

MAPLE GROVE WRESTLING CLUB

Building Character + Developing Champions



Maple Grove Wrestling Club COVID Plan (01.06.21)

This plan addresses the wrestling club approach during the COVID-19 pandemic. Our goal is to establish and maintain the safety and health of all participants and coaches. While clubs and coaches are tasked to create and maintain a safe environment, parents/guardians are the only ones who can make the decision for their child to participate. The following policies and procedures are subject to change as we continue to react to what has been an ever-changing situation.

General Guidelines:

- Masks must be worn at all times while in the building, except for when athletes are on the mat.
- The number of wrestlers + coaches that will be allowed in the wrestling room at any given time will be limited, based upon capacity and applicable guidelines.
- Parents and legal guardians will not be allowed in the room unless special circumstances are required, or they have been given approval by head coaches in advance.
- Wrestlers and parents/guardians will sign and complete a health release waiver taking responsibility for their athlete.

Before Practice:

- Wrestlers/Guardians will check their athlete daily for fever, cough, shortness of breath, sore throat, loss of taste or smell and nausea.
- Temperature will be taken of all wrestlers/coaches on the way into the wrestling room. Anyone with a temperature over 100 degrees will not be allowed to practice.
- Attendance will be taken at the beginning of each practice session (for tracing purposes).
- Wrestlers will be asked to use disinfectant wipes and hand sanitizer.
- Wrestlers/Coaches will not be allowed to participate if they are not feeling well.

During Practice:

- If any coach or wrestler were to start not feeling well during the session that coach or wrestler would be sent home and a request would be made for them to get tested. The session would be canceled for all athletes. To be allowed back in the room, a negative test result must be provided to coaches or board, or 14 day quarantine.
- Wrestlers/Coaches will practice in groups of two or three. Wrestlers will practice with the same partners throughout the practice whenever possible (barring injury). Practice groups will be documented each day and practice partners will remain the same from day to day whenever possible (as attendance allows).
- Wrestlers will not share equipment and will immediately wipe down all equipment used until guidelines are lifted.
- Wrestlers will bring their own water bottle/jugs and will not share with other wrestlers. School drinking fountains will not be available. Please write your name on anything that is yours.

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For more information contact us at MGWrestlingClub@gmail.com



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After Practice:

- There will be disinfectant wipes and hand sanitizer for wrestlers/coaches to use after practice is complete. Wrestlers/Coaches will be responsible for this action.
- Coaches will be responsible for disinfecting mat surfaces (mopping) daily before and after practices.



Exposure to a Diagnosed Case of COVID-19

Any wrestler/coach who has been exposed to a COVID-19 case shall self-quarantine for 14 days from the last contact with the case.

Exposure means any one of the following:

- Living in the same house as an individual with a confirmed COVID-19 infection
- Individual who has had close contact (<6feet) for greater than or equal to 15min with known COVID-19 case (including if your wrestling partner tests positive for COVID)



Reporting of Positive COVID-19 Infection

Any wrestler with a confirmed case of COVID-19 should notify both Coach Mark Muhlstein mmuhlstein@yahoo.com and Coach Mike Kisch m.kisch@gmail.com



Returning to Wrestling following Confirmed COVID-19 Infection

Persons with lab-confirmed case of COVID-19 should quarantine immediately and can return to practice 10 days after symptom onset as long as:

- The wrestler has not had a fever in the past 72 hours
- Symptoms are resolving
- Wrestlers may want to contact their health care provider prior to a return to wrestling

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