

Resuming Practice Amid COVID-19 Suggestions

With clubs beginning the new wrestling season, Missouri USA Wrestling's state office has been receiving questions on COVID-19 protocols for resuming practices. The missouriusawrestling.org website has USA Wrestling's Covid-19 guidelines for return to practice and return to tournaments.

First and foremost, State, Local (County/City), and School District guidelines will take precedence. Below are merely suggestions/ideas for conducting practice sessions while limiting risk and documenting for contact tracing.

- 1) Have parents sign a COVID-19 release form.
- 2) When athletes enter the facility have a designated check in area with a sign in sheet that has Covid-19 related symptom questions that must be answered (sign in sheet on the missouriusawrestling.org home page)
- 3) Take athlete's temperature with a touchless thermometer and record on the sign in sheet.
- 4) Have hand sanitizer on the sign in table that must be utilized prior to entering the room, as well as hand sanitizer that can be accessible throughout practice.
- 5) Only wrestlers and coaches participating in the practice are allowed in the practice room (practices should still be observable).
- 6) Coaches and personnel not actively wrestling/instructing should wear a face mask.
- 7) All participants should bring their own water bottle, NO sharing.
- 8) Wrestlers are asked to pair with the same partner when possible.
- 9) Depending upon the number of athletes, instead of one practice for all athletes, practice session may have to be run at different times for different age levels/or skill sets.
- 10) Continue to keep the room clean and disinfected.
- 11) Educate the athletes/coaches/parents on signs and symptoms of COVID-19. Post self-monitoring and infection prevention signs throughout the facility and at the check in area.
- 12) Emphasize NOT coming to practice if you're not feeling right. No practice or upcoming tournament is important enough to risk possibly having to shut down the club, or losing the season.

As a coach and/or club director, we want to provide the safest training environment possible. Just as a coach could never guarantee an athlete would never be injured while participation in athletics, the same goes with COVID-19. However, we can do our best to document who's attending practices and provide a reasonably safe practice environment.

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SELF-MONITORING INSTRUCTIONS

Twice daily, check for the following signs or symptoms of respiratory infection:



Fever
(> 100.4)



Cough



Shortness of
breath

Other symptoms to pay attention to include:

Sore throat

Congestion

Headache

Muscle and Joint Pain

Chills

Nausea or Vomiting

Diarrhea



If you develop any of these symptoms, please contact your healthcare provider to discuss how to proceed.