

Edge Wrestling

RETURN TO THE MAT GUIDELINES



**GUIDELINES ARE SET FORTH USING NEW JERSEY DEPT. OF HEALTH AND USA WRESTLING GUIDELINES*

USA Wrestling Guidelines:

<https://content.themat.com/covid-19/USAW-Return-to-the-Mat-Guidelines.pdf>

NJ Department of Health Guidelines:

https://nj.gov/health/cd/documents/topics/NCOV/COVID_GuidanceForSportsActivities.pdf

FORMS & DROP-OFF PROCEDURE

*****NO Parents will be permitted to enter the building – DROP OFF ONLY*****

- 1) ALL ATHLETES MUST HAVE A CURRENT AND VALID USA WRESTLING MEMBERSHIP
- 2) ALL ATHLETES AND STAFF MUST COMPLETE AND SIGN A ONE-TIME WAIVER FORM
 - a) WAIVER FORMS MUST BE PRINTED AND COMPLETED, SIGNED AND RETURNED TO THE PRACTICE FACILITY, AND GIVEN TO AN EDGE WRESTLING STAFF MEMBER ON OR BEFORE THE FIRST DAY OF ATHLETE'S ATTENDANCE AND PARTICIPATION.
 - b) ANY PERSON COMPLETING A WAIVER FORM ELECTRONICALLY SHOULD PROVIDE PROOF OF COMPLETION BY CONFIRMATION TO STAFF AT THE FACILITY ON OR BEFORE THE ATHLETES FIRST DAY OF ATTENDANCE AND PARTICIPATION
- 3) ALL ATHLETES AND STAFF MUST FILL OUT A DAILY PRACTICE SCREENING FORM.
- 4) SCREENING WILL BE DONE AT THE MAIN ENTRANCE OF THE FACILITY DAILY BY AN APPROVED STAFF MEMBER (SOCIAL DISTANCING & MASK WEARING RULES APPLY)
 - a) MAKE SURE COACHES/ATHLETES HAVE PRACTICE SCREENING FORM COMPLETED

b) TAKE FEVER SCAN OF EACH COACH/ATHLETE USING THE INFRARED THERMOMETER –

100.4 OR HIGHER MUST BE SENT HOME

c) MAKE SURE COACHES/ATHLETES USE HAND SANITIZER BEFORE ENTRANCE TO THE ROOM (ARENA)

d) MAKE SURE STAFF/COACHES/ATHLETES WEAR A MASK UPON ENTRANCE TO BUILDING

e) ATTENDANCE WILL BE TAKEN AT EVERY PRACTICE IN CASE SOMEONE GETS SICK. WE WILL KNOW WHO WAS IN ATTENDANCE TO NOTIFY OF A POTENTIAL EXPOSURE.

f) **IF ANY COACH OR ATHLETE HAS COVID-19 SYMPTOMS (HIGH FEVER, COUGH, SORE THROAT, ETC.), THEY ARE TO STAY HOME FOR 14 DAYS AND CAN NOT ATTEND PRACTICE UNTIL THEY HAVE A NOTE FROM A DOCTOR CLEARING THEM FOR A RETURN BACK.**

NO ONE WILL BE ALLOWED TO PARTICIPATE WITHOUT PROVIDING PROOF OF A VALID USA WRESTLING CARD, A COMPLETED WAIVER FORM, PASSING A DAILY TEMPERATURE CHECK AND COMPLETING A DAILY SCREENING FORM

ENTERING THE BUILDING

5) COACHES/ATHLETES ARE TO WEAR A MASK UNTIL THEY ENTER THE WRESTLING ROOM (ARENA)

6) LOCKER ROOM WILL BE OFF LIMITS TO ALL. **COACHES/ATHLETES ARE TO CHANGE IN HALLWAY** AND ARE ENCOURAGED TO LEAVE WRESTLING BAGS/WATER OUT IN HALLWAY DURING WORKOUTS

7) BATHROOM USE – 2 PERSON MAX LIMIT ALLOWED AT ONE TIME.
HAND WIPES WILL BE AVAILABLE FOR DOOR USE

8) THE FACILITY IS TO NOT EXCEED 50% OF IT'S MAXIMUM CAPACITY DURING ANY WORKOUTS TO MAINTAIN SOCIAL DISTANCING

WRESTLING ROOM CONDUCT

- 9) BEFORE ATHLETES STEP ONTO THE MAT FOR PRACTICE THEY SHOULD DO THE FOLLOWING:
 - a) USE BODY WIPES
 - b) USE SHOE MAT TO WIPE SHOES (PROVIDED)
 - c) CLEAN ALL PERSONAL EQUIPMENT
- 10) ATHLETES ARE TO STAY WITH THE SAME PARTNERS AND/OR SMALL GROUP FOR TWO WEEKS TO HELP MONITOR COVID-19 OR ANY OTHER ILLNESSES
- 11) THE BLEACHERS IN THE ROOM (ARENA) ARE OFF LIMITS TO ALL.
- 12) WATER FOUNTAIN WILL BE OFF LIMITS TO ALL.
 - a) COACHES/ATHLETES SHOULD BRING THEIR OWN WATER – NO SHARING PERMITTED
- 13) ALL EXCERCISE EQUIPMENT IS OFF LIMITS TO ALL.
- 14) AFTER PRACTICE ALL COACHES/ATHLETES SHOULD DO THE FOLLOWING BEFORE LEAVING THE ROOM (ARENA)
 - a) USE BODY WIPES
 - b) USE HAND SANITIZER
 - c) PUT MASK ON
- 15) AFTER EACH PRACTICE A COACH AND/OR BOARD MEMBER IS TO CLEAN MATS, BLEACHERS, DOORS, COUNTER TOPS, TABLES AND BATHROOMS WITH DISINFECTIVE CLEANING PRODUCTS (WIPES, MAT CLEANER, ETC.)

****GUIDELINES SUBJECT TO CHANGE AS STATE AND NATIONAL GUIDELINES CHANGE**