

## **2020-21 COVID-19 Wrestling Participation Considerations**

**As of October 5, 2020**

In support of the Guidance for Opening Up High School Athletics and Activities, the NFHS Wrestling Rules Committee and the KSHSAA offers this document for schools to consider 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 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 These considerations may quickly become outdated.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 state.

### **Considerations for Wrestlers:**

- Daily screening.
- Consider taking 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 with officials.
- Eliminate handshakes with coaches' post-match.
- **(New 10/5/20):** Use hand sanitizer frequently during the day, and throughout practice and competitions.
- **(New 10/5/20):** Use hand sanitizer immediately after each match.

### **Considerations for Coaches:**

- Consider temperature checks before each practice for all coaches.
- Plan your practices to maintain social distancing guidelines whenever possible.
- Coaches should wear face coverings during practice and competitions when social distancing guidelines cannot be met.
- Have a plan to mitigate the exposure potentials to give your athletes a chance to compete.
- Make sure mats and equipment are sanitized before and after each practice.
- Eliminate post-match handshakes.
- Use hand sanitizer frequently.
- **(New 10/5/20):** A face covering will be required if you ask for a score table meeting with an official. If the official sees you are not wearing a face covering, they will not grant the request.

### **Practice Considerations:**

- Daily screening before each practice.
- Consider temperature checks before each practice.
- Consider workouts in pods of the same students. Consider each wrestler has the same partner or partners each day of practice.
- Limit the amount of team activities.

- Consider showering before and after each practice.
- Clean and sanitize practice equipment daily.
- Have hand sanitizer and wipes available at every practice. Breaks are recommended every 12-15 minutes for athletes to sanitize appropriately.
- All wrestlers should have their own water bottles at each practice. Never share water bottles.
- Masks should be worn, but not expected to be worn during live practice drills.
- Maintain social distancing guidelines when not involved in direct activity.
- Non-essential personnel should not be permitted at practices.
- Establish a plan for handling a symptomatic participant during practice or competition. The student should be immediately removed to an isolated quarantine area and monitored by school staff until a parent or guardian arrives.

### **Locker Room Considerations:**

- Schools should consider using staggered locker room guidelines to minimize the number of athletes entering, dressing, and leaving the locker room at one time.
- The school should establish a protocol on sanitizing the locker rooms.

### **Considerations for Weigh-ins:**

- Athletes are required to weigh-in wearing their competition uniform.
- Consider weighing in wrestlers on the mats or in larger rooms.
- Expect athletes to maintain 6 ft. of social distancing.
- Expect all athletes and officials conducting weigh-ins to wear face coverings.
- Keep weight classes apart during weigh-ins.
- All high school weigh-ins are still expected to follow NFHS Weigh-in guidelines.
- All middle school weigh-ins follow KSHSAA Manual guidelines. They must weigh-in wearing a competition uniform.

### **Competition Considerations:**

#### **General Considerations:**

- Have hand sanitizer and wipes available at the tables. (All wrestlers are required to sanitize their hands before leaving the mat area)
- Consider Wash stations or sanitizer 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, between each round and after each dual.
- Athletes and Coaches wear masks off the mat.
- Coaches should wear masks.
- **(New 10/5/20):** Participate/host smaller events (more duals, less larger tournaments)
- **(New 10/5/20):** Strongly consider canceling and/or replacing out of state competitions with more regional based competitions.
- **(New 10/5/20):** Consider Duals/Triangulars/Quads over tournament participation.
- **(New 10/5/20):** Restrict or cancel large/mega tournament participation.
- **(New 10/5/20):** Consider reduction of the number of teams at tournaments (Example: 8 or less)
- Check the fans' temperature prior to admission.
- Minimize the number of spectators.
- Sanitize coach chairs between each round and each dual
- May wear disposable glove. If so, then they must change after each match.
- Establish a plan for handling a symptomatic participant during practice or competition. The student should be immediately removed to an isolated quarantine area and monitored by school staff until a parent or guardian arrives.

## **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 permitting your child to participate 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.

## **Transportation Considerations:**

- When traveling to an event, screen your student participants immediately prior to leaving school for the contest. This will reduce the likelihood of one of your students exhibiting symptoms while participating at an away contest where they may not have a parent/guardian available to take them home.
- Follow the guidelines and protocols of the school district.
- Consider face coverings be worn by all individuals. Mitigating the spread is important with the longer time together on a bus or in a van.
- **(New 10/5/20):** Reduce traveling groups to essential personnel only (competitors, coaches, medical)

## **Crowd Size/Limits Considerations:**

- Consider limiting the size of crowds.
- Consider requiring that masks be worn by fans.

## **Admission/Ticketing Considerations:**

- Consider how ticketing will take place.
- Consider how to protect those working the ticket gates.
- Consider how to prevent congregating in ticket lines.
- Consider if you will be taking cash and who will handle cash.

## **Concession Stand Considerations:**

- Consider selling pre-packaged items only.
- Consider how concessions are sold and who is handling products being sold.
- Have a plan to keep workers safe (face coverings and gloves) and those purchasing the items.

## **Considerations for OFFICIALS:**

- Schools need to communicate with officials regarding locker room facilities and the ability to social distance in locker rooms.
- Bring your own water bottles.
- Electronic whistles are permissible but not required.
- Face coverings are permissible, but not required while on the mat.
- Face coverings should be worn when off the mat.
- Gloves are permissible, but not required.
- Do not share uniforms, towels, water bottles and other apparel and equipment.
- Where masks during weigh-ins and skin checks.
- Use hand sanitizer frequently.
- No handshakes prior to and following matches.
- The coin toss (duals) should take place in the middle of the mat with only one captain from each team. The head coach can attend in place of a captain.

- Recommend you bring your own writing utensil.
- Communicate any concerns with the host administration.
- Officials are not in charge of enforcing social distancing. They are there to officiate the matches.
- **(New 10/5/20):** At the conclusion of a match, officials will signal with open palm in the direction of the winning wrestler and verbally declare “match winner” toward the scoring table and wrestler after the post-match handshake by wrestlers. Officials will make no physical contact with the winning wrestler to raise their hand/arm to signal victory.