BRITISH WRESTLING

RETURN TO THE MAT AFTER SUSPECTED COVID-19

IF THE INDIVIDUAL WAS ADMITTED TO HOSPITAL

It is **crucial** that **specific clearance and guidance is given by a doctor** before any exercise/training.

IF THE INDIVIDUAL WAS NOT ADMITTED TO HOSPITAL

Complete the social isolation period (for **at least 10 days** since the onset of symptoms).

They must wait until **at least 10 days since the start of their symptoms** AND must be **free from all symptoms** for at least 7 days before ANY exercise.

Their personal and psychological readiness to train, work / study factors, and the rest of their family's health **must be considered**.

STAY ALERT
CONTROL THE VIRUS
SAVE LIVES

READY TO WRESTLE?