

**Salem Washington Academy
Winter Season 2021
Wrestling Preparedness Plan**



The NYSDOH has determined that Wrestling is a high-risk sport (Least ability to maintain physical distance and/or be done individually; least ability to: (1) avoid touching of shared equipment, (2) clean and disinfect equipment between uses by different individuals, or (3) not use shared equipment at all).

In anticipation of receiving conditional approval from the Washington County Department of Health to participate in “Higher Risk” sports, and in accordance with NYSDOH recommendations, the “Interim Guidance for Sports and Recreation during the COVID-19 Public Health Emergency,” and the NYSPHSAA Return to Interscholastic Athletics guide, this document will serve as the Salem Washington Academy District Winter Season 2021 Wrestling Preparedness Plan.

If you have any concerns related to the district’s safe operation of wrestling, please use the following confidential communication means:

Telephone Number: TBD

Email Address: covidinfo@salemcsd.org

Plan Administrators:

Donald Zarzycki, Athletic Director

Julie Adams, 7-12 Principal

David Glover, Superintendent

Plan Coordinators:

Donald Zarzycki, Athletic Director

Julie Adams, 7-12 Principal

David Glover, Superintendent

Participation Level: Varsity Only

**If the Jr/Sr High School is closed or if the building is participating in full remote instruction for any COVID-related reasons, all “Higher Risk” activities are postponed until the building reopens for in-person instruction, regardless of any positivity percentage stipulations.*

***The 7-day rolling average percent positivity in the Capital Region, as calculated by NYSDOH, must be at or below 4.0% for full practices and games to continue. If the 7-day rolling average percent positivity is above 4.0%, then activities must be restricted to individual or distanced group training or organized no/low-contact group training. Therefore, if the metrics related to the positivity rate for the county move above acceptable levels, we will temporarily pause full practices and competitions.*

Face Coverings:

The American Academy of Pediatrics (AAP) interim guidance for return to sports specifically does not recommend mask wearing during wrestling because of the choking hazard that face coverings could pose. **It is not feasible to maintain physical distancing and universal mask wearing during**

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practice and competition for high-contact sports such as wrestling. Athletes must wear masks before and after the match.

General Expectations

- All participants (coaches, players, etc.) must participate in daily screenings, temperature check and wear a mask (no gators, unless they have ear loops) at all times when not wrestling. The face covering/mask must be worn over the nose and below the chin at all times when in use. The only time a mask may be removed is for a drink break or wrestling match.
 - Face coverings are required anytime a participant is in the district, including practices, travelling on the bus, and competitions
 - If the cloth face covering/mask is removed for a break, the individual should remain at least 6 feet away from all other individuals.
 - Cloth face coverings must be washed daily in hot water and not reused until cleaned.
 - Coaches, managers, and other school employees will monitor proper use of cloth face coverings/masks and correct improper use, when indicated.
 - Vaccination status does not alter any requirements.
 - There are no exceptions to this rule unless an individual has been granted a medical clearance for an exemption.
 - Individuals with a medical condition that would be complicated by wearing a cloth face covering/mask can apply to the district/school medical director for an exemption by providing appropriate documentation that the condition will be present throughout the length of the sports season.
- Cohort/pods restricted to 10 athletes
- COVID testing for the entire team.
- In order to participate, student-athletes must:
 - Returned a signed informed consent form (through Family ID)
 - Have medical clearance from their healthcare provider.

Testing:

- Athletes will be tested once per week.

Daily Screening

- Every athlete, coach and official are required to complete the daily health screening questionnaire upon arriving to the district before each practice/game.
- Every athlete, coach and official is required to submit to a temperature check upon arriving to the building for practice and/or competition.
- A daily attendance log will be completed by the coach for all practices and contests.
 - The log will include:
 - The date and time of the practice/contest
 - The names, address, phone number, and emails of all people present during the practice/contest

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Facility Management

Location: All practices will be held in the Salem auditorium (small gym), the main gym or cafeteria.

- Only the student-athletes, Board of Education appointed personnel, and school administration, including the Athletic Director, will be allowed at practices/contests and in the building during that time.
- Student-athletes who are dropped off, will enter through a designated location at the assigned entry time. They will then use the same location to depart after practice
- Once in the building, approved individuals are required to remain in the designated practice area, unless prior approval has been granted by the building principal. Students should not be in the hallways, visiting their lockers, etc.
- “Managers,” statisticians, or other individuals who are not formally appointed by the Board of Education are not permitted to enter the building or attend practice and/or contests, including spectators and parents/guardians.
- If a parent/guardian wishes to meet with the Coach, a mutually agreed upon time, separate from practice, will be arranged; a virtual or phone meeting will be encouraged.
- Student-athletes must arrive ready to participate:
 - Locker Rooms will not be available and student-athletes are not permitted to change in the bathrooms.
 - All coaches, athletes, officials, and other site personnel are encouraged to minimize to the furthest extent possible the time spent in the facility before or after a practice/contest.

Spectators

During the Winter 2020-2021 season, spectators will not be allowed at any indoor practice or contest.

Contests

- The district will abide by the COVID-19 protocols developed, and adopted, by the host school.
- Site administrators may pause or end the contest if safety guidelines are not followed, including, but not limited to proper mask wearing.
- Each team is only allowed to travel with the team roster and up to four individuals identified as ‘essential personnel’ (coaches are included in this number)
 - Any proposed essential personnel beyond the coaches must be approved by the Plan Administrators.

Traveling

- The daily health screening questionnaire and temperature checks must be completed prior to boarding the bus.
- The district will communicate with the host school on specific safety plans and procedures. Team rosters including names, addresses and phone numbers will be shared with the away team site for contact tracing purposes.
- Teams will adhere to NYS requirements and the District’s travel protocols as outlined in the district’s reopening plan.
- If parents/guardians transport students to contests or practices, carpooling with people from separate households is highly discouraged.

Updated 2/17/2021

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- Students will not be permitted to drive themselves to contests unless prior approval from the Building Principal is obtained.

Hygiene

- Coaches and athletes will be reminded to frequently practice proper hand hygiene which includes washing with soap and water for at least 20 seconds or utilizing hand sanitizer before and after practice/competition..
- Celebrations, including High-fives, fist bumps, and celebratory hugs are prohibited.
- Players will sanitize their hands anytime they come off the mat or when there is a break in practice.
- Coaches must adhere to social distancing protocols, unless they are demonstrating a skill.
- When not participating in a drill, during a break, or on the bench, student-athletes must adhere to social distancing protocols.
- Athletes/coaches will not place their personal belongings near each other and will follow the protocols established by the practice/game site.

Equipment

- Student-athletes must provide their own water bottle(s), towels, or any other items that may come in contact with an individual's skin
- There will be no sharing of personal equipment or items
- Individual clothing/towels should be washed and cleaned after every workout immediately upon returning home.
- Shared equipment will be cleaned and disinfected frequently. At minimum any shared equipment must be cleaned and disinfected daily.

Food and Drink

- Congregate dining is not permitted when traveling (i.e. stopping at a restaurant after a contest)
- There will be no food consumed during practices or on school transportation

Practice Consideration

- Pods will be assigned to no more than 10. They will stay consistent throughout the season to help with contact tracing.
- Take breaks prior to any 15-minute period in order to sanitize/hand wash, social distance.
- Teams will be separated into smaller groups using different practice locations/times
- Mats and surfaces will be cleaned before and after every practice.
- Reduce the gathering of people outside of practices/competitions
- No shared towels, practice gear, headgear, equipment etc.
- No shared drinking facilities (provide individual water bottles)
- Launder practice clothing daily

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Dual Meet Consideration

- Dual meets only, no tournaments at this time.
- Mandatory cleaning of mats before the start of each dual meet, between bouts and at the conclusion of the night.
- Weigh-ins will be done by team rather than shoulder-to-shoulder by weight.
- Conduct weigh-ins with multiple, certified scales.
- Conduct weigh-ins in a larger area such as gym, wrestling room, etc.
- Seat athletes 6 feet apart, use bleachers if necessary.
- Verify that all contestants on your team are in good health and showing no symptoms of illness. If not, don't allow them to travel or compete.
- Coaches: must be appropriately masked the entire time, face shields or goggles are encouraged
- No team handshakes after meets. Acknowledge opponents from across the mat(s).
- No out of state competitions.
- Seat one coach in each corner rather than two (two are allowed) or be seated 6 feet apart.
- No spectators at this time.
- Only official scorer and official timer should be permitted at the scorer's table.

Officials

- Masks required at all times.
- Bring personal hand sanitizer. Hand sanitizer used frequently during competitions. Wash hands frequently.
- Do not share equipment.
- Change whistle several times during the day (or consider using an electronic whistle).
- Follow social distancing guidelines. Consider six feet minimum distance when talking to others (players, coaches, other officials).
- Do not shake hands during pre-meet and post-meet ceremony.
- Indicate the winner of the match by raising your own hand indicating the ankle band color as the winner. Cover this procedure during the pre-meet discussion with coaches and athletes.
- Avoid contact throughout the match, unless absolutely necessary.
- Neutral starts can be modified to maintain social distancing. Be sure to cover this in pre-meet discussions. Be sure to develop a cadence that will keep both wrestlers stationary prior to the start whistle. My suggestion is "Wrestlers stay set!" then blow the whistle. Coaches need to be sure to prepare their wrestlers for this change.
- May wear disposable gloves. If so, then they must change after each match.
- Communicate with the host school administration regarding dressing facilities and weigh-in procedures to eliminate confusion and expedite the procedures but all participants should come dressed for competition, locker rooms will not be available.
- When being asked for a conference with the coach at the head table, maintain social distancing.

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Administration

- Hand sanitizer and disinfectant wipes available at mat side and each scorer's table.
- Sanitizing wipes available to the computer operators for wiping down periodically and between uses by other workers.
- Writing utensils, when used, handled by one person, or sanitized between uses by other workers.
- Plan and communicate (with teams and officials) effectively in preparation of weigh-in procedures and protocols for each event.
- Use multiple sets of ankle bands and disinfect between matches.

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We recognize that participation in sports is an important part of the high school experience. We acknowledge that participation in interscholastic athletics is voluntary. Parents/guardians and students will have to sign off on the attached form acknowledging that they have read this document and agree to follow all requirements as outlined in the plan.

Informed Consent Sign Off

Each parent/guardian must sign a district/school developed COVID-19 informed consent. Signatures on this document (or through Family ID electronically) signifies that parents and athletes understand and/or consent to the following:

- COVID testing of my son/daughter;
- Participation in the sport may expose the student-athlete to COVID-19;
- Symptomatic and asymptomatic individuals can spread the virus;
- Masking, distancing, and other mitigation measures reduce, but do not eliminate risk;
- At present, it cannot be predicted who will become severely ill if infected;
- COVID-19 can lead to serious medical conditions and death for people of all ages;
- The long-term effects of COVID-19 are, at present, unknown; even people with mild cases may experience long-term complications;
- There is a significant risk of transmission to those in the home of infected student-athletes;
- Older people and people with *underlying health conditions* are at higher risk of serious disease;
- Rules/guidelines set forth in the Wrestling Preparedness Plan for Winter 2021;
- Rules/guidelines are subject to change by Department of Health/CDC/NYSED guidelines and directives.

Parent/Guardian Name (Please print)

Parent/guardian Signature

Student Name (Please print)