



2020-21 Wrestling Considerations

In support of the Guidance for Opening Up High School Athletics and Activities, the considerations outlined in this document are meant to decrease potential exposure to respiratory droplets by encouraging social distancing, limiting participation in administrative tasks to essential personnel and allowing for appropriate protective equipment.

The information provided herein is very similar to current practices in the wrestling community. We must heighten our adherence to these guidelines to provide for healthy and safe competition. Coaches are most responsible for the success of following these guidelines. Please reinforce the expectations daily, and model good practices.

The information provided here is taken from several references, including the NFHS Sports Medicine Advisory Committee, The Indiana Department of Education, and the National Wrestling Coaches Association.

Note: This is not an exhaustive list and there might be additional steps in each school, city, and county to help prevent the spread of virus. Even when taking all precautions, there will still be risk of transmitting illnesses. Everyone should stay vigilant about the health of members of their teams. Lastly, the situation with Covid-19 is rapidly changing. These considerations may quickly become outdated. Please keep up with the latest from the CDC and other health officials in your school district, city, and county.

PEOPLE WHO FEEL SICK SHOULD STAY HOME

- Do not go to work or school. Contact and follow the advice of your medical provider

Facilities Cleaning

- Adequate cleaning schedules should be created and implemented for all athletic facilities to mitigate any communicable diseases.
- Sanitize mats daily following practices using appropriate products or recommended bleach solution.
- Keep Wrestling Room appropriately ventilated. Air flow must provide for air exchange/filtration.
- Make sure showers are operational.

Considerations for Parents

(A family's role in maintaining safety guidelines for themselves and others):

- Make sure your child and immediate household members are free from illness before participating in practice and competition (if there is doubt stay home),
- Provide personal items for your child and clearly label them.
Disinfect your students' personal equipment after each game or practice.

GENERAL CONSIDERATIONS

Illness reporting

- Create notification process for all event athletes, coaches, event staff, media, spectators and vendors if the organizers/medical personnel learn of suspected or confirmed cases of COVID-19 at the event.

Considerations for Officials, Coaches, other personnel

- Vulnerable individuals should not participate in any practices, conditioning activities, contests or events.
- Masks should be worn, social distancing enforced, and "Hygiene Basics" adhered to in all situations.
- When not directly participating in practices or contests, care should be taken to maintain a minimum distance of 3-6 feet between each individual.

Hygiene Basics

- Wash your hands with soap and water or use hand sanitizer, especially after touching frequently used items or surfaces.
- Avoid touching your face.
- Sneeze or cough into a tissue, or the inside of your elbow.
- Disinfect frequently used items and surfaces as much as possible.
- Coaches must wear face coverings at all times. (Artificial noise makers such as an air horn or a timer system with an alarm can be used to signal in place of a traditional whistle.) Strongly consider using face coverings while in public, and particularly when using mass transit.
- There should be no shared athletic towels, clothing, or shoes between students.
- Students should wear their own appropriate workout clothing (do not share clothing) individual clothing/towels should be washed and cleaned after every workout.
- Students must be encouraged to shower and wash their workout clothing immediately upon returning to home.
- No pre- and post-meet/match handshakes/high-fives/fist bumps
- Wide availability of hand sanitizer at contests and practices. Participants, coaches, and officials should clean hands frequently.

Competition

General Considerations:

- Have hand sanitizer and wipes available at the table.
- Wash stations or sanitizer at mat side. Option for cleaning shoes prior to matches.
- No one touches the score sheet except the scorer.
- If writing implements are used, they should be sanitized and not shared with anyone.
- Disinfect the mats prior to and immediately following competition. Disinfect the mat between dual meet competitions. Additional precautions should be taken for events with more than 4 teams.
- Athletes and Coaches wears masks off the mat.
- Participate/host smaller events (more duals, less larger tournaments)
- Follow guidelines of local health agencies in admitting spectators.

Considerations for Coaches

- Wear masks on and off mat.
- Eliminate handshakes post-match.
- Limit individual practice group numbers within the overall team practice so that the number of wrestlers drilling with each other is reduced. Use the cohort method and keep wrestlers together for extended periods of time so as to reduce the number of contacts. Restrict/eliminate the number of support personnel allowed in the practice environment.

Considerations for Wrestlers

- Take the temperature of the wrestlers before weigh-ins.
- Shower after weigh-ins.
- Shower after each round and put on a fresh uniform.
- Do not share equipment such as wrestling headgear, shoes, braces, knee pads, etc.
- Stagger weight classes, so not everyone is in chairs mat-side.
- Wear masks off the mat when not competing.
- Eliminate handshakes pre- and post-match.
- Eliminate handshakes with coaches' post-match.

Considerations for Referees:

- Bring personal hand sanitizer. Wash hands frequently
- Don't share equipment.
- Change whistle several times during the day.
- Follow social distancing guidelines. Consider six feet minimum distance when talking to others (wrestlers, coaches, other officials).
- Consider using electronic whistle.

- Do not shake hands and follow pre- and post-game ceremony guidelines established by state associations.
- Off mat officials may wear masks at all times.
- May wear disposable glove. If so, then they must change after each match and sanitize hands before putting on gloves.

Cloth Face Coverings

- Per the State of Indiana's order, face masks have been mandated for all not engaged in strenuous activity. Participants not competing, Coaching staff members, officials table personnel, and spectators should wear a mask at all times.