



# Return to the Mat Guidelines

*As of May 14, 2020*



**USA**  
**WRESTLING**



USA

WORLD CHAMPIONSHIPS

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# Introduction

These guidelines and recommendations were developed based upon the review of the Return to Sport recommendations provided by the United States Olympic and Paralympic Committee and the information and advice from the USA Wrestling COVID-19 Committee members. This document was created based on the most current and accurate information available to USA Wrestling.

It is up to each USA Wrestling club/event director and member to review this document from time to time to assess the guidelines and recommendations. It is also up to each USA Wrestling club/event director and member to keep themselves updated with the most recent information from their state and local public health department (<https://www.cdc.gov/publichealthgateway/healthdirectories/healthdepartments.html>) regarding COVID-19. And most importantly, each USA Wrestling club/event director and member should continually assess this document in light of their own particular situations prior to resuming and/or engaging in modified and/or full wrestling activities.

**The information in this document is not intended to be a substitute for professional medical advice, diagnosis, or treatment. You should seek advice from medical professionals if you have specific questions about your return to training.**



# Phase 1

# Phase 1

**Phase 1: Public health authorities require shelter in place, public training facilities are closed.**

- a) Individual training in your home using your own equipment
  - i) Training can only occur with people living in the house and no outside partners should be included
- b) Virtual coaching workouts can take place
- c) Thorough and frequent cleaning of your personal equipment. Follow the link for CDC cleaning guidelines.  
(<https://www.cdc.gov/coronavirus/2019-ncov/community/disinfecting-building-facility.html>)

## Phase 2



## **Phase 2**

**Phase 2: Public health authorities lift shelter in place requirements, but continue to prohibit group activities and public training facilities remain closed.**

- a) Continue individual training in your home or outdoors with no outside partners using your own equipment
- b) Virtual coaching workouts can take place
- c) Thorough and frequent cleaning of your personal equipment



# Phase 3



## Phase 3

**Phase 3: Public health authorities allow small group activities (less than 10 people), but public training facilities remain closed.**

- a) Criteria for participation in group training sessions (includes athletes, coaches and parents)
  - i) Required
    - 1) No signs or symptoms of COVID-19 in the past 14 days
      - a) If an athlete has had a case of documented COVID-19 infection, athlete needs a note from his/her doctor indicating athlete is cleared to participate in training
    - 2) Live in training location for 14 days prior to beginning group training
      - a) This requirement reduces the risk of introducing COVID-19 into the training group by someone traveling from a different region
      - b) It will be the supervising coach's or each individual's responsibility to ensure only those team or club members that live in the training location participate in practices
      - c) Club organizers may not register any new members from outside their local area
    - 3) No close sustained contact with anyone who is sick or individuals that may have been exposed to COVID-19 within 14 days of beginning group training
      - a) Since the signs and symptoms of COVID-19 can be fairly non-specific and not just respiratory symptoms, it is recommended that athletes should not be in close sustained contact with anyone who is sick for 14 days prior to beginning group training. This requirement reduces the risk of introducing COVID-19 into the training group by someone who may have COVID-19 but isn't experiencing any symptoms yet.

## Phase 3

**Phase 3: Public health authorities allow small group activities (less than 10 people), but public training facilities remain closed.**

- b) No activities that would require direct (e.g.: hand-fighting, drilling, etc.) or indirect (e.g.: shared crash pads) contact between athletes
- c) Minimize changes in small group participants
  - i) Consider assigning the same participants to the same training group every training session. Avoid mixing of partners to minimize risk of widespread transmission.
- d) Coaching can occur onsite, but coaches must maintain social distancing from all participants and parents and recommended to wear a facial covering
  - i) Cannot demonstrate technique on other coaches or wrestlers
- e) All participants must self-monitor for symptoms of COVID-19 twice daily. Additionally, athletes should monitor whether they have been in contact with people who are suspected of having COVID-19. If any signs or symptoms of infection are present, the participant should not attend the practice, should notify parents and coaches, and should contact their healthcare provider
  - i) Athletes must record their signs and symptoms (including temperature) on a paper or electronic log that is monitored by parents and coaches

## Phase 3

**Phase 3: Public health authorities allow small group activities (less than 10 people), but public training facilities remain closed.**

- f) Upon arrival to train, coaches should ask each athlete if they are experiencing any signs or symptoms of COVID-19, ask if the athlete has been in contact with anyone suspected of having COVID-19, and take their temperature. Findings should be documented and initialed by athlete, parents (if athlete is a minor), and supervising coach(es).
  - i) If the athlete has any signs or symptoms of COVID-19, they should be sent home and instructed to contact their healthcare provider
  - ii) Athlete should not return to practice until formal letter of clearance is provided to coaching staff by overseeing healthcare provider
  - iii) 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
    - 1) **The coach should NOT share the sick athlete's name with other wrestlers and parents to ensure they do not violate privacy laws**
    - 2) Exposed individuals should contact local healthcare provider for direction on further care
- g) Rigorous, frequent cleaning schedule/protocol of equipment with disinfectant before, during, and after training\* wearing appropriate personal protective equipment (PPE) (e.g.: gloves, face mask, etc.) to prevent contact with contaminated surfaces and protect against toxicities associated with some cleaning products

*\*Cleaning of living spaces and training facilities should follow the CDC recommendations for cleaning and disinfecting community facilities. Frequently touched areas (e.g.: door handles, light switches) should be cleaned multiple times daily. Work-out equipment should be cleaned with anti-septic cleansers prior to use, between use by different athletes, and after use. At home, fresh food should be washed carefully before eating. Wash hands prior to cleaning and/or eating food. Dishes should be washed at high temperatures, preferably in a dishwasher.*

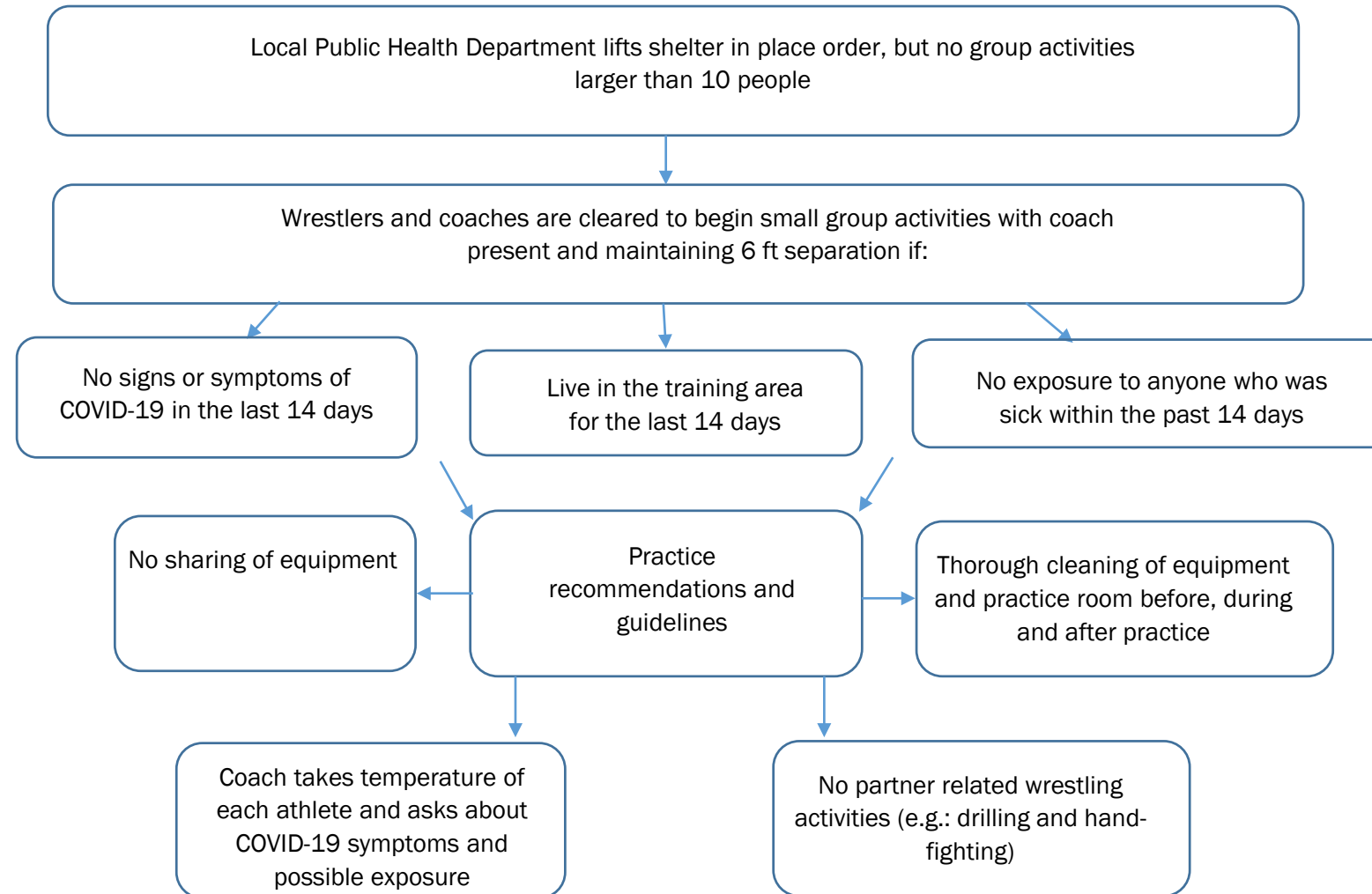
## Phase 3

**Phase 3: Public health authorities allow small group activities (less than 10 people), but public training facilities remain closed.**

- h) Infection prevention measures should be followed during practice and when in public
  - i. Make sure appropriate infection prevention supplies are present in multiple targeted areas (e.g.: hand sanitizer, facial tissues, facial coverings, etc.)
  - ii. Parents attending practice should be recommended to wear facial covering and to maintain social distancing between themselves, the wrestlers, and other parents
- i) Small group training sessions encouraged take place outside in an area where social distancing can be maintained
- j) Participants should use their own equipment and avoid touching each other with their hands
  - i. For example, if a dummy is being used for drills, make sure only one athlete is using one specific dummy at a time. The dummy needs to be cleaned using a disinfectant solution before any other coach or wrestler uses the dummy to prevent indirect transmission.
  - ii. Use own water bottle, towel, personal hygiene products (e.g.: soap, deodorant, etc.)

## Phase 3

Phase 3: Public health authorities allow small group activities (less than 10 people), but public training facilities remain closed.





**Phase 4**

# Phase 4

## Phase 4: Public health authorities allow public training facilities to open, no limitations on group size.

- a) Criteria for participation in group training sessions (includes athletes, coaches, and parents)
  - i) Required
    - 1) No signs or symptoms of COVID-19 in the past 14 days
      - a) If the person has had a case of documented COVID-19 infection, they need a note from their doctor indicating they are cleared to participate in training
    - 2) Live in training location for 14 days prior to the beginning of group training
      - a) This requirement reduces the risk of introducing COVID-19 into the training group by someone traveling from a different region
      - b) This will be the coach's and each individual's responsibility to ensure only the team or club members that live in the training location are attending practices
      - c) Recommend club organizers not register any new members from outside their training area for 14 days to reduce the risk of introducing COVID-19 into the training group by someone traveling from a different region
      - d) Recommend club directors take attendance in USA Wrestling membership system of all participants/attendees of club practices. Tutorial video on how to do this can be found at <https://www.usawmembership.com/help/category/4/question/47>
    - 3) No close sustained contact with anyone who is sick or individuals that may have been exposed to COVID-19 within 14 days of beginning group training
      - a) Since the signs and symptoms of COVID-19 can be fairly non-specific and not just respiratory symptoms, it is recommended that athletes should not be in close sustained contact with anyone who is sick for 14 days prior to beginning group training. This requirement reduces the risk of introducing COVID-19 into the training group by someone who may have COVID-19 but isn't experiencing any symptoms yet.



# Phase 4

**Phase 4: Public health authorities allow public training facilities to open, no limitations on group size.**

- b) All participants must self-monitor for symptoms of COVID-19 twice daily. If any signs or symptoms of infection are present, the participant should not attend the practice, should notify parents and coaches, and should contact their healthcare provider)
  - i) Athletes must record the results of their self-monitoring on a paper or electronic log that can be monitored by parents and coaches.
  - ii) 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
    - 1) **The coach should NOT share the sick athlete's name with other wrestlers and parents to ensure they do not violate privacy laws**
    - 2) Exposed individuals should contact local healthcare provider for direction on further care
- c) Upon arrival to train, coaches should ask each athlete if they are experiencing any signs or symptoms of COVID-19, ask if they have been in contact with anyone who may have been exposed to COVID-19, and take their temperature
  - i) If the athlete has any signs or symptoms of COVID-19, they should be sent home and instructed to contact their healthcare provider
  - ii) Coaches should also perform skin checks and possibly ask of any ongoing injuries to refamiliarize themselves with each athlete's current health status

# Phase 4

## Phase 4: Public health authorities allow public training facilities to open, no limitations on group size.

- d) Onsite coaching can resume without social distancing. Coaches should gradually build back up to full training loads
  - i) Activities with direct (e.g.: hand fighting and drilling) or indirect (e.g.: throws onto a crash pad) can resume
  - ii) Each athlete may return to sport at a different physical status and levels of conditioning. Coaches should be prepared to make modifications to avoid an overtraining injury
  - iii) Recommend each coach build in intentional rest and/or active recovery days into their weekly training plans to help with training load acclimation
  
- e) Continue standard infection prevention measures (e.g.: frequent handwashing, avoid touching your face, cover your mouth when coughing, etc.), but social distancing is no longer required
  - i) Make sure appropriate infection prevention supplies are present in multiple targeted areas (e.g.: hand sanitizer, facial tissues, facial coverings, etc.)
  
- f) Resume normal sized group training sessions outside and/or inside using training facilities
  - i) Clubs should be encouraged to gradually increase practice group sizes from Phase 3 rather than have the whole team practice together at first practice

# Phase 4

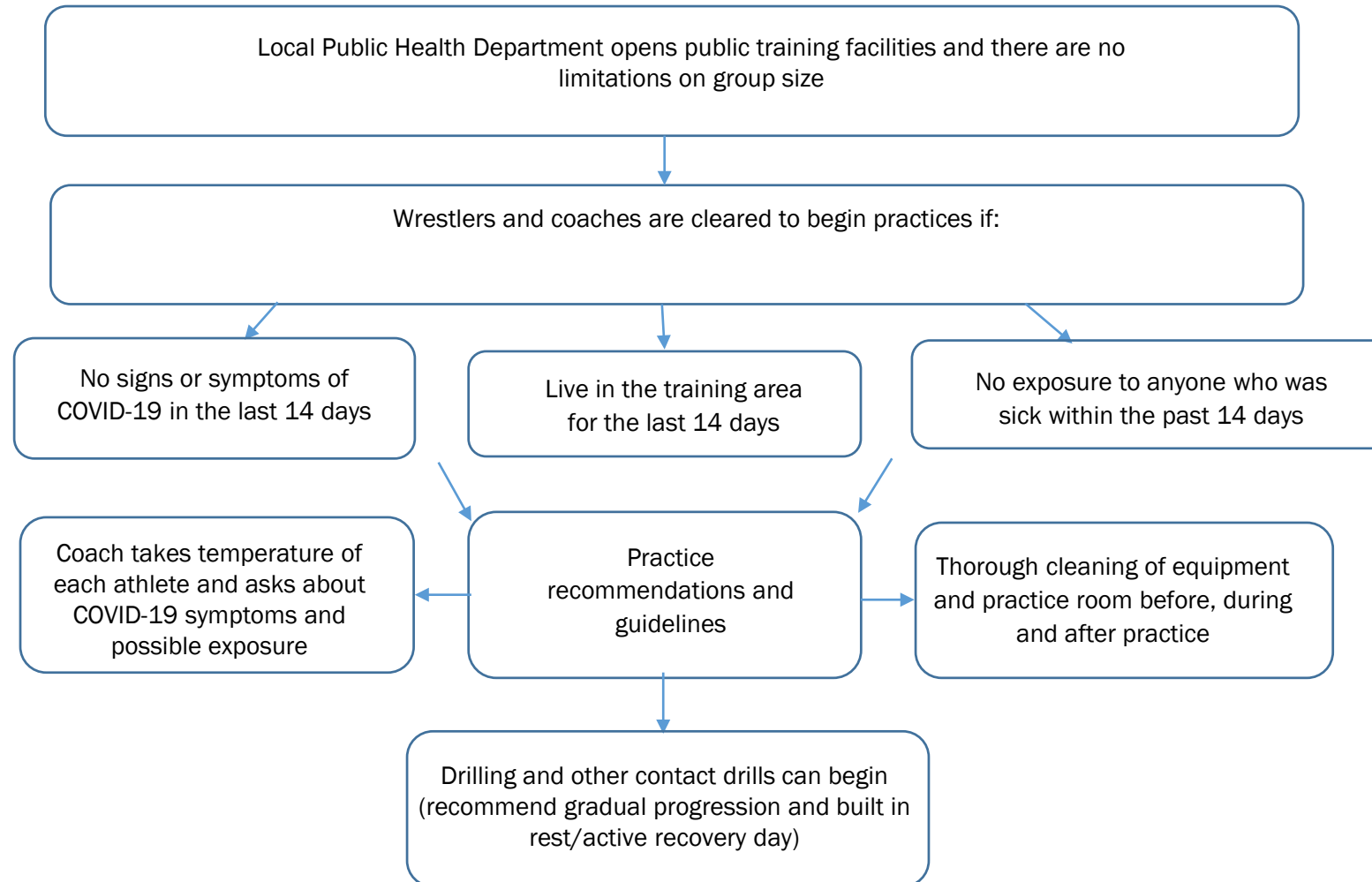
**Phase 4: Public health authorities allow public training facilities to open, no limitations on group size.**

- g) Participants may use each other's equipment, but equipment should be cleaned between each use if possible
- h) Continue to use own water bottle, towel, personal hygiene products (e.g.: soap, deodorant, etc.)
- i) Rigorous, frequent cleaning schedule/protocol of equipment with disinfectant before, during, and after training should continue\* including wearing appropriate personal protective equipment (PPE) (e.g.: gloves, face mask, etc.) to prevent contact with contaminated surfaces and protect against toxicities associated some with cleaning products

*\*Cleaning of living spaces and training facilities should follow the CDC recommendations for cleaning and disinfecting community facilities. Frequently touched areas (e.g.: door handles, light switches) should be cleaned multiple times daily. Work-out equipment should be cleaned with anti-septic cleansers prior to use, between use by different athletes, and after use. At home, fresh food should be washed carefully before eating. Wash hands prior to cleaning and/or eating food. Dishes should be washed at high temperatures, preferably in a dishwasher.*

# Phase 4

Phase 4: Public health authorities allow public training facilities to open, no limitations on group size.





USA wrestling  
of Olympic and World  
CHAMPIONS™

# Summary & USOPC Self Monitoring Guidelines

# Summary

Local Public Health Guideline	Public Training Facilities	Coaching	Outside Training with 6' Separation	Small Group Training	Contact Level	Equipment Cleaning Requirements
Phase 1						
Shelter in Place	Closed	Virtual Coaching	No	No	None	Rigorous & Frequent Cleaning: Before, During, & After
Phase 2						
Shelter in Place Lifted	Closed	Virtual Coaching	Can train outside at your home	No	None	Rigorous & Frequent Cleaning: Before, During, & After
Phase 3						
< 10 people allowed at training per session	Closed	Coaching can occur on site but maintain 6' separation	Recommended	Ok	Non-contact wrestling drills without a partner	Rigorous & Frequent Cleaning: Before, During, & After
Phase 4						
Public training allowed. No limitations on group size	Open	Ok	No separation required	Ok	Can begin contact drills (e.g.: technique with partner)	Rigorous & Frequent Cleaning: Before, During, & After

# SELF-MONITORING INSTRUCTIONS

**Twice daily, check for the following signs  
or symptoms of respiratory infection:**



Fever  
( $> 100.4$ )



Cough



Shortness  
of breath

**Other symptoms to pay attention to include:**

Sore throat

Congestion

Headache

Muscle and Joint Pain

Chills

Nausea or Vomiting

Diarrhea



If you develop any of these symptoms, please contact  
your healthcare provider to discuss how to proceed.



**USA**  
**WRESTLING**

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