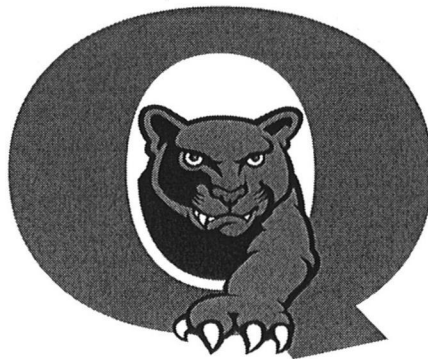


Athletics Health & Safety Plan

Phase 5

Return to Competition *Winter Sports*



November 18, 2020

Phase 5 – Return to Competition

The recommendations for Gathering Limits and Mask Wearing will be updated as new information is received from the:

PA Department of Health

PA Department of Education

Bucks County Department of Health

PIAA

WINTER SPORTS ONLY

- Low Risk – Bowling, Sideline Cheer, Individual Swimming Events, Individual Running and Throwing Events (Winter Track)
- Moderate Risk – Basketball, Swimming Relays, Jumping Events – Pole Vault/High Jump/Long Jump (Winter Track)
- High Risk – Wrestling, Competitive Spirit (Cheer)

GENERAL CONSIDERATIONS:

- Student-Athletes, coaches and staff are required to do a self-screening for COVID before coming to school or practice.
 - If your temperature is 100.4 or higher, individual is showing symptoms or is sick, stay home.
 - Cover your mouth and nose with a tissue when coughing or sneezing.
 - Adhere to school adopted plans if someone begins to show symptoms.
- Regularly and thoroughly wash your hands with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer that contains at least 60% alcohol.
 - Emphasize to all participants the importance of washing hands or using hand sanitizer before, during, and after competitions.
- Properly sanitize facilities and have hand sanitizer and disposable masks readily available for practices and contests.
- Clean and disinfect frequently touched surfaces and equipment including balls.
- Social distancing of at least 6 feet should be maintained at all times, where feasible. No hugging, high fives, shaking hands, or fist bumps for support/encouragement.
 - Social distancing must be maintained during the National Anthem and on sidelines.
 - Indoor sports may need to use bleachers or multiple levels of seating to ensure social distancing.
- Individuals are required to wear face coverings in accordance with the Secretary of Health's order on November 18, 2020, unless they meet the exceptions under Section 3 of this order.

- **Indoors:** Coaches, athletes (including cheerleaders) and spectators must wear face coverings, when indoors and where another person or persons who are not members of the individual's household are present in the same space, irrespective of physical distance. This includes while actively engaged in workouts, competition, and on the sidelines, etc.
- **Outdoors:** Coaches, athletes (including cheerleaders), and spectators must wear face coverings if they cannot maintain sustained physical distance from persons outside of their household. This includes while actively engaged in workouts, competitions, and on the sidelines, in the dugout, etc. If sustained six-foot distancing can be maintained, face coverings may be removed when outdoors.
- There are no color restrictions on face coverings; however face coverings must adhere to the Restriction on Advertisements or Sponsors Names on Uniforms policy, as adopted by the PIAA Board of Directors.
- All students and coaches MUST bring their own water bottles. Athletic Department will coordinate with visiting Teams to ensure that they have safe access to water for their participants.
- If a positive COVID-19 case is determined, follow the school safety plans.

CONSIDERATIONS FOR COACHES:

- Communicate guidelines in a clear manner to students and parents.
- Consider conducting workouts in "pods" when possible, of same students always training and rotating together in practice to ensure more limited exposure if someone develops an infection.
- Keep accurate records of those athletes and staff who attend each practice in case contact tracing is needed.
- Coaches may have to limit game day squad sizes for social distancing purposes.
- Coaches must bring their own water bottle(s) and follow established guidelines for hydration.

CONSIDERATIONS FOR STUDENT-ATHLETES:

- Student-Athletes and their parents are required to sign the Parent/Guardian Consent Waiver of Liability document to participate in athletics (included in FamilyID Registration)
- Students-Athletes are responsible for their personal sanitation supplies.
- Students-Athletes must wear their own appropriate workout clothing and

- not share clothing. Individual clothing/towels should be washed and cleaned after every workout.
- Hand sanitizer will be plentiful at all contests required to and practices.
 - Student-Athletes must tell coaches immediately when they are not feeling well.
 - Student-Athletes must keep their mouth guards in their mouth throughout the competition. If the mouth guard is taken out proper disinfection of the mouth guard must be performed prior to reinsertion. Hands must also be washed or disinfected before doing so.
 - Student-athletes are encouraged to develop healthy habits including, but not limited to, a balanced diet, adequate sleep, and proper hydration.
 - Healthy eating and attention to hydration is especially important for student-athletes to enhance training capacity and reduce the risk of illness and injury.
 - Bring and use your own water bottle.
 - High school athletes are at increased risk for dehydration. It is important that you drink enough fluid before, during and after practice and competition.
 - Student-athletes should follow established guidelines for hydration.
 - Please see National Athletic Trainer Association (NATA) Resource:
 - [Healthy Hydration For Young Athletes](#)
 - Student-athletes are encouraged to shower as quickly as possible after practice and games.
 - Student-athletes must comply with the Code of Conduct Agreement (Student Athlete Policy Handbook) regarding mask requirements and distancing at social gatherings, both on and off the field. Non compliance will result in removal from the team.

CONSIDERATIONS FOR PARENTS/GUARDIANS:

- Parents/Guardians must monitor their children of any symptoms prior to any sporting activities. Children who are sick or showing symptoms must stay home. (If there is doubt stay home).
- Parents/Guardians and coaches must assess levels of risk based on individual athletes on the team who may be at a higher risk for severe illness.
- Provide personal items for your child and clearly label them.
- Disinfect your student's personal equipment after each game or practice.
- Be prepared with face coverings for members of your family if permitted to attend events.
- Inform coaches if your student-athlete has been exposed to someone who is known to have COVID-19.

CONSIDERATIONS WHEN TRAVELING TO A COMPETITION:

- Communicate with the host school prior to the competition to discuss plans.
- Request host school's Athletic Health and Safety Plan for review
- Follow all policies and guidelines the host school has communicated.
- Make sure your team is bringing its own medical supplies and emergency action plans.
- Have a plan in place if someone begins to show symptoms.
- Reschedule or cancel contest if any members of the opposing team are quarantined.

CONSIDERATIONS WHEN HOSTING A COMPETITION:

- Request visiting school's Athletic Health and Safety Plan prior to the contest for review.
- Have an administrative contact (cell number and email address) for all events.
- Communicate ahead of time with the incoming schools and officials about procedures, policies and guidelines.
 - Parking;
 - Where to enter facility;
 - What equipment should the visiting team bring;
 - Water availability;
 - Bench area seating (how many players can be accommodated to maintain social distancing);
 - Locker room availability and resources;
 - Emergency action plans;
 - How will game day paperwork be handled
- Properly sanitize facilities before the visiting team has arrived.
 - Hand sanitizer will be readily available.
- Clean and disinfect frequently touched surfaces and equipment including balls.
- Follow school health and safety plan if someone begins to show symptoms.
- Reschedule or cancel contest if any members of the opposing team are quarantined.

GATHERING LIMITATIONS:

- PA New Guidelines for Gatherings (November 23)
 - Indoor: 10% of capacity for venues that hold 0-2,000 people (QCSD)
 - Outdoor: 10% of capacity for venues that hold 2,001-10,000 people (Alumni)
 - Outdoor: 15% of capacity for venues that hold 0-2,000 people (QNB)

CONSIDERATIONS FOR SPECTATORS:

- The Suburban One League has agreed that visiting spectators will not be permitted to attend events. Home team participants will get family tickets to attend events in the QCSD gym.
- All sports-related gatherings must conform with the amended guidelines on safe gathering limits released by the Department of Health on November 23, 2020

- Seating areas, including bleachers, must adhere to social distancing requirements of at least 6 feet of spacing for anyone not in the same household. To assist with proper social distancing, areas should be clearly marked.
- Everyone age 2 or older must wear face coverings at all times, unless they fall under an exception listed in Section 3 of the Secretary of Health's Order on Universal Face Coverings.
- Caregivers or spectators must not enter the area of competition or bench area

CONSIDERATIONS FOR MEDIA:

- Media members must complete a personal health assessment daily.
 - If temperature is 100.4 or higher, individual is showing symptoms or is sick, stay home.
- The media must make contact with the school prior to attending to make appropriate arrangement for attendance.
- Media availability may be limited especially if there are limits on capacity.
- Media will be restricted to areas outside of the team areas.
- Interview request may be limited and should be accommodated only if social distancing protocols can be followed.
- Media are required to wear face covering in accordance with the Secretary of Health's order of November 18, 2020, unless they meet exceptions under Section 3 of that order.
- Locker room access and access to student-athletes will be monitored or limited on a case by case basis and, if it occurs, media must wear face coverings while in a building and maintain social distancing in all locations.

CONSIDERATIONS FOR GAME DAY WORKERS:

- Individuals are required to wear face coverings in accordance with the Secretary of Health's order of November 18, 2020, unless they meet the exceptions under Section 3 of this order.

General Considerations for Winter Sports (pages 7- 20)

- Basketball
- Bowling
- Competitive Cheer
- Swimming and Diving
- Winter Track
- Wrestling (including specific QCHS guidelines)

Return to Competition: General Considerations for Basketball



Pennsylvania Interscholastic Athletic Association (PIAA)
National Federation of State High School Associations (NFHS)
Sports Medicine Advisory Committee (SMAC)

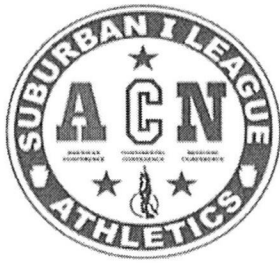
SPORT:	Basketball	STAFF LIAISON:	Jen Grassel
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The NFHS has determined that basketball is a moderate risk sport (sports that involve close, sustained contact, but with protective equipment in place that may reduce the likelihood of respiratory particle transmission between participants OR intermittent close contact OR group sports OR sports that use equipment that can't be cleaned between participants).

BASKETBALL RULE CONSIDERATIONS:

- ***Pregame Protocol (2019-2021 NFHS Officials Manual, page 16, 1.8)***
 - Limit attendees to the referee, head coach, and one captain from each team with each coach standing on the center circle on each side of the division line.
 - All individuals maintain a social distance of 6 feet or greater at the center circle.
 - Suspend handshakes prior to and following the Pregame Conference.
- ***Team Benches (1-13-1)***
 - ***Social distancing should be practiced when possible. Below are some suggestions.***
 - Limit the number of bench personnel to observe social distancing of 6 feet or greater.
 - Place team benches opposite the spectator seating.
 - Additional chairs or rows may be added to allow bench personnel to observe social distancing of 6 feet or greater.
 - Create separation between the team bench and spectator seating behind the bench.
 - Limit contact between players when substituting.
 - Substitutes shall report to the scorer's table but in the event there is more than one substitution, they may sit at the end of the scores table closest to their bench to maintain social distancing.
 - Coaches and Athletes should adhere to the current Pennsylvania Secretary of the Department of Health Order of July 1, 2020.
 - ***Officials Table (2-1-3)***
 - The host should sanitize the table before the game and at half time.
 - Place officials table sufficiently away from the sideline to allow for additional space for substitutes.
 - Limit seats at the table to essential personnel which includes home team scorer and timer with a recommend distance of 6 feet or greater between individuals. Other personnel (visiting scorer, statisticians, media, etc.) may not be deemed

- essential personnel and consider an alternate location for them.
 - Table personnel should adhere to the current Pennsylvania Secretary of the Department of Health Order of July 1, 2020.
- **Pre and Post Game Ceremony**
 - Suspend the pregame introduction handshakes.
 - This includes shaking opposing head coach and officials prior to the game.
 - Suspend post game protocol of shaking hands.
- **Basketball Rules Interpretations**
 - ***EQUIPMENT AND ACCESSORIES***
 - Basketball
 - Ball shall be sanitized as recommended by the ball manufacturer and not used for warm-ups.
 - The host school should ensure that the ball is sanitized during time-outs and between quarters.
 - Sanitizer should be provided by the host team at the table.
 - Cloth face coverings are permissible for players.
 - Coaching staff and other bench personnel shall follow the current Pennsylvania Secretary of the Department of Health Order of July 1, 2020.
 - ***Officials Uniform and Equipment***
 - Long-sleeved shirts are permissible.
 - Electronic whistles are permissible (supplies are limited).
 - Choose a whistle whose tone will carry inside.
 - Cloth face coverings are permissible.
 - Officials should have face coverings readily available in the event they will be conversing with players/coaches/game personnel within six feet.
 - Gloves are permissible.
- **Other Considerations**
 - ***Throw-in***
 - Official may stand 6 feet or greater away from player making the throw-in and bounce the ball to that player on a front court throw-in.
 - ***Free Throw Administration***
 - The lead official shall stand on the end line and bounce the ball to the free thrower.
 - ***Jump Ball***
 - Official can designate another official to toss the ball in the center restraining circle for all jump-ball situations. (Rule 2-5-1)
 - ***Scorebook***
 - Officials do not need to sign the score book but will need to have verbal verification on roster and starter submissions prior to the 10 minute mark.



Return to Competition:

General Consideration for Bowling

NFHS has not released any guidance for how to conduct Bowling during the time of Covid. For our purposes, bowling should be considered a low-risk activity as we do not have any reason for sustained contact between individuals, equipment should not be shared, and PPE can be worn.

Return to Competition:

- **Pre-game:**
 - Bowlers should be pre-screened prior to coming onsite. All bowlers with any symptoms should avoid travel to or participation in bowling while symptomatic.
 - Bowlers should set up an area to sit, allowing for a distance of 6 feet or more whenever feasible.
 - Bowlers should have any equipment displayed in an area where only they would need to touch it.
 - Bowlers should bring their own equipment or only wear properly sanitized equipment provide by the alley and should never share it.
 - Warmups should be completed on the same pair as competition and bowlers should not interact with bowlers on other lanes.
 - Bowlers should stand at least 6 feet behind the bowler on the approach during practice.
- **During competition:**
 - Bowlers should wear mask at all times; except on the approach. Bowlers should not place their mask on the monitor or other common area.
 - Bowlers should not exchange high fives or other contact in celebration.
 - Only the coach should write scores at the conclusion of each game.
 - Minimize the rosters to just 5 Varsity and 5 JV bowlers on match days.
 - Use multiple pairs of lanes (where possible) to provide more space between athletes.
 - Minimize the number of spectators to provide for adequate social distancing.
 - Sanitizing hands frequently during the match.
- **Post competition:**
 - Eliminate post game celebrations; i.e. handshakes or cheers.
 - Each bowler packing up their own equipment and sanitizing it properly.
 - Leaving the bowling area as quickly as possible at the conclusion of the match.
 - Coaches should corroborate scores and send pictures to scorekeepers.

- Bowling Center Considerations
 - Please work with your home alley to determine their Health and Safety plan.
 - Provide the visiting school with the Health and Safety plan.
 - Determine the Bowling Centers procedures for closures and making up match dates.
 - Determine bowling center policy towards food and beverage.

Return to Competition: General Considerations for Competitive Cheer



Pennsylvania Interscholastic Athletic Association (PIAA)
National Federation of State High School Associations (NFHS)
Sports Medicine Advisory Committee (SMAC)

SPORT: Competitive Cheer

STAFF LIAISON: Melissa Mertz

The NFHS has determined that competitive cheer is a higher risk sport that involves close, sustained contact between participants, lack of significant protective barriers, and high probability that respiratory particles will be transmitted between participants.

****It's PIAA's position that Competitive Cheer competition may be considered no more than a moderate risk, with the following considerations:** Routines are no more than 2 ½ minutes in length, contact among team members falls below stated CDC guidelines of less than 6 feet for 15 minutes or more and competition does not involve any contact with members of another team/school.

COMPETITIVE CHEER RULES CONSIDERATIONS:

- **Cheerleading General Risk Management (2-1-14, 2-1-16):** Sideline and playing surface placement during game.
 - *Participants should be appropriately spaced on the court, field or sideline to ensure proper social distancing.*
- **Cheerleading Apparel / Accessories (3-1-1):** Jewelry of any kind is prohibited except for the following: A religious medal without a chain is allowed and must be taped and worn under the uniform. A medical-alert medal must be taped and may be visible.
 - *Masks may be worn but are not required. No masks may be worn in routines that involve stunting. Any mask worn during a routine that does not involve stunting but involves tumbling must be taped and secure.*
- **Other Spirit Considerations Cheerleading General Risk Management:** Judge placement during adjudicated performance and competition.
 - *Judges, officials, adjudicators, etc. should be appropriately spaced to ensure proper social distancing.*

PREVENTATIVE ACTIONS:

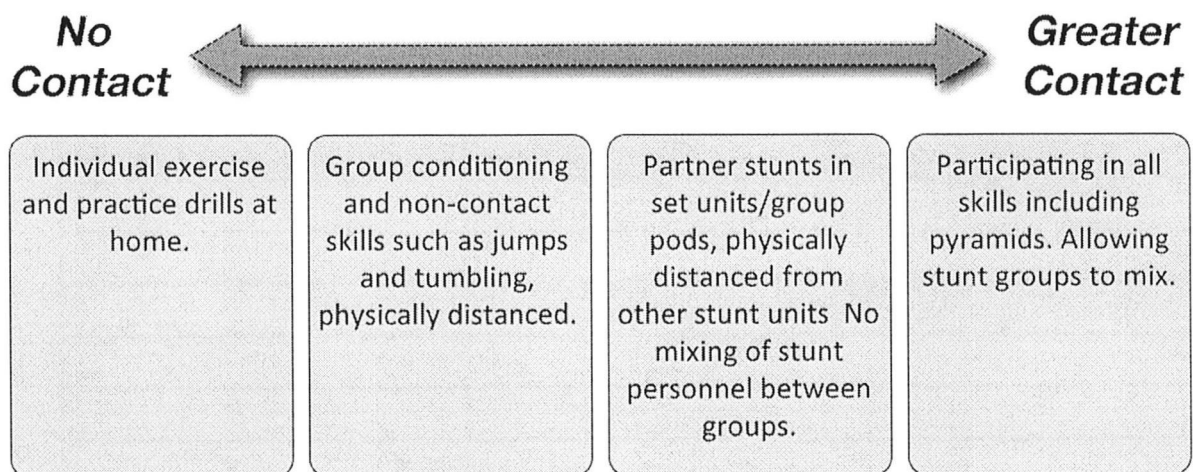
- The primary consideration is to begin any activity, practice, etc. with a clean space.
- Clean/sanitize surfaces with cleaner/accepted methods listed on the Environmental Protection Agency's list of disinfectants for use against SARS-CoV-2 as directed by the CDC, or as may be reasonably necessary.
- Mats should be cleaned at least each day of activity or as needed according to current guidelines. If different groups are meeting in the same space at different times, mats should be cleaned between groups.

- Any athlete that feels ill during activity should be isolated and picked up by parents/guardians as soon as possible.
- Provide access to handwashing areas and wash hands during breaks or as reasonably necessary, with particular attention after participating in stunts.
- Athletes, coaches, and support staff who are a member of a high-risk group or live at home with a member of a high-risk group should consider attending training sessions virtually.
- Athletes and parents should be made aware of current best practices for minimizing the spread. Athletes should be sure to wash their hands thoroughly and/or use hand sanitizer before, during, and after practice and should avoid touching their face.
- Athletes should maintain their equipment themselves and there should be no other shared equipment, including, but not limited to the following:
 - Water bottles
 - Poms
 - Megaphones
 - Signs

PHYSICAL DISTANCING:

- Use proper physical distancing to minimize contact.
- Limit contact between groups at exits and entrances by staggering arrival/departure times between cohort groups (individual stunt groups, teams, etc.) and designating separate entrances and exits when possible.
- Avoid congregating before, during, and after practice.
- Contact and physical distancing should follow all local health directives.
- Keep stunt groups together in their cohort. Refrain from mixing and matching bases and tops from different groups.
- Keep stunt groups distanced from other stunt groups when possible (i.e. when not building pyramids), while allowing for all groups to remain on the proper surface for stunting.

The type of contact found in cheer can vary greatly and can be adjusted to meet local distancing guidelines.



Physical contact with other teams: Participation in cheer and STUNT does not involve physical interaction with other teams. In this regard, contact during games and competition is similar to that found in volleyball or tennis.

FACE COVERINGS:

USA Cheer recommends allowing face coverings with the following guidelines:

- Face coverings should not impede vision or movement.
- Face coverings should be soft and pliable with no exposed metal, and should provide adequate ventilation and protection from the spread of particulate matter.
- Modifications to skills should be considered while wearing face coverings, such as limiting inversions, twisting, and tosses.
- Face coverings should be snug-fitting.

Use these examples when considering face coverings.

- Coverings that are held in place with over-the-head straps using Velcro or other breakaway type connections.
- Full head coverings.
- Coverings that minimize the chance of having fingers caught in them or shifting to impede any visual sight.

PHYSICAL READINESS:

- Due to shutdowns and general isolation, many athletes have not participated in an activity in several months. Even with individual conditioning and practicing jumps and tumbling, athletes will need a period of acclimatization to prepare for physical activity

Return to Competition: General Considerations for Swimming & Diving



Pennsylvania Interscholastic Athletic Association (PIAA)
National Federation of State High School Associations (NFHS)
Sports Medicine Advisory Committee (SMAC)

SPORT: Swimming & Diving

STAFF LIAISON: Melissa Mertz

The NFHS has determined that swimming and diving is a lower risk sport (sports that can be done with physical distancing or individually with no sharing of equipment or the ability to clean the equipment between uses by competitors).

SWIMMING & DIVING RULES CONSIDERATIONS:

- **Conduct (1-3-2)** - Require athletes to arrive at venue already in competitive attire or provide alternative accommodations for swimmers and divers to change that allows for 6 feet of social distancing.
- **Lap Counting (2-7-6, 3-4)** - Only one person per lane should be permitted at turning end. Provide hand sanitizer and require lap counters to clean hands and wipe down devices.
- **Pre-Meet Conference (3-3-6, 4-2-1d)** - Decrease number of participants or hold one conference with coaches and one meeting with captains. The referee can use P.A. system or starting system microphone to allow participants to hear but keep them properly separated.
- **Referee and Starter (4-2, 4-3)** - Various rules require interactions between officials, coaches and athletes. Alternative methods for of communications include utilization of the P.A. system, hand signals or written communication.
- **Notification of Disqualification (4-2-2d, e)** - Notification shall occur from a distance via use of hand signals or the P.A. system.
- **Meet Officials (4-8, 4-10, 4-11, 4-12, 4-13)** - Officials responsible for information processing are often located together at a desk/table adjacent to the competition course or in an office/remote location. Develop alternative methods for submitting entries (3-2) and movement of non-electronic information. Require a distance of 3-6 feet between individuals seated at the desk/table.
- **Timers (4-9)** - Timers must assemble at the finish of each race, at the edge of the pool within the 6-8 feet confines of the lane which they are timing. Timers should wear cloth facial coverings.
- **Submission of Entries to Referee (5-2)** - Alternative forms of entry submission can be designed to reduce face-to-face interaction when submitting a proper entry, where/how/to whom entries are

submitted, and a reduction or elimination of certain penalties currently attached to improper entries.

- **Relay Takeoff Judges and Relays (8-3)** - Require all takeoff judging from the sides of the pool. Space relay swimmers apart from one another. Timers and relay takeoff judges should wear cloth facial coverings.
- **Diving Officials (9-6)** - Alternative methods for submitting entries (3-2) and movement of non-electronic information will be required. Recommendations include a distance of 3-6 feet between individuals seated at the desk/table. Create a 3-6 feet space between judges by spacing groups of judges on opposite sides of boards or on one side of the board on a multi-level platform.

GENERAL CONSIDERATIONS:

- **Swimming Warm-up Areas** - Establish multiple sessions for warm-up periods to limit number of swimmers per lane. Restrict the number of swimmers in competition area. Limit number of swimmers per lane during warm-up and warm-down periods.
- **Diving Warm-up Areas** - Limit number of divers during warm-up by creating multiple sessions. During competition, divers may not approach the board until their turn to compete. Hot tubs should not be permitted. Dive order sheets should be posted in multiple areas to reduce number of divers viewing at the same time.
- **Team Seating and Lane Placement** - Keep the teams on opposite sides of the pool and require the home team to compete in lanes 1-3 and visitors to swim in lanes 4-6.
- **Preparing Athletes for Competition** - Athlete clerking areas should be eliminated.



2020-21 Indoor and Outdoor Track and Field Considerations

In support of the Guidance for Opening Up High School Athletics and Activities, the NFHS Track and Field Rules Committee offers this document for state associations to consider whether any possible rules could be altered for the 2020-21 season. The considerations outlined in this document are meant to decrease potential exposure to respiratory droplets by encouraging social distancing, limiting participation in administrative tasks to essential personnel and allowing for appropriate protective equipment.

Note: This is not an exhaustive list and there might be additional steps in each school, city, and state to help prevent the spread of virus. Even when taking all precautions, there will still be risk of transmitting illnesses. Everyone should stay vigilant about the health of members of their teams. Lastly, the situation with Covid-19 is rapidly changing. These considerations may quickly become outdated. Please keep up with the latest from the CDC and other health officials in your state.

Return to Competition

General Considerations:

- SP, DT, JT should enforce social distancing for all athletes and officials.
 - To limit contact: athletes can provide their own implements (that pass inspection) and retrieve their own implements after all throws.
 - If athletes can't provide their own implements, then it is recommended that implements be sanitized between each use.
- LJ, TJ should enforce social distancing for all athletes and officials.
- HJ, PV should enforce social distancing for all athletes and officials.
 - To lower the risk of these events meets can cover pits by a tarp that is removed and disinfected after each athlete (therefore multiple tarps needed to keep event moving).
 - To limit contact: athletes should not share vaulting poles.
- Sprint, Hurdle, relay events run entirely in lanes, may use every other lane to assist with distancing.
 - Blocks should be disinfected after each heat / race.
 - Recommend not using baskets at start line for apparel.
- Recommendations for students to wear a cloth facial covering when not actively competing.
- Middle Distance and distance races on the track of 800m and longer (any event not run entirely in lanes) are considered moderate risk activities if conducted under normal circumstances.

Possible Rule Change Considerations: *(States should abide by all NFHS rules as a default, adjusting relevant rules as needed to allow for COVID-19 risk mitigation factors where necessary for this year.)*

- Rule 5-10-5 Current rule: The baton is the implement which is used in a relay race and is handed by each competitor to a succeeding teammate. Gloves are not permitted in relay events.
 - States may permit the use of gloves for this year.
 - Schools can bring their own batons, or they should be disinfected after each heat/race.
- Rules 6-4-11 and 6-5-24: States may consider alternate ways to conduct the vertical jumps. Lowering the cross bar after competition has begun may be one-way states may modify rules. With small numbers of competitors, states may wish to jump each athlete to completion.

Return to Competition Plan for Quakertown High School Wrestling Team

Wrestling Room Practice: Beginning Friday November 20th, 2020 (as per PIAA)

Practice Times: Conduct split sessions to accommodate the whole team/roster

Group 1: 2:30-4:00 (106-138), Group 2: 4:15-5:45 (145-285)

Location: Quakertown HS Wrestling Room

Pre-Wrestling Procedures: Wrestling room and locker room will be mopped and cleaned every day by CSS staff. Locker room will be sprayed down by CSS, the wrestling room will be dry mopped, sprayed, and wet mopped. Walls and Mats cleaned with proven virus killing cleaning products before and after each practice.

****Before anybody is to wrestle, wrestling mats will be wet mopped twice a day with a proven virus killing cleaning products starting November 20st. This will be completed by the wrestling coaches before each practice. CSS as mentioned above will clean the wrestling room after practice for the Phys Ed classes in the AM as well as the locker room.**

Groups and Practice Set-Up:

- Maximum 18 wrestlers/Coaches in each practice session.
- Wrestlers will keep the same partners/group of 3 throughout the ENTIRE season
- Wrestling room is approximately 58' long and 37' wide 2146 sq ft, allowing each wrestling pair/group of 3 to maintain a 10 feet separation.
- The room will be divided into 5 practice group areas identified by color tape placed on the mats.

Pre-Practice Procedures:

1. Before leaving their homes, students will administer the self check temperatures. DO NOT come to practice if you have a temperature above 100.4. If you have a temperature when you arrive above 100.4 you will NOT be permitted to practice. As Per PIAA recommendations
2. Wrestlers will come to practice in their practice clothes. Bags will be left outside the wrestling room. MASKS MUST BE WORN
3. Group One after entering the building will leave their bags outside the wrestling room and will walk to the wrestling room in their socks and put on their shoes inside the wrestling room. This eliminates tracking outside floor debris and bacteria brought into the wrestling mats. They will also carry in any other wrestling equipment needed for practice. MASKS TO BE WORN
4. Once inside the wrestling room, shoes will be put on and masks may be removed and placed next to each individuals' water bottle. Water bottles will be labeled and separated throughout the room at a minimum of 10 feet apart. (Location to be near each pair's station)
5. Group 2 will not enter the wrestling room until Group 1 wrestlers vacated the room and coaches cleaned the practice room. Group 2 will then follow the same procedures mentioned above.

Post-Practice Procedures

1. Wrestlers will leave (masks on) the wrestling room and **TEMPORARILY** enter the locker room to weigh themselves and change out of their practice clothes and shower.
2. Wrestlers will take all their practice clothes and wrestling equipment home to be washed/wiped down with a disinfectant. Nothing will be left in the locker room and no lockers will be used.
3. While group one is changing/showering, the wrestling coaches will clean the wrestling room before group 2 is allowed to enter.

Return to Competition: General Considerations for Wrestling



Pennsylvania Interscholastic Athletic Association (PIAA)
National Federation of State High School Associations (NFHS)
Sports Medicine Advisory Committee (SMAC)

SPORT: Wrestling

STAFF LIAISON: Mark Byers

The NFHS has determined that wrestling is a higher risk sport that involves close, sustained contact between participants, lack of significant protective barriers, and high probability that respiratory particles will be transmitted between participants.

General Considerations:

- Have hand sanitizer and wipes available at the table.
- Wash stations or sanitizer at mat side.
- No one touches the score sheet except the scorer.
- If writing implements are used, they should be sanitized and not shared with anyone.
- Disinfect the mats prior to and following competition.
- Events should be structured to ensure compliance with current indoor occupancy limits and mitigation requirements by the PA Department of Health and Governor's Office.
- Athletes and Coaches wear masks off the mat.
- Schools should communicate in advance regarding any screening policies and occupancy levels to be expected from the host site.
- Schools may increase the bench area to assist in social distancing.
- For tournament settings, prohibit all wrestlers from warming up simultaneously for competition. Provide for separate warm-up areas off of the competition mats for use and sanitize regularly.
- Provide for separate warm-up mats off of the competition mat for teams involved in dual competition.
- Schools are recommended to only wrestle those schools within their close geographic area.

Considerations for Coaches:

- Wear masks on and off mat.
- Eliminate handshakes with opposing teams post-match.
- Each team should be expected to provide their own leg bands for competition.
- **Limit the size of their traveling party to include essential personnel, staff, and only those with the ability to wrestle.**
- Consider practicing with wrestlers in pods to limit close contacts across the entire team.

Considerations for Wrestlers:

- Daily screening prior to practice and competition should be conducted pursuant to each school's adopted health and safety plan.
- Shower after each round and put on a fresh uniform, when able and facilities permit.
- Wear masks off the mat when not competing.
- Eliminate handshakes with opposing coaches post-match.
- The use of a fist bump in lieu of a pre and post-match handshake is recommended.

Considerations for Referees:

- Bring personal hand sanitizer. Wash hands frequently
- Don't share equipment.
- Long-sleeved undershirts are permissible. If worn, they are required to be black in color.
- Change whistle several times during the day.
- Follow social distancing guidelines. Consider six feet minimum distance when talking to others (players, coaches, other officials).
- Consider use of a commercially manufactured whistle cover.
- Do not shake hands and follow pre- and post-game ceremony guidelines established by state associations.
- Officials may recognize the winner of the match by pointing to the wrestler and raising the appropriate color wrist band. Contact with wrestlers is discouraged.
- Officials may wear masks or face shields.
- Mask or face shields are required when not actively officiating the match.
- Officials may wear disposable gloves. If worn, they must change after each match.

Pre-Match Meeting:

- Limit attendees to the referee and one captain from each team.

Considerations for Parents:

(A family's role in maintaining safety guidelines for themselves and others):

- Make sure your athlete and immediate household members are free from illness before participating in practice and competition (if there is doubt stay home),
- Provide personal items for your child and clearly label them.
- Disinfect your student's personal equipment after each match or practice which would include wiping down headgear, washing clothing and bags used to transport gear.