

University Place Junior Vikings Wrestling COVID-19 Safety Policy

The following safety policies and procedures will be implemented by the University Place Junior Vikings Wrestling Club with the goal of encouraging safe participation in the sport of wrestling and also minimizing the likelihood COVID-19 transmission amongst our athletes:

1. Prior to every practice, the wrestling mats will be mopped with a disinfectant with the goal of sterilizing these surfaces of microorganisms and reducing the likelihood contacted-related transmission of viral and bacterial infections including but not limited to COVID-19.
2. Wrestler weights are obtained prior to each practice. During weight measurements, a temporal thermometer will be used to measure the temperature of each wrestler. If a wrestler has a fever (body temperature greater than 100.4 degrees Fahrenheit), he/she will be excused from practice for the day and will be asked not to return to practice until the temperature has normalized or he/she can present proof of a negative COVID-19 test.
3. A wrestler experiencing cold symptoms (headache, congestion, stuffy nose, cough, tactile or measured fever, or malaise) are strictly prohibited from attending practice until his/her symptoms have resolved.
4. Given that public health recommendations concerning mask use are frequently changing (based on evolving data as well as regional COVID-19 infection rates), we are committed to regularly consulting with local public health officials regarding our mask policy at practice. We will abide by any recommendations/mandates instituted by the University Place School District and will stay abreast of the suggestions made by USA Wrestling, Pierce County Health Department, and the Centers for Disease Control.
5. At practice, wrestlers will be divided into groups of 4-5 individuals based on weight and skill level. This provides more order in the wrestling room and makes the running of practice more efficient. Additionally, it will theoretically limit transmission amongst teammates in the event that one of our wrestlers develops a COVID-19 infection. It will also facilitate in accurate contact tracing should that be necessary.
6. We are not currently placing limits on the number of wrestlers who can be in the gymnasium at any given time, but we will abide by any mandates instituted by the University Place School District even if this involves dividing practices into separate sessions. We will ask that any parents/guardians remain outside of the gym unless they are an active member of our coaching staff or are providing an administrative role at practice.