BRITISH WRESTLING

PHASED RETURN TO THE MAT

RETURN TO CLUB

- **Solo practice** or with members of the **same household**
- **Mat numbers restricted** by mat size and government guidelines
- Focus on getting fighting fit, **non-contact fitness**
- **No competition**
- Adhere to **social distancing** rules

RETURN TO CONTACT

- Sparring with **one partner** from outside same household
- **Mat numbers restricted** by mat size and government guidelines
- Focus on **adapting to physical contact** and **re-learning technique**
- **No competition**
- Adhere to **social distancing** rules

RESTRICTED COMPETITION

- **Full practice**
- **Medium groups** - mat numbers restricted by mat size and government guidelines
- Competition - **max. 32 wrestlers** with **no spectators**
- Adhere to **social distancing** rules

FULL COMPETITION

- **Full practice**
- **Large groups** - limited by mat size
- Competition **no restrictions**
- Social distancing rules **removed**

READY TO WRESTLE?