

COVID-19 Mitigation Plan for National Events

As information changes, this document will be updated.

Latest Update: 5/17/2021

Introduction

USA Wrestling plans to hold several USA Wrestling National Events between June 9th and July 23rd, 2021.

- 1) 14U Duals in Franklin, IN on June 9th – 13th
- 2) 16U Duals in Westfield, IN on June 9th – 13th
- 3) Junior Girls and Boys Duals in Tulsa, OK on June 15th – 19th
- 4) Junior and 16U Nationals in Fargo, ND on July 16th – 23rd

All of these states are currently open to wrestling competitions. USA Wrestling will continue to review the guidelines and recommendations from state and local public health authorities regarding COVID-19.

USA Wrestling is dedicated to protecting the health and safety of our athletes, coaches, officials, parents, fans and staff. This document was put together to assist state organizations with coordination and safety measures for planning training camps and travel to larger team events. Each state will have different resources at their disposal. Many of the requirements and recommendations are set forth by USA Wrestling so that wrestling can continue until COVID-19 is either eradicated, a majority of people are vaccinated, or a cure is found.

Contact information:

Pete Isais is the tournament director and can be reached for general tournament information at pisais@usawrestling.org

General Measures:

The following will be required of all participants as specifically outlined by group (Competitors, Coaches, Support Staff, Officials, and Media) :

Symptom Survey:

- Three (3) days prior to gathering in groups of larger than ten (10) individuals, all participants will be required to complete a daily wellness (symptom) survey. The daily wellness survey can be accessed through USAW Membership system (www.usawmembership.com) by selecting COVID SCREENING at top of the landing page. All participants will complete the wellness survey prior to and during the event.

Example of gathering would include prior to any training camps and/or traveling to the event in 15 passenger van or bus.

Covid-19 Pre-testing:

- All competitors, coaches, support staff, officials, and media:
 - 1) arriving at training camp,
 - 2) traveling in groups larger than ten (10) individuals,
 - 3) arriving at competition

Must submit a negative COVID-19 test obtained not longer than 72 hours prior to the first contact in above scenarios. Every participant must submit a PDF of their test result to their respective State Director. Directors will be responsible for controlling and verifying all tests show negative result, name match and date of test within 72 hour window. All results should be cataloged and submitted to USA Wrestling prior to obtaining credential. Anyone testing positive shall NOT travel to training camp or event.

- If you have tested positive for COVID-19 in the last 90 days, please submit letter from doctor showing name of individual and date of positive test.
 - For people who have tested Positive for COVID 90 days prior to event, you will not need to be tested (in either pre-travel or pre-event tests), BUT you will need to provide evidence of a clearance to return to training from a doctor.
- Vaccinated participants are excluded from any pre-testing, however they must still abide by any masking and social distancing guidelines and must provide verification of vaccination.

Credentialing:

- Credentialing will take place during the times listed on the schedule. The state director or representative must verify and authorize that everyone who is receiving a credential has tested negative or were cleared through vaccine/90-day Covid exemption outlined above.

Venue Access:

- Only accredited competitors, coaches, support staff, officials, and media will be allowed in the practice venue and field of play. Access to the venue will only be available at specified times around competition and practice windows.

Facemasks requirement:

- Facemasks covering both the mouth and nose are required at all times at the venue. Surgical masks are preferred.
- Competitors must wear a facemask until stepping on both the practice and competition mat.
- Please refer to the [CDC guidance](#) on facemasks.

Temperature checks:

- All competitors, coaches, support staff, officials, and media entering the venue will have their temperature checked at the entrance. Anyone who registers a temperature above 100.4 degrees will not be allowed in venue. Anyone registering a temperature above 100.4 degrees will be evaluated by the event medical staff for symptoms and may need a negative , rapid COVID-19 test to be allowed in venue.

PPE:

- Participants are responsible for providing his/her own PPE. If needed due to lost, damaged or poorly fitting PPE, some will be provided on site.
- Hand sanitizers will be located at all building entrances and throughout the venue. It is required to use them upon entering or exiting a bathroom or building.

Distancing:

- USA Wrestling recommends that while competitors, coaches, support staff, officials, and media are away from competition they remain isolated from people outside of

their cohort. The recommendation is to eliminate any unnecessary interaction with anyone outside of competition.

- It is important to maintain physical/social distance to other people. Please maintain six (6) feet of physical/social distance at all times practical.

Acknowledgement and Reporting of symptoms:

- Should any competitors, coaches, support staff, officials, and media experience COVID-19 related symptoms, they must contact USA Wrestling staff and the medical team as soon as possible. Event medical staff will evaluate the individual and determine appropriate next steps for treatment. Based upon the evaluation of the individual, a decision will be made regarding whether the individual will be excluded from the competition. Failure to report symptoms may result in exclusion from the event.

Symptomatic Participants:

- Should any competitors, coaches, support staff, officials, and media develop signs or symptoms of COVID-19, they must not attend training or competition or travel to the venue. Anyone participating in the event developing any of these signs or symptoms, must notify USA Wrestling and event Medical staff immediately. Arrangements must be made to have the athlete or staff member evaluated by event medical staff.
- Signs and symptoms of COVID-19 include:
 - Fever, cough, shortness of breath, fatigue, muscle or body aches, congestion, runny nose, loss of taste or smell, headache, diarrhea, sore throat, nausea, vomiting.
 - Please refer to the [CDC guidance](#) on symptoms.
 - Symptomatic participants will be evaluated by the tournament CMO and may be required to provide a negative COVID-19 test before being allowed to participate. It will be the responsibility of the participant to obtain the necessary FDA approved test.

Isolation of sick individuals:

- Any individual who becomes ill while at the venue will be asked to isolate in the medical area until they are able to be evaluated by the event medical staff.
- Upon evaluation, the individual may need a COVID-19 test.
- If the COVID-19 test is positive, the individual will not be allowed further competition access.
- The person who tests positive will be asked to provide their whereabouts over the preceding 48 hours to facilitate contact tracing.

Contact Tracing:

- Any participant who had close, sustained contact with an individual testing positive for COVID-19 will be required to follow state and local guidance on quarantine procedures.
- The CDC currently defines [Close Contact](#) as:
 - “Someone who was within 6 feet of an infected person for a cumulative total of 15 minutes or more over a 24-hour period* starting from 2 days before illness onset (or, for asymptomatic patients, 2 days prior to test specimen collection) until the time the patient is isolated.”
- Close Contact participants will be excluded from continued participation in the event, with the following caveat:
 - Any participant who is identified through contact tracing as a high risk contact, BUT who has tested positive for COVID-19 within 90 days of that exposure, and can produce the test result, and who is symptom free, will be allowed to continue in the event.

States are required to develop plans for any participant who tests positive, exhibits symptoms or is contact traced. This shall be an internal state document that is shared with each participant (and his/her guardian(s) if the athlete is under 18 years of age) from your state.

Practice Partner Recommendations:

- It is the responsibility of teams to maintain strict isolation of team practice partners. This will ensure that the athletes can compete without interruption by sickness or COVID-19 exposure. This means that athletes practice partners can room together but should not socialize with anyone else. These athletes should not rely on mask wearing and/or physical/social distancing alone to protect against exposure to any infectious disease.

Testing and Tracing Specific Dispute Resolution:

- Disputes arising from findings of contact tracing and testing will be heard by the fairness committee and Chief Medical Officer.

Additional Relevant information:

Weigh-Ins:

- Athlete
Medical Checks will take place in the venue before they enter the competition mats to be weighed in.
- Medical staff will be required to wear masks/face coverings and non-latex/nitrile gloves.
- Athletes will be required to wear face masks/coverings during medical checks.
- Any surface frequently touched with hands must be disinfected after each use

Field of Play:

- The Field of Play is the area where active competition is taking place throughout the tournament. The protocols below will be implemented with the goal of increasing the space available to active athletes, officials, tournament operations, volunteers, media, and medical staff. Creating the opportunity to distance themselves whenever possible is the main objective. Monitoring these areas and creating opportunities for social distancing will be challenging, so priorities will be around implementing regular sanitation of shared equipment and reducing as many opportunities for physical contact as we are able.
- The Field of Play will have limited to staff, medical personnel, mat officials, athletes who are actively competing, mat side volunteers, approved media, and coaches.
- Hand sanitizer pumps or stations will be made available for use in the field of play including head table, mat side tables, dome entrance and exit.

Head Table:

- Chairs will be set 6 ft. apart to ensure tournament operations staff are properly distanced.
- Only authorized event operations staff will be allowed on the head table, this includes, event operations staff, broadcasting partner, head official and medical personnel.

Mat Side:

- Chairs will be set 6 ft. apart to ensure table help are properly distance.
- Table help, staff and officials will be asked to sanitize equipment and tables throughout the day. This will be done every 3-4 hours.
- Athletes are recommended to wipe themselves down before and after the match with their own personal towel or wipe. Once they have caught their breath and cooled down, they will be asked to put on their Face Mask/Covering.
- Competition Mats will be sanitized throughout the day. This will be done at the conclusion of each session.
- Floor Marshals will be stationed around the competition mats to ensure the following measures are being followed on the Field of Play:
- Social distancing is being properly kept and traffic flow is efficient and effective.

- Sanitizing is on schedule and maintained throughout the event.
- Spectators must always be on the outside of the competition mats in the spectator seating area.

Mat Official Protocols:

- All Mat Officials should regularly sanitize before and after each match.
- Mat Officials should wear face shields and/or face masks, electronic whistle (if possible) and maintain social distancing during the match.
- Recommend if using normal face cover and/or face shield to ALSO use electronic whistle.
- Officials will always maintain proper social distancing while stationed at the scoring tables.
- Mat Officials should signal match winners by raising the correct color of their own arm band.
- Mat Officials should not partake in any pre-match and post-match handshakes between athletes, coaches, etc.

Media:

- Only accredited media will be allowed in the venue.
- Media will take part in the wellness (symptom) checks and temperature checks on the days of their participation.
- Interview zones will be set up with appropriate social distancing. All interviews will be conducted with masked participants.
- Any photos without masks must be taken with appropriate social distancing.
- Photographers will maintain at least six feet of physical/social distance between other photographers and media.
- All inquiries should be directed to Gary Abbott, Director of Communications at gabbott@usawrestling.org. All official communications regarding the upcoming National Events related to COVID-19 will come from USA Wrestling's official communications channels and/or USA Wrestling staff.

Other Recommendations:

- During multi-day competition repackaged meals or room service should be considered. If restaurant dining is the only option, consider take-out food or outdoor eating as a preferable alternative. Below are recommendations based on the guidelines from the CDC to limit exposure to Covid-19
- To avoid un-masked time, limiting unnecessary meals and/or food.
- Taking meals on site is discouraged. Athlete eating and drinking related to sport performance is permitted. However, it is recommended that extra measures are

taken when removing masks to ensure sufficient social distancing from other participants.

- Before eating, washing hands with soap and water for at least 20 seconds or using hand sanitizer that contains at least 60% alcohol.
- Limiting group meals or using outdoor locations for group meals.
- If group meals must occur: Try using “grab and go” options.
- Participants are urged to bring their own drinking water from off-site. In case of emergency, bottled water will be available on site.
- Participants are responsible for providing his/her own PPE. If needed due to lost, damaged or poorly fitting PPE, some will be provided on site.

Tony Black

USA Wrestling

Director of State Services

tblack@usawrestling.org

719.265.3665 (direct)

719.659.9636 (cell)

719.598.9440 (fax)