



2020-21 Recommendations for Wrestling

Note: This is not an exhaustive list and further steps may be added throughout the season. These recommendations are to be integrated with the NCISAA Return-to-Play Minimum Standards.

COVID Related Guidance:

1. Educate student-athletes about physical distancing, handwashing and sanitizer use, and other immune system protocols.
2. Any person who has had a fever or cold symptoms in the previous 24 hours should not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate healthcare professional.
3. Individually or as a team, participants should confirm that they are symptom free. These confirmations can be aligned with the CDC's "Coronavirus Self-Checker" or current recommendations.
4. A record should be kept of all individuals present at practices and competitions (contact tracing).
5. It is recommended that personal prep areas are to be set up prior to practice - Cones or other markers should be set up at least 6 feet apart so student-athletes have a specific place for their own bag, water bottle, etc. One cone or marker should be assigned per student-athlete.
6. Avoid grouping of athletes at start and end of practice or during transitions. Staggered start times for practices and team meetings are recommended, when possible and when space does not allow student-athletes to come and go from separate areas.
7. Workouts should be conducted in "pods". This will ensure limited exposure if someone develops an infection.
8. Whenever possible, student-athletes should maintain the recommended six feet of distancing between individuals and should not be in contact with each other. In addition, there is to be no sharing of equipment to the extent that it is possible.
9. Officials are not expected to monitor physical distancing; each person is responsible to provide space between themselves and others. Coaches should provide direction to their student athletes regarding social distancing and other safety protocols.

Practice

Guidelines

Hand sanitizer should be used by participants and coaches as they enter and leave practice.

Practice pods should not exceed 4-5 individuals.

Masks/face coverings must be worn by coaches, staff, and other team

	personnel at all times per CDC guidelines.
	Student-athletes must wear a mask/face covering when they are not actively participating in practice on the mat per CDC guidelines.
	Avoid switching of training partners, within the pod, to limit transmission.
	Training partners should train in a single 10 x 10 area with 6-10 feet of separation between training areas.
	If the size of the practice area cannot accommodate 10 x 10 training areas for all pairs, then multiple practice/training sessions should be offered.
	Locker rooms and showers should not be used.
	Wash your hands thoroughly or use a hand sanitizer after coming off the mat.
	If multiple practice sessions are held daily the practice area must be sanitized between sessions.
	Team huddles should not take place.
	At the conclusion of practice leave the mat as soon as reasonably possible.

Equipment

Guidelines	Wrestling mats should be sanitized before/after each practice.
	All student-athletes must bring their own clearly labeled water bottle. Water bottles must not be shared. Drinking fountains should not be utilized.
	Student-athletes must wear their own appropriate workout clothing (do not share clothing) individual clothing/towels should be washed and cleaned after every workout.

Competition

Masks/Face Coverings

Guidelines	Masks/face coverings must be worn by coaches, staff and other team personnel per CDC guidelines.
	Masks/face coverings should be worn by student-athletes who are not actively participating in a contest per CDC guidelines.

Official's Uniform and Equipment

	Masks/face coverings are required the entire time the official is in the facility. Face coverings are optional while officiating.
Recommendations and Considerations	Electronic whistles are permissible. Electronic whistles are recommended but not required.
	Electronic whistle must be utilized if a mask/face covering is worn during competition. If the referee uses a face shield, then a whistle can be used under the shield.

	Whistle coverings are permissible and recommended.
	Officials may wear gloves – including medical latex gloves, work gloves or gloves designed specifically for officiating
Site Set Up	
Guidelines	Bench personnel should observe social distancing of 6 feet. Recommend to place tape or other marks 6 feet apart on the floor.
	Benches and chairs may be utilized if social distancing is possible.
	The scorer's table is limited to essential personnel. Social distancing must be adhered to by all personnel and masks/face coverings must always be worn.
	Essential personnel are defined by the host school. More information is included in the NCISAA Guidelines.
	Visiting team personnel (scorer) are not deemed essential personnel and may not sit at the official scorer's table. An alternative location should be provided by the home team.
Pre-competition	
Guidelines	Schedules and results will need to be entered into Trackwrestling
	Temperature checks conducted at weigh-ins
	Weigh-in by teams rather than shoulder to shoulder by weight
	Limit attendees at pre-match conference to one coach and one captain from each team, head referee and assistant referee (if applicable).
	The pre-match conference will remain at the center of the mat with one coach and one captain from each team positioned on each side of the referees(s).
	Handshakes should be avoided prior to and following the pre-match conference.
	All four individuals will maintain a social distance of 3 to 6 feet.
	Student-athletes should use hand sanitizer prior to their competition.
	Mats should be sanitized between meets. It is the home team's responsibility.
Recommended	Areas for video, web-streaming or televising should be designated prior to the contest and sanitized.
	Additional signage may be necessary to identify restricted spectator areas.
Competition	
Guidelines	Officials will have no contact with either student-athlete during competition, including off the mat situations (wrestlers must stop on the whistle), in fall observations, and when stopping potentially dangerous holds.
	The student-athletes may shake hands prior to each match start and at the conclusion. Handshakes are not required; fist bumps and other

	acknowledgements are acceptable.
	Pre-match handshake or fist bumps should not occur between student-athletes and referees.
	Maintain social distancing of 3 to 6 feet between the wrestlers and assistant referee (if applicable).
	The Referee will raise the colored armband to signify the winning student-athlete.
	The student-athlete should raise their own arm to indicate victory.
	Teams should not huddle after each match and prior to the next match.
	The mats should be disinfected and dried appropriately in between each match.
	Social distancing must be maintained during time-outs (injury and equipment).
Post-Match	
Guidelines	Post-game handshakes should not occur.
	Teams should remove trash and belongings from their bench area.
	Team post-game meetings should be brief and observe social distancing.
	Masks/face coverings must be worn during post-match conversations by all per CDC guidelines..
	Referees' post-game meetings should be brief.
	The student-athlete should not make physical contact with the opposing coach, but rather, the student-athlete should acknowledge the coach with appropriate distance and no contact.
	If a visiting team needs to shower/change they should be provided a space to do so. The space should establish capacity limits and these limits should be strictly followed, and they must be sanitized after use.
Recommendations and Considerations	Coaches and student-athletes should consider other ways to show post-game appreciation for opponents and officials.
	Food, drinks, and towels should not be shared.
	Home team participants should not use a locker room or changing area.
	No extra-curricular or social activity should take place after the match. No congregation after competition.
	All student-athletes should leave the facility immediately after the team has completed the competition.