



**The Newfoundland and Labrador
Amateur Wrestling Association
COVID-19 Return To On Mat Training
Policies and Procedures**

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Foreword

Following the impacts of the COVID-19 Pandemic, The Department of Health and Community Services has permitted the sport of Wrestling to resume in the province of Newfoundland and Labrador in Alert Level 2 and 1 of our provincial COVID-19 Alert System. In resuming wrestling on mat training, several safety procedures need to be put in place to ensure the safety of our participants. The Newfoundland and Labrador Amateur Wrestling Association has put forward the following guidelines, policies, and procedures for returning to on mat training following the COVID-19 shutdown. These procedures have been developed in accordance with recommendations from The Department of Health and Community Services of NL, Wrestling Canada Lutte, and Sport NL. Our guidelines and procedures for returning to on mat training are necessary for ensuring the utmost safety of all the people who are involved in our sport while minimizing the potential to spread COVID-19.

We require all wrestling teams and/or clubs in the province of Newfoundland and Labrador follow our COVID-19 Return To On Mat Training Policies and Procedures when returning to any on the mat training. We ask that all coaches, team managers, athletes, and volunteers please adhere to our guidelines and procedures when resuming on mat training with their wrestling teams or clubs.

Disclaimer

Each wrestling team/club should adhere to the specific COVID-19 procedures enforced by their on mat training practice venue and location. The NLAWA COVID-19 Return To On Mat Training Policies and Procedures should be used in accordance with the venue-specific procedures where the practice is taking place. It is the responsibility of the wrestling team/club coach and or manager to ensure that our Return To On Mat Training Policies and Procedures are being followed.

The Newfoundland and Labrador Amateur Wrestling Association reserves the right to revise these guidelines and procedures according to the progression of the COVID-19 pandemic in Newfoundland and Labrador and corresponding recommendations and guidelines.

Waivers and Declarations

- It is mandatory that anyone who is physically present and associated with a wrestling team/club for on mat training such as athletes, coaches, managers, and volunteers, complete and sign a waiver and disclaimer upon beginning on mat training following the COVID-19 shutdown.
- These forms must be filled out PRIOR TO the very first on mat training session attended by that person following the COVID-19 shutdown at any provincial alert level. **No exceptions.**
- It is the responsibility of the coach and/or team manager to ensure that forms for people involved with their team are: carefully read and completed by all involved as well as collected and kept for record-keeping. The NLAWA will collect these forms from coaches throughout the season.
- Waivers and declarations are valid for one year, for the wrestling season in which they are signed, September 1st - August 31st, and will need to be renewed annually.
- **ALL** patrons must read, complete, and sign:
The NLAWA Declaration of Compliance - COVID-19 Form
AND
The NLAWA Informed Consent and Assumption of Risk Agreement (if the person is under the age of 19)
OR
The NLAWA Release of Liability, Waiver of Claims, and Indemnity Agreement (if the person is 19 years of age or older).
- Forms may be completed electronically or on paper. All waivers and declarations will be made available to coaches/managers electronically which they will then be responsible for distributing to their athletes, staff, and volunteers.

Provincial COVID-19 Alert Level Breakdown

The Department of Health and Community Services uses the Provincial COVID-19 Alert Level System to govern what restrictions are put in place. Wrestling has been permitted to resume in the province of Newfoundland and Labrador in Alert Level 2 and 1 with modifications. As such, our policies and procedures will concern mainly these levels as wrestling is not permitted to resume with training partners in any way during Alert Level 3. Outlined below are the different procedures and guidelines that need to be followed for each level of our provincial COVID-19 Alert Levels 3 to 1 respectively.

Alert Level 3

- NO CONTACT, NO TRAINING PARTNERS, NO ON MAT TRAINING.
- Individual training only.
- Using Dummy for throws – Personal use only.
- Training to be completed in your personal dwelling.

Alert Level 2

Considerations:

- Become informed. Please read the Gov NL Sports Guidance Information sheet found here <https://www.gov.nl.ca/covid-19/information-sheets-for-businesses-and-workplaces/sport-guidance/>.
- Coaches become familiar with the COVID-19 procedures of your training venue and ensure you are able to adhere to those. **Venue specific COVID-19 procedures regarding occupancy numbers, screening, cleaning, etc. are specific to each location and need to be upheld foremost.** Please ensure your athletes and staff are aware of the COVID-19 procedures in place at the specific training location your team is using prior to the start of training and design your practices in accordance with these procedures.
- Group Sizes: Please adhere to the group size requirements of your training venue as these are based on room size. We recommend that on mat wrestling training sessions have a maximum number of 16 participants per session, which includes coaches and/or team staff and athletes (maximum number of participants should only attend if mat space allows groups to socially distance during training).
- Larger teams may need to use separate training sessions to accommodate all members. If possible, we recommend teams only have one session per calendar day as it limits exposure to coaches, is more hygienic and allows easier recording of attendance
- We also insist that no spectators enter the training venue while training is taking place. Only coaches, any team staff, and athletes involved with the training and taking part in the practice can physically enter the wrestling venue.
- Anyone who has any signs or symptoms of COVID-19 in the last 14 days is **not** permitted to enter the training venue.
- Anyone over the age of 65 or who has medical complications are **not** permitted to enter the training venue.
- Anyone who has been outside the province of NL in the last 14 days can **not** participate unless they have self-isolated for 14 days prior to the start of training.
- If a team member has contracted COVID-19, a valid medical clearance from a health care professional is required and needs to be documented prior to participating.

Prior to the Start of Training Session:

- Screening and Attendance: As participants enter the training building, in the general entrance location of the venue, Coaches will record date, time, and names of all those in attendance at **every practice**. The WCL Daily Attendance Checklist (Appendix A) can be used for this.
- At this time coaches must also ensure that that all participants read The NLAWA Daily COVID-19 Screening Questions (Appendix B) and verbally acknowledge that they are symptom-free to the coach before they can proceed in the building to the training area. Coaches must record this on The NLAWA Daily Attendance Checklist which must be kept for record-keeping and could be used for contact tracing efforts if needed.

- Should a participant present COVID-19 signs or symptoms they will **not** be permitted to enter the training building and should immediately remove themselves from the area as well as put on a mask. They then should contact the NL Health Line by dialing 811 to speak to a medical professional.
- **Waivers & Declarations:** Coaches/team managers must ensure that all participants complete the mandatory waivers and declarations as previously mentioned **PRIOR TO** the very first on mat training session attended by that person following the COVID-19 shutdown, which only has to be done once per wrestling season. This can be done electronically before the training session or on paper, in person as participants enter the training venue. All waivers and declarations need to be submitted to coaches/team managers and kept on record. Participants will only be permitted to attend on mat training sessions once they have completed the applicable waivers and declarations.
- **Participants:** Please do not enter the training building earlier than 10 minutes prior to the training session start time and please do not commune in common areas with teammates.
- Only use change rooms if facility where training is being held allows. It is recommended that athletes and coaches come ready for training. Wear your singlet or training attire to practice under a tracksuit or easily removable outer clothing.
- Wear a mask while using change rooms, public restrooms, and other common areas.
- Ensure all clothing and attire is clean and has been washed between practices.
- Refrain from bringing unnecessary personal items into the practice venue. Take only what is needed for on mat training.
- Remove street shoes and leave them outside the training area. Place tracksuit in a personal bag and leave outside of the practice area away from others.
- Everyone uses hand sanitizer prior to training.
- Garbage can with lid and bag should be present to dispose of all litter immediately.
- Physically distance from all other participants while on and off mats.

On The Mats Training Procedures:

- Coaches and team staff are to wear masks at all times during training (non-medical masks or face covering is sufficient).
- Athletes do not have to wear masks while training.
- Athletes will have ONE (1) designated training partner and must work only with this partner at every training session. Athletes should maintain the same partner(s) as much as possible.
- Wrestler pairs are to confine themselves to a designated section of a mat and not move to other sections with the distance between confined areas minimum 2 meters. Areas should be marked out and made visible.
- All activities between athlete partners (warm-up, drilling, etc) to be done in only their designated and confined area.
- If coaches are demonstrating techniques, they should do so with the same participant for the entire session and for all training sessions if possible.
- Sparring and live matches are permitted between designated training partners only.
- No sharing of training Dummies or crash mats with other groups.

- No sharing of any personal items
- Wear a mask when using public bathrooms and change rooms.

Post Training Procedures:

- Use hand sanitizer once out of on mat training room.
- Clean wrestling boots after practice with sanitizer gel or cleaners and place directly into personal bag.
- Cover singlet or in-training attire with tracksuit or outer clothing that was worn to practice and leave the training room and venue immediately.
- Discard trash immediately.
- Shower and clean equipment immediately once home.

Cleaning of Training Room

- Please follow the specific cleaning instructions or procedures put in place for your training venue.
- If groups must clean their own training room, cleaners MUST WEAR A MASK AND GLOVES.
- Use a government-approved surface cleaner - <https://www.canada.ca/en/healthcanada/services/drugs-health-products/disinfectants/covid-19.html#a2>
- Spray down all mat surfaces with approved cleaners and ensure wet time is as directed on the label.
- Wipe down all high contact surfaces such as handles, rails, counters, door faces, etc.
- Spray down any walls that contact was made to.
- Spray down if any equipment is used (dummy's, med balls, etc.)

Alert Level 1

Considerations:

- Become informed of the new level of restrictions by reading the latest government information at <https://www.gov.nl.ca/covid-19/alert-system/alert-level-1/>
- PLEASE BE ADVISED that Public Health measures for Alert Level 1 are yet to be determined and may vary depending on many factors. Please stay informed.
- Coaches become familiar with the COVID-19 Alert Level 1 procedures of your training venue and ensure you are able to adhere to those. Also, ensure your athletes and staff are aware of the COVID-19 procedures in place at your training location prior to training and design your practices accordingly.
- Mask wearing is longer required and restrictions are lifted.
- No restrictions on group sizes, number of participants, or spectators.
- Contact is allowed.
- No one who has any signs or symptoms of COVID-19 in the last 14 days is permitted to enter the training venue.
- If a team member has contracted COVID-19 a medical clearance from a health care professional is required and needs to be documented prior to participating.

Prior to Training Session:

- Screening and Attendance: As participants enter the training building, Coaches will record date, time, and names of all those in attendance at every practice. The WCL Daily Attendance Checklist (Appendix A) can be used for this. At this time coaches must also ensure that all participants read The NLAWA Daily COVID-19 Screening Questions (Appendix B) and verbally acknowledge to the coach that they are symptom-free. Coaches must record this on The Daily Attendance Checklist and keep checklist for record keeping.
- Should a participant present COVID-19 signs or symptoms they will not be permitted to enter the training building and should immediately remove themselves from the area and put on a mask. They then should contact the NL Health Line by dialing 811 to speak to a medical professional.
- Waivers & Declarations: Coaches/team managers must ensure that all participants complete the mandatory waivers and declarations PRIOR TO the very first on mat training session attended by that person following the COVID-19 shut down if they have not already done so. This only has to be done once a year and can be completed electronically before the training session or on paper, in person as participants enter the training venue. All waivers and declarations need to be submitted to coaches/team managers and kept on record. Participants will only be permitted to attend on mat training sessions once they have completed the applicable waivers and declarations.

On The Mats Training Procedures:

- No restrictions.

Post Training Procedures, Best Practices & Preventive Measures:

- Use hand sanitizer once out of on mat training room.
- Thoroughly clean mat surfaces, high contact areas, and training room after every session.
- Shower and clean equipment immediately once home.
- Monitor self for any signs and symptoms of COVID-19 or other illnesses.
- Ensure that any training partners who are returning from travel from outside of the province or are entering the province from another have followed the 14 day self-quarantine rule prior to training.
- Do not share personal items.
- Refer to our included Resources for other information regarding best practice for returning to on mat wrestling training following the COVID-19 pandemic.



Appendix B
Daily COVID-19 Screening Questions Checklist

Do you have **ONE** or more of the following symptoms?

- | | | |
|---|------------------------------|-----------------------------|
| New or unexplained cough | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Fever (including chills/sweats) | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| OR small red or purple spots on hands and/or feet | <input type="checkbox"/> Yes | <input type="checkbox"/> No |

Do you have **TWO or more** of the following symptoms:

- | | | |
|---|------------------------------|-----------------------------|
| Shortness of breath or difficulty breathing | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Runny, stuffy or congested nose (not related to allergies or other known causes/conditions) | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Sore throat or difficulty swallowing | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Headache | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Acute loss of sense of smell or taste | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Unusual fatigue, lack of energy | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| New onset of muscle aches | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Loss of appetite | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Vomiting or diarrhea for more than 24 hours | <input type="checkbox"/> Yes | <input type="checkbox"/> No |

Have you traveled outside of Newfoundland and Labrador or have come in close contact with anyone that has traveled outside of Newfoundland and Labrador in the past 14 days?

- Yes No

Have you come in recent contact with anyone with a probable or confirmed case of COVID-19?

- Yes No

IF YES: Do **NOT** enter and call the NL Health Line by dialing 811 to speak to a medical professional for further guidance.

Following the COVID-19 shutdown, before returning to on mat training, have you completed the following forms and submitted them to your coach?

- The NLAWA Declaration of Compliance - COVID-19 Form

AND

- The NLAWA Informed Consent and Assumption of Risk Agreement

(if you are under the age of 19)

OR

- The NLAWA Release of Liability, Waiver of Claims, and Indemnity Agreement
(if you are 19 years of age or older)
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Other COVID-19 Resources

1. Government of Newfoundland and Labrador Life with COVID-19 webpage:
<https://www.gov.nl.ca/covid-19/>
2. Government of Newfoundland and Labrador COVID-19 Public Health Guidance for All Alert Levels webpage:
<https://www.gov.nl.ca/covid-19/alert-system/public-health-guidance-for-all-alert-levels/>
3. Government of Newfoundland and Labrador Sports Guidance Information
<https://www.gov.nl.ca/covid-19/information-sheets-for-businesses-and-workplaces/sport-guidance/>.
4. Government of Newfoundland and Labrador COVID-19 Related Health Care and General Contact Information:
<https://www.gov.nl.ca/covid-19/contact-us/>
5. Wrestling Canada Lutte COVID-19 Resources:
<https://wrestling.ca/covid-19/>