

COVID-19 Preparedness Plan for **MN/USA Wrestling Individual Tournaments**

MN/USA Wrestling is committed to providing a safe and healthy environment for all our members, workers, officials, coaches, parents and participants. To ensure we have a safe and healthy environment, MN/USA Wrestling has developed the following COVID-19 Preparedness Plan in response to the COVID-19 pandemic. Tournament organizers and hosts are all responsible for implementing this plan. Our goal is to mitigate the potential for transmission of COVID-19 in our tournaments and communities, and that requires full cooperation among our workers and management. Only through this cooperative effort can we establish and maintain the safety and health of all persons in our workplaces.

The COVID-19 Preparedness Plan is administered by Nicholas Lyden Chairman of MN/USA Wrestling, who maintains the overall authority and responsibility for the plan. However, management and workers are equally responsible for supporting, implementing, complying with and providing recommendations to further improve all aspects of this COVID-19 Preparedness Plan. The Board of Director's for MN/USA Wrestling fully supports enforcing the provisions of this plan. Neither MN/USA Wrestling nor the plan administrator make any guarantees with regard to the effectiveness or shall be responsible for any adverse events resulting from implementing this plan and individuals partaking in any such tournaments do so at their own risk.

Our members are our most important assets. MN/USA Wrestling is serious about safety and health and protecting our members. Member involvement is essential in developing and implementing a successful COVID-19 Preparedness Plan. It is recommended that until COVID-19 is either eradicated, a vaccine is developed, or a cure is found, there is no way of completely eliminating the risk of fatal infection. Therefore vulnerable populations and people with risk factors such as: > 65 years old, asthma, chronic lung disease, serious heart conditions, immune suppression, severe obesity, diabetes, liver disease, living in a nursing home or long-term care facility, should avoid local and state USAW events until a vaccine is developed or a cure is found.

MN/USA Wrestling's COVID-19 Preparedness Plan follows the industry guidance developed by the state of Minnesota, available at the Stay Safe Minnesota website (<https://staysafe.mn.gov>), which is based upon Centers for Disease Control and Prevention (CDC) and Minnesota Department of Health (MDH) guidelines for COVID-19, Minnesota Occupational Safety and Health Administration (MNOSHA) statutes, rules and standards, and Minnesota's relevant and current executive orders. It addresses:

- ensuring sick members stay home;
- social distancing – members must be at least six-feet apart;
- member hygiene and source controls, including face coverings;
- tournament cleaning and disinfection protocol; and
- communications and training practices and protocol.

MN/USA Wrestling has reviewed and incorporated the industry guidance applicable to our business provided by the state of Minnesota for the development of this plan, including the following industry guidance for Organized Sports along with guidance from USA Wrestling. Other conditions and circumstances included in the industry guidance and addressed in the plan that are specific to our business include:

- additional protections and protocols for members, clients, guests and visitors;
- additional protections and protocols for face coverings and personal protective equipment (PPE);
- additional protections and protocol for access and assignment;
- additional protections and protocol for sanitation and hygiene;
- additional protections and protocols for managing occupancy;
- additional protocols to limit face-to-face interaction; and
- additional protections and protocols for certain types of businesses within an industry.

Tournament hosts should check with local city rules and/or ordinances and with school administrators for any additional restrictions prior to hosting a tournament.

Ensure sick individuals stay home and prompt identification and isolation of sick persons

Members/Spectators have been informed of and are encouraged to self-monitor for signs and symptoms of COVID-19. The following policies and procedures are being implemented to assess members' health status prior to entering the tournament and for individuals to report when they are sick or experiencing symptoms.

- No athlete, spectator, coach or worker should be present with signs or symptoms of COVID-19 within the last 14 days.
- Anyone with a documented case of COVID-19 must be cleared by his or her physician to participate in competition.

Tournament hosts should promptly remove from the tournament any individual they believe is demonstrating symptoms of COVID-19.

Venue Capacity Limits

The Minnesota Department of Health has limited venue capacity to as such each session of the tournament will be limited to 100 participants with each participant being allowed 1 spectator with a total of no more than 50 individuals composing the tournament workers. There are NO EXCEPTIONS to the 1 spectator per participant rule, so parents with other children, etc. will need to plan accordingly. Those in attendance shall practice social distancing.

In order to accommodate numbers typically associated with a MN/USA Wrestling event, tournaments likely need to be scheduled to allow for multiple sessions throughout the day so that the capacity restriction can be properly maintained. While scheduling of the tournament is the responsibility of the tournament host, our recommendation is that 8U (Bantams) would be in Session 1, 10U (Intermediates) would be Session 2, 12U (Novices) would be Session 3, and 6U (Pee-Wee) and 14U (Schoolboy/Schoolgirl) are grouped together in the final Session 4. Each session schedule should allow for the entire session to conclude prior to another session starting. For example if it is believed that each session will take approximately 2.5 hours to complete the

wrestling for that session and cleaning prior to the next session (assuming 100 wrestlers for each session), a proposed schedule would be as follows:

Session 1: 8:00 am – 10:30 am

Session 2: 10:30 am – 1:00 pm

Session 3: 1:00 pm – 3:30 pm

Session 4: 3:30 pm – 6:00 pm

We require utilization of Trackwrestling for Pre-Registration so that individuals know for certain that they will be admitted to the tournament.

Tournament Worker hygiene and source controls

Basic infection prevention measures are being implemented at our tournaments at all times. Tournament Workers are instructed to wash their hands for at least 20 seconds with soap and water frequently throughout the day, but especially at the beginning and end of their shift, prior to any mealtimes and after using the restroom. All individuals at the tournament are required to wash or sanitize their hands prior to or immediately upon entering the facility.

Tournament Workers and all individuals at the tournament are being instructed to cover their mouth and nose with their sleeve or a tissue when coughing or sneezing, and to avoid touching their face, particularly their mouth, nose and eyes, with their hands. Tournament Workers and all individuals at the tournament are expected to dispose of tissues in provided trash receptacles and wash or sanitize their hands immediately afterward. Respiratory etiquette will be demonstrated on posters and supported by making tissues and trash receptacles available to all workers and other persons entering the workplace.

Face Covering Requirements

All individuals at the tournament will be required to wear a face covering, except for individuals warming-up prior to the competition and those actually competing will not need a mask while they participate in the physical activity of this sport, but as soon as they are done warming-up or their match is over a face covering is required to be put on. All individuals attending the tournament are expected to provide their own face covering. There are no exceptions to the mask requirement, if you are unwilling or unable to wear a mask you will not be allowed to remain in the premises.

Tournament cleaning and disinfection protocol

Regular practices of cleaning and disinfecting have been implemented, including a schedule for routine cleaning and disinfecting of mat surfaces, equipment, and viewing areas. Mats should be disinfected prior to the start of each session.

Tournament hosts must acquire appropriate and effective cleaning and disinfecting supplies for use in accordance with product labels, safety data sheets and manufacturer specifications, and are being used with required personal protective equipment for the product.

Communications and training practices and protocol

This COVID-19 Preparedness Plan is being sent to all MN/USA Club Leaders and posted via social media outlets for MN/USA Wrestling.

This COVID-19 Preparedness Plan should be distributed to all tournament workers by the tournament host.

Certified by:

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