

Safety: We understand wrestling during this time of COVID-19 can be worrisome and possibly uncomfortable for some. This is an uneasy time for all of us with all of the unknowns about what we are facing with health and safety. We, as the CCNS and Canon McMillan Youth Wrestling program, are incorporating several safety measures in order to ease concerns and limit the possibility of contracting and spreading the virus. Despite our efforts, there is still a risk of contracting and spreading the virus. Below are some of the countermeasures we are putting into place to help improve safety. Even with these countermeasures, we ask that your child cleans and bathes appropriately immediately following every practice with anti-fungal soap in order to hopefully prevent, not only COVID-19, but also other skin diseases that are related to wrestling. We also ask that you be more vigilant and use good judgement before sending a possibly ill wrestler to practice where they could potentially infect others. Due to the inherent risk associated with the contact sport of wrestling, we ask you to complete and turn in the COVID-19 Waiver of Liability at the first practice. Wrestlers will not be permitted to practice without first turning in this waiver of liability.

*** Student Athletes participating in indoor sports must be masked, unless it would be unsafe for them to do so. Students who are engaged in high-intensity activities, like running, wrestling, or swimming, may be permitted to temporarily remove their mask if it causes difficulty breathing, creates or exacerbates a medical or respiratory condition, or creates a safety concern. All other people (non-participating athletes, coaches, etc.) must have masks on at all time.

Measures:

- Mats will be cleaned prior to practice.
- Attendance will be taken at practice to make notifications easy in the event there is suspected exposure to COVID.
- Wrestlers will be asked to use hand sanitizer any time they enter the mat and after practice has ended.
- To limit crowds, parents are asked to come in ONLY to assist wrestlers with shoe changes. If your child is able to do this on their own, we ask that you do not enter the building at all.
- Bring your own water bottle – wrestlers will not be permitted to share bottles or use the water fountains.

- Wrestlers SHOULD NOT come to practice if they are feeling unwell – even if they do not have a fever.

- If your wrestler has been exposed to COVID:
 - o They are not permitted to practice for 14 days.

 - o You MUST notify the coaches of the situation.

In the event there is confirmed or suspected exposure to COVID the CCNS Board will evaluate the situation and determine if practices can continue or if they must be shut down for a quarantine period to reduce the risk of spreading the virus.

We are going to do our best to keep everyone safe and healthy during this pandemic and we ask that you please do the same.