

Stallions Youth Wrestling 2020-2021 Return to Mat Plan

Sport of Wrestling Status as of 2020 Summer/Fall

Practices:

Local private wrestling K-12 clubs have been operating without issues & w/safety precautions in place:

- NNW and Minnesota Elite (both private wrestling clubs) have had ~100 kids per week attending practices with ZERO documented cases of COVID-19
- All private wrestling clubs (and private facilities) are operating under USA Wrestling's Return to the Mat Guidelines & protocols, and per MDH guidelines for youth sports and with waiver agreements between clubs and parents

Club Open & Dual Tournaments:

- Youth/HS Club Wrestling Tournaments have been happening without issue this summer/fall, with precautions including:
 - Temperature checks at check-in, skin checks, limited spectators (typically 1-2 spectators allowed per wrestler), masks required for spectators and wrestlers (when not competing), physical distancing for spectators, compliance with other state guidelines.
- **Local Tournaments Across Minnesota (both events held outside)**
 - Minnesota Beach Brawl (Seaside Park - Mound, MN) – 150 wrestlers attended with no documented cases
 - Minnesota's #1 (Minnetonka, MN) – hosted tournament with ~34 wrestlers + limit of 3 spectators/wrestler
- **Recent Tournaments Across the Midwest/USA (indoor events)**
 - Rocky Mountain Nationals Open & Duals (Kansas City, MO)
 - USA Nationals Open & Duals (Bettendorf, IA)
 - Grand River Rumble Open & Duals (Tulsa, OK)
 - Cheesehead Apocalypse Open & Duals (Wisconsin Dells, WI)
 - Reno Worlds (Tulsa, OK)

NUWAY and RMN wrestling event organizations ran these events successfully this summer without any major issues or case outbreaks with over 25,000 kids/parents attending these events.

Wrestling Competition Outlook for 2020-2021

Background/Context

- At its core, wrestling is an INDIVIDUAL sport, and is ultimately a very competitive sport given it's 1:1 nature. Our Stallions Wrestling Club (and all wrestling clubs) and youth program operate with a policy that kids are free to do as many or as few tournaments as they wish. Knowing that, parents/kids are given the freedom each weekend to explore open tournaments given their preference, calendar, and skillset of their wrestler. We also typically organize a "scrimmage" or mini-tournament with other local clubs (Watertown, Waconia & Minnetonka) where the coaches collaborate in advance and assemble matches for kids matched by skill level, weight and grade as best as possible to create a chance for our brand new or least experienced wrestlers to experience a low pressure but competitive environment.
- Since parents (and kids) have this freedom, our club coaches and leadership would not have ability to limit who and how many kids attend open tournaments each weekend. Given this freedom, our wrestlers have always been at risk of catching communicable diseases (skin infections, bacterial infections, viruses (flu, mono, etc.)). **The sport of wrestling has always mitigated these risks through its health screening protocols. These protocols will be enhanced this year for COVID-19.**
- Most years, we average around ~25-35 kids that are competing in open tournaments most weekends during the winter. Most kids travel across the metro area, but a handful will travel to neighboring states for more "national tournaments". In addition to this, we form a competitive K-6th grade dual team that competes in 5-7 tournaments throughout the year and a developmental "junior" dual team (for kids K-4th grade) that competes in 2-3 tournaments per year. These teams are similar in competitiveness to the Twin Cities Soccer League teams that competed this fall. You could also compare the competitiveness of these teams to the Metro Baseball teams. We hold "tryouts" (which we call wrestle-offs) and not every kid makes the team due to roster limits instituted by each tournament.

2020-2021 Competition Outlook

- Due to all the current COVID restrictions this year, we expect fewer competition opportunities to be made available, and those that will be will likely be geared toward the more competitive wrestlers. Due to the current MSHSL limitations on spectators in school facilities, the competition outlook is uncertain. However, neighboring states will for sure have open competitions and dual meet tournaments that our many of our youth wrestlers will likely visit.

In the end, our goal remains to enable our kids to find competitive opportunities to grow their skills and have fun in the sport and keep them local.

COVID-19 Precautions

Guidance Resources:

- <https://www.health.state.mn.us/diseases/coronavirus/sportsguide.pdf>
- [USAW Return to the Mat Guidelines](#) (see appendix slides 4-9)
- District 112 guidelines & lessons learned from Fall/Summer sports
- Best practices learned from private clubs operating across the state

Wrestling Program Precautions for Discussion/Consideration:

- Have parents/kids sign COVID Expectations/Waiver Agreement
- Implement and follow all USAW "[Return to the Mat](#)" guidelines (i.e. temperature checks, skin checks prior to practice).
- Required hand sanitation prior to practice.
- All coaches and helpers required to wear masks the entire time while in the building (including while in the wrestling room).
- Wrestlers required to wear masks in the building and required to keep them on when not competing.
- Cleaning of wrestling mats and wall mats before and after each practice
- Configuring practice groups to no more than 40 people (athletes and coaches) to match size limitations per room (e.g. Practices will be split into up to 2 groups)
- Grouping practice partners into a fixed set for the year to limit spread and help contact trace (kids will be put into pods, and practice will only those kids in their pod).
- Parents will not be permitted to attend practice except for wrestlers under the age of 5, or if they are coaches. No siblings are permitted.
- Setup drop off/pickup procedures will be followed to minimize gathering (including staggered pickup/drop off times and one-way entrances/exits) *

**Most young kids (K-3) will require assistance at practice to get shoes tied/on & off, find their gear and bags as well as with practice moves. We might have to be lenient to allow parents to help kids with any special needs to assist these kids or seek volunteers to assist. Wrestling is a sport that needs much more support with smaller groups. It will be very challenging for younger kids to be dropped off and left as they are as young as Pre-K.*

USAW – COVID-19 Return to the Mat Guidelines

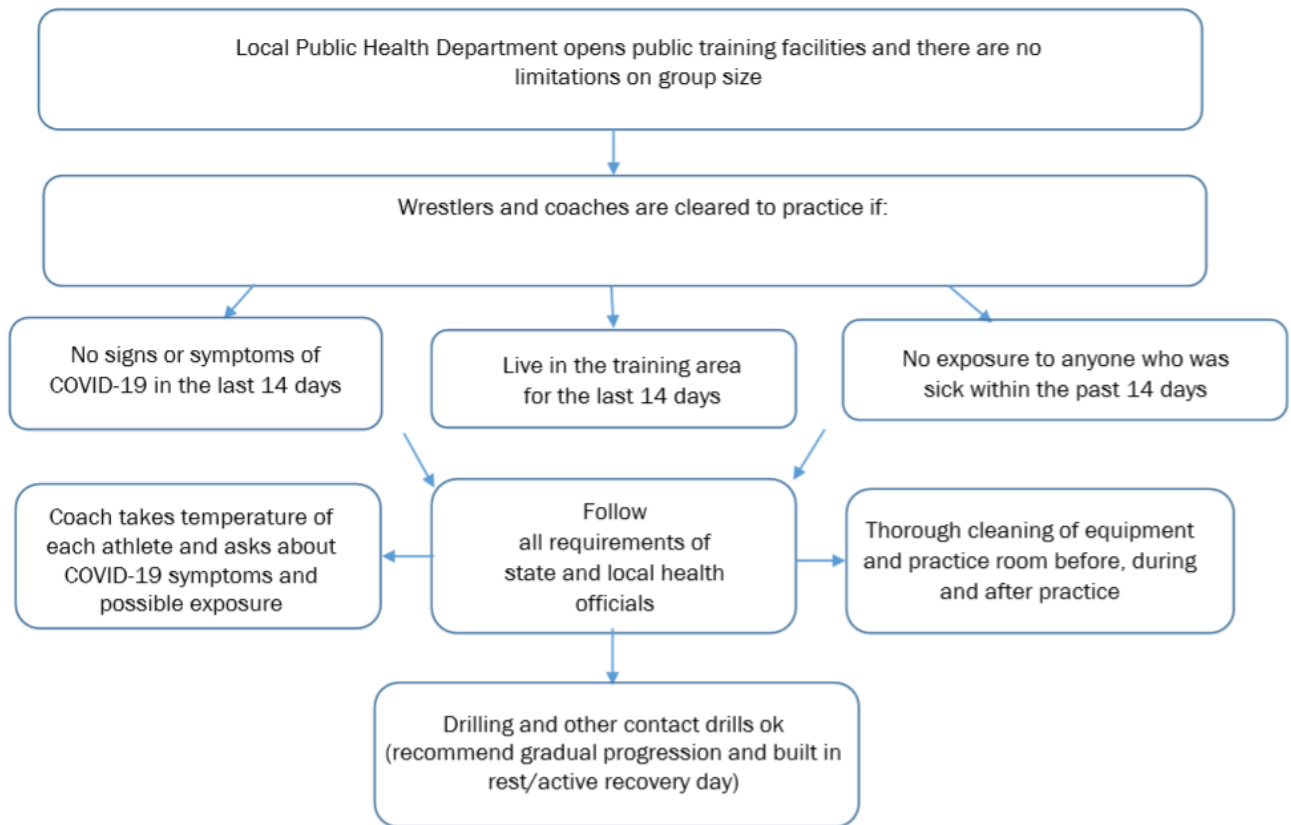
Required criteria for participation in group training sessions (includes athletes, coaches, and parents)

- **No signs or symptoms of COVID-19 in the past 14 days** -If the person has had a case of documented COVID-19 infection, they need a note from their doctor indicating they are cleared to participate in training before they can return
- **Live in 112 district for 14 days prior to the beginning of group training**
 - a) This requirement reduces the risk of introducing COVID-19 into the training group by someone traveling from a different region
 - b) This will be the coach's and individual's responsibility to ensure only the team or club members that live in the training location are attending practices
 - c) Recommend club organizers not register any new members from outside their training area for 14 days to reduce the risk of introducing COVID-19 into the training group by someone traveling from a different region
- **No close sustained contact with anyone who is sick or individuals that may have been exposed to COVID-19 within 14 days of beginning group training.** Since the signs and symptoms of COVID-19 can be non-specific and not just respiratory symptoms, it is recommended that athletes should not be in close sustained contact with anyone who is sick for 14 days prior to beginning group training. This requirement reduces the risk of introducing COVID-19 into the training group by someone who may have COVID-19 but isn't experiencing any symptoms
- **All participants must self-monitor for symptoms of COVID-19 daily.** If any signs or symptoms of infection are present, the participant should not attend the practice, should notify parents and coaches, and should contact their healthcare provider)
 - a) Athletes must record the results of their self-monitoring on a paper or electronic log that can be monitored by parents and coaches.
 - b) If an athlete tests positive for COVID-19 or has been in contact with someone diagnosed with COVID-19, the club will notify other wrestlers and parents present at the practice about a possible exposure
 - 1) The coach should NOT share the sick athlete's name with other wrestlers and parents to ensure they do not violate privacy laws
 - 2) Exposed individuals should contact local healthcare provider for direction on further care

USAW – COVID-19 Return to the Mat Guidelines

Required criteria for participation in group training sessions (includes athletes, coaches, and parents)

- **Upon arrival to train, coaches should ask each athlete if they are experiencing any signs or symptoms of COVID-19, ask if they have been in contact with anyone who may have been exposed to COVID-19, and take their temperature.** If the athlete has any signs or symptoms of COVID-19, they should be sent home and instructed to contact their healthcare provider. Coaches should also perform skin checks and possibly ask of any ongoing injuries to refamiliarize themselves with each athlete's current health status
- Athletes will use their own water bottle, towel, personal hygiene products (e.g. soap, deodorant, etc.)
- Rigorous, frequent cleaning schedule/protocol of equipment with disinfectant before, during, and after training should continue* including wearing appropriate personal protective equipment (PPE) (e.g. gloves, face mask, etc.) to prevent contact with contaminated surfaces and protect against toxicities associated some with cleaning products
- Cleaning of training facilities should follow the CDC recommendations for cleaning and disinfecting community facilities. Frequently touched areas (e.g.: door handles, light switches) should be cleaned multiple times daily. Work-out equipment should be cleaned with anti-septic cleansers prior to use, between use by different athletes, and after use.
- **Onsite coaching can resume without social distancing.**
 - Activities with direct (e.g.: hand fighting and drilling) or indirect (e.g.: throws onto a crash pad) can resume
 - Each athlete may return to sport at a different physical status and levels of conditioning. Coaches should be prepared to make modifications to avoid an overtraining injury
 - Recommend each coach build in intentional rest and/or active recovery days into their weekly training plans to help with training load acclimation
- **Continue standard infection prevention measures** (e.g.: frequent handwashing, avoid touching your face, cover your mouth when coughing, etc.), but social distancing is no longer required. Make sure appropriate infection prevention supplies are present in multiple targeted areas (e.g. hand sanitizer, facial tissues, facial coverings, etc.)



Stallions Website:
<https://www.stallionswrestling.org/>

Contact Stallions Board Members:
<https://www.stallionswrestling.org/page/show/391966-stallions-wrestling-board>