

## Wrestling - COVID Response Policy

This document was created based on the most current and accurate information made available through Centers for Disease Control, Clear Creek ISD board approved policy, and recommendations from USA Wrestling.

The following guidelines and recommendations were developed based upon the review of the Return to Sport recommendations provided by the United States Olympic and Paralympic Committee and the information and advice from the USA Wrestling COVID-19 Committee members.

- Phase I
  - Public health authorities require shelter in place, public training facilities are closed.
- Phase II
  - Public health authorities lift shelter in place requirements but continue to prohibit group activities and public training facilities remain closed.
- Phase III
  - Public health authorities allow small group activities limited by number of participants.
- Phase IV
  - Public health authorities allow training facilities to open, no limitations on group size.

Until further notice, we will follow USA Wrestling's return to mat guidelines for practices based upon the Texas Department of Public Health guidelines and Clear Creek ISD's Standard Response Protocol.

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## **Criteria for participation in training sessions - USA Wrestling Phase III**

**(includes athletes & coaches)**

- Required
  - No signs or symptoms of COVID-19 in the past 14 days a) If an athlete/coach has had a case of documented COVID-19 infection, they need a note from his/her doctor indicating athlete is cleared to participate in training.
  - No close sustained contact with anyone who is sick or individuals that may have been exposed to COVID-19 within 14 days of beginning group training.
    - Since the signs and symptoms of COVID-19 can be fairly non-specific and not just respiratory symptoms, it is recommended that athletes should not be in close sustained contact with anyone who is sick for 14 days prior to beginning group training. This requirement reduces the risk of introducing COVID-19 into the training group by someone who may have COVID-19 but isn't experiencing any symptoms yet.
      - With regard to activities that include direct (e.g.: hand-fighting, drilling, etc.) or indirect (e.g.: shared crash pads) contact between athletes, please follow all state and local requirements.
        - Minimize changes in small group participants
        - Consider assigning the same participants to the same training group every training session. Avoid mixing of partners to minimize risk of widespread transmission.
      - Regarding coaching activities that include direct contact (e.g.: showing technique, etc.) with other coaches or athletes, please follow all state and local requirements.
      - All participants must self-monitor for symptoms of COVID-19 twice daily. Additionally, athletes should monitor whether they have been in contact with people who are suspected of having COVID-19. If any signs or symptoms of infection are present, the participant should not attend the practice, should notify parents, trainers, coaches, and the school nurse for further instructions
        - Athletes must record their signs and symptoms via the provided QR code that is monitored by training staff and administration.
      - Rigorous, frequent cleaning schedule/protocol of equipment with disinfectant before, during, and after training\* wearing appropriate personal protective equipment (PPE) (e.g.: gloves, face mask, etc.) to prevent contact with contaminated surfaces and protect against toxicities associated with some cleaning products.

## Wrestling Practice Policy and Procedures:

- Prior to arriving at school, all coaches and athletes must complete the CCISD self-health assessment.
- Athletes and coaches must wear a face covering, at all times, while in the school (including gyms, locker rooms, and weight room).
- Before entering the gym or weight room for scheduled training session, athletes must scan the QR code and answer all questions.
- Practices will be limited to an acceptable number of wrestlers, per session, based on the Texas Department of Public Health guidelines on gym size and weight room capacity.
  - We will use all available wrestling mats to maximize use of our gym space.
  - Wrestling mats and equipment will be disinfected prior to and after each scheduled practice session.
    - We will utilize both spray disinfectant and Sterilaser daily.
    - Sterilaser will be used between cohorts.
  - Athletes will be provided body wipes as they enter.
- To minimize contact and maximize our ability to do contact tracing; athletes will be grouped within their specific cohort/division
  - Athletes will be placed into groups no larger than four.
  - Mixing of partners between cohorts/divisions will not be permitted.
  - Groups will limit themselves to specific practice circle.
    - Practice circles are 10' in diameter and spaced three feet apart.
    - We anticipate being able to have greater spacing based upon 4488 square feet of mat space available to us.
- Athletes will be required to wear a mask or face covering while not actively engaged in wrestling and in any situation where social distancing criteria is not possible.
  - Polyspots will be used to identify specific areas for individuals to place their water, bags, etc.
- Athletes will be limited to their specific training cohort/division.
  - Sixth period – currently 25 students – 4488 square feet of mat space
    - After school practice 3:30 – 5:00
  - Seventh Period – currently 12 students – 4488 square feet of mat space
    - Practice begins during the period and ends at 3:15
- Training sessions in the weight room will meet occupancy guidelines
  - 30 in large weight room and 10 in small weight room.
  - Athletes will remain in groups no larger than 4.
- Regarding coaching activities that include direct contact (e.g.: showing technique, etc.) partners from within a specific cohort/division will be utilized with the coach providing specific directions.
- Although we typically host “open practices”; parents will no longer be allowed inside the gym or weight room until Texas Department of Health, UIL, and Clear Creek ISD policies permit us to do so.
- Athletes are expected to bring their own water bottles. Water refilling station will be available but only a coach or designated manager is permitted to operate it.
- Athletes are expected to shower or wipe down using body wipes immediately following practice before departing the facility.

## Competition Policy and Procedures:

- General Requirements
  - Anyone attending a practice or game – wrestlers, coaches, officials, trainers, cheerleaders, volunteers, staff, spectators, etc.: Must conduct a symptom assessment before each practice or contest, and anyone experiencing symptoms must stay home.
  - Per UIL only dual, triangular, or quadrangular meets permitted before post-season.
    - A varsity and JV from the same school counts as two (2) teams.
  - Varsity and Junior Varsity held separately.
  - No student representing a member school shall participate in more than one contest (dual, triangular, or quadrangular) per school week.
  - Verify that all contestants on your team are in good health and showing no symptoms of illness. If not, don't allow them to travel or compete.
  - Coaches: When asking for a conference with the official at the head table, consider wearing a mask or keeping 6 ft. of social distancing (one or both). Officials will be instructed to maintain social distancing.
- Weigh-in Procedures
  - Conduct weigh-ins by team rather than shoulder-to-shoulder by weight.
  - Conduct weigh-ins with multiple, certified scales.
  - Conduct weigh ins in a larger area such as gym, wrestling room, etc.
  - Stagger arrival times.
  - 2-pound growth allowance all season.
- Athlete seating as it relates to social distancing.
  - Spread out chairs six feet apart, where possible. Rows six feet apart
  - Sanitize chairs between rounds
  - Utilize both sets of bleachers for seating competitors.
    - Designate seating areas for participating teams
- Competitor safety
  - All participants must wear a mask unless competing.
  - At the conclusion of each match, competitor uses a body wipe.
  - If available, consider changing singlets between each dual.
  - Have multiple anklets on hand; sanitize between matches.
  - Eliminate pre- and post-match with opponent, officials, and coaches.
  - No team handshakes after meets. Acknowledge opponents from across the mat(s).
  - Mandatory cleaning of mats before the start and conclusion of each dual meet.
    - Use of sterilaser, if available.

## District Tournament Guidelines:

- General Requirements
  - Anyone attending a practice or game – wrestlers, coaches, officials, trainers, cheerleaders, volunteers, staff, spectators, etc.: Must conduct a symptom assessment before each practice or contest, and anyone experiencing symptoms must stay home.
    - Verify that all contestants on your team are in good health and showing no symptoms of illness. If not, don't allow them to travel or compete.
  - District tournaments must be planned to allow for required distancing measures between participants, coaches, and spectators.
    - Capacity may not exceed 50% of venue.
  - One level of competitors and one gender participating at a given time.
    - If varsity boys are wrestling, varsity girls would not be allowed on site until varsity boys have left.
      - Girls varsity tournament to be held Friday.
      - Boys varsity tournament to be held Saturday.
      - Junior varsity tournament to be held prior to district tournament.
  - No student shall participate in more than one district tournament.
  - Coaches: When asking for a conference with the official at the head table, consider wearing a mask or keeping 6 ft. of social distancing (one or both). Officials will be instructed to maintain social distancing.
- Weigh-in Procedures
  - Conduct weigh-ins by team rather than shoulder-to-shoulder by weight.
  - Conduct weigh-ins with multiple, certified scales.
  - Conduct weigh ins in a larger area such as gym, wrestling room, etc.
  - Stagger arrival times.
  - 2-pound growth allowance all season.
- Athlete seating as it relates to social distancing.
  - Utilize all gyms to maximize capacity and allow for spacing
    - Designate seating areas for participating teams
- Competitor safety
  - All participants must wear a mask unless competing.
  - At the conclusion of each match, competitor uses a body wipe.
  - If available, consider changing singlets between each round.
  - Have multiple anklets on hand; sanitize between matches.
  - Eliminate pre- and post-match with opponent, officials, and coaches.
  - No team handshakes after meets. Acknowledge opponents from across the mat(s).
  - Hand sanitizer and body wipes available to both coaches and competitors.
  - Mandatory cleaning of mats before the start and conclusion of each round.
    - Wet mop in the morning and prior to medal round, or if 45 minute rule requires stoppage of tournament.
    - Use of sterilasers, if available, after other rounds to minimize stoppage.

## Resources:

[CDC \(State and Local Departments\)](#)

[CDC: Disinfecting Building Facility Guidelines](#)

[Clear Creek ISD: Standard Response Protocol](#)

[UIL COVID 19 Risk Mitigation Guidelines](#)

[2020-21 UIL COVID Wrestling Calendar and Information](#)

[USA Wrestling Return to the Mat Guidelines](#)

\*Consideration also given to existing procedures in states currently wrestling:

Iowa

Kansas

Ohio