



Health & Safety Plan for UWW Events

Guidance for Event Organizers and Participants

These guidelines are intended to assist Organizers implementing measures to reduce the possibility of viral transmission to a minimum during UWW Events. They complement the sanitary requirements **prescribed by public authorities**. They do not replace all other requirements as provided by the UWW Medical Regulations.

Wrestling being a contact sport, it is at **higher risk** of viral transmission during viral epidemic and pandemic periods. Hence a **higher degree of attention** and more stringent measures are required from the Wrestling community.

Individual **responsibility** is also key to protect the health of everyone. In that respect, detection of infected people and virus carriers with no symptoms help reducing those risks. In case of any doubt by an athlete or a participant for a potential viral infection, it is his/her individual responsibility to consider self-quarantine, refrain from participating in sports activities (training, competition) and refer to a hospital or an officially designated centre by the authorities.

This document is subject to changes depending on the evolution of the pandemic and the progress made by the scientific community with regards to diagnostic approaches, antiviral treatments and vaccine.

In addition to public authorities' requirement and to these guidelines, Organizers must refer to the recommendations of the World Health Organization

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

1. World Health Organization (WHO) tools

It is WHO's view that all countries with community transmission should seriously consider postponing or reducing mass gatherings that bring people together and have the potential to amplify disease and support the recommended best practice of physical distancing. Any decision will be supported through the use of WHO tools, in particular the **Risk Assessment for Mass Gatherings during COVID-19**.

If movement restrictions and further national measures have been established in the country, the WHO risk assessment **does not apply**.

However, when the process of re-opening/conducting mass gatherings is being considered post movement restrictions, it will be key to ensure any decisions are based on a risk assessment, such as the WHO Mass gatherings COVID-19 risk assessment.

The detailed **links** to the various WHO tools are noted below.

- [How to use WHO risk assessment and mitigation checklist for Mass Gatherings in the context of COVID-19](#)
- [Mass Gathering risk assessment COVID-19: key considerations](#) (Excel sheet)
- [Decision tree for risk assessment for mass gathering](#)
- [Considerations for sports federations/sports event organizers when planning mass gatherings in the context of COVID-19: interim guidance](#)
- [Guidance for the use of the WHO Mass Gatherings Sports: addendum risk assessment tools in the context of COVID-19](#) (Excel sheet)



2. Definitions

Participant: including, but not limited to athletes, coaches, referees, team leaders, team staff, team doctors & masseur, LOC staff, volunteers, UWW staff, UWW Bureau members, NF Officials, NOC officials & staff, media & TV staff, journalists, photographers, Doping Control Officers, drivers, and any individual taking part in the Event or involved in its organization.

Event: save any exception expressly granted by UWW, all competitions on the [UWW Calendar](#) and all other events linked thereto, such as training camps.

Period of the Event: except for the staff involved in the installing and dismantling of all installations (the latter being subject to all sanitary requirements imposed by the local authorities), the period of the Event starts from the arrival of the participants in the country until their departure from the country.

Organizers: the Local Organizing Committee (LOC) responsible for the Event, including all its members.

3. Requirements for all Participants

All participants (Athletes, Coaches, Athletes' Entourage, Referees, Staff, etc.) shall:

1. Produce a **negative PCR serological test for SARS-CoV-2** taken **not earlier than 72 hours from the arrival** in the country of the Event.
2. Submit themselves to a rapid antigen test for COVID-19 upon arrival.
3. Submit themselves to temperature monitoring throughout the Event.
4. Wear a protective mask at all times safe exceptions (except for athletes when training, warming-up & competition)
5. Regularly wash hands using either an alcohol-based gel or soap and water.
6. Keep physical distancing - Avoid crowds.
7. Refrain from leaving the "sanitary bubble" without justification (for medical reasons, end of competition for example).
8. Sign the liability waiver provided by the organizer
9. Sign a statement that they have not been in conscious contact with a COVID-19 positive person in the last 14 days or have had the following symptoms:
 - High temperature
 - Sore throat
 - A dry cough
 - Shortness of breath
 - Pain in muscles and joints
 - Loss of sense of smell and taste
10. Carefully respect all instructions and requirement set forth by the Organizer.



4. Rules for Athletes

In addition to the conditions required from all Participants and described above:

- Athletes must monitor their body temperature twice a day (7-8 am and 7-8 pm)
- The Athletes' body temperature will also be officially monitored at the entrance early in the morning upon entrance in the competition hall. **ONLY those athletes who pass** the temperature check will be allowed to the weigh-in
- In case an Athlete shows a temperature **higher than 37.5°**, he/she will be **eliminated from the competition**.
- **Further investigation** and monitoring will be started by the Medical Team and **additional measures** can be taken.
- **First day of competition:** For the first day of competition, and because such athlete cannot be weighed-in, he/she will be ranked last without rank (cf. UWW International Wrestling Rules, Article 11, Weigh-in).
- **Second day of competition:** If this situation happens the second day of competition (Repechages, Finals), the elimination of an athlete will be considered as an **injury**. Therefore, he/she will be ranked based on the points earned on the first day (cf. UWW International Wrestling Rules, Article 56, Medical Service Interventions).
- For all obligations related to the competition (weigh-in, medical examinations, medal ceremony, anti-doping controls, media interviews in the mix zone, etc.), **wearing a mask will be obligatory**.

5. Requirements for Organizers

5.1 Events organizers shall:

- Comply with all sanitary rules and requirements as requested by the local health authorities.
- Verify that all Participants show a valid negative a PCR serological test for SARS-CoV-2 taken not earlier than 72 hours from the arrival in the country of the Event.
- Organize and cover the testing (rapid antigen test for COVID-19) of all Participants upon arrival and entry in the "sanitary bubble".
- Organize the body temperature (from forehead) screening of all participants entering the competition and training hall using infrared thermometer.
- Provide masks and hand disinfectant to all participants
- Plan and organize PCR serological tests for SARS-CoV-2 upon departure for the participants who need it upon departure. The tests will be charge on the requesting participants at cost price.

5.2 Transports

- The vehicles used for the transport of Participants during the period of the Event shall be disinfected and ventilated after each ride.
- Only accredited participants will be allowed to enter the vehicles.



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- Wearing mask is mandatory in all vehicles
- The number of passengers in the vehicles must comply with the local regulations and enough spaces shall be provided to respect the social distancing.
- Drivers shall be included in the sanitary bubble.

5.3 Accreditation

- The accreditation office shall have sufficient space to respect social distancing.
- Markings on the floor, hand sanitizers and additional number of protective masks
- Where feasible, the organizer shall strive to have one (1) National Team at a time for the accreditation, or in any case to ensure that groups and people are well separated.

5.4 Hotels & Accommodation

- Hotels shall be dedicated for the participants only (no other guests).
- Double or single rooms shall be used to accommodate participants.
- No change of rooms will be allowed after the allocations of the rooms.
- Food will be arranged according to the schedule, in several halls, with serving food by the waiters and respecting the physical distance and other preventive measures.

5.5 Training

- Where possible, training sessions will be managed according to an established schedule in order to reduce the number of teams using the mats.
- The equipment will be regularly disinfected and only the athletes, their coaches and accompanying medical staff can access this area.
- At the warm-up area, only athletes who are training can remove their masks. All other individuals shall wear the mask.

5.6 Competition medical service

- All requirements of the UWW [Medical Regulations](#) shall be implemented.
- Except for exceptional circumstances (for ex. treatment of injuries, medical examination), UWW Doctor(s) and Organizer's medical staff shall observe the same requirements as other participants.
- Wearing gloves are mandatory for doctors and medical staff.
- The organizer's medical team must designate a member responsible for all COVID-19 sanitary protocols.



5.7 Hygiene of competition hall & mats

- All competitors will pass a disinfection barrier for footwear before stepping on the mat.
- Ensure the competition hall is regularly ventilated
- Changing rooms (athletes, referees) must be cleaned and sanitized.
- Plan sufficient standard alcohol-based gel dispensers in all areas, particularly in areas without direct access to bathrooms/WC.
- Hands shall be disinfected before each bout (in the call room)
- Mats shall be disinfected before the start of the competition and after each completed match. Hygienic products that do not irritate the skin or mucous membranes will be used to disinfect the mat.
- In case opening ceremonies and/or medal ceremonies are held on the mat(s), appropriate protection shall cover the mats. After the ceremonies, the protection shall be removed and the mat(s) disinfected again.

5.8 Referees

- Referees observe the same preventive medical measures as any other participant.
- Referees shall wear protective masks allowing the use of the whistle.
- They shall ensure that all participants enforce the basic measures (social distancing, masks).
- No handshake between the referees and the wrestlers, or between wrestlers and coaches are allowed.
- The winner is announced by a show of hands.
- Physical distance must be provided between the referee and the timekeeper.
- Paddles shall be disinfected regularly during each session.

5.9 Anti-doping tests

- Doping Control Station shall have sufficient space to allow social distancing. Consider several stations.
- Doping Control Officers shall wear protective masks and gloves.
- Ensure your NADO/service provider is aware of and applies WADA's guidelines ([Covid-19: ADO's Guidance for Resuming Testing](#)).

5.10 Communication

- Inform all participants and UWW as early as possible of any sanitary requirements **to comply with and to be prepared for** by foreign visitors (quarantine, medical certificates, epidemiological questionnaires to be filled in, etc).
- Any other restrictions during the event shall be clearly communicated to all participants well in advance.



- Provide clear **information (posters, flyers, videos, etc)** in English in the competition venue about the above **basic precautions** (washing hands regularly, cover coughs/sneezes with a flexed elbow or disposable tissue, avoid touching eyes-nose-mouth). **Promote** regular and thorough hand-washing.
- Ensure that all measures are enforced by all participants and assign dedicated staff for this purpose.
- Limit delegations' accompanying staff in the different areas and functions (accreditation, weigh-in, warm-up area, call-room, FOP, BOH, etc).

5.11 Medical examinations & weigh-ins, draw

- Referees: 1 referee maximum per scale.
- No Team Leaders or Coach allowed in the weigh-in medical examinations & weigh-in area
- The rooms used for weigh-in and for the draw shall have sufficient space to allow social distancing. Mark social distances on the floor with rubber for queues during weigh-in.
- Sufficient time must be planned to allow disinfection of scales and other devices during weigh-in time.
- Whenever possible, the entrance and the exit (weigh-ins & draw, if applicable) should be distinct and clearly designated.

5.12 Post-event administration

- **Retain the names and contact details** of all participants for at least one month. This will help public health authorities trace people who may have been exposed to COVID-19 if one or more participants become ill shortly after the event. Consider the applicable **laws on privacy and personal data protection**.
- If anyone at the event was isolated as a suspected COVID-19 case, the organizer should inform UWW and all participants. They should be advised to monitor themselves for symptoms for 14 days and take their temperature twice a day.

5.13 Insurance

All information with regards to the insurance coverage are described here:

<https://unitedworldwrestling.org/governance/accidentillness-insurance-emergency>
