

**Subject:** MVKWA Youth Wrestling – 2020-2021 Season - Initial Info

Dear MVKWA Directors, Head Coaches, Coaches and Others:

**Background:** In August and most of September, it was looking like many youth wrestling teams would not be able to use school facilities. That seems to be changing now. The continual learning about COVID-19 and the resultant updates to the Ohio public health orders seem to be facilitating those changes. A late August order gave the OK for contact sports and a September 25 order seems to allow for very small tournaments. Since COVID-19 poses a has serious risk that can result in severe illness and death, we all need to continually assess the safety & health risks vs. the benefits of having youth wrestling during the pandemic. That continuous assessment of the situation is especially important since the peak flu season is normally November through February. There seems to be a growing interest in having a youth wrestling season, so we will need to make it as safe as possible for the wrestlers, coaches, referees and families. Below is a simple outline of what is known for the 2020-2021 MVKWA season right now.

**Key Summary Points for COVID-19 for Youth Wrestling:**

- Everyone needs to maintain the 6 foot social distancing when not wrestling/drilling per a coach's direction.
- Everyone needs to wear masks inside buildings when not doing physical team activities or wrestling.
- Teams need to promote hand washing & make hand sanitizer that contains at least 60% alcohol available to all at practices, meets and meetings.
- CDC Link: [How to Protect Against COVID-19](#)
- CDC Link: [COVID-19 Symptoms](#)
- Teams need to screen wrestlers, coaches, parents, family members & referees before practices, meets and meetings:
  - each person can self-assess or team can log, see MVKWA Link: [COVID-19 Screening Questionnaire](#)
  - take each person's temperature with a remote, distanced thermometer
  - If a person's answer to any of the screening questions is Yes or their temperature is higher than 100.4, the person will not be allowed in for the practice, meet or meeting.
- Keep in mind a person can be contagious and infect others with COVID-19 days before they show COVID-19 symptoms.
- Limit coaches/wrestlers/referees "close contact" risks at practices/meets, where some "close contact" risks are:
  - within 6 feet of someone with COVID-19 for total of 15+ minutes
  - direct physical contact with a person with COVID-19 (wrestling contact, raising hand, etc.)
- Teams need to notify others known to be in "close contact" with someone with COVID-19, yet keep the infected person's identity private.
- CDC Link: [When might be exposed to COVID-19 and need to quarantine](#)
  - stay home for 14 days after contact with a person with COVID-19
  - watch for fever (100.4°F) or other symptoms of COVID-19
  - stay away from others, especially people with a higher risk of serious illness/death from COVID-19
- CDC Link: [When can return after COVID-19 symptoms or positive test](#)
  - 10 days since symptoms first appeared **and**
  - 24 hours with no fever without the use of fever-reducing medications **and**
  - other symptoms of COVID-19 are improving.

**MVKWA Meetings:** None set yet. If needed, will most likely be virtual, online meetings.

**MVKWA Meets:**

- Will start one month later than usual. Will be in January & February 2021.
- No Regional Meets and no Nutter Meet scheduled now due to COVID-19 risks.
- Meets will be capped at 206 wrestlers.
- Meets will have four sessions starting at 11:45, 1:15, 2:45, 4:15
- Meets will be pre-paired online into groups of 3, where pairings will result in 48 or less wrestlers per session.
- Pairings will be posted online before the meets with which wrestlers are in which session.
- Will be four mats/numbers 1,2,3,4 (from two large mats, at least 30'x30' each, split into two mat #'s each).
- Wrestlers' staging will be next to their mat/#, with wrestlers sitting 6 feet apart with masks on when not wrestling.
- Will be 2 table workers per mat, with no head table. Will be new multi-part forms to allow this.
- Each team will have a supply of ribbons to fill out after the meet on their own time.
- MVKWA Link: [Example of an MVKWA 2020-2021 Meet Gym Layout](#)
- Spectators will be limited per session. Per Ohio order, max is lessor of 15% of gym capacity or 300.
- Recommendation is for the host team to not have a concession stand, to minimize COVID-19 risks.
- The MVKWA will be paying, as in the past, for the referees and a trainer.
- For 2020-21, the MVKWA pays the host team an additional \$400 to help offset less admissions/concessions.
- More details will be sent out later, but these are the basics for now.

### **Team's Wrestler Registrations/Sign-ups:**

- Could be delayed up to a month later than usual if a team chooses. Or team could keep on usual month/date.
- Same USAW Limited Folkstyle Membership Cards needed for wrestlers, as in past years.
- Same forms needed as in past years (team keeps copies on file & has EMA copies at all practices/meets) :
  - Link: [Lindsay's Law Signature Form](#)
  - Link: [USAW Waiver Form](#)
  - Link: [USAW Emergency Medical Authorization \(EMA\) Form](#)

### **Team's Practices:**

- Recommendation would be to start a month later than usual, in late November or early December.
- Each team can decide when to start practices.
- Recommendation allows planning/work to make sure practices are as safe as possible from COVID-19.
- Consider reducing the number of wrestlers in each practice, possibly splitting practices into two practices.
- Smaller practices might allow for partners saying 6 feet away from other groups & reduce COVID-19 risk some.
- Consider reducing the time length of practice, possibly keeping them to 1 hour.
- Shorter practices might allow a reduction of "close contact" time and reduce the COVID-19 risk some.
- Recommended to allow only wrestlers and coaches in the wrestling room.
- Consider if parents should wait in cars and outside the building, or provide a space they can wait 6 feet apart.

### **Key MVKWA Startup Information:**

1. The USA Wrestling fees will be the same as last year:
  - a. Team: USAW Club and Additional Insured = \$125 (\$95 for club + \$30 for insurance)
  - b. Coaches: USAW Limited Wrestling Leader Cards: \$35 (plus \$15 background check each 2 years)
  - c. Wrestlers: USAW Limited Folkstyle Cards: \$15 (special price covers MVKWA wrestlers)
2. Each MVKWA team will need to have these items:
  - a. For Team: USAW Club and Insurance (aka "Additional Insured")
  - b. For Coaches: USAW Limited Wrestling Leader Membership Cards (required for all coaches)
  - c. For Wrestlers: USAW Limited Folkstyle Membership Cards (required for all wrestlers)
  - d. For MVKWA Meets: USAW Meet Sanction (cost: \$70 for host for each MVKWA meet hosting)
  - e. For Wrestlers: MVKWA Weigh-In Card (fee is same: \$21 per wrestler)
  - f. For Coaches: Ohio Concussion Course certificate for each coach (team keeps these).
  - g. For Coaches & Parents: Lindsay's Law signed by parent/coach (teams keep these).
  - h. For Coaches: MVKWA Coaches Floor Passes, see link: [Coaches Floor Passes 2020-2021](#)
  - i. New for Team for 2020-21: access to a remote thermometer to use at all practices, meets and meetings

### **Needed by October 11:**

Email the items below to: [mgerhard@mindspring.com](mailto:mgerhard@mindspring.com) by **Sun. Oct. 11, 2020**:

- (1) Your Team's Name: \_\_\_\_\_
- (2) Will your team be participating in the MVKWA in 2020-2021? YES, NO, TBD (To Be Determined) [pick one]
- (3) Does your team want to host an MVKWA meet in 2020-2021? YES, NO, TBD (To Be Determined) [pick one]
  - a. If YES, email which dates your team can host MVKWA meets in priority order:
    - i. 1<sup>st</sup> choice: \_\_\_\_\_
    - ii. 2<sup>nd</sup> choice: \_\_\_\_\_
    - iii. 3<sup>rd</sup> choice: \_\_\_\_\_
    - iv. 4<sup>th</sup> choice: \_\_\_\_\_
- (4) Best guess at team's number of wrestlers in 2020-2021? \_\_\_\_ [enter number or TBD (To Be Determined)]
- (5) If the team's Director is changing or new for 2020-2021, email changed/new Director's:
  - a. Name: \_\_\_\_\_
  - b. Email Address: \_\_\_\_\_
  - c. Cell/Text Phone: (\_\_\_\_) \_\_\_\_\_
  - d. Home Postal Mailing Address (#, street, city, state, zip): \_\_\_\_\_

Thanks,

Mark Gerhard

MVKWA Director

Email: [mgerhard@mindspring.com](mailto:mgerhard@mindspring.com)

Cell/Text: (937)369-7658

FYI Web Links:

- Ohio Sep. 25 Order Link: [Director's 2nd Amended Order on Mandatory Requirements for Youth Sports](#)
- Ohio.gov Link: [Sector Specific Operating Requirements](#) (see: Coaches and Student Athletes)
- Ohio High Schools Link: [OHSAA-COVID-19-Correspondence](#)