

HC Wrestling Return to Practice Protocol

Start Date: November 2, 2020

Location: HCHS Auxiliary Gym / Archery Building

Total Participants: TBD

Prior to practice:

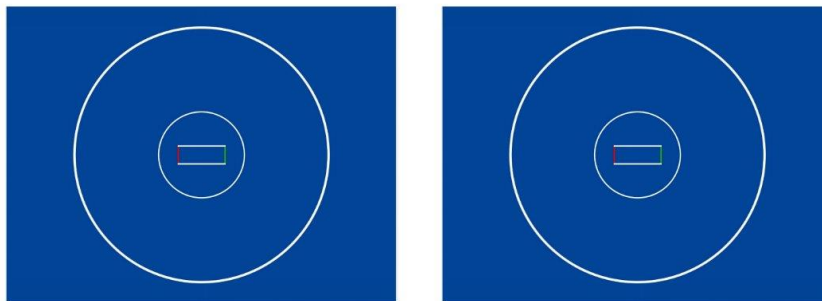
- Mats sprayed.
- Temps taken (100.4 or higher student will be sent home)
- Coaches will wear mask at all times.

Items of importance:

- Each wrestler must social distance when not actively conditioning or practicing (6ft apart).
- Face Mask (must be worn at all times, unless you are exercising).
- Water bottles must be brought by the student for the season and no sharing allowed.
- Disinfectant will be provided to each student to spray their personal equipment before/after practice.
- No sharing of wrestling equipment.

During practice:

- Team will be split up into two-three different groups. Each group will consist of no more than 8-10 wrestlers. Each group will have their own section on one of our two mats.
- Mats will be sprayed along with walls after each activity (Stretching, Drilling, Live Wrestling, and Conditioning).



*mat will be sectioned off to provide room for proper spacing between groups.

After practice procedures:

- Mats sprayed.

Practice will be conducted on two mats in auxiliary gym. Each wrestler will be assigned a teammate for the season and will remain with that person for the season. In order to limit the amount of kids practicing at one time, the High School team will practice 4:00p-6:00p, then mats will be cleaned and then the middle school team will practice 6:30p-8p.

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ADMINISTRATIVE AND VENUE SETUP PRE-EVENT:

- The temperature of the wrestlers will be taken before weigh-ins and anything above 100.4 will be considered a disqualifying temperature but is not counted as a missed weight.
- Weigh-in, social distancing must be maintained; therefore we will perform mat-side weigh-ins to assist with this.
- Each wrestler is to have a set of leg bands that will not be shared with others.

EVENT SETUP:

- Put a hand sanitizer station mat side.
- Provide sanitizing wipes at the scorer's table.
- Table workers must wear masks (gloves are optional).
- Mats must be cleaned between matches.
- Spacing between mats must be 10 feet.

CONDUCT OF EVENTS:

- Athletes must wear masks/face coverings if off of the mat surface (before, after, and between subsequent matches).
- Coaches must wear masks on and off mat surface and masks/face coverings shall remain in place during matches.

PRE AND POST EVENT:

- Athletes shall wear masks/face coverings in the team and individual staging area before each bout.
- Wrestlers may remove their mask/face covering when called to the mat.
- Hosts must insist on compliance with social distancing protocols for pre and post-contest activities.
- Coaches and competitors shall insist on the disinfection of the wrestler's equipment after each match.
- Eliminate pre and post-match handshakes with coaches.
- Mass awards ceremonies shall be eliminated.
- Meet results shall not be posted at a venue and recommend all results to be posted online, sent by email, and/or mail.
- Athlete seating area will be properly spaced out to promote social distancing.
- Fans will be asked to follow and adhere to all safety and social distancing rules and procedures created by the state of Kentucky and Henderson County School Board to attend sporting events.

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OFFICIATING SAFETY REQUIREMENTS (Mechanics):

- Sanitize and wash hands frequently.
- Do not shake hands with wrestlers.
- Wear masks on and off the mat surface but such is optional during bouts.
- May wear disposable gloves but if worn, consider changing after each match.
- Officials shall follow all social distancing guidelines (pre and post-meet conferences, talking to coaches, etc.)

OFFICIATING (RULES):

- Maximum of one coach will be permitted on a chair, mat-side.
- Signatures will no longer be required on score sheets, a verbal acknowledgment will be accepted and such acknowledgment is noted by the scorer.
- Wrestlers do not have to appear on the mat to be awarded a forfeit.
- Regular matches in dual meets or tournament competition shall consist of three periods with the first period being one minute and the second and third shall be two minutes in length.
- Regular matches in dual meets or tournament competition shall require a 30-second separation of wrestlers between periods.
- The referee shall not declare the winner by raising the winning wrestler's hand.

CONCESSIONS:

- Items sold in the concession stand will be limited to prepackaged products (bottled drinks, candy, chips etc.)
- Concession workers will wear mask (gloves are optional).
- Concession workers Sanitize and wash hands frequently.