



# **Wrestling Canada Lutte Guidelines for Resumption of Wrestling Activities during Covid-19 Pandemic**

May 2020





## Foreword

Each province is at a different level of infection therefore there is no golden rule for everyone. The phases offered in these guidelines are based on hypothetical scenarios in a gradual order that can be phased back and forth according to the actual local situation.

The principle requirement of implementing these guidelines is that local authorities have lifted curfew or lockdown and people are allowed to leave their home and gather together under certain conditions.

## Disclaimer

Each training center/club choosing to implement these recommendations are advised first and foremost to follow local governmental restrictions according to the Covid-19 infection level of their area.

Wrestling Canada Lutte reserves the right to revise these guidelines according to the progression of the Covid-19 pandemic and corresponding recommendations and guidelines.





## Summary of Recommended Guidelines

Prior to following guidelines set out in this document you must:

1. Follow all local health authority and government orders
2. Understand that COVID-19 is a highly transmissible
3. Complete the Return to Sport Assessment Tool
4. Ensure that proper cleaning measures and PPE are in place
5. Have a plan for you and your team for risk management
6. If during any of the phases a team member contracts COVID-19 all practices are to be cancelled and the local health authority must be notified for contact tracing and testing recommendations.

### Product Recommendations

1. Type 1 or Type 2 Mask for each person (procedure or surgical mask) is optimal but a non-medical mask or face covering is sufficient.
2. Access to Hand Sanitizer with minimal 60% Ethyl-Alcohol content
3. Access to government approved surface cleaner - <https://www.canada.ca/en/health-canada/services/drugs-health-products/disinfectants/covid-19.html#a2>
4. Sprayer to clean mats and spray dummy's
5. Have an open lid trash can with a bag for immediate disposal of litter
6. Gloves of various sizes for cleaning

Phases are broken down into 3 levels

Level C – Risk of COVID-19 is very high

Level B – Risk of COVID-19 is moderate

Level A – Risk of COVID-19 is low or negligible

### Level C – HIGH RISK

#### *Criteria*

Government and local authorities still have emergency stay at home measures in place

Non-essential activities are restricted

- NO CONTACT, NO TRAINING PARTNERS
- Individual training only
- Using Dummy for throws – Personal use only
- Training to be completed in your personal dwelling





## **Level B – Moderate Risk**

### *Criteria*

Government and local health authorities have allowed contact and social distance measures have been reduced – but masks are still required

Moderate risk of community transmission present

Group sizes are restricted based on local government guidelines

- You must wear mask for whole duration
- No signs or symptoms of COVID-19 for the past 14 days
- No one over the age of 65, or medical complications are allowed to enter the wrestling area
- Wear your singlet to practice under tracksuit
- No outside training partners are allowed to participate, unless they have self-isolated for the 14 days prior to the start of training
- If an a team member contracted COVID-19 a medical clearance is required and needs to be documented

### *Prior to start of practice*

Coach to record a verbal consent of not having any of the symptoms –See Appendix B

Record Name, Date, Time, and answer yes verbal to being symptom free.

- Should an athlete present COVID signs and symptoms – call local health department and follow their protocol
- Remove street shoes and leave them outside of training area
- Everyone uses hand sanitizer prior to start of practice
- Garbage can with bang and open lid be present to dispose of all litter immediately
- Place track suit in personal bag and leave outside of practice area

### *During practice*

- Must wear mask
- Only have ONE (1) training Partner
- Wrestlers should confine themselves to a section of a mat and not move to other sections with distance between confined areas minimum 2 metres – Mark areas out
- Avoid use of public bathrooms and change rooms
- Warm up to be done in your confined area
- No wrestling that involves face to face contact, hand to face
- No live matches
- No Throws
- No drills that involved uncontrolled scrambles
- No sharing of Dummy's with other groups
- No sharing of any personal items





### *Post Practice*

- Use hand sanitizer once out of training room
- Clean wrestling boots after practice with sanitizer gel or cleaners and place directly into bag
- Cover singlet with track suit
- Removal and disposal of mask once outside or away from others
- Discard of trash immediately
- Shower and clean equipment immediately once home

### *Cleaning of training room – MUST WEAR MASK AND GLOVES*

- Spray down all mat surfaces with approved cleaners and ensure wet time is as directed on the label
- Wipe down all handles
- Spray down walls if contact is made to walls
- Spray down if any equipment is used (dummy's, med balls, etc)

### **Level A – Low Risk/No Risk**

#### *Criteria*

- Mask wearing is no longer required and all restrictions are lifted
- Contact is allowed
- No restrictions on number of participants

### *Prior to Start of Practice*

- All staff and athletes have not had COVID-19 for past 14 days
- One person to record a verbal consent of not having any of the symptoms – See attached appendix  
Record Name, Date, Time, and answer yes verbal to being symptom free.
- Should an athlete present COVID signs and symptoms – call local health department and follow their protocol and put on a mask

### *Continue hygiene and infection prevention measures*

- Monitor self for any signs and symptoms of COVID or other illness
- Do not let outside partners enter who are not from your local area if they have not followed the 14 day self quarantine restriction
- Do not share personal items





## Appendix A Daily Covid Screening Questions

Do you have any of the following new or worsening signs or symptoms?

- |                             |                              |                             |
|-----------------------------|------------------------------|-----------------------------|
| New or unexplained cough    | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Shortness of breath         | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| New smell or taste disorder | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Severe chest pain           | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Feeling confused            | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Sore Throat                 | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Headache                    | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Chills                      | <input type="checkbox"/> Yes | <input type="checkbox"/> No |

Have you travelled outside of Canada or have come in close contact with anyone that has travelled outside of Canada in the past 14 days?

- Yes       No

Do you have a fever?

- Yes       No

Have you come in recent contact with anyone with a probable or confirmed case of COVID-19?

- Yes       No

*If yes: Do not enter and call your local health authorities for further guidance*





