



MPA Wrestling Committee Wrestling Recommendation for Return to Participation

Referencing Orders and Guidelines from the Following Resources

National Federation of State High School Associations
Governor's Office - State of Maine
Maine Department of Education
Maine Department of Economic & Community Development
Maine Department of Health and Human Services
Maine Principals' Association Sports Medicine Committee

The NFHS, along with the Maine Guidelines for Community Based Sports, has labeled the sport of wrestling as a “High Risk” activity. “High Risk” activities are those that involve close, sustained contact between participants, lack of significant protective barriers, and high probability that respiratory particles will be transmitted between participants. The following recommendations are being made in accordance with NFHS and the Maine Department of Economic & Community Development guidelines.

Coaches and School Administrator(s) must hold a team educational session prior to the first contest to educate student-athletes of all rules related to competitive competition with other school districts and the requirements outlined below. In addition, each coach, paid and volunteer, must complete the free Covid-19 course called Covid-19 for Coaches and Administrators currently available on the NFHS Learn platform at <https://nfhslearn.com/>.

● **DISTANCING**

- Space players at least 6 feet apart (e.g., during warmup, skill building activities, simulation drills, when explaining drills or the rules of the game).
- Organizers should identify staff members or volunteers to help maintain physical distancing among players, coaches, umpires/referees, and spectators.
- Require individuals to maintain 6 feet of physical distance from individuals who are not part of their household group.

● **SPECTATORS/CAPACITY**

The approval of spectators must follow the guidelines below.

- Spectators are allowed at outdoor competitions. Spectators are not allowed at indoor competitions given the challenges of adhering to indoor gathering limits. Such public health-informed limits make it impossible for athletes to invite even one spectator. Video or streaming of events is recommended.
- Organizers of community sports activities are responsible for limiting the number of individuals that can gather in a shared space, in accordance with the Governor's Executive Order.

- All individuals, including participants, coaches, officials, volunteers, and spectators count toward the gathering limit.
 - If a space cannot accommodate the gathering limit without complying with the 6-foot distancing requirement, occupancy in that space must be limited to allow for such compliance.
 - Face coverings must always be worn by coaches, officials, staff, and spectators.
 - Spectators must maintain 6 feet of physical distance between themselves and others.
- **FACE COVERINGS**
 - Face coverings must be two layers at a minimum.
 - Require individuals to wear a face covering.
 - Face coverings are not currently recommended for wrestlers during active partner practice or competition.
 - Wrestlers must wear face coverings when not engaged in active play (e.g. during coaching strategy sessions, in bench area).
 - Unless the governing body for the sport has a specific recommendation regarding plastic face shields, do not wear them in place of a face covering given potential safety risks.
 - Face coverings must always be worn by coaches, officials, staff, and spectators.
 - To facilitate the use of a face covering, coaches and officials should consider using an artificial noisemaker such as an air horn or electronic whistle in place of a whistle.
- **SCREENING**
 - Student-athletes must be screened for signs and symptoms of COVID-19 prior to participation or entrance into an opposing school's facilities.
 - All game day staff/officials must complete a self-screening as well.
- **SCHEDULING**
 - There shall be no minimum number of meets required and a maximum of 10 meets.
 - Meets should be limited in the number of teams to meet the Governor's Executive Order for gathering limits. Consider Dual or Tri-meets only.
- **FACILITY & MAT**
 - When possible, schools should provide separate entrance and exit for teams and spectators to separate the teams from the public.
 - Home team medical staff must brief visiting coaches of protocols and isolation space for if an athlete becomes sick during play.
 - The mat should be cleaned and disinfected prior to each team match.
- **VISITING TEAM**
 - Visiting teams should arrive in a self-sufficient manner.
 - Come ready to compete dressed in uniform.
 - Medical kit with necessary athletic training supplies.
 - This should include back up face coverings and gloves.
 - All student-athletes must bring their own water vessel clearly labeled with their name.
 - Visiting teams should plan to bring their own water jug for their student-athletes to refill their water vessels.
 - These jugs/refill station should be clearly marked with the team name and purpose of only for use by such school when possible.

- Designated space for visiting teams may be available at schools that have protocols in place for sanitizing those areas.
 - Home team medical staff must brief visiting coaches of protocols and isolation space if an athlete becomes sick during the meet.
 - Home teams shall provide hand sanitizer/sanitizing stations at each team bench, which eliminates the possibility of teams showing up without any.
- **TEAMS**
 - Teams should be limited to 2 coaches and 1 manager.
 - Teams should be of the same size to adhere to the Governor's Executive Order on gathering size limits. Athletic Administrator's should communicate what that number is based on meet management prior to the meet.
- **TEAM BENCH**
 - The team benches should be on separate sides of the mat.
 - Limit sideline personnel to observe physical distancing of 6 feet.
 - Do not share uniforms, towels and other apparel and equipment.
 - Benches should be wiped down prior to a new team sitting in the bench area.
 - All coaches and staff must always wear a face covering.
 - Face coverings may be removed while hydrating so long as the person hydrating is 6 feet from anyone else in/on the sideline area.
- **WEIGH-INS**
 - In accordance with a change in NFHS rules for 2020-2021, all weigh-ins should be done in the gym with all wrestlers in a school provided uniform.
 - All wrestlers should sanitize their hands prior to entering the mat and between each period.
- **MATCH**
 - The mat should be cleaned prior to each team dual match.
 - All wrestlers should sanitize their hands prior to entering the mat and between each period.
 - Water bottles are not allowed on the mat and should be used in the team area.
 - Coaches are encouraged to maintain physical distancing when meeting with the wrestler during breaks (injury timeout, between periods, etc.).
 - No post-match handshake.
- **IN-MEET MODIFICATION**
 - Coaches must wear their mask during the meet.
 - All athletes must physically distance whenever possible.
 - Physical contact, such as high fives, handshakes, fist bumps, or hugs are discouraged.
- **EQUIPMENT AND ACCESSORIES**
 - Headgear must be cleaned and disinfected prior to the match.
 - Participants may not share any personal belongings.
 - Hand sanitizer should be available at each bench and the head table.
 - If mouth guards are used, athletes should keep their mouth guards in their mouth

throughout the competition. If the mouth guard is taken out, players must wash or sanitize their hands before continuing to play.

- **POST-MEET**

- No post-meet shaking of hands. Teams should conduct a good sportsmanship wave to opponents following the conclusion of the match from opposite sides of the mat.
- Wrestlers are encouraged to shower with soap and water at home immediately following a meet if locker rooms are not available at the school.

- **TRANSPORTATION**

- Transportation to and from sports activities require attention because of increased risk of proximity and poor ventilation.
- Limit the use of carpools or van pools. When riding in a vehicle to a sports event, encourage players to ride with persons living in their same household. Carpooling with individuals from different households is not recommended.
- If carpooling with individuals outside one's household group is necessary, increase ventilation in the vehicle, and all riders must wear a facial covering, and use hand sanitizer.
- If buses are used, spread individuals out to the extent possible, increase the airflow with open windows if weather permits, require use of face coverings, and provide hand sanitizer for use when entering and exiting the bus.