO

Due to COVID-19 protocols, limited audience seats will be available. Ticket sale info will be confirmed as soon as possible.

