



## CONSIDERATIONS FOR WRESTLING

The OSSAA offers the following considerations to ensure safety of all, schools may choose to implement all or any portion of these guidelines at the local school district's discretion. The situation surrounding COVID-19 is fluid and adjustments may need to be made. Coaches, participants, and spectators should adhere to all CDC, local health authority and school facility guidelines and restrictions, including social distancing. In addition to these guidelines, the NFHS has provided considerations for wrestling as well. A copy of those considerations can be found on each activity's webpage at OSSAA.com

### General Considerations:

- All participants should self-monitor for symptoms of COVID-19 daily. If any signs or symptoms of infection are present, the participant should not attend practice, dual meet, tournament, etc. should notify parents and coaches, and should contact their healthcare provider.
- Continue standard infection prevention measures (frequent handwashing, avoid touching your face, cover your mouth when coughing, etc.)
- Make sure appropriate infection prevention supplies are present in multiple areas (hand sanitizer, facial tissues, facial coverings, etc.)
- Rigorous, frequent cleaning schedule/protocol with disinfectant before, during, and after practice, dual meets, and tournaments should continue.
- Writing utensils, when used, handled by one person, or sanitized between uses by other workers.
- Wipe down computers between users.
- No one touches the score sheet except the scorer.
- Participate in and/or host smaller events (more duals, less tournaments.)
- Reduce traveling parties to essential personnel only (coaches, competitors, and medical personnel.)
- Consider reduced capacity for spectators.
- Check fans' temperature prior to admission.
- Mask strongly suggested or required for attendance.
- Social distance encouraged.
- Consider only two days of dual meet/tournament competition per week.

### Practice Considerations

- Daily temperature checks prior to entering facility for students and coaches.
- Monitor and document a daily symptoms checklist.
- Disinfecting wipes, spray, or foam, before and after practice.
- Pods of no more than 3 like wrestlers for purpose of working out throughout the season.
- Mandatory breaks to sanitize and wash hands every 15 minutes.
- Multiple practices allowing for further separation into smaller groups.
- Consider every other day practices by groups.
- Mandatory cleaning of mats and locker rooms before and after practice.
- Reduce/Restrict gatherings of people outside of practice and competition when possible.
- Limit practice facilities to immediate personnel only (coaches, team members, and medical personnel.)
- No shared towels, practice gear, etc.
- No shared drinking facilities.
- Mandatory showers after practice.
- Launder practice gear daily.

### **Dual Meet Considerations**

- Plan and communicate effectively with teams and officials in preparation of weigh-ins, all procedures and protocols that will be implemented and followed.
- Conduct temperature checks for coaches and athletes at weigh-ins.
- Consider single duals only.
- Reduce traveling parties to essential personnel only (coaches, competitors, and medical personnel.)
- Mandatory cleaning of mats before and after each dual meet and at conclusion of event.
- Weigh-ins by team rather than shoulder to shoulder.
- Verify that all contestants are in good health and showing no symptoms of illness.
- Social distancing of wrestlers and wearing mask when not in competition.
- Eliminate shaking hands with opposing coaches and officials.

### **Tournament Considerations**

- Reduction of teams.
- Eliminate out of state competition.
- Single day events rather than multiple day events.
- Staggering weight classes in any Eight team two-day tournament. (Seven weights Friday, Seven weights Saturday).
- Plan and communicate effectively with teams and officials in preparation of weigh-ins, all procedures and protocols that will be implemented and followed.
- Mandatory cleaning of mats before and after each round or session.
- Conduct temperature checks for coaches and athletes at weigh-ins.
- Weigh-ins by team rather than shoulder to shoulder.
- Conduct weigh-ins in competition area instead of wrestling rooms and/or locker rooms.
- Verify that all contestants are in good health and showing no symptoms of illness.
- Reduce traveling parties to essential personnel only (coaches, competitors, and medical personnel.)
- Hand sanitizer at each table and encourage use before and after each match.
- Eliminate shaking hands of opposing coach and officials.
- Encourage coaches to wear mask when coaching and participants to wear mask when not competing.
- One coach only at mat side.



## 2020-21 Wrestling Considerations

In support of the Guidance for Opening Up High School Athletics and Activities, the NFHS Wrestling Rules Committee offers this document for state associations to consider whether any possible rules could be altered for the 2020-21 season. 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.

Note: This is not an exhaustive list and there might be additional steps in each school, city, and state 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 state.

### Return to Competition

#### General Considerations:

- Have hand sanitizer and wipes available at the table.
- Wash stations or sanitizer at mat side.
- 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 competition.
- Do not allow fans.
- Athletes and Coaches wears masks off the mat.
- Participate/host smaller events (more duals, less larger tournaments)
- Check the fans' temperature prior to admission.
- Minimize the number of spectators.

#### Considerations for Coaches:

- Wear masks on and off mat.
- Eliminate handshakes post-match.

#### Considerations for Wrestlers:

- Submit to COVID-19 testing as part of your pre-participation physical.
- Take the temperature of the wrestlers before weigh-ins.
- Showers after weigh-ins.

- Shower after each round and put on a fresh uniform.
- 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 (players, 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.
- Wear masks on the mat.
- May wear disposable glove. If so, then they must change after each match.

#### **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.