

Return to the Mat

From 19th July 2021 all forms of wrestling training and competition are permitted in England, and all legal restrictions will end. However, the chances of catching the virus and passing it on are still high and many young people have not yet had the opportunity to be vaccinated. British Wrestling encourages you to show due consideration to those who may be concerned about returning to wrestling.

There remains a duty of care, especially towards young people and vulnerable adults, in the transition back to full contact training and competition and the necessity to continue to comply with British Wrestling rules and regulations.

This guidance sets out ways that the wrestling family can continue to reduce the risk of coronavirus infection. However, it is important to stress that these are only recommendations, and it is up to individuals and clubs to decide whether to implement them.

Step 4 Recommendations

General Safety Information

It is important to make all members and participants aware of the risks of Covid and remind athletes that they are participating in a close contact physical activity that carries risk.

Clubs and coaches are reminded to coach the person in front of them and move back to contact training at a pace that suits the participants. This should include building up the fitness, strength and flexibility needed for wrestling before moving to competitive contact training.

Personal Hygiene

All members and participants are encouraged to continue to practice good personal hygiene habits including regular washing of hands and covering your mouth when coughing.

Clubs and venues are encouraged to continue to provide hand sanitising solutions and cleaning materials to enable equipment to be cleaned before and after each use.

Transmission From Surfaces

Wrestling mats should continue to be regularly cleaned between sessions, this will continue to prevent the spread of coronavirus but also other infections including ringworm and staph.

Clubs should consider continuing enhanced cleaning regimes focusing on regularly touched surfaces.

Social Distancing and Face Coverings

It is recommended that face coverings are used, and that people remain socially distanced as much as possible, when operating in confined enclosed spaces within buildings.

Ventilation

It is recommended that clubs and venues maintain good ventilation throughout all buildings including making use of ventilation fans and keeping doors and windows open. Evidence shows that the risk posed is much reduced when outdoors or in well ventilated environments.

Capacity Limits

There are no capacity limits for indoor venues for coronavirus, but bear in mind some may choose to put in place their own specific restrictions and guidance, particularly around enclosed areas, so please follow these where appropriate.

The continued use of one-way systems in venues is encouraged. Mass congregations and spectators should be discouraged during training activities.

Clubs may wish to consider keeping class sizes lower to assist members who are anxious about returning.

Track and Trace

Anyone showing symptoms should immediately get a test and follow the latest government guidelines. Those with a positive test should self-isolate according to the latest government guidelines and follow any track and trace instructions given.

Clubs are reminded that for insurance purposes they should keep a record of participants at all sessions, and this can be used to support track and trace efforts if necessary. Clubs are asked to inform British Wrestling if they have any outbreak of coronavirus.

Venues should continue to display the NHS Track and Trace QR Codes for visitors to scan with the NHS app should they wish to.

Mental Health

Please bear in mind that the restrictions on wrestling activity for such a long period may have adversely affected the mental health of some members. You can find support and guidance from [Mind](#), remember it is good to talk.

The full government guidance for Step 4 can be found by [clicking here](#), while Sport England's frequently asked questions page can be found by [clicking here](#).