
Covid-19 Pandemic: Return to the Mat: Return to Club - Juniors Returning to Wrestling

Introduction


To comply with government guidelines and maintain social distancing whilst getting back to Wrestling, British Wrestling has produced guidance for clubs and participants. This guidance relates to stage one of the Return to the Mat plan, Return to Club, which does not involve any contact training outside of households. The aim of this phase is to support wrestlers back into the club to take part in functional and wrestling specific training to develop personal fitness and get fighting fit.

Return to club involves activities where social distancing must be maintained and precautionary measures being taken including the policing of movement and the cleansing of everything that the participants come into contact with. The main items of concern are, but not limited to venue, mats, apparatus, clothing, toilets, changing rooms, and of course the participants.

Before I leave home to go to Wrestling I will:

- Have a shower or as a minimum ensure I am clean and have washed my hands.
- Ensure my wrestling suit has been washed after the last session and is clean to wear.
- Ensure I have used disinfectant wipes on my wrestling boots, so they are clean and wear them on the wrestling mat.
- Go to the toilet just before I leave for the club
- Put my wrestling suit on just before I leave for the club

I will bring the following items in my own personal bag with me to Wrestling:

- A signed indemnity form from my parents/guardians to say I am fit, well and do not have any of the Covid-19 signs or symptoms or other illnesses
 - Water bottle
 - Plasters
 - Tape
 - Scissors
 - Anti-bacteria hand sanitiser
 - Kitchen roll / Blue Paper Towels (replacing a cloth towel)
 - Anti-bacterial wipes
 - Disposable rubber gloves, two pairs
 - Face mask
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Things to avoid and consider

I will:

- Avoid sharing my personal items with anyone else
- Use my own tissues, cleaning, and basic First Aid kit (see list) where possible – ask the coach what you need
- Not to travel on Public Transport unless absolutely necessary
- Follow the signs regarding arrival and leaving the carpark and venue

When I arrive at the Wrestling Club

I will:

- Wash my hands or use hand-sanitiser before going into the building
- Put my mask on before going into the building if required
- Enter the building ensuring I keep two metres away from everyone else
- Not go into the changing rooms as I have been told by the club they are closed.
- Ensure I wash my hands properly with soap and water if I go to the toilet
- Follow the one in and one out rule for going to the toilet
- To avoid contact, we advise having a designated signing in person, who will sign you in to the club.
- Club Advice have wrestlers place their indemnity forms in a plastic wallet before handing in to the club

When I go into the Wrestling Club, I will:

- Wait for the coach to invite me onto the mat (wait in your clubs designated waiting areas)
- On the instruction of the coach, move to my personal marked out area
- Have my water and personal belongings next to me within the corner of my personal training area
- Have no contact with anyone on the mat
- Stand in the middle of my personal training area
- Ensure I keep 2 metres distance from anyone else on the mat and around the club
- Understand the session will be solo functional movement to benefit wrestling
- Ask the coach first if need to leave the mat for any reason
- Sit down in the centre of my personal training space to attract the attention of the coach if I feel unwell
- On the instruction of the coach wait for your name to be called out before leaving the mat

When the session has finished I will:

- Not go into the changing rooms

- Not gather, meet up with my friends or socialise either inside or outside the wrestling club or building
- Go out of the building straight away without delay and into my parents/guardian's car
- Not mix with anyone on my way home, if not in a car
- Stick to the Government Guidelines if going home by bus or train

Note: *Upon return home, everyone should shower and wash wrestling clothing.*