
Covid-19 Pandemic: Return to the Mat: Return to Club Clubs & Venues Toilets and Changing Room protocols

Introduction

The protocols below are for Phase 1 “Return to Club” as described in ‘BWA Covid-19 Return to the Mat’ (BWARM) and are subject to change at short notice in line with Government Guidelines. It is likely these protocols will remain in place until the final phase and social distancing rules are removed.

The BWARM document recommends that hands are washed on arrival at your wrestling club and that participants are encouraged to come to the club prepared and wearing their own kit. Wear your wrestling suit under a tracksuit and coat if necessary, in order to keep your wrestling suit clean on the way to the club or training location. Wrestlers must bring a bag containing their wrestling boots and place their outdoor clothing and shoes inside a bag once they have changed. These must be placed in a designated area. Wrestlers must not leave the mat with their wrestling boots on, they must change to other footwear to avoid other contaminants coming into contact with the mat.

For the purposes of this document these instructions are specifically for clubs and other factors may influence activities depending on whether the venue is in a building shared and controlled by other users such as a leisure centre.

Toilets and Changing Rooms

Clubs have a responsibility to ensure the toilets and changing rooms are cleaned either before or at the end of each session. There must be personal cleaning and sanitising equipment available. Shared facilities such as in a leisure centre will be the responsibility of the leisure centre management, coaches should obtain confirmation that cleaning has taken place.

Access

Access to toilets and changing rooms should be restricted as much as possible to minimise any transmission of infection, but may be required for medical reasons, menstruation, emergencies and unforeseen circumstances. For clubs, people must access the rooms singularly whilst the numbers are to be restricted and controlled by the coach or designated person, to maintain the 2

metre social distancing rules. Shared facilities will have their own access rules in line with government guidelines.

Signage

Clubs must have appropriate social distancing and hygiene signage clearly displayed inside and outside the rooms.

- Cleaning an area with normal household disinfectant after someone with suspected coronavirus (Covid-19) has left will reduce the risk of passing the infection on to other people
- Wear disposable or washing-up gloves and aprons for cleaning. These should be double-bagged, then stored securely for 72 hours then thrown away in the regular rubbish after cleaning is finished
- Using a disposable cloth, first clean hard surfaces with warm soapy water. Then disinfect these surfaces with the cleaning products you normally use. Pay particular attention to frequently touched areas and surfaces, such as bathrooms, grab-rails in corridors and stairwells and door handles
- If an area has been contaminated, such as with visible bodily fluids from a person with coronavirus (Covid-19), use protection for the eyes, mouth and nose, wear gloves and an apron
- Wash hands regularly with soap and water for 20 seconds, and after removing gloves, aprons and other protection used while cleaning