



**COVID-19
RETURN TO PLAY
STRATEGY
2020-2021**

Message from the EWC Executive,

Parents, families and wrestlers,

The Government of Alberta has announced that sports can resume a Return to Play with health measures in place. As we prepare to welcome our wrestlers and our coaches back to Edmonton Wrestling Club (EWC) and training, we have been working on a re-entry strategy that focuses on two key themes:

- **Mitigation of risk through safety strategies**
- **Continuity of training**

This wrestling season will be unlike any before. However, EWC remains unwavering in our focus to create a high-quality wrestling club that will keep our wrestlers, coaches and families as safe as possible.

To keep everyone as safe as possible, we have made a number of changes to the EWC training protocol that we will all need to adjust to. And as the situation with COVID-19 continues to evolve, so, too, will our approach and our strategies. Alberta's chief medical officer of health and EWC will continue to monitor information around the COVID-19 pandemic. This means that, at any point during the wrestling season, the province could change protocols for Return to Play. As such, EWC wrestlers will need to be flexible and change with new information as it becomes available. Any decisions will always be made based on the safety of our wrestlers and coaching staff.

We look forward to seeing our wrestlers this season and welcoming them back as well as helping them adjust to the new changes. As our Chief Medical Officer of Health Dr. Deena Hinshaw has said, safety is our collective responsibility. Together, we must all take measures to protect

one another—we must maintain high levels of hygiene and we must all follow the provincial health guidance to the best of our ability. We take this responsibility seriously. There is nothing more important to us than the safety and well-being of our wrestlers and coaching staff.

Please take time to read through the document to discover our COVID Return to Play strategy. If you have any questions, please do hesitate to reach out to us via email.

Sincerely,
EWCC Executive



SAFETY FIRST

The safety and well-being of wrestlers, coaches and families is the foundation of our return to play.

1. Mitigation of Risk Through Safety Strategies

The changes we're making are based on provincial requirements and direction to mitigate the spread of COVID-19. Protecting each other is the shared responsibility among all members of the wrestling room—we all have a critical role to play in following the safety protocols set out by Dr. Deena Hinshaw, Alberta's chief medical officer of health. These protocols are intended to mitigate or reduce the risk of COVID-19, but do not eliminate all risk. The provincial re-entry plan's focus on safety does not depend on one single strategy, but many strategies that work together to support the safest environment possible within the wrestling room.

These changes and strategies include:

- screening for illness
- strict illness protocols
- handwashing and sanitizing
- enhanced cleaning standards
- physical distancing
- cohorts
- personal protective equipment (PPE) and masks



Screening for Illness

Most important, we must follow provincial health protocols around illness as a key strategy to slow down or stop the spread of COVID-19. We all must do our part and stay home when we are sick.

Before coming to wrestling practice, all wrestlers and coaches must complete the EWC (based on the Government of Alberta's COVID-19 Information Screening Questionnaire) survey on Team Snap to determine whether they can attend or must stay home. Wrestlers and coaches will be expected to complete the questionnaire daily and follow all Government of Alberta health instructions on the questionnaire. Wrestlers or coaches who have any symptoms noted on the questionnaire cannot attend practice or enter the wrestling room.

Showing any signs of illness while at wrestling practice, a wrestler or coach will need to leave the wrestling room immediately.

Contactless thermometers:

Before entering the wrestling room, all wrestlers and coaches will have their temperature screened.

Wrestlers with pre-existing conditions

Any wrestler or coach with a pre-existing health condition that causes symptoms of illness should be tested for COVID-19 at least once before they return to practice. A negative test would help show that their symptoms are related to their pre-existing condition, and not to an illness. This would establish what their baseline for being healthy looks like. As well, wrestlers should consult with their doctors before returning to wrestling.

If there is a case of COVID-19 within the wrestling room

If health officials confirm a case of COVID-19 in the wrestling room, EWC in conjunction with Alberta Health Services will take the following steps:

- the zone medical officer of health will work with EWC and the coaches to quickly:

- identify cases
- identify close contacts
- create isolation measures when needed
- provide follow-up recommendations

- a COVID-19 case will not automatically lead to wrestling room closure - it could be that only the cohort of wrestlers and coaches who came in close contact will be required to stay home for 14 days

- parents and guardians will be notified if a case of COVID-19 is confirmed at EWC and public health officials will contact those who were in close contact with the person

- In the event of Alberta Health Services contact tracing, EWC will provide health officials with all necessary information including:

- full wrestling cohort lists, including all coaches and wrestlers
- practice attendance records for both coaches and wrestlers

Handwashing and sanitizing

Coaches and wrestlers will be required to wash and/or sanitize their hands throughout the practice, including:

- every time they enter or exit the wrestling room
- before and after they use shared equipment

EWC in conjunction with the U of A will provide hand sanitizer throughout the wrestling room to support these requirements.

Two Hand Sanitizing Stations

1. One at front entrance to wrestling room directly across from the elevator
2. One at rear exit of the wrestling room facing stairs to upper concourse of pavilion

It is also encouraged that wrestlers and coaches bring their own personal hand sanitizer.

Enhanced Cleaning standards

We are developing a COVID-19 cleaning standard for the wrestling room that aligns with provincial directives around cleaning and disinfecting.

These increased measures include:

- purchasing provincially recommended COVID-19 cleaning supplies
- removing any equipment that cannot be cleaned to provincial standards
- frequently cleaning and disinfecting high-touch surfaces
- clean and sanitize all equipment (including walls, mat surfaces) pre and post training. 30 minutes prior to use
- training equipment (eg. dummy) must only be used by one athlete at a time. The equipment must be cleaned and disinfected before any other individual uses it.

Physical distancing

Physical distancing is one component of the provincial COVID-19 plan. However, it is not always possible, particularly in the sport of wrestling. EWC will put controls in place to promote physical distancing throughout the wrestling room, where possible, including the entrance, exit, hallways, washrooms and common areas.

These controls may include:

- removing excess furniture in the wrestling room to make more space
- extended breaks between cohorts to prevent crowded common areas
- posting signs and using floor markers to control the flow of foot traffic and support physical distancing
- clearly marked entrance and exit

- coaches will limit individual contact, by demonstrating on one athlete or when possible demonstrating on an assistant coach.
- wrestlers will be instructed to leave immediately after practice
- use of change room will be off limits until further notice from facility services

Personal protective equipment (PPE) and masks

Masks are emerging as an important way to mitigate the risk of spreading COVID-19, particularly when people are indoors and physical distancing is a challenge.

All coaching staff will be provided with reusable masks and offered a face shield. All wrestlers and coaches will be required to wear a mask when entering the U of A building. Each wrestler will be given one EWC mask this year instead of a t-shirt. Additional EWC masks will be available for purchase.



Wrestling Practices

EWC is excited to start practicing again. However, it will be different in many ways as we work together to support the safety and well-being of our wrestlers and coaches during the COVID-19 pandemic.

2. Continuity of Training

Wrestling Cohorts

In the provincial re-entry plan, **a cohort is defined as a group of wrestlers and coaches who remain together.**

Cohorting decreases the number of close contacts coaches and wrestlers will have, and will assist public health officials in their efforts to trace contacts and contain a COVID-19 outbreak, should there be one in the wrestling room.

Please note: Alberta Health Services strongly recommends that athletes belong to ONLY ONE CORE COHORT to reduce the risk of getting sick or spreading COVID-19.

- The size of the EWC cohort will be set at the maximum of 50 for each age group including wrestlers and coaches.
- Within the cohorted practices, wrestlers will be placed in training groups of 3-4 (by weight class, skill level, etc.) to minimize direct contact between participants.
- Members of a cohort may **ONLY** train with their identified cohort, which will remain the same for **EVERY** training session
- As per Alberta Wrestling Guidelines: Athletes who regularly participate in multiple sports utilizing the cohort system **MUST choose a single sport in which to participate. Athletes CANNOT participate in multiple cohort sports.**

Wrestling Room and Training

- Wrestlers will have an assigned door to use every time they enter and exit the wrestling room.
- When wrestlers arrive at practice, they will follow physical distancing guidelines to stay at least two meters apart while they wait outside. However, wrestlers will not be able to wait more than five minutes outside the wrestling room before practice.
- Gathering outside of the wrestling room prior to, or after wrestling practices will not be permitted.
- Coaches and wrestlers will be instructed to leave immediately after practices.
- Parents and adults bringing wrestlers to practice will be asked to stay in their vehicle.
- Due to the constraints of COVID/physical distancing protocols, parents/spectators will not be permitted in the wrestling room or to wait outside the wrestling room in the common areas.
- Athletes will be instructed to arrive in their training gear.
- Water bottles must not be shared and must be filled at home, prior to arrival for practice
- Wrestlers must bring enough water to last the duration on the practice
- Wrestling cohorts and individual training will be separated by a 30 minute to avoid unnecessary contact
- To aid in tracking of wrestling room usage a google form and/or Team Snap will be used to schedule all team and individual usage of the wrestling room

ALBERTA AMATEUR WRESTLING ASSOCIATION DISCLAIMER:

There is still a risk of COVID-19 transmission. Participation in any wrestling-related activities is completely optional. AAWA insurance has excluded COVID-19 from our coverage so all training is at the risk of the individual participant and/or their parents or legal guardians. Any participant that has close contact with individuals at a high risk of infection must know the risks involved and may choose to not participate at this current time.

Additional Information

UWW Wrestling Return to Wrestling After Covid-19

https://wrestling.ca/wp-content/uploads/2020/07/Recommendations_Athletes_Training_Coaches_final_07072020.pdf

Alberta Amateur Wrestling

<http://albertaamateurwrestling.ca/aawa-stage-2-training-guidelines/>

WCL Suggestions for Dealing with Covid-19

<https://wrestling.ca/wp-content/uploads/2020/04/Some-Suggestions-for-Coping-with-COVID-19.docx.pdf>

Wrestling Canada Lutte Guidelines for Resumption of Wrestling Activities during Covid-19 Pandemic

<https://wrestling.ca/wp-content/uploads/2020/06/Covid-19-Return-To-Play-Guidelines-June-12-2020.pdf>

WCL Return to Mat Training Guideline

<https://wrestling.ca/wp-content/uploads/2020/06/WCL-Return-To-On-Mat-Training-Guidelines-v1.pdf>

COVID-19 (novel Coronavirus) Information. University of Alberta. 2020.

<https://www.ualberta.ca/covid-19/index.html>

GUIDANCE FOR SPORT, PHYSICAL ACTIVITY AND RECREATION – STAGE 2

<https://www.alberta.ca/assets/documents/covid-19-relaunch-sports-physical-activity-and-recreation.pdf>

novel coronavirus (COVID-19). Alberta Health Services. 2020.

<https://www.albertahealthservices.ca/topics/Page16944.aspx>

Alberta's Relaunch Strategy. Government of Alberta. 2020.

<https://www.alberta.ca/alberta-relaunch-strategy.aspx>

Alberta Biz Connect. Government of Alberta. 2020.

<https://www.alberta.ca/biz-connect.aspx>

Risk-informed decision-making guidelines for workplaces and businesses during the COVID-19 pandemic. Health Canada. 2020.

[https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/guidance-documents/risk-informed-decision-making-workplaces-businesses-covid-19-pandemic.htm](https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/guidance-documents/risk-informed-decision-making-workplaces-businesses-covid-19-pandemic.html)

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