

2020 PAUSAW CLUB SPRING – GETTING PRPEARED COVID-19 GUIDELINES

The below guideline are based on some research with have done with healthcare professionals. These are only guidelines and you should be following your local, state and CDC requirement. The purpose of our guideline is a little more in depth than others as we believe these will help protect all the wrestler, coaches and parent's safety as we return to wrestling. It is also recommended that the wrestler practices in long sleeve shirt and sweat pants (if possible)

1. Register – Each wrestler must add their name to your roster but clicking on the link below and finding the club and adding their card number, name and a few other items. (you will not be able to register without a card number)

<http://teamnj.gimpssoftware.com/USAWPaClubPick.php>

NOTE:

Use the same URL address on your phone after you have registered as your check in to practice. This check in is to be done as you are driving to practice.

You will answer several health questions and when you arrive you will have your temperature taken and perhaps your oxygen levels as an additional precaution.

2. The Club must be a Chartered Club at USA Wrestling
3. Wrestlers Affiliate themselves with YOUR Club previous to first practice (which means purchase your new USA Card.)
4. If permissible be tested for Coronavirus and certify that you are not infected. Of course, this does not necessarily clear you for any long period of time. (State mandates might alter this to a degree)
5. **Do Not** leave your house if you have a temperature above 99.4 degrees. If you have a temperature when you arrive of 99.4 or above, you will not be permitted to practice.
6. At the Registration Kiosk you will complete:
 - a. USA Card ID number
 - i. Your temperature will be added to a Google Form Update by you coach or club officials:
 - b. Required questions:
 - i. How do you feel? Headaches, sore throat, cough, breathing difficulties
 - ii. Do you know anyone in your immediate family diagnosed with Covid-19
 - iii. Any contact with anyone with Covid-19?
 - iv. For the safety of the club member any negative answers that could jeopardize any club member would prevent you from practice for that night
7. Room Cleaning:
 - a. Walls and Mats cleaned with proven virus killers

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- b. Bathroom and walking area to the facilities cleaned with proven virus killers
 - c. Walk in area to Kiosk cleaned with proven virus killers
 - d. Clean bottoms of wrestling shoes in cleaning area before getting on mat with proven virus killers. Repeat this anytime a wrestler leaves the mat area.
 - e. Provide hand cleaning area with both soap and hand sanitizers. Repeat this anytime a wrestler leaves the mat area.
 - f. Provide wipes for each wrestler's body
8. Room limits: (Individual Practice if you run 2 practice those number would be doubled)
- a. 1600 square feet (single wrestling mat) = 14 wrestlers
 - b. 3200 square feet (two wrestling mats) = 28 wrestler
 - c. 6400 square feet (3 wrestling mats or more) = 38 wrestlers
9. Also you may be restricted to single partner for the entire practice. (A group of three maximum).
10. Initially we will be having two separate practices to keep the body count low.
11. You cannot wear wrestling workout gear to practice. You will change into that gear at the site. At the end of practice your workout gear will placed in a provided trash bag and tied off. Your shoes will be placed in a provided trash bag and tied off. You then can place the bags into a book bag, gym bag etc. This must be done according to all SafeSport guidelines of privacy. So, changing areas, and scheduled changing times at the end of practice. Example: Group A at 6:20 p.m. Group B at 6:40 p.m. Group C at 7:00 p.m. etc. Separate areas if you have both male and females wrestling programs. Wrestling rooms with separate locker rooms and showers obviously would work also. If there is not a separate locker room you should drape off part of your room to meet this requirement.
12. Wrestling shoes must be sprayed with Lysol or a proven virus killer when you get home.
13. Wearing an optional mask over you face will be allowed and is recommended.
14. Walk-ins to practice must follow all of the above guidelines BEFORE their first practice including affiliation with the club, a USA Wrestling Card, and completing Kiosk questions before entering.
15. There will be limited/if any parents and spectators at practice. I suggest curbside drop off and pickup, and if a parent must attend, they would be expected to follow all of the current CDC regulations for quarantine and room limits which should not exceed #7 above.
16. There will be absolutely no bookbags or water bottle allowed on the floor of the wrestling area. We will have a clean water area for labeled water bottle only. Bags will be in changing area only. There will be no spitting on the floor area. Cleaning of any blood will only be done by coaching personnel wearing proper safety equipment and using approved cleaning virus and bacteria products.

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Coaches/Club log-in: <http://teamnj.gimpsoftware.com/USAWPaClubLeader.php>

You must record each wrestler's temperature and act accordingly.

All of the above items all be adjusted from time to time to be in compliance with National/State/Local Departments of Health.

Reference Information:

PA Dept. of Health:

<https://www.health.pa.gov/topics/disease/coronavirus/Pages/Coronavirus.aspx>

CDC Guidelines:

<https://www.cdc.gov/coronavirus/2019-ncov/communication/guidance-list.html?Sort=Date%3A%3Adesc>

USA Return to Mat Guidelines:

<https://content.themat.com/covid-19/USAW-Return-to-the-Mat-Guidelines.pdf>

Again these are guidelines and you could use all or as many as you want or none but remember this is still an unknown and there is an expected return, so please be smart and protect your wrestlers.