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# Covid-19 Pandemic: Return to the Mat: Return to Club - Mat Layout

## 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.

This advice relates specifically to the mat capacity, operational areas and movement management.

## Mat Capacities

The coach has the responsibility to ensure that the approved spacing guidelines are not compromised in any way, the mat ratios that British Wrestling are working to are a minimum mat space per participant as follows:

- 3m x 3m for under 12 years
- 4m x 4m for over 12 years

It is recommended that the maximum number of participants in a wrestling session are:

- 10 participants for under 12-year-old, this is to allow clear observation and prompt corrective action as required
- 10 participants for over 12-year-old (including coach), this assumes all are mainstream and have been thoroughly briefed

The mat area will not always fit the mathematics of dividing it up exactly into operational squares of 3m x 3m or 4m x 4m, some typical mat layouts are attached in the appendices as examples for coaches to consider for their particular situation.

- See appendix 1 for under and over 12 years participants separately

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## Session Management

### Assuming there is 1.5m or more of clear walking space all-round the mat:

- All participants should stay within their designated square of mat and, unless otherwise directed by the coach, use the centre part of the square. If possible, the centre activity area should be a different colour to the peripheral safety area. See examples in Appendix 1.
- All operational squares must have the opportunity for the individual to leave the mat without compromising anyone else's social distancing, this may need additional spacing where mat edges are up against obstructions. Where additional space does not exist, the entering and leaving process will require a bespoke process to be defined by the coach for their particular mat shape, size and bespoke circumstances.

### The coach must ensure that participants social distancing is maintained, this is a matter of:

- Maintaining absolute discipline during the session
- A fully effective start, end, and interruption process when participants are outside of their operational area
- Injury / medical attention process

### Venues without at least 1.5m of clear walking space around the mat:

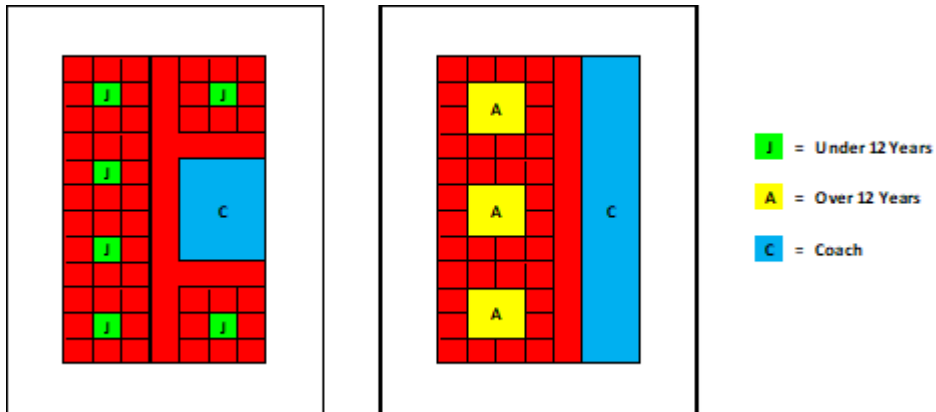
- All on mat disciplines remain the same as sessions having peripheral walk areas.
- Additional processes will be required to facilitate the start, end and interruption processes as mats against walls will not facilitate walking around other participants operational areas at safe distancing.

For example, appendix 2 shows how the entering and exiting of the mat could happen keeping everyone safe. In the case of interruption for the most difficult positioned participant, the other participants in the nearest direct line off the mat will need to systematically create a social space before the participant with the need can move.

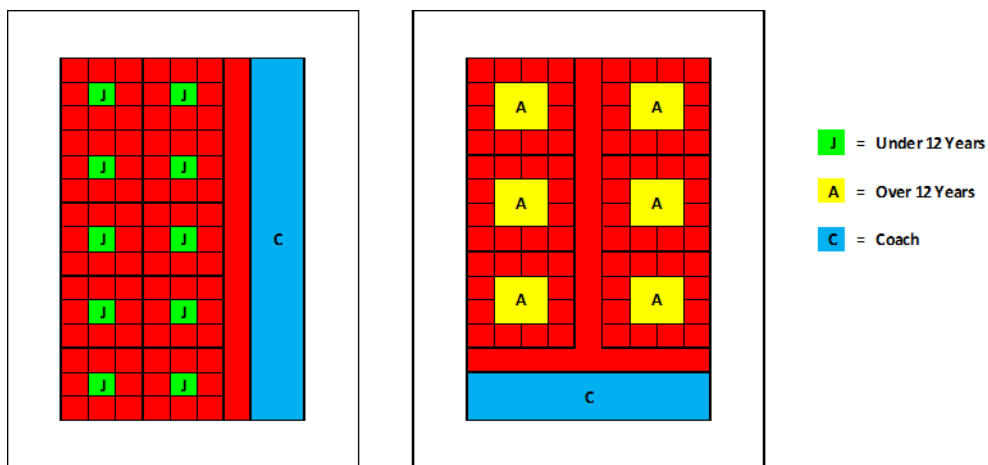
- see appendix 2 example for entry and exit processes
  - see appendix 3 example for interruption process
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## Appendix 1 – Options for allocation of operational areas on typical mat shapes

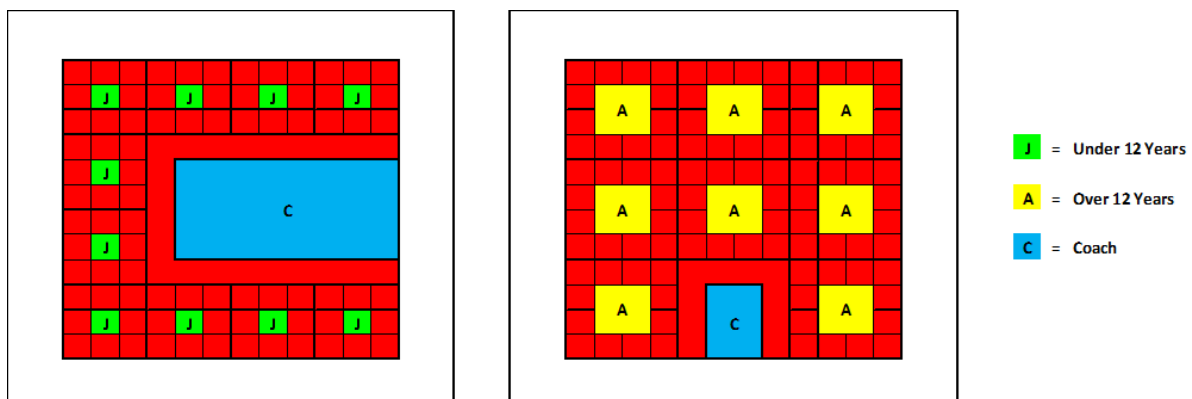
### 12m x 7m Mat Area – under and over 12-year options



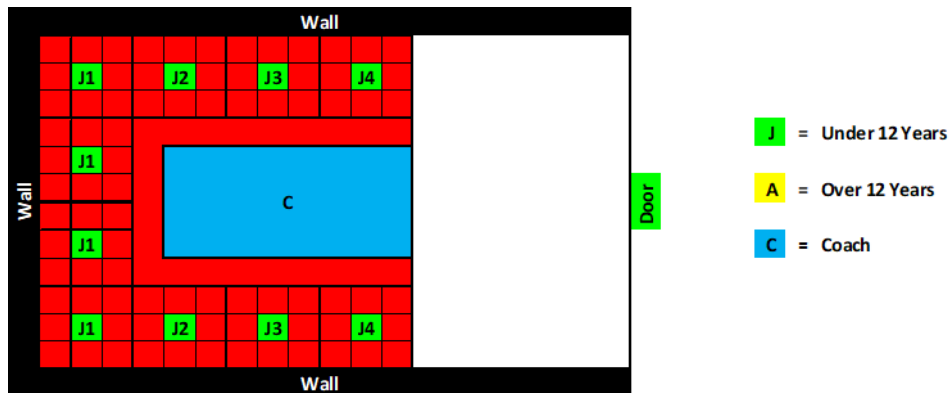
### 15m x 9m Mat Area – under and over 12-year options



### 12m x 12m Mat Area – under and over 12-year options



## Appendix 2 – under 12-year entry and exit example



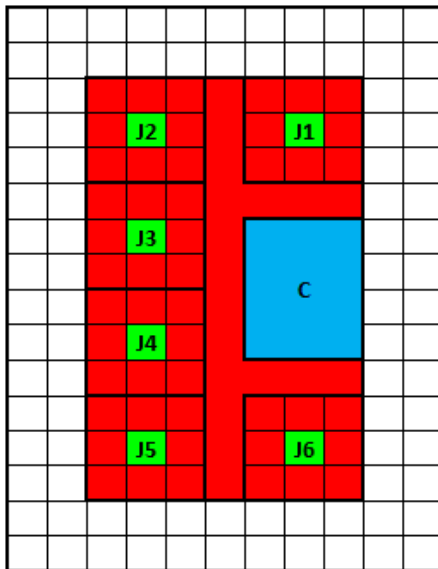
### All participants must maintain social distancing at all times

#### The coach would be first in and last out of venue to manage the process, maintaining social distancing

- In this under 12-year session, the following order of entry to the mat would be enforced:
- J1 participants would walk on to mat at social distancing apart and take their positions in first group.
- J2 participants would walk on to mat at social distancing apart and take their positions second group.
- J3 participants would walk on to mat at social distancing apart and take their positions third group.
- J4 participants would walk on to mat at social distancing apart and take their positions fourth group.
- The coach would be last to enter the mat but first in venue managing the social distancing disciplines
- The exit process will be in reverse order to the entry.

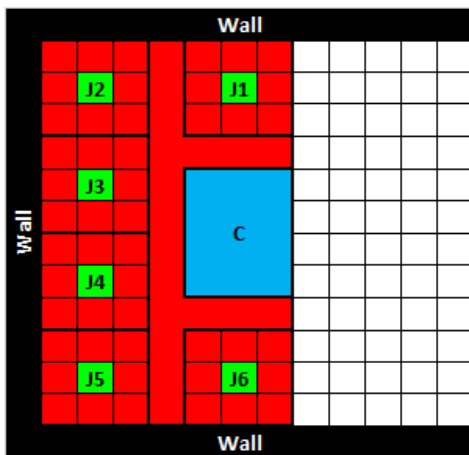
## Appendix 3

### a. Interruption when space around mat is available



In this case there is a 2-metre space all around the mat being used, therefore the process for minor interruption would be to leave the mat at the nearest point and walk around the mat maintaining social distancing with all other participants operational areas

### b. Interruption when obstructions / walls are around the mat



In the case where J5 needs to interrupt the session, the coach would with social distancing at all times manage J6 to move out of the way off the mat, therefore allowing J5 to exit the mat through the J6 position. In the case of J3 or J4 needing to interrupt, the coach could remove them self to a position where they are still observing everyone and keep the session going. Bespoke mat sizes and shapes will require bespoke plans managed by the coach.