



**For release, May 14, 2020 – USA Wrestling releases Return to the Mat Guidelines to assist wrestling community in making local decisions**

USA Wrestling has released the “Return to the Mat Guidelines” document, which are guidelines and recommendations for the wrestling community as it makes decisions on a local level regarding when and how to safely resume wrestling activity.

USA Wrestling Return to the Mat Guidelines

<https://content.themat.com/covid-19/USAW-Return-to-the-Mat-Guidelines.pdf>

The document was initially drafted by one of USA Wrestling’s special committees created during the pandemic, the Return to Practice and Competition Committee, which includes medical experts and event operations professionals. It has been reviewed by USA Wrestling’s COVID-19 Advisory Committee, a group of experts who advise the organization on medical, scientific and government matters pertaining to the novel coronavirus.

This document includes recommendations from the United States Olympic and Paralympic Committee and numerous other sources, including public health agencies and other sports organizations.

As USA Wrestling has suggested since the pandemic began, all individuals should keep themselves updated with the most recent information from their state and local public health department, and follow those local regulations. Club leaders, coaches, parents and individuals must make their own assessments as to the safety of their situations in conjunction with this document.

There are four phases included in the Return to the Mat Guidelines, based upon the situation in local communities. Included in the recommended protocols are specific activities to maintain cleanliness and personal hygiene. In addition to the recommendations, the resources also include two flow diagrams, a flow sheet and the USOPC Self-Monitoring Instructions.

USA Wrestling expects the document may be revised as the pandemic progresses and new or updated information becomes available. The wrestling community is asked to review this document from time to time to assess the guidelines and recommendations.

USA Wrestling is currently working on another document to assist the wrestling community, a Return to Competition Guidelines document, which will be developed and reviewed in the same way as the Return to the Mat Guidelines document.

USA Wrestling Return to the Mat Guidelines

<https://content.themat.com/covid-19/USAW-Return-to-the-Mat-Guidelines.pdf>

Sincerely,

Zachory Randall  
State Chairman  
USA OK Wrestling