



Return to the Mat

A plan for the safe return to wrestling



Introduction

This document outlines the structured and phased support we have been developing with support from various professionals to help our club community and performance team to safely return to wrestling when the time is right.

We have called this our ‘Return to the Mat’ plan

The Return to the Mat plan has been developed to support clubs and wrestlers to get back to wrestling in a safe and appropriate manner whilst recognising that many people will want to be back to ‘normal’ as soon as possible. The aim of this plan is to provide clear direction for our wrestling community on what steps they should take and when, in line with Government advice to prepare, resume and rebuild their clubs and activities.

Our plan will cover the key aspects that revolve around the easing of lockdown restrictions, including the safety and welfare of our community, facility guidance and our phased approach to returning to wrestling.

There remains uncertainty in the timescales for the implementation of this plan as we are in uncertain times. We must stay agile as timelines and key guidance vary with the situation and recognise that guidance and restrictions vary across the UK and the potential of localised restrictions become more likely.

Impact of Lockdown on the Individual

It is important to remember is that everyone will have had a very personal experience during the lockdown, and this is likely different to your own. We encourage clubs and coaches to speak with every member ahead of returning to the club environment, but this should be at their own pace and at no time should anyone feel pressured into returning to the mat.

For those who are struggling with mental health issues as a result of the pandemic we will appropriate signposting to resources and specialist support.

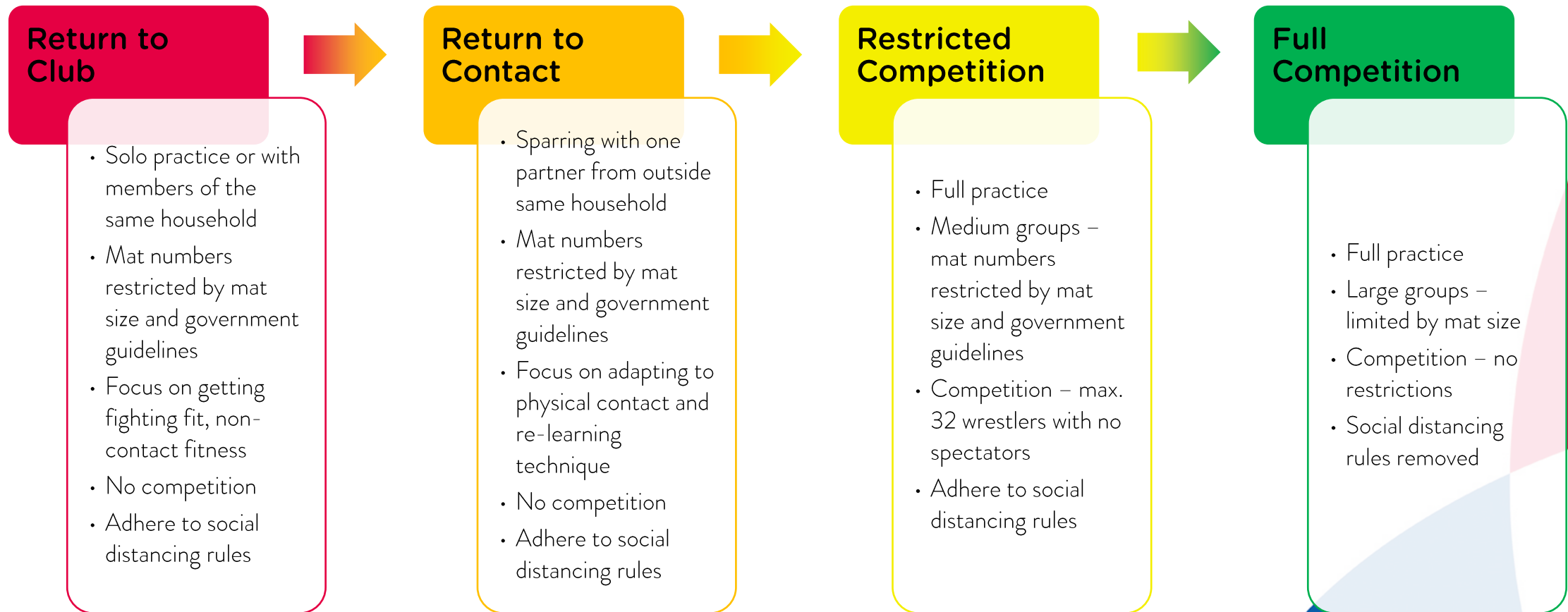
Safety and Welfare

At the heart of this plan is the need to ensure British Wrestling but also as coaches, officials and clubs we continue to act with our duty of care in mind. This means being smart in our return to the mat. The detail in this plan and accompanying documents will be based on scientific advice with support from sports scientists and medical professionals

At no stage is this plan designed to contradict or supersede guidance from the government and is designed to provide flexibility for differences in home country guidance

Phased Return to the Mat at Club Level

This phased return plan is based on expected changes to government guidelines and outlines a safe return to the mat, however there are no expected timescales on transition from one phase to the next. This takes into consideration current scientific evidence of transmission and the impact that a long layoff will have physically and technically on our wrestlers.



External Support

Government Guidance

For information on current government guidelines regarding Covid-19 please use links below:

- [Government Guidelines Coronavirus](#)
- [Cleaning in Non-Healthcare Settings](#)
- [Guidance on the Phased Return of Sport and Recreation](#)

Other Support

Club Matters - support for sports clubs

- [Sport England Club Matters](#)

Mental Health

- [Gov. Mental Health and Wellbeing](#)
- [Mind Wellbeing](#)

Health Information



Anyone planning to travel to a club session to practice, coach or support in anyway **MUST** ensure that they do not exhibit any symptoms or have not been in contact with Covid-19.



If you have a temperature 37.8C or above, a new continuous cough, loss or change to your sense of taste or smell are within a self-isolation period due to having had Covid-19 or been in contact with Covid-19, you **MUST** not come to work under any circumstances.

Return to Club

Wrestling

Before returning fully to wrestling we must support our wrestlers to becoming fighting fit before getting back onto the mat. We need to Focus on adapting to training and getting ready for wrestling – a preseason.

As all wrestlers would have access to different facilities and situations throughout the lockdown, we cannot expect all wrestlers to be on the same level. We need to take an individual approach to reviewing everyone's current abilities.

British Wrestling will provide guidance for:

- Clubs and coaches
 - Wrestling focused fitness session plans
 - Mat usage and coach to wrestler ratios
 - Communications
 - Safeguarding and Wellbeing
- Wrestlers returning to the mat
 - Hygiene advice
 - Travel advice
 - Wellbeing advice

At no time should any wrestler, coach or official feel pressured into coming back to the mat before they are ready.

Facility

Facility managers should only open where they are able to comply with law, current government and Public Health England guidance and all essential insurance cover is in place and remains valid.

Before opening, the facility manager should ensure that a complete risk assessment is carried out including any virus transmission mitigation measures that may be required.

British Wrestling will provide guidance for:

- Facility Managers
 - Covid-19 Risk Assessment Template
 - Cleaning guidelines
 - Covid-19 Check Forms
 - Implementing social distancing measures
- Clubs and Coaches
 - Advice on working with facility managers
 - Responsibilities as a user

Return to Contact

Following returning to the club environment will be a return to contact and sparring. As wrestlers have been in lockdown for a prolonged period of time, they undoubtedly have lost some of their fitness and technical knowhow. This will take time to redevelop. Please plan your sessions accordingly, so to overwhelm wrestlers coming back and potentially new wrestlers.

British Wrestling will provide guidance for:

- Clubs and Coaches
 - Return to contact example sessions
 - Technical support in the form of the Colour Awards
 - Mat usage and coach to wrestler ratios
- Wrestlers
 - Hygiene advice

At this stage British Wrestling will start to provide Colour Award assessment days and coaching courses.



Restricted Competition

Recognising that our larger domestic competitions may not be able to run for some time British Wrestling will work with clubs to coordinate regional club matches.

The aim will be to support all who wish to, to access a basic level of competition against appropriately skilled opponents. British Wrestling will provide a coordination role as well as guidance on travel and competition delivery.

Full Competition

The return of large-scale national competitions with spectators. British Wrestling will work closely with regular competition organisers to ensure they have appropriate notice and support in order to organise their competitions in line with any continuing health and safety guidance.