

Cowichan Valley Wrestling Association Return to Play Phase 3 Guidelines
(Adapted from the BC Wrestling Association Return to Play Guidelines)

Objective of Guidelines

Our guidelines will cover three things:

- 1) Processes to re-open safely
- 2) Measures to keep people safe to avoid further outbreaks
- 3) A plan in the event that a case or an outbreak should occur.

Our guidelines have considered how our club will operate for athletes, coaches, and volunteers. It must be noted that these guidelines need to be modified to effectively follow the PHO orders and recommendations. The goal is to support a safe return to sport.

Scope of Return to Play

Low risk activities that can occur with the following public health recommendations in place:

- Ability to maintain physical distancing
- Minimal sharing of equipment
- Focus is on skill development, not competition
- Community focused

Waiver Requirement

All members including coaches, athletes, and volunteers must review, sign, and submit BCWA's Event Participation Waiver and Remote Training Waiver prior to participating in any wrestling activity. Minors (18 years old and younger) will need approval from parent or guardian to participate in wrestling activities.

Screening

Upon arrival to train, coaches should ask each athlete if they are experiencing any signs or symptoms of COVID-19, and ask if the athlete has been in contact with anyone suspected of having COVID-19. Findings should be documented and initialed by athlete, parents (if athlete is a minor), and supervising coaches.

- 1) If the athlete has any signs or symptoms of COVID-19, they should be sent home and instructed to contact their healthcare provider.

- 2) Athlete should not return to practice until formal letter of clearance is provided to coaching staff by overseeing healthcare provider.
- 3) If an athlete tests positive for COVID-19 or has been in contact with someone diagnosed with COVID-19, the coach should notify other wrestlers and parents present at the practice about a possible exposure.
 - a. The coach should NOT share the sick athlete's name with other wrestlers and parents to ensure they do not violate privacy laws.
 - b. Exposed individuals should contact local healthcare provider for direction on further care.

Pre-registration

- 1) All coaches, participants, volunteers, and anyone who is to be insured must be a current registered BCWA member.
- 2) No drop in programs at this time. Member only programming is permitted.
- 3) Individuals should pre-register online or over the phone.

Spectators

No spectators are permitted. Limited access to those that are essential to the approved activities.

Group Size Considerations

- 1) No group gatherings of larger than 50 people as per the BC Ministry of Health Guidelines. This means no more than 50 people on site.
- 2) Group size is set to a maximum of 30 (this includes participants & coaches).
- 3) A group may include multiple cohorts.
- 4) Each cohort may include up to 10 people.

Wrestling Cohorts

Purpose: Establishing cohorts will limit the number of people that each individual will come into contact with, reducing the risk of transmission and ensuring quicker contact tracing by health authorities if an outbreak occurs.

A cohort is a group of participants who primarily interact with each other within the sport environment over an extended period of time.

In this phase:

1. An individual (coach, athlete, official, volunteer, etc.) is able to be a member of up to a maximum of three cohorts. Therefore an individual can be a member of a high school team, club, and BCWA High Performance.
2. All guidance related to personal hygiene, cleaning protocols and symptom-screening still apply.
3. Cohorts should be used for activities in which it is not possible to maintain two metres physical distancing at all times. When in a cohort, while individuals do not need to maintain physical distancing during wrestling specific activities, minimized physical contact is still advised.
4. At least two metres distancing should be maintained between all participants when off the field of play (e.g. on benches, during break, in locker rooms, on gym floor (not including wrestling mat)).
5. Cohorts should be made up of individuals of similar age and skill level.
6. Cohorts must not exceed ten people.
7. When members of the cohort are gathering for events or activities, gatherings may not exceed 50 people.
8. Coaches may be counted outside the total cohort number if they are able to maintain physical distancing at all times.
9. Each cohort can be comprised of multiple teams/clubs in order to form a mini-league. With the use of cohorts, competition can resume between teams/clubs within the cohort.
10. Keep athletes together in designated cohorts and make sure that cohorts avoid mixing with each other as much as possible.
11. Cohorts should remain together for an extended period of time. If looking to change cohorts, a two-week break between activities is recommended.
12. Where possible, individuals should consider limiting the number of sport cohorts to which they belong in order to reduce the number of people they are interacting with.
13. Where officials (if being used) are unable to physically distance, it is recommended to assign an official(s) to a specific cohort and avoid having them interact with multiple cohorts.
14. Parents are not included in the cohort limits. They should continue to maintain physical distancing at all times.

Participant Health and Wellness Monitoring

- 1) All participants must answer a health and wellness questionnaire upon arrival at EVERY practice.

Health and Wellness Questionnaire

A) Have you had any of the following symptoms in the last 2 weeks: Fever, Chills, Cough, Shortness of breath or difficulty breathing, Sore throat and painful swallowing, Stuffy or runny nose, Loss of sense of smell, Headache, Muscle aches, Fatigue, Loss of appetite

B) Have you been in close contact or cared for anyone with the above symptoms in the last 2 weeks?

C) Have you been traveling either in the province or out of the province in the last 2 weeks?

D) Have you been in close contact with anyone who has traveled in the last 14 days?

2) Participants must agree that in the event of feeling sick or signs of feeling sick they must self-quarantine for 14 days, and notify the club immediately.

3) Participants agree to abide by physical distancing measures.

Practice

Prior to start of practice

- 1) Remove street shoes and leave them outside of training area.
- 2) Everyone uses hand sanitizer prior to start of practice.
- 3) Garbage can be present to dispose of all litter immediately.
- 4) Place track suit in personal bag and leave outside of practice area.
- 5) Answer Health and Wellness Questionnaire

During practice

- 1) Wrestlers should confine themselves to a section of a mat and not move to other sections with distance between confined areas minimum 2 metres – Mark areas out.
- 2) Athletes may have contact with a small training group up to a maximum of 4 athletes.
- 3) Contact should be avoided when possible, with a focus on avoiding contact to the facial area.
- 4) Participants born in 2006 and younger should focus on activities with limited or no contact.
- 5) Avoid use of public bathrooms and change rooms.
- 6) Warm up to be done in your confined area.
- 7) No sharing of any personal items.
- 8) No electronic devices or valuables are permitted in the practice space.
- 9) Athletes may only use their own personal water bottles.

Post Practice

- 1) Use hand sanitizer once out of training room
- 2) Clean wrestling boots after practice with sanitizer gel or cleaners and place directly into bag
- 3) Cover singlet with track suit
- 4) Removal and disposal of mask once outside or away from others (if applicable)
- 5) Discard of trash immediately
- 6) Shower and clean equipment immediately once home