

2020-2021 Centennial Youth Wrestling Club Return to Play Protocol

We will continue to stay in compliance with the MN Dept of Health and CDC regulations as we learn them.

The safety and well-being of all students, families and coaches will always be a top priority for Centennial Youth Wrestling Club. We want all families to know that we will follow state guidelines as they change to keep our wrestling room open for practice.

COVID-19 Protocol

- **PRACTICE DROP OFF/PICK UP PROCEDURE:**
 - Wrestlers must be dropped off and picked up. Parents will NOT be allowed to stay due to group size limitations.
 - Wrestlers will need to check in with coach where they will be assessed for symptoms; this may be a temperature check.
 - Should a wrestler present any symptoms, the parent/guardian will be called to pick up wrestler.
 - The use of face coverings/masks are encouraged when the wrestler is dropped off and will be put on when finished with practice. No mask is required during practice.
- **PRACTICE PROCEDURE:**
 - Wrestlers will use designated area for switching shoes. Coaches will help with laces.
 - All gear is to remain inside wrestler's personal bag.
 - Before entering mat wrestlers will sanitize hands and apply Pure Clean Sports skin defense.
 - Wrestlers will be assigned a pod of 25, this includes: coaches & wrestlers. See next page for details.
 - These pods will be given their own spot on the mat to reduce spread of germs.
 - There will be no sharing of clothes, shoes, drinks.
 - Please bring labeled water bottle. No sharing of water bottles will be allowed.
- **AFTER PRACTICE:**
 - Wrestlers should collect all gear and trash.
 - Wrestlers will sanitize hands at the completion of practice.
 - Wrestlers must shower after each practice once getting home.
 - Wrestlers should clean all equipment after each practice.
 - Coaches will sanitize mats before and after each practice. On practice days, the mats will be cleaned before first class and before second class.
 - Wrestlers should meet their parents/guardians outside for pickup. Coaches will help with shoe laces.
- **Please adhere to our new policies set in place regarding COVID-19:**
 - If wrestler has a documented case of COVID-19 during the season, the wrestler needs a note from a medical professional clearing the wrestler for participation. Please notify Scot Wick at (612-242-9001 or scot_wick@yahoo.com) of any confirmed cases immediately.

