



Lakeville Youth Wrestling Association (LYWA) 2020-2021 COVID-19 Safety Plan

Below you will find our “return to play” protocol. We are also asking for every parent, athlete, and coach to help in ensuring that we stay safe and are able to continue to keep the kids wrestling throughout the season.

Program routines

General, Pickup, and Dropoff:

- It is recommended that players from different households do not drive/carpool together.
- We require acknowledgment of CDC questions/protocols prior to entry each day, as defined in our waiver:
 - Temperature checks required at the door prior to entry.
 - He/she is not currently demonstrating or suffering from any ill symptoms.
 - He/she has not had a suspected or documented case of COVID-19 in the last 14 days.
 - He/she has not had any close contact with a sick individual or anyone with a confirmed case of COVID-19.
 - Any child with symptoms or who fails one of these checks will be sent home and restricted from practice and competition. They will be asked to contact their health care provider for advice before returning.
- Wrestlers will wear masks in and out of facility.
- A volunteer will meet wrestlers at the door, scan their temps, group them, and walk them to practice. If a child needs help getting shoes tied, the room coaches will assist.
- At the end of practice wrestlers will mask up and leave the facilities in groups and immediately exit the building.
- Check-in volunteer will also document daily attendance for contact tracing support and save check-in form.
- Any unnecessary touching, high fiving, etc., while at practice will be discouraged and eliminated where possible.
- Each session will be capped at 25 or fewer members (including coaches) in accordance with MDH restrictions.
- If a child, coach, or parent tests positive for COVID-19, we require them to notify us immediately and help support contact tracing. They will be required to follow current CDC isolation and/or quarantine requirements and will not be allowed to reconnect with the program until they have met those requirements.

Practice Routines:

- Coaches will wear masks in accordance with MN mandates and matching up with their wrestler pods.
- Wrestlers will be partnered each night within their pods. Anticipated pod size is 4-6 to allow for weight and skill matchups.
- High school coaches/wrestlers will sanitize mats prior to practice, youth coaches will sanitize in between sessions.
- No parents or siblings in wrestling room to reduce contact points and close quartered contamination.
- Coaches will not drill with kids except lead coach/technician to show technique.
- Groups will be spaced out matching high school spacing to maximize distance between groups.
- Technique will be taught by coaches in the center of the room to allow wrestlers to stay in their circle and reduce travel and grouping in the room.
- Coaches will be assigned to pods each night to minimize contact breadth across team.
- Coaches will document any cross-pod interactions greater than 15 minutes to ensure effective documentation for quarantine needs. These documents will be stored in the wrestling room cabinets for quick assess as needed.
- Wrestlers will be required to wear masks while in room during non-wrestling activities.

Wrestler/Child Specifics

- Kids must bring own water bottles.
- No sharing of equipment or water bottles.
- Kids gear up/down in the hallway to prevent practice overlap in room.
- For this year, pre-k & K programs will not be offered under initial mandates. 6th grade will also not be offered this year.
- If sign-up is greater than group allowances, additional sessions will be assessed. However, we will ensure each session is below the MDH requirement.
- Everyone is expected to cover their mouth when coughing or sneezing (into the nape of the elbow).
- Out of an abundance of caution, any athlete or parent that has a cold, cough, or fever, even unrelated to COVID, will be asked to stay home until they are healthy.
- Wrestlers and coaches will avoid touching their eyes, nose, and mouth with their hands whenever possible.
- If bloody noses occur, coaches will support wrestlers with stopping their nose bleed. Then both wrestler and coach will be required to go wash/sanitize hands.

Close Contact Reporting

- Participants are required to notify LYWA president or director if they or an immediate family member is experiencing COVID-19 symptoms. Participants are required to continue to communicate with LYWA with any developments of those symptoms.
- Definition of Close Contact:
 - A close contact is ANY person who lives in the same household as a person who tested positive for COVID-19 or someone who has been within 6 feet of a person who has COVID-19 for a total of 15 minutes or more throughout the course of the day (24 hours).
- In practice:
 - If a pod member tests positive: the pod, the pod coach, and any additional practice partners (defined as close contact) will be quarantined that had contact 48 hours prior to symptoms developing.
 - Quarantined (close contact exposed) pod members will quarantine in accordance with MDH requirements.
 - Isolated (positive test) athletes or coaches will also isolate in accordance.
- In meets:
 - Currently meets are not planned as a sponsored activity in accordance with state guidelines.
 - If wrestlers attend meets on their own, they will need to continue to monitor any symptoms as required by MDH and our waiver.
 - If sponsored meets begin in Minnesota, this program will be revised to include athlete, coach, and spectator requirements.

Jeremy Thomas, President; Jamie Ganfield, Vice President; Amanda Enger, Secretary; Rachel
Flaskey, Treasurer; Devlin Roy, Director; Ryan Crouley, Director