



USA
WRESTLING

**OPERATIONAL PLAN FOR
THE RESUMPTION OF
EVENTS**

(as of July 21, 2020)

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STATEMENT FROM USA WRESTLING

This document has been constructed with the health and safety of athletes, coaches, family members and staff as the utmost priority. The following best practices are recommended for USA Wrestling members in the operation of its all Events. We will also adhere to applicable legal requirements, local, state and federal. The protocols set forth in the following pages are meant to supplement those requirements and aid in their effectiveness.

The measures covered in this document have been developed based upon the recommendations given by accredited health authorities, including the [World Health Organization](#) (WHO) and the [US Centers for Disease Control](#) (CDC). This document provides actionable steps that will be taken at our Local, State, and National Events to help prevent the spread of COVID-19.

VENUE AND HOST CITY SUPPORT

In order to uphold the recommendations given by the World Health Organization and the Centers for Disease Control, and ensure the safe resumption of USA Wrestling's tournaments, all of the below protocols may need to be strictly followed. To accomplish this, a large amount of additional materials and resources will need to be procured well in advance of the event. USA Wrestling and its Local Organizing Committees should request financial support from the host city and venue to assist in securing the following items during the preparation process for each tournament:

- Hand Sanitizer Gels and Dispensers
- Disinfectant Wipes (Alcohol or Bleach)
- Non-Medical Respiratory Masks
- Disposable Gloves (Latex or Nitrile)
- Temporal Thermometers
- Signage Regarding Precautionary Measures (Hand Washing, Social Distancing, etc.)

CHECK INS AND WEIGH-IN AREAS

As you arrive to the event entrances into the venue will be separate for athletes, coaches and spectators. Each entry way will be labeled “Athlete Check-in”, “Coach Check-in”, and “Spectator Check-in”. Every competitor must come to athlete check in area before entering the weigh-ins, making it one of our first interactions and potential points of exposure with them. Our goals here will be to disperse the crowds and group gatherings to minimize the potential for person-to-person contact for participants and spectators. In addition, precautions will be taken to reduce the risk of exposure for the staff at Check-ins and Weigh-Ins through adjustments made to layout, cash handling practices and other procedures related to the operation of the events in the competition hall.

Recommended Protocols

- All staff working Check-in and Weigh-ins will be required to wear masks and non-latex/nitrile gloves.
- Hand sanitizer pumps or stations will be made available for use at all tables.
- Bleach or Alcohol Wipes will be used to wipe down all countertops and surfaces every 30 minutes.
 - o This will require a brief stop in services at the counters to wipe down all surfaces.
 - o To the extent possible, this will be timed during lower volume periods to minimize disruption to the flow of the tournament.
- No cash will be accepted
- All Registration MUST be completed online only prior to the tournament
- Admission Tickets and Coach Passes will be sold online only
 - o Online sales will be open during the tournament so that those who still need to purchase these items may do so.
 - o An individual/families who did not purchase tickets prior to the event will be asked to purchase their tickets online prior to getting in the admission line.
- In the event that a venue locale still has restrictions around the size of group gatherings, but it has been deemed safe to run the tournament, the competition hall may be divided into multiple halls to reduce the size of the groups gathering in a single space.
 - o Divisions will have staggered check-in times to evenly distribute foot traffic.
- Floor markings will be made, 6 ft. from the front of each booth, and only one person will be permitted beyond those lines for each booth at any given time.
 - o Signage will also be posted in the area advising that individuals waiting in line should remain at least 6 ft. from any others waiting.
- Entrances and Tables will be separated by service type to further disperse crowds.
- For example groupings should be as follows, with appropriate spacing between each area:
 - o Athlete Check-In
 - o Coaches/Credentials
 - o Ticketing
- Paper Weigh-in cards will be eliminated.
 - o Athletes must present a copy of their registration QR code either on their cell phone or by a printed copy.
 - o All changes to registration will be adjusted prior to registration closing. Weight changes will be recorded at the weigh-in scale
- Weigh-In and Skin Check Protocols
 - o Athletes should be separated into small groups depending on division and weight class, it is recommended that groups be no larger than 30 per mat to allow for social distancing
 - o Athletes will weigh-in mat side: one (1) scale per table
 - o Skin checks should be conducted by an official prior to weigh-ins on all athletes at all

<ul style="list-style-type: none"> ○ satellite locations and during onsite weigh-ins. ○ If an official determines that an athlete has a skin or medical issue the athlete should be sent to the event medical staff. ○ Event medical staff should review all skin and medical issues to determine if an athlete shall be allowed to compete or if an athlete should seek treatment from their medical provider. ○ USA Wrestling Skin Disease Manual – CLICK HERE
<ul style="list-style-type: none"> - Everyone entering the Venue will be subject to a temperature check. <ul style="list-style-type: none"> ○ Anyone with a fever of 100.4 degrees Fahrenheit or higher will not be admitted to proceed further into the venue and will be asked to exit the facility immediately. ○ The Local Organizing Committee (LOC) will provide a list of local medical offices/hospitals they can go to in order to see a physician.
<ul style="list-style-type: none"> - Satellite weigh-ins may be set up so that weigh-in can be done remotely, rather than in person, to reduce overall traffic at the Athlete Check-in Area. <ul style="list-style-type: none"> ○ Statisticians will be used where athletes are checked in automatically unless they indicate they want to withdraw. ○ The brackets and mat assignments will be posted prior to the day of competition whenever possible to avoid congregating by monitor displays. ○ Recommend randomly checking 5-10% of total athletes' day of competition, to ensure proper weight management. ○ Example Weight Check: Weight Class = 100 lbs. Athletes should not weigh more than 103 lbs. morning of competition. Each state and/or local event should use best judgment on day of competition actual weight.
<ul style="list-style-type: none"> - All athletes and those accompanying them to the competition will be advised to bring their own personal protective equipment (non-medical masks and disposable latex or nitrile gloves), towels and alcohol/gym wipes. Anyone without these items will not be permitted into the competition hall. <ul style="list-style-type: none"> ○ USA Wrestling recommends that family members and athletes bring their own personal protective equipment in pre-event communications. ○ A supply of PPE will be available for distribution onsite through USA Wrestling or an approved vendor stationed outside the competition hall. ○ Hand sanitizer stations will be available around venue.

TOURNAMENT VENDORS

Vendors, like other areas of the tournament, are an area of high traffic and exchange of equipment and other materials that could aid in the transmission of an illness or virus. To be sure USA Wrestling is doing everything possible to keep attendees at our tournaments safe, all vendors exhibiting and selling at events will be required to follow this set of protocols. This will reduce the passing back and forth of cash, cards and equipment, as well as minimize the direct/close contact between vendors and athletes.

Recommended Protocols

- All staff working at a vendor's booth will be required to wear a mask and latex/nitrile gloves
- Hand sanitizer pumps or stations will be made available for use at all booths.
- Cash payments may be a limited as a form of payment, cards or electronic payment methods would be preferred.

- Vendors will be required to put signs on tables where items are displayed, instructing patrons not to touch the merchandise.
 - o If items are handled by a shopper and it is seen by a vendor, they will be required to sanitize the item before putting it back out for display.
 - o Back stock can be maintained in back of the booth or other non-public areas to be retrieved by a staff member when needed.
 - o If equipment demos are to be permitted, an approved protocol for sanitization of demo products in between uses must be provided to USA Wrestling.
- Vendors must restrict the number of shoppers within their booth to allow for appropriate social distancing while shopping.
- Vendors must monitor the customers in line or checking out at their booth to ensure 6 ft. of distance is maintained between all individuals.

OFFICIALS AND STAFF HOSPITALITY ROOM

These areas are gathering places for referees and other tournament staff that pose risk for added exposure over several days. Adjustments will be made here to give the ability to tournament staff to distance themselves. Steps will be taken as well to ensure that items such as serving utensils and silverware are not being touched by multiple individuals.

Recommended Protocols

- The number of tables in the hospitality area, as well as the number of chairs stationed at each table, will be reduced to provide greater distance between tables and seats.
- Meals for staff will be served from a menu of pre-packaged or “boxed” meals to remove need for shared serving utensils and attended stations.
- Plates and utensils will not be permitted to be reused, and a new plate and silverware will be provided for each serving to a staff member.
- Bottled water will be provided for tournament staff by USA Wrestling, in place of shared dispensers.
- Officials should be paid through a cashless/paperless system. For example: Ref Pay, Venmo, Cash App...etc.

SPORTS MEDICINE

Sports Med is an area with less traffic typically but still plenty of risk for exposure to athletes and the Sports Med staff. Here we will be looking to increase the space available and also implement procedures to detect possible cases of COVID-19. Emphasis will be placed on minimizing any direct contact with shared surfaces like training tables and keeping athletes receiving medical attention as far apart as possible.

Recommended Protocols

- Adequate space for Sports Med in order perform essential responsibilities. Please Coordinate with Chief Medical Officer for the event.
- Sports Med staff will all be required to wear masks and latex/nitrile gloves.
- Manual/One-on-one therapies will be kept to an absolute minimum to avoid direct contact and longer periods of exposure for staff and athletes.
- Training tables will also be wiped down after each use with bleach wipes.

- Additional staff will be sourced for Sports Med, as needed, to be sure appropriate staffing levels are maintained throughout the tournament.
- A secondary, isolated space will be kept available for the quarantine of any individuals exhibiting potential symptoms of COVID-19.
 - o This space will be as close to Sports Med as possible but will be physically and spatially separated from the regular Sports Med area to ensure minimal contact occurs between those in quarantine and others receiving medical treatment.
 - o Individuals exhibiting symptoms will be kept in this space until local health authorities have been contacted and appropriate course of action is determined.
- Electronic documentation processes will be created to minimize need for hard copies and exchange of paper, pens, etc.

FIELD OF PLAY

Field of Play is the area where active competition is taking place throughout the tournament. The protocols below will be implemented with the goal of increasing the space available to active athletes, and officials/staff, creating the opportunity to distance themselves whenever possible. This area will be highly trafficked and contains equipment that will be shared by hundreds of athletes and many officials over the course of the tournament. Monitoring these areas and creating opportunities for social distancing will be challenging, so priorities will be around implementing regular sanitization of shared equipment and reducing as many opportunities for physical contact as we are able.

The Field of Play will be limited to staff, medical personnel, mat officials, athletes who are actively competing, matside volunteers, and coaches.

Recommended Protocols

- Head table must be set up to ensure proper distancing from tournament staff members.
 - o Chairs will be 6ft apart to separate staff as much as possible, ensuring safe and proper distancing
 - o Bleach wipes will be used to wipe down all head table equipment and supplies regularly. We recommend every 30 minutes.
- All staff, officials, matside volunteers, medical personnel working the field of play, will be required to wear masks and latex/nitrile gloves. Personnel, Athletes and Coaches may also be required to disinfect shoes before entering all competition surfaces.
- Hand sanitizer and bleach wipes will be available at all tables where tournament staff members are stationed. Bleach wipes will be used to wipe down all matside tabletops, matside computers, recording equipment, challenge bricks, paddles and other competition supply surfaces regularly, we recommend every 30 minutes.
 - o This will require a brief stop in services at the counters to wipe down all surfaces and equipment.
 - o To the extent possible, this will be timed during lower volume periods to minimize disruption to the flow of the tournament.
 - o Competition mats will be sanitized throughout the day. Recommended this is done every 1-2 hours.
 - o Document cleaning schedule and products used for all competition surfaces.
- Age Divisions will have staggered competition start times to minimize the number of competitors competing at the same time.
 - o Start times will be communicated in advance to avoid gathering at monitors and usual waiting around in venue.
 - o If we must limit the number of individuals permitted in the competition venue to coaches,

<p>spouses and/or parents of athletes only. This will be communicated to participants prior to the event.</p> <ul style="list-style-type: none"> ○ Call to Mat System on personal devices may be utilized. ○ Athletes shall not report to their assigned mat until they are “on deck”.
<ul style="list-style-type: none"> - Floor markings to be taped, showing 6 ft. of space from the table each volunteer is stationed at and spacing between athletes waiting for competition. <ul style="list-style-type: none"> ○ No more than one wrestler may be at the table at a given time, and all other wrestlers for that mat should wait behind the line until their bout is called by the table worker to come forward. ○ Athletes will be expected to ensure 6 ft. between themselves and any others waiting.
<ul style="list-style-type: none"> - Limited seating will be placed at the scoring table mat side <ul style="list-style-type: none"> ○ One (1) Scoreclock Operator or Scorer ○ One (1) Camera Operator (If Needed) ○ One (1) Towel Tapper will be stationed in a chair next to the table to ensure proper distancing.
<ul style="list-style-type: none"> - One (1) coach will be allowed to sit in the athlete’s corner throughout the duration on the match. <ul style="list-style-type: none"> ○ That coach must be a current Wrestling Leader and must wear their coaching credential visible to both the mat official and the table. ○ The Mat Official will verify the Coach in the corner has a valid credential prior to the start of the match. ○ The coaches corner should be marked 6 ft. away from the edge of the competition circle/square.
<ul style="list-style-type: none"> - Once the match is concluded both Athletes will be given alcohol/gym wipes to disinfect their body. <ul style="list-style-type: none"> ○ Both the Athlete and Coach must exit the field of play and return to the stands. ○ Both Athletes and Coaches may be required to wear a mask when not competing or coaching
<ul style="list-style-type: none"> - One (1) Mat Official will officiate each match, this includes Freestyle/Greco tournaments to assist with social distancing. <ul style="list-style-type: none"> ○ Mat Officials will conduct a visual inspection of both Athletes before the match and/or period begins. ○ Mat Officials will maintain 6 ft. of space from both Athletes during the match. ○ Mat Officials will signal match winners by raising the correct color of their arm band
<ul style="list-style-type: none"> - Lost and Found items will be collected and logged with a description and photo at registration. Once logged, the items will be disinfected and placed in a closed container. <ul style="list-style-type: none"> ○ If an attendee is looking for an item, they will be shown photos taken on a phone or tablet to verify if we have the item they are looking for. The device where the photos are stored will be sanitized after every use. - If any of the items in the container belong to attendee, staff member will retrieve and give to them directly. The attendee should not reach into the container and retrieve their item under any circumstances.

***Look to expand live streaming capability to account for some spectators not being able to come in the venue.**

AWARDS

The Awards area will need to be watched closely to avoid gatherings of large groups of athletes and spectators. All areas of possible direct contact may be removed, and the presentation process will be modified to accommodate this.

Recommended Protocols

- Awards staff and athletes may be required to wear masks and latex/nitrile gloves.

- Hand Sanitizer and bleach wipes will be provided for the Awards Area.
- Medal trays may be cleaned before being used for presentation.
- Medals may be placed on a table to the side of the Awards Stage, where athletes can pick them up.
- Awards Ceremonies will be modified to the below process:
 - o Markings may be placed on the floor to indicate where the athletes should line up as they pick up their award.
 - o When athletes arrive at the Awards area, they will be directed to their appropriate position in line and will remain there. No friends or family will be permitted to stand with them.
 - o When the athlete's name or bracket is called, an athlete shall proceed to the medals table, pick up their own medal and drape it around their neck. Then the athlete will proceed to the appropriate place marked in front of the Awards Backdrop.
 - o As each athlete leaves from in front of the first backdrop, the next athlete will be called and proceed in the same fashion, until all awards have been presented.

MISCELLANEOUS

Recommended Protocols

- Set up and tear down labor will be required to wear masks and gloves while in the venue and to regularly wash and sanitize hands.
- Signage will be provided and posted by the venue and/or by the Local Organizing Committee (LOC) about hand washing, social distancing and other precautionary measures.
- Athletes will be instructed to bring their own water or purchase from the concessions.
- Regular cleaning and sanitization of restrooms by custodial staff will be required throughout all days of the tournaments.
- The Local Organizing Committee (LOC) will work with the venue to modify setups to enforce social distancing while waiting in line at concessions and other areas of potential exposure.
- The Local Organizing Committee (LOC) will coordinate with the city, venue and all host hotels to confirm what extra cleaning and sanitization processes have been implemented to ensure the health and safety of all guests attending our tournaments.

SIGNAGE AND RESOURCES

COVID-19 RESOURCES PROVIDED BY THE UNITED STATES OLYMPIC & PARALYMPIC COMMITTEE

[USOPC Infection Prevention Recommendations](#)

[USOPC Self-Monitoring Instructions](#)

[Updated - USOPC Coronavirus Information for Athletes and Staff](#)

[CDC – Signage to Consider Posting at Events](#)

USA WRESTLING EVENT HEALTH AND SAFETY BEST PRACTICES CHECKLIST

Recommend Supplies and Actions Needed:	<u>Completed</u>
Order Adequate Number of Face Masks or Covers	
Order Adequate Number of Hand Sanitizer	
Order Adequate Number of Gloves	
Hand Sanitizer Stations: Place in essential areas, such as - Check in, Vendor, Field of Play, Head Table, Media, Production, Hospitality, Sports Medicine and Awards Areas.	
Order Adequate Number of Alcohol/Gym Wipes for athletes	
Order Adequate Number of Bleach Wipes for all surfaces	
Order Adequate Number of Mat Cleaning Product	
No Cash accepted: Plan for online/cashless registration, coaches bands, ticket sales.	
Signage: posters, flyers, banners, floor markings/decals etc. to mark 6ft distancing, promote sanitizing, signs of symptoms and COVID-19 info. Place signage by each sanitizing station and other essential areas	
Hand-Held IR Thermometers: https://ihealthlabs.com/product/PT3	
List of local medical offices/hospitals that individuals can go to in order to see a physician in case someone needs medical attention due to symptoms of COVID-19 or other medical issues.	
Determine Location and Coordinate Satellite Weigh-ins	
Post Brackets Online: prior to day of competition, send instruction email to all participants on bracketing software.	
Call to Mat system through personal devices set up	
Create Venue Diagram: Check in, Vendor, Field of Play, Head Table, Media, Production, Hospitality, Sports Medicine, Awards Areas and Security Plan.	
Security: Ensure Athletes, Coaches, Spectators and Staff are maintaining appropriate distancing.	
Pre-packaged Food and Drinks for Staff, Volunteers, Officials and Hospitality room	
Officials pay has been set up through cashless/paperless system	
Coordinate with Medical Director on adequate space and supplies for Sports Medicine.	
Isolated space for quarantined individuals: Work with Chief Medical Officer on details	

Coronavirus Disease (COVID-19)

Event Health Screening



To prevent the spread of COVID-19 and reduce the potential risk of exposure to our athletes, coaches, officials, visitors, staff, and volunteers, we are conducting a simple screening questionnaire. Your participation is important to help us take precautionary measures to protect you and everyone at this event. Thank you for your time.

Please print out this questionnaire and bring it with you to Event

Name:	Phone Number (mobile/home):			
Event Name:	Date:			
Athlete: <input type="checkbox"/>	Coach: <input type="checkbox"/>	Official: <input type="checkbox"/>	Spectator: <input type="checkbox"/>	Other: <input type="checkbox"/>

In the past 14 days, have you experienced?

Current temperature:		
Fever or Chills:	<input type="checkbox"/> Yes	<input type="checkbox"/> No
New or worsening cough:	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Shortness of breath/ Difficulty breathing:	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Sore throat:	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Diarrhea (unless due to known cause):	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Loss of taste or smell:	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Nausea or vomiting:	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Unexplained Muscle ache	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Fatigue or chest pressure:	<input type="checkbox"/> Yes	<input type="checkbox"/> No

If you answer “**yes**” to any of the symptoms listed above, or your temperature is **100.4F or higher**, please self-isolate at home and contact your primary care physician’s office or nearest urgent care facility for direction.

In the past 14 days, have you:

Have you or anyone in your household cared for an individual who is in quarantine or is a presumptive positive or has tested positive for COVID-19?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Do you have any reason to believe you or anyone in your household has been exposed to or acquired COVID-19?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
To the best of your knowledge have you been in close proximity to any individual who tested positive for COVID-19?	<input type="checkbox"/> Yes	<input type="checkbox"/> No

If you answer “**yes**” to either of these questions, please (unless exempt) Self- quarantine at home for 14 days.

We strongly encourage any person who is at higher risk for severe COVID-19 complications to continue to stay home to reduce their risk of exposure. (Persons over age 65 or with underlying medical conditions)

All participants and coaches will be sent a survey at 7 and 14 days after the event. This data collection is important as we begin to analyze participant data and continue to work on COVID 19 mitigation. Please take the time to fill out survey immediately when it arrives via email from Events@usawrestling.org

For questions, visit <https://www.teamusa.org/USA-Wrestling/Features/2020/March/14/COVID-19-Special-Section>