

## WRESTLING "BEST PRACTICES"

Below are some "best practices" as they pertain to wrestling. Following all items perfectly doesn't guarantee that you will not have issues, but it may greatly reduce risk. Many of these items were effective last year during the toughest parts of COVID. In addition, skin infections seemed to be greatly reduced by following many of these same steps and precautions. As always, the goal is to get to the end, and these steps may assist in that goal.

### Practice / Best Practices:

- Coaches are encouraged to limit wrestler's workout partners. The same small, limited group is preferred.
- Coaches may assign workout partners, including utilizing small pods of wrestlers who only practice together, to limit contact between wrestlers.
- Coaches may choose to record practice partners (on a daily basis) in an effort to help with contact tracing.
  - Coaches may assign workout partners and only permit these partners to work out together as another way to accomplish contact tracing and reduce risk and exposure.
- Coaches are encouraged to limit the number of wrestlers within your room to maintain space.
  - Run split practices if necessary
  - Look to implement activities that allow wrestlers to utilize open spaces when possible.
- Coaches are encouraged to provide frequent breaks for participants to sanitize if possible.

### Pre-Workout & Pre-Meet / Best Practices:

- Any person sick, not feeling well or displaying symptoms of COVID:
  - Should **NOT** be allowed to participate in any team activities.
  - Should self-isolate and contact his or her primary care provider or other health-care professional.
- Continue to remind coaches and students to disclose symptoms so all schools can compete safely. Involve local health departments if positive cases of COVID are discovered. Vulnerable adults should consider not coaching, supervising or participating in any competitions or workouts. School districts are encouraged to discuss the decision with vulnerable individuals.

### Regular Season Competition / Best Practices:

- Coaches are encouraged to do a quick health check with their team prior to setup for the event, or prior to departure for the event to ensure competitors are fit and safe for all involved in the competition.
  - **Weigh-In:**
    - School administration will sign the weigh-in sheet affirming the wrestler's weight.
    - Officials will conduct inspections on site.
- Teams are encouraged to change into gear prior to departing for the event so as not to require a locker room upon arrival.
- Competitors must only use their own personal equipment including water bottles.
- Permission for team/food tables at an event is up to the school district and or local health departments. Please connect with the host in regard to what is and is not allowed.
  - Wrestlers are encouraged to bring their OWN personal quantities of food and fluids.
    - A "best practice" would be to prepare sack meals/lunches for each individual wrestler, that they can access. These sack meals/lunches should have individually wrapped or packaged items.
- Team benches must be 10' back from the edge of the mat.
- During dual/quad competition, coaches are not permitted at the corners of the mat and must coach from the bench.
- Teams are encouraged to physically distance as much as possible, including when sitting on their teams' bench or while in their team area.
- If teams change benches or areas during an event, hosts are encouraged to wipe down/sanitize areas before the next group's use.
- At the conclusion of each individual match, participants are encouraged to sanitize themselves and their gear as soon as possible.

- Wrestlers should avoid using hand sanitizer on their face and body.
- Soap and water disposable wash cloths → ([LINK](#)) could be utilized, but should not be a substitute if a shower is possible.
- Handshakes/fist bumps are discouraged between OPPOSING coaches and wrestlers as well as wrestlers and officials.
  - Handshakes between wrestlers that just completed a bout are ALLOWED.
  - The avoidance is between wrestlers (following their match) shaking hands or fist bumping the opposing coach.
  - Even coaches shaking their own wrestlers' hand after a match is discouraged, until the wrestler has an opportunity to sanitize. The goal is to avoid any unnecessary risk.
- Post-match team handshake lines are discouraged.
  - Teams may choose to line up on their edge of the mat at the conclusion of the dual and appropriately salute the opposing team as a show of good sportsmanship.
- NOTE: Out-of-state teams that wrestle in MI, must also follow all local health department and school districts health and safety requirements.

#### **Additional Best Practices:**

- **If the local health department or school district requires a face covering, it must be worn at all times except for those wrestlers actively participating in competition or practice.**
- The following items as they pertain to face coverings are recommended:
  - Wrestlers are encouraged to wash their face after each match or activity to avoid skin issues if required to wear face coverings.
  - **Teams and coaches should always check with the host school regarding local health department or school district requirements PRIOR to the event.**
  - CHECK IN:
    - **If face coverings are required at a given location, wrestlers may remove their mask prior to stepping on the mat to begin ACTIVE PARTICIPATION in the competition.**
    - Wrestlers should check in at the head table ready to wrestle.
    - If face coverings are required, a "best practice" would be that a wrestler would remove their face covering and placing it in their own bag before they go to check in at the head table and putting it back on immediately after the match.
- Wrestler may still choose to wear a face covering while competing.
- Schools may choose to not compete on every allowed date.
- Schools may choose to reduce the number of teams at their locally hosted competition(s).
- Schools/leagues may reduce the length of their season.
- Schools may choose to restrict "unattached" competitions where a student is allowed to compete in two (2) events while not representing their school, or prior to Limited Team Membership going into effect. Or, if the student chooses to compete "unattached", the school may choose to restrict participation in team activities (practice, competitions, etc.) upon return for a designated period of time and may return as long as they are symptom free following this time period.
- Schools and coaches should discourage weight cutting so as to keep participants feeling healthy without potentially compromising their immune system.
- If benches or seating are used by teams, participants are encouraged to use the same seat throughout the event.
- Hosts and teams are encouraged to have disinfecting items (wipes, spray, hand sanitizer) available for use before, during and immediately after a match.
- Mats should be sanitized using proper disinfecting methods at the beginning and the conclusion of the event.
- Where time permits, schools are encouraged to sanitize mats between duals or rounds.

#### **Officials / Best Practices:**

- Officials may choose to wear face coverings and may wear other protective equipment.

- Officials shall avoid unnecessary contact with wrestlers.
- Officials may either raise the hand of the winning wrestler at the end of the match or will simply inform the winning wrestler to raise their own hand.
- Officials are encouraged to use their own personal disinfecting wipes, or soap and water disposable wash cloths → ([LINK](#)) throughout the competition.