



Return to the Mat Guidelines

As of June 11, 2020



USA
WRESTLING



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Introduction

These 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. This document was created based on the most current and accurate information available to USA Wrestling.

It is up to each USA Wrestling club/event director and member to review this document from time to time to assess the guidelines and recommendations. It is also up to each USA Wrestling club/event director and member to keep themselves updated with the most recent information from their state and local public health department (<https://www.cdc.gov/publichealthgateway/healthdirectories/healthdepartments.html>) regarding COVID-19. And most importantly, each USA Wrestling club/event director and member should continually assess this document in light of their own particular situations prior to resuming and/or engaging in modified and/or full wrestling activities.

The information in this document is not intended to be a substitute for professional medical advice, diagnosis, or treatment. You should seek advice from medical professionals if you have specific questions about your return to training.



Phase 1

Phase 1

Phase 1: Public health authorities require shelter in place, public training facilities are closed.

- a) Individual training in your home using your own equipment
 - i) Training can only occur with people living in the house and no outside partners should be included
- b) Virtual coaching workouts can take place
- c) Thorough and frequent cleaning of your personal equipment . Follow the link for CDC cleaning guidelines.
(<https://www.cdc.gov/coronavirus/2019-ncov/community/disinfecting-building-facility.html>)

Phase 2

Phase 2

Phase 2: Public health authorities lift shelter in place requirements, but continue to prohibit group activities and public training facilities remain closed.

- a) Continue individual training in your home or outdoors with no outside partners using your own equipment
- b) Virtual coaching workouts can take place
- c) Thorough and frequent cleaning of your personal equipment

Phase 3

Phase 3

Phase 3: Public health authorities allow small group activities limited by number of participants

- a) Criteria for participation in group training sessions (includes athletes, coaches and parents)
 - i) Required
 - 1) No signs or symptoms of COVID-19 in the past 14 days
 - a) If an athlete has had a case of documented COVID-19 infection, athlete needs a note from his/her doctor indicating athlete is cleared to participate in training
 - 2) Live in training location for 14 days prior to beginning group training
 - a) This requirement reduces the risk of introducing COVID-19 into the training group by someone traveling from a different region
 - b) It will be the supervising coach's or each individual's responsibility to ensure only those team or club members that live in the training location participate in practices
 - c) Club organizers may not register any new members from outside their local area
 - 3) 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
 - a) 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.

Phase 3

Phase 3: Public health authorities allow small group activities limited by number of participants

- b) 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.
- c) Minimize changes in small group participants
 - i) Consider assigning the same participants to the same training group every training session. Avoid mixing of partners to minimize risk of widespread transmission.
- b) With regard to coaching activities that include direct contact (e.g.: showing technique, etc.) with other coaches or athletes, please follow all state and local requirements.
- e) 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 and coaches, and should contact their healthcare provider
 - i) Athletes must record their signs and symptoms (including temperature) on a paper or electronic log that is monitored by parents and coaches

Phase 3

Phase 3: Public health authorities allow small group activities limited by number of participants

- f) Upon arrival to train, coaches should ask each athlete if they are experiencing any signs or symptoms of COVID-19, ask if the athlete has been in contact with anyone suspected of having COVID-19, and take their temperature. Findings should be documented and initialed by athlete, parents (if athlete is a minor), and supervising coach(es).
 - i) If the athlete has any signs or symptoms of COVID-19, they should be sent home and instructed to contact their healthcare provider
 - ii) Athlete should not return to practice until formal letter of clearance is provided to coaching staff by overseeing healthcare provider
 - iii) If an athlete tests positive for COVID-19 or has been in contact with someone diagnosed with COVID-19, the coach should notify other wrestlers and parents present at the practice about a possible exposure
 - 1) **The coach should NOT share the sick athlete's name with other wrestlers and parents to ensure they do not violate privacy laws**
 - 2) Exposed individuals should contact local healthcare provider for direction on further care
- g) 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

**Cleaning of living spaces and training facilities should follow the CDC recommendations for cleaning and disinfecting community facilities. Frequently touched areas (e.g.: door handles, light switches) should be cleaned multiple times daily. Work-out equipment should be cleaned with anti-septic cleansers prior to use, between use by different athletes, and after use. At home, fresh food should be washed carefully before eating. Wash hands prior to cleaning and/or eating food. Dishes should be washed at high temperatures, preferably in a dishwasher.*

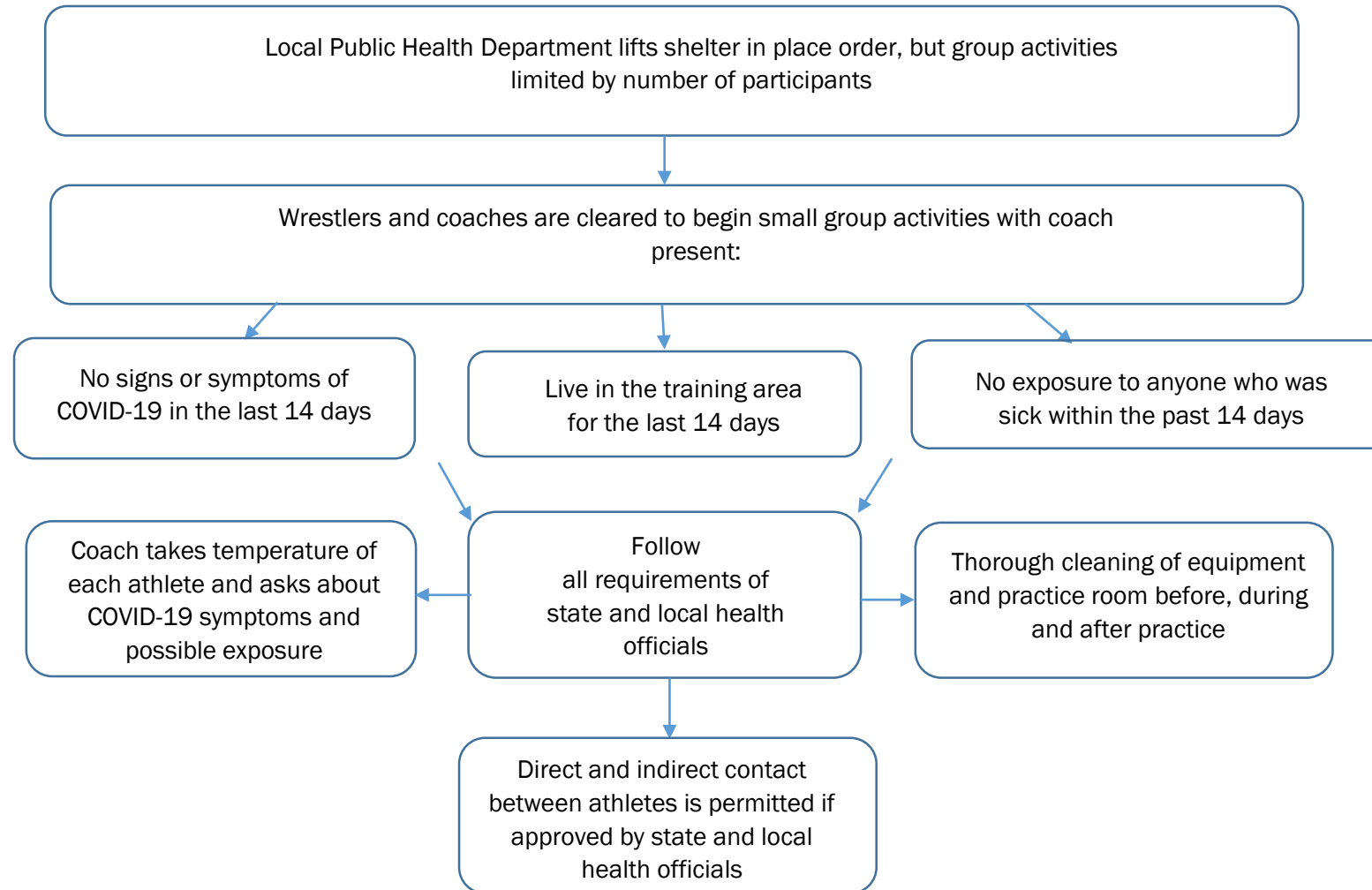
Phase 3

Phase 3: Public health authorities allow small group activities limited by number of participants

- h) Infection prevention measures should be followed during practice and when in public
 - i. Make sure appropriate infection prevention supplies are present in multiple targeted areas (e.g.: hand sanitizer, facial tissues, facial coverings, etc.)
 - ii. Parents attending practice should be recommended to wear facial covering and to maintain social distancing between themselves, the wrestlers, and other parents
- i) Please adhere to state and local requirements with respect to both indoor and outdoor activities, as policies may vary based on location.

Phase 3

Phase 3: Public health authorities allow small group activities limited by number of participants





Phase 4

Phase 4

Phase 4: Public health authorities allow public training facilities to open, no limitations on group size.

- a) Criteria for participation in group training sessions (includes athletes, coaches, and parents)
 - i) Required
 - 1) No signs or symptoms of COVID-19 in the past 14 days
 - a) If the person has had a case of documented COVID-19 infection, they need a note from their doctor indicating they are cleared to participate in training
 - 2) Live in training location for 14 days prior to the beginning of group training
 - a) This requirement reduces the risk of introducing COVID-19 into the training group by someone traveling from a different region
 - b) This will be the coach's and each individual's responsibility to ensure only the team or club members that live in the training location are attending practices
 - c) Recommend club organizers not register any new members from outside their training area for 14 days to reduce the risk of introducing COVID-19 into the training group by someone traveling from a different region
 - d) Recommend club directors take attendance in USA Wrestling membership system of all participants/attendees of club practices. Tutorial video on how to do this can be found at <https://www.usawmembership.com/help/category/4/question/47>
 - 3) 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
 - a) 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.

Phase 4

Phase 4: Public health authorities allow public training facilities to open, no limitations on group size.

- b) All participants must self-monitor for symptoms of COVID-19 twice daily. If any signs or symptoms of infection are present, the participant should not attend the practice, should notify parents and coaches, and should contact their healthcare provider)
 - i) Athletes must record the results of their self-monitoring on a paper or electronic log that can be monitored by parents and coaches.
 - ii) If an athlete tests positive for COVID-19 or has been in contact with someone diagnosed with COVID-19, the coach should notify other wrestlers and parents present at the practice about a possible exposure
 - 1) The coach should NOT share the sick athlete's name with other wrestlers and parents to ensure they do not violate privacy laws**
 - 2) Exposed individuals should contact local healthcare provider for direction on further care
- c) Upon arrival to train, coaches should ask each athlete if they are experiencing any signs or symptoms of COVID-19, ask if they have been in contact with anyone who may have been exposed to COVID-19, and take their temperature
 - i) If the athlete has any signs or symptoms of COVID-19, they should be sent home and instructed to contact their healthcare provider
 - ii) Coaches should also perform skin checks and possibly ask of any ongoing injuries to refamiliarize themselves with each athlete's current health status

Phase 4

Phase 4: Public health authorities allow public training facilities to open, no limitations on group size.

- d) Onsite coaching can resume without social distancing. Coaches should gradually build back up to full training loads
 - i) Activities with direct (e.g.: hand fighting and drilling) or indirect (e.g.: throws onto a crash pad) can resume
 - ii) Each athlete may return to sport at a different physical status and levels of conditioning. Coaches should be prepared to make modifications to avoid an overtraining injury
 - iii) Recommend each coach build in intentional rest and/or active recovery days into their weekly training plans to help with training load acclimation
- e) Continue standard infection prevention measures (e.g.: frequent handwashing, avoid touching your face, cover your mouth when coughing, etc.), but social distancing is no longer required
 - i) Make sure appropriate infection prevention supplies are present in multiple targeted areas (e.g.: hand sanitizer, facial tissues, facial coverings, etc.)
- f) Resume normal sized group training sessions outside and/or inside using training facilities
 - i) Clubs should be encouraged to gradually increase practice group sizes from Phase 3 rather than have the whole team practice together at first practice

Phase 4

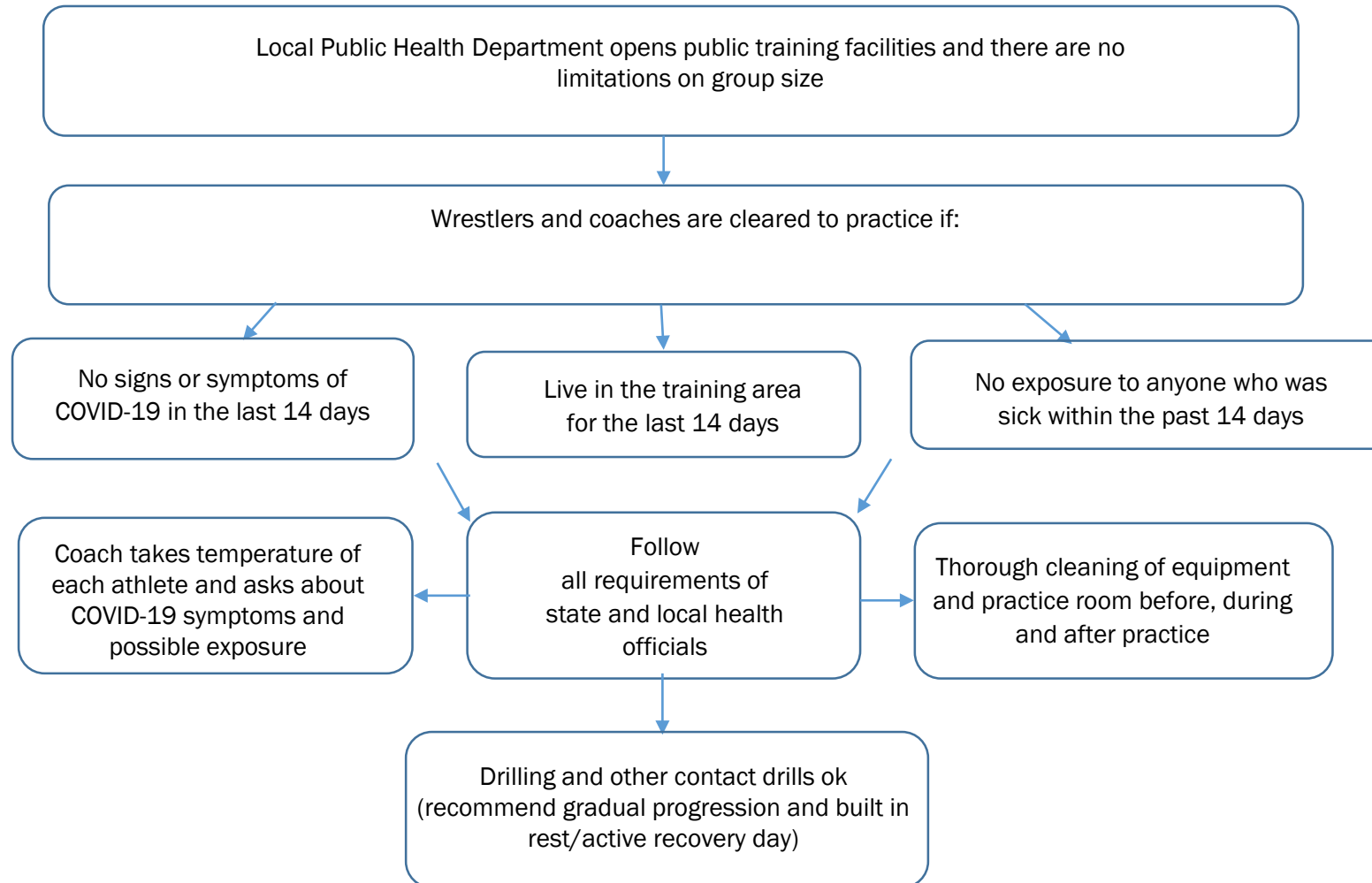
Phase 4: Public health authorities allow public training facilities to open, no limitations on group size.

- g) Participants may use each other's equipment, but equipment should be cleaned between each use if possible
- h) Continue to use own water bottle, towel, personal hygiene products (e.g.: soap, deodorant, etc.)
- i) Rigorous, frequent cleaning schedule/protocol of equipment with disinfectant before, during, and after training should continue* including wearing appropriate personal protective equipment (PPE) (e.g.: gloves, face mask, etc.) to prevent contact with contaminated surfaces and protect against toxicities associated some with cleaning products

**Cleaning of living spaces and training facilities should follow the CDC recommendations for cleaning and disinfecting community facilities. Frequently touched areas (e.g.: door handles, light switches) should be cleaned multiple times daily. Work-out equipment should be cleaned with anti-septic cleansers prior to use, between use by different athletes, and after use. At home, fresh food should be washed carefully before eating. Wash hands prior to cleaning and/or eating food. Dishes should be washed at high temperatures, preferably in a dishwasher.*

Phase 4

Phase 4: Public health authorities allow public training facilities to open, no limitations on group size.





Summary & USOPC Self Monitoring Guidelines

Summary

Local Public Health Guideline	Public Training Facilities	Coaching	Outside Training with 6' Separation	Small Group Training	Contact Level	Equipment Cleaning Requirements
Phase 1						
Shelter in Place	Closed	Virtual Coaching	No	No	None	Rigorous & Frequent Cleaning: Before, During, & After
Phase 2						
Shelter in Place Lifted	Closed	Virtual Coaching	Can train outside at your home	No	None	Rigorous & Frequent Cleaning: Before, During, & After
Phase 3						
Limited number at training per session	May be Open or Closed	Follow state/local requirements for social distancing	Follow state/local requirements for indoor/outdoor training	Ok	Follow state/local requirements for social distancing	Rigorous & Frequent Cleaning: Before, During, & After
Phase 4						
Public training allowed. No limitations on group size	Open	Ok	No separation required	Ok	Contact drills ok (e.g.: technique with partner)	Rigorous & Frequent Cleaning: Before, During, & After

Practice Checklist for Coaches

Steps to minimize risk of transmitting COVID-19 at practices or other team gathers

- Collect athlete's Practice Health Screening Form prior to each practice
 - [Practice Health Screening Form](#)
- Athlete has lived in close proximity to the training location for the past 14 days
- Take athlete's temperature and record on their Practice Health Screening Form
- Face masks required for all coaches, parents, and spectators
- Rigorous, frequent cleaning of mats and any other equipment used during practice (jump ropes, throwing dummies, bags, etc.) both before and after practice, as well as in between uses if individuals use the same equipment during practice

SELF-MONITORING INSTRUCTIONS

**Twice daily, check for the following signs
or symptoms of respiratory infection:**



Fever
(> 100.4)



Cough



Shortness
of breath

Other symptoms to pay attention to include:

Sore throat

Congestion

Headache

Muscle and Joint Pain

Chills

Nausea or Vomiting

Diarrhea



If you develop any of these symptoms, please contact
your healthcare provider to discuss how to proceed.



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