

## COVID-19 Preparedness Practice Plan for Bemidji Wrestling Club

Return to Play Protocol 2020-2021

(We will continue to stay in compliance with the MN Dept. of Health and CDC regulations as we learn them)

The safety and well-being of all students, families and coaches will always be a top priority for Bemidji Wrestling Club. We want all families to know that we will follow state guidelines as they change to keep our wrestling room open for practice.

### **Please adhere to our new policies set in place regarding COVID-19:**

- No athlete should present with signs or symptoms of COVID-19 within the last 14 days.
- If an athlete has had a documented case of COVID-19, the athlete needs a note from a medical professional clearing the athlete for participation.

### **DROP OFF/PICK UP PROCEDURE:**

- Wrestlers must be dropped off and picked up.
- Parents will not be allowed to stay due to group size limitations.
- Athletes will need to check in with coach where they will be assessed for symptoms; this may include a temperature check.
- Should an athlete present any symptoms, the parent/guardian will be called to pick up athlete.
- The use of face coverings/masks are required when the wrestler is dropped off and will be put on when finished with practice.

### **TRAINING PROCEDURE:**

- Athletes will use designated area for switching shoes. Spots will be 6ft apart to maintain social distancing.
- All gear is to remain inside athlete's personal bag.
- Athletes will sanitize hands before training.
- Athletes will be assigned a pod of 25, this includes: coaches & wrestlers.
- These pods will be given their own spot on the mat to reduce spread of germs.
- There will be no sharing of clothes, shoes, drinks.
- Water fountains will be unavailable. PLEASE BRING OWN WATER BOTTLE.

### **AFTER TRAINING:**

- Athletes should collect all gear and trash.
- Athletes will sanitize hands at the completion of training.
- Athletes must shower after each training session.
- Athletes should clean all equipment after each training session.
- Coaches will sanitize mats before and after each training session.
- Athletes should meet their parents/guardians outside for pickup