

Considerations for Wrestling for the 2020-2021 Season

General preparations (administering wrestling competitions)

- Consider percentage of capacity allowance for spectators
- Prepare gym/arena for social distancing, where possible
- Hand sanitizer and disinfectant wipes available at each mat side and each scorer's table
- Sanitizing wipes available to the computer operators for wiping down periodically and between uses by other workers
- Writing utensils, when used, handled by one person or sanitized between uses by other workers
- Plan and communicate (with teams and officials) effectively in preparation of weigh-in procedures and protocols for each event

Practices

- Temp checks prior to practice
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- Disinfecting wipes, spray, or foam for wrestlers before and/or immediately after practice
- Have Athletes take mandatory showers immediately after practice and possibly before
- Pods of no more than 4-5 to workout with daily, throughout season
- Mandatory breaks every 14 minutes - sanitize/handwash, social distance
- Consider multiple practices to separate team into smaller groups
- Consider every other day practices, separated by groups
- Mandatory cleaning of mats and surfaces before and after every practice
- Reduce/restrict the gathering of people outside of practices/competitions, where possible
- Monitor and securely document daily: symptoms, temperature
- No shared towels, practice gear, headgear, etc.
- No shared drinking facilities (provide individual water bottles)
- Launder practice clothing daily
- Daily cleaning of any item that is frequently touched or that comes in contact with the body (i.e. scales, throwing dummies or weights)
- Do not use a community water fountain

Competitions

Duals:

- Plan and communicate (with teams and officials) effectively in preparation of weigh-in procedures and protocols for each event
- Consider temperature checks conducted at weigh-ins (for coaches and athletes)
- Consider single or double duals only (three teams or less)
- Possibly only duals and Triangular/Quads only for the season
- Mandatory cleaning of mats before the start of each dual meet and at the conclusion of the night
- Weigh-ins completed by team rather than shoulder-to-shoulder
- Verify that all contestants on your team are in good health and showing no symptoms of illness. If not, do not allow them to travel or compete.
- Social distancing wrestlers and need to wear masks when not competing
- Eliminate shaking hands with opposing coach

- Eliminate shaking hands with officials at any time
- Officials will not raise the winner's hand
- Competitions Tuesday and Saturday only
- Recommend that all workers wear face coverings
- Sanitary wipes and sanitizer available at the scoring/head tables
- When computers are used, they should be sanitized between uses by other scorers or event workers

Tournaments:

- Consider reduction of teams, out-of-state restrictions
- Plan and communicate (with teams and officials) effectively in preparation of weigh-in procedures and protocols for each event
- Mandatory cleaning of mats after each round/session
- Consider temperature checks conducted at weigh-ins (for coaches and athletes)
- Weigh-ins completed by team rather than shoulder-to-shoulder
- Conduct weigh-ins in the competition area by team (larger than the locker room or wrestling room where they are typically held)
- Verify that all contestants on your team are in good health and showing no symptoms of illness. If not, do not allow them to travel or compete.
- Reduce the traveling parties to essential personnel only (competitors and coaches, medical personnel)
- Limit teams at tournaments (possibly a max of 8)
- Have hand sanitizer at every table and have the wrestlers use it before and after each match
- Eliminate shaking hands with opposing coach
- Officials will not raise the winner's hand
- Coaches need to wear masks when not actively coaching mat side.
- 1 coach in the chair
- Recommend that all workers wear face coverings
- Sanitary wipes and sanitizer available at the scoring/head tables
- When writing instruments are used, they should be sanitized and not shared between individuals,
- Designate specific areas for teams to sit and keeps respective teams in their designated area when seated

Spectators

- Social distancing encouraged
- Masks strongly suggested or required to attend
- Parents of wrestlers, be sure to launder, clean, disinfect clothing and wrestling equipment daily or verify that your son/daughter is doing that
- Check on the health and well-being of son/daughter prior to sending them to school, practice, or competitions. If symptomatic, please keep them at home.
- Consider percentage of capacity allowance for spectators

Coaches

- Coaches need to wear masks while coaching.
- 1 coach in the chair

- Coaches should not go the table for a coaches' meeting with the official if the coach does not have a mask on

Officials

- Officials are not expected to enforce social distancing of wrestlers, coaches, or spectators
- Masks strongly suggested when arriving and departing
- Bring personal hand sanitizer. Wash hands frequently
- Change whistle several times during the day or consider using electronic whistle
- Follow social distancing guidelines. Consider six feet minimum distance when talking to others (players, coaches, other officials)
- Do not shake hands and follow pre- and post-game ceremony guidelines established by state association
- Off mat officials may wear masks at all times
- Wear masks on the mat, if desired
- May wear disposable gloves. If so, then they may consider changing frequently. Consider eliminating the practice of raising the winner's hand...pointing to winner
- Communicate with the host school administration regarding dressing facilities and weigh-in procedures to eliminate confusion and expedite the procedures
- Officials will not raise the winner's hand
- Eliminate shaking hands with wrestlers or coaches at any time
- Official will declare winner to the table as part of end of match procedure.
- Remind wrestlers that they are not to shake hands with the opposing coach
- Clean / sanitize whistle between sessions and or at the end of a competition.
- Conduct weigh-ins in the competition area by team (larger than the locker room or wrestling room where they are typically held)
- Suggest officials take mouth wash with them and soak their whistles in them to clean.
- Hold hand out to the winning wrestling as part of the end of the match procedure and declare the winning wrestler to the table. Wait for table confirmation they agree.
- Officials should not go the table for a coaches' meeting if the coach does not have a mask on

Cheerleaders

- Consider not having cheerleading for wrestling during this season
- If cheering, wear masks
- Attend dual meets but not tournaments
- Not allow them to cheer sitting close to mat side