

## **WRESTLING FALL WORKOUT 2020 COVID-19 GUIDELINES**

1. Criteria for Coaches participation in wrestling workouts:
  - a. No signs of symptoms of COVID-19 in the past 14 days *\*If a coach or athlete has had a case of documented COVID-19 infection, athletes need a note from his/her doctor indicating the athlete is cleared to participate in training.*
  - b. Coaches must maintain proper social distancing from all participants and parents.
  - c. Prior to wrestling workouts coaches will disinfect themselves, equipment and check temperature. Coaches and players will **ALL WEAR MASKS** and have them on during check-in and any other time they are within 6 feet of another individual.
  - d. Upon arrival to train, coaches will ask each athlete if they are experiencing any signs or symptoms of COVID-19, ask if they have been in contact with anyone who may have been exposed to COVID-19, and take their temperature.
  - e. Questions and temperature will be recorded on paper or electronically on a log.
  - f. Rigorous, frequent cleaning schedule/protocol of equipment with disinfectant before, during, and after training wearing appropriate personal protective equipment (e.g.: face mask, gloves, etc.) to prevent contact with contaminated surfaces and protect against toxicities associated with some cleaning products.
  - g. Hand sanitizers will be present in the mat room.
  
2. Criteria for Athletes participation in wrestling workouts:
  - a. No signs of symptoms of COVID-19 in the past 14 days. If an athlete has had a case of documented COVID-19 infection, athletes will need to provide a note for the athletic training staff from his/her doctor indicating the athlete is cleared to participate in training.
  - b. Questions and temperature will be recorded on paper or electronically on a log.
  - c. Wrestling workouts are only open to athletes in FMHS 2020-2021 school year grades 9-12.
  - d. Athletes will be paired and warm-up, learn technique, drill, and condition with the same group in one 8' circle. Groups will consist of two, three, or four athletes as space permits.
    - i. Athletes will not be mixed within different groups.
    - ii. Each group will remain socially distanced from other groups by maintaining a minimum of 8' feet of dead space in a 360-degree perimeter.
  - e. Athletes are required to bring all equipment needed for wrestling workouts.
  - f. Athletes must use their own water bottle, towels, and personal/hygiene products and must never share with others.
  - g. Athletes and coaches will continue standard infection prevention measures (e.g.: frequent handwashing, avoid touching your face, cover your mouth when coughing, etc.).
  - h. Face coverings will be worn at all times except when actively competing.
  
3. Wrestling Equipment:
  - a. Mats, benches and floors will be sanitized before and after each practice.

- b. At the completion of each practice, head gear will be immersed into a buck of sanitizing solution as athletes leave the mat.
  - c. Shoes will be properly sanitized prior to stepping onto the wrestling mat.
4. Criteria for Parents participation in wrestling workouts:
- a. Workouts are closed to the public.

\*\*Guidelines modified from 'Return to the Mat Guidelines,' USA Wrestling