

CFWA x LHP COVID-19 Safety Plan



- Covid -19 Waiver must be completed in order to participate.
- Self-Screen completed daily before participation.
- Additional signage at door reinforcing new policies and procedures.
- Consistent Communication with all wrestlers and families clearly stating new policies.
- Wrestlers ONLY will be permitted to enter - no more than 15 minutes before practice.
- Wrestlers MUST check in at front desk for contact free temperature check and monitored body sanitation. Coaches will also have their temperature checked before every practice.
- Wrestling shoes will be put on once inside and removed before going outside.
- Wrestlers should only use the bathroom if it is an emergency.
- Wrestlers will bring and drink from their own water bottle and use their own towels.
- Multiple sanitizer stations placed inside the building. *Additional Air Circulators to be added throughout facility.*
- Wrestlers will exit immediately after practice and go straight to their cars.
- No congregating in the building or parking lot.
- Parents must stay in car for drop off and pick up.
- 2 practice sessions to reduce numbers and increase space
- Complete Cleaning/Disinfecting of mats and area to take place immediately following each session.

CFWA x LHP COVID-19 Practice Plan



Practice Plan

5500 SQFT Total Mat Space @CFWA

- Each work area limited to 10x10 working space per specific pair/group
- Total number using distancing approx. 40 – 60 wrestlers per session/class

Regular Practice – following all check in, sanitation and cleaning/disinfecting guidelines.

Practice Schedule – now broken down into sessions to reduce numbers/increase space

Session 1 5pm – 6:30pm

Session 2 6:45pm – 8:15pm

**Complete cleaning in between each session*