

## PR Elite & PRJW Youth Wrestling Practice Protocol

Dear Coaches and Wrestling families:

The protocol below includes the safety measures and conditions that PR Elite & PRJW Youth Wrestling will implement for the foreseeable future and will require compliance to begin practicing on the mat. Safety is the number one goal and as such, it is our number one priority when returning to the mat. It is incumbent on you to understand, agree to and abide by these conditions before engaging in these activities with PR Elite & PRJW Youth Wrestling.

This is a living, breathing document that will be updated as circumstances change. As always, we reserve the right to be smarter [tomorrow](#) than we are [today](#).

### PR Elite & PRJW Youth Wrestling Return to the Mat Protocol:

- **Monitor for COVID-19 Symptoms:** All wrestlers and coaches MUST STAY AT HOME (i) if you have come in contact with an individual diagnosed with COVID-19 or a presumptive case of COVID-19 within 14 days of any given practice or event; or (ii) if you are feeling sick or experiencing COVID-19 symptoms. People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:
  - Cough
  - Shortness of breath or difficulty breathing
  - Fever of 100.4 degrees or higher
  - Chills
  - Muscle pain
  - Sore throat
  - New loss of taste or smell

\*This list includes the most common symptoms and may not contain all possible symptoms. Other less common symptoms have been reported, including gastrointestinal symptoms like nausea, vomiting, or diarrhea. Please refer to the CDC website for more details.

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youthsports>.

## COVID-19 Monitoring Procedures:

- **Temperature Checks:** The health questionnaire needs to be filled out by parents before their wrestler attends practices. The questionnaire asks if wrestlers have been exhibiting specific symptoms over the past 48 hours. It is the parent's responsibility to keep the wrestler home, should the wrestler exhibit COVID-19 symptoms or have a temperature above 100.4 degrees F. Temperature checks will be performed on any wrestler that looks unwell. Any participant attempting to enter the practice facility that exhibits a temperature exceeding 100.3 degrees will not be allowed to enter and participate.
- **Self-Report:** We ask that all coaches and families of players (as feasible) self-report if they have COVID-19, have tested positive for COVID-19, or were exposed to someone with COVID-19 within the last 14 days. All reports should be made to Rene Hoy at (740)-961-3356 or renehoy@live.com. All reports and information will be kept confidential in compliance with state and federal privacy laws and regulations.
- **Disinfect Equipment:** All players must disinfectant their shoes and headgear to clean germs both before and after practice. The wrestling mats will be cleaned with Bactronix before and after practice. Disinfectant wipes will be provided to wipe the bottom of wrestling shoes before stepping on the wrestling mat. ABSOLUTELY no sharing of headgear or water bottles.
- **Maintain Personal Hygiene:** Immediately before coming to practice or other events, thoroughly wash hands with soap and water for at least 20 seconds (e.g., sing "Happy Birthday" twice) or use an alcohol-based hand sanitizer that contains at least 60% alcohol. After practice, wrestlers should take a shower and wash from head to toe with an anti-bacterial soap.
- **Avoid Carpooling:** It is recommended that players only travel/ride with a direct family or household member to and from practice.
- **Bring Your Own Water Bottle with Your Name Only.** Wrestlers are not allowed to share water bottles. Water bottles should be placed next to your wrestling bag or in your wrestling bag.
- **Avoid Touching Unless Drilling:** No handshakes, high fives, or fist bumps. Cover your mouth and nose with elbow when coughing or sneezing. Put hand sanitizer on hands and arms after sneezing or coughing.
- **Compliance:** Any wrestler who violates these provisions will be given one warning and upon a second violation the PR Elite & PRJW Youth Wrestling Boards will investigate

further and take any action it deems necessary for the safety of all members, up to and including termination of wrestling privileges.

As mentioned above, PR Elite & PRJW Youth Wrestling will be adhering to the public policies of state and local governments as it begins to phase in youth wrestling in accordance with CDC recommendations on Return to the Mat.

- **Maintaining Social Distancing:**

- The wrestling room will be limited to only wrestlers and coaches. Parents may wait for their wrestler in the parking lot during practice. Parents contact information is on site should we need to reach out to you.
- We will use best efforts to maintain physical distancing of 6 feet between individuals for extended periods of time before, during and after practice.

- **Cleaning and Disinfecting:** We recommend wiping the bottom of your wrestling shoes with a Disinfectant Wipe before stepping onto the mat. Disinfectant wipes will be provided by the team. The wrestling mats will be cleaned before and after practice with Bactronix. Hand sanitizer will also be available.

- In the event that a wrestler/coach/parent would test positive for COVID-19 we will follow the CDC protocols and report the event to the Local Health Department.

- **Questions or Concerns:** Rene Hoy is the point of contact for all COVID-19 information. [renehoy@live.com](mailto:renehoy@live.com).

Finally, the CDC offers recommendations on how we can all limit the spread of the COVID-19. Check local public health recommendations and mandates in our area, found on our state and local government website, before heading anywhere for a PR Elite or PRJW practice or event.