
Covid-19 Pandemic: Return to the Mat: Return to Club - Adults 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.

What Wrestlers could be advised to adhere to and expect to see on return to Wrestling?

Pre-Travel

- If you exhibit any signs of infection – follow government guidelines on self-isolation and stay away from training.
- Ensure BWA membership is up to date – there is a membership extension in place to cover the lockdown.
- Dates and times of wrestling sessions to be advertised.
- Clubs may adopt a booking in system due to low numbers expected to be allowed on the mat.
- Shower or minimum cleaning to insure I am clean and have washed hands thoroughly before and after traveling to training.
- Track and trace app on phone showing clear (if in use, follow Government Guidance).
- Expected to complete a Covid-19 indemnity form before returning to training.
- Cleaned wrestling clothing, washed with detergent at 60 oC (before every session).
- Clothing, footwear, training bags, water bottles etc. must be cleaned per government guidelines (only essential kit to be taken to training to include hand sanitiser, wipes and towel).
- Government safety and hygiene guidelines made available by Club – NGB.

Travel

- Travel to and from wrestling training in your wrestling wear (covered by track suit).
- Abide by social distancing guidelines travelling to and from Wrestling. Includes public transport and car parks, wear face coverings, per government guidelines.

On arrival

- Follow training centre/wrestling signage and social distancing rules.
- Limit use of toilets, changing rooms and shower facilities.
- Infra-Red thermometer for temperature check (pre entry to Sports centre / wrestling club).
- Use hand sanitiser on arrival, per government guidelines (sanitiser supplied by club / sports centre at entrance).
- Parents/carers may be asked to wait in car park or return after session if social distancing from mat cannot be observed.
- Wrestling club facility and mats to have been cleaned following government and NGB guidelines.

In the Club

- Hand and feet sanitising pre entry to club (sanitiser supplied by club at entrance).
- Rash guard and leggings may be worn to limit sweat transmission.
- Smaller class sizes limited to NGB guidelines on use of mat space available (social distancing).

Abide by social distancing guidelines

- Shorter sessions – (to allow for cleaning between sessions and more sessions to be run to accommodate more members).
- Individual training areas may be marked out on the mat.
- Wrestling with no physical contact (unless with a person from inside your family – household bubble).
- Slow phased return, appropriate volume and intensity relative to individual.
- Individual drills – functional movements– fitness training etc.

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

