

**Strength
Pride
Passion**

Return to On Mat Training Guidelines

version 1.0

(as of June 08, 2020)



INTRODUCTION

These guidelines were developed as a national tool to guide the return of high performance athletes to on mat training and to assist PTSOs in developing return to on mat training protocols in each respective PT. The regulations at the PT government level will ultimately drive the timelines for when a return to on mat training is possible. The PTSOs are responsible for adapting these guidelines and the complementary “Club Risk Assessment Tool & Mitigation Checklist” based on guidance they receive from their PT governments. It is important to note that the PTSO guidelines may differ from what is presented in this document.



INTRODUCTION

These guidelines and recommendations were developed based upon the recommendations of the National COVID-19 Return HP Sport Task Force and a review of Own The Podium's Return to High Performance Sport Framework, COVID-19 Risk Assessment for Sport Tool, as well as other third-party sources. Essential input was also received from WCL's medical experts.

These guidelines were created based on the most current and accurate information available to WCL and will be updated as necessary as the situation evolves. This document does not address a return to competition plan at this time.



LEGAL DISCLAIMER

This document is meant to provide information and guidance as to best practices based on current information. Each club and PTSO is however responsible for assessing the risks in its particular environment and establishing the appropriate safety procedures to minimize those risks, while following the advice and instructions of local public health and government authorities.

Additionally, it is each individual's responsibility for assessing his or her personal risk in consultation with medical professionals and for the outcome of his or her decisions and actions.



PRINCIPLES

- WCL is committed to the health and safety of its members and participants.
- “Return to On Mat Training” must respect the guidelines and procedures developed by public health authorities at the federal, provincial and local levels of government.
- “Club Risk Assessment Tool & Mitigation Checklist” is used to assess each situation, followed by administration of appropriate mitigating strategies and safety protocols.
- All Safe Sport considerations, including training in open & observable environments, should still be maintained during COVID-19.



PHASED APPROACH

Level C – Risk of COVID-19 is HIGH

- Government and local health authorities have emergency and at-home measures in place
- Non-essential activities are restricted
- Physical distancing measures are in place

Level B – Risk of COVID-19 is MODERATE

- Government and local health authorities have allowed limited contact and physical distance measures have been relaxed, but masks are still required
- Moderate risk of community transmission present
- Group sizes are restricted based on local government guidelines
- Limited access to facilities

Level A – Risk of COVID-19 is LOW OR NEGLIGIBLE

- Government and local health authorities measures have been lifted
- Wearing of masks no longer required
- Contact is permitted
- No restrictions on number of participants
- Full access to facilities



LEVEL C – HIGH RISK

TRAINING / ACTIVITIES:

- No contact
- No training partners, no group training
- Individual training in your personal dwelling or outside (as permitted), maintaining physical distancing
- Use wrestling dummy, Bulgarian bag, and other personal equipment (eg. weights)
- Thorough and frequent cleaning of your personal equipment and frequent hand washing
- Virtual coaching

LEVEL B – MODERATE RISK

KEY CONSIDERATIONS:

- Stay informed. Check information regularly as restrictions may change quickly.
- Follow all facility rules, protocols & guidelines.
- Educate your athletes, coaches, volunteers and support staff on various safety protocols.
- Designate a lead for your training group to monitor and oversee the implementation of safety protocols & equipment.
- Daily screening and health monitoring.
- Physical distancing (where possible).
- Personal hygiene and other safety.
- Use of equipment.
- Group size.



LEVEL B – MODERATE RISK

GENERAL GUIDELINES:

- Individuals must present NO signs or symptoms of COVID-19 for the past 14 days. For anyone that has contracted COVID-19, medical clearance is required to resume training and needs to be documented.
- Any individual from another region different from the location of training, must undergo a 14-day period of self-isolation prior to entering the training group.
- Any individual that has had an encounter with a possible or confirmed COVID-19 case must also be self-isolating for 14 days prior to entering the training group.
- Any individual that experiences COVID-19 signs or symptoms should immediately leave a training session and seek the appropriate medical attention and guidance.
- All individuals from at risk populations (those with medical conditions, those with weakened immune systems, older adults) will not be permitted to participate in training / activity.
- Lead individual to complete screening of all participants on arrival to training facility / area on a daily basis. Written / digital records must be maintained.



LEVEL B – MODERATE RISK

TRAINING / ACTIVITY:

- Do not perform off mat training in the wrestling room.
- Only have ONE (1) training partner.
- Wrestlers should confine themselves to a section of a mat and not move to other sections (mark the confined areas between partners).
- Warm up to be done in your confined area.
- No wrestling that involves face to face contact, hand to face contact.
- No live matches.
- No throws.
- No drills that involved uncontrolled scrambles.
- No sharing of dummies, Bulgarian bags, weights with other groups.



TRAINING VIDEOS

Proper use of Masks

<https://www.youtube.com/watch?v=PwYapjQUVmo>

Washing Hands Efficiently

<https://www.canada.ca/en/public-health/services/video/covid-19-hand-washing.html>

Physical Distancing: Staying 2m apart

https://www.youtube.com/watch?v=TwVoG_Oefcg&feature=emb_logo
<https://www.canada.ca/en/public-health/services/video/covid-19-physical-distancing.html>

Safe Removal of Used Gloves

<https://www.youtube.com/watch?v=ATU383lIfT8>



DAILY SCREENING

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

New or unexplained cough

YES NO

Shortness of breath

YES NO

New smell or taste disorder

YES NO

Severe chest pain

YES NO

Feeling confused

YES NO

Sore throat

YES NO

Headache

YES NO

Chills

YES NO

Fever

YES NO

DAILY SCREENING

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

YES NO

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

YES NO

If you answer YES to any question, DO NOT ENTER THE TRAINING FACILITY and call your local health authorities for further guidance.



PHYSICAL DISTANCING

- Where possible, keep a safe distance (minimum 2 metres).
- Avoid contact and greetings with handshakes, hugging, high fives, etc.
- All participants must respect physical distancing during all aspects of training.
- Provide facility access with one entry point and a separate exit point, where possible.
- Install physical markers and directional signage that indicates appropriate spacing, where possible (eg. entry, exit points, on the mat).
- Participants should maintain appropriate distance throughout the duration of the activity.



PERSONAL HYGIENE

- Frequently sanitize or wash your hands before, during and after training activities.
 - Wash your hands with soap and water for at least 20 seconds.
 - If soap and water are not available, use alcohol based hand sanitizers (minimum 60% ethyl alcohol content).
- Avoid touching your eyes, nose and mouth.
- Regularly clean and disinfect surfaces that you touch frequently.
- Do not share food, drinks, water bottles, etc.
- All participants must wear protective masks for all activities (Type 1 or 2 mask - procedure or surgical mask)
- Clean wrestling boots after training with sanitizer gel or cleaners and place directly into bag.
- Remove and dispose mask outside post training / activity or away from others.
- Shower and clean equipment immediately once home.



SAFETY

- Do not arrive earlier than necessary.
- No team meetings or social activities after training.
- Athletes should arrive in their training gear with a track suit and don their track suit immediately post training.
- Personal items and clothing brought in by all participants (athletes, coaches, volunteers, support staff) should be kept to a minimum. Where bags must be brought in, they should clearly labelled and stored away from the training area, with adequate space between each individual's items.
- Avoid use of public bathrooms and change rooms.
- Garbage bin with open lid must be available to dispose of all litter immediately.
- Commuting should be done individually.
- Avoid public transportation, is possible.



USE OF EQUIPMENT

- Wear mask & gloves when cleaning and sanitizing equipment.
- Follow instructions on appropriate use of cleaning and disinfecting solutions (<https://www.canada.ca/en/health-canada/services/drugs-health-products/disinfectants/covid-19.html>).
- Clean and sanitize all equipment (including walls, mat surfaces) pre and post training.
- Where possible, keep personal equipment at home, otherwise, all personal equipment must be taken home and thoroughly cleaned after each training activity.
- Training equipment (eg. dummy) must only be used by one athlete at one time. The equipment must be cleaned and disinfected before any other individual uses it.
- Water bottles must not be shared and must be filled at home, prior to arrival at the training facility.
- Dispose of trash immediately.



GROUP SIZE

- Group size is capped at 6 athletes, and 1-2 coaches / support staff, in accordance with local authorities.
- Athletes should have the same training partner for each session.
- Groups should not change from session to session.

LEVEL A – LOW RISK

- Same key considerations as Level B
- Same general guidelines as Level B
- Easing of:
 - Distancing measures
 - Group size
 - Some safety protocols
 - Training restrictions

WAIVERS

TBD

(there is a webinar that WCL will be attending on Wednesday afternoon that will shed some additional light here)

