



Return to Wrestle Plan

NORTH HUNTERDON WRESTLING CLUB, INC.

Version 1.0 | November 1, 2020

Introduction

The North Hunterdon Wrestling Club, Inc. (NHWC) in accordance with New Jersey State guidelines, have established the following Return to Wrestle Plan (“Plan”) for our in-season program. This Plan will be used to implement measures to reduce the spread of contagious diseases, including COVID-19. We understand that several of the guidelines may be difficult - as wrestlers enjoy interacting with their teammates. However, we need to be diligent at enforcing these protocols for the health and safety of our wrestlers, coaches, volunteers and their families.

New Jersey Executive Order No. 187, issued on October 12, 2020, permits contact competitions and practices for Medium and High Risk sports (e.g., wrestling) in indoor settings.

The “Guidance for Sports Activities” published by the New Jersey Department of Health (NJDOH) is intended to guide organizations that oversee sports activities as they resume operations to ensure the health and safety of staff, participants, and their families.

High school sporting activities under the jurisdiction of the New Jersey Interscholastic Athletic Association (NJSIAA) must abide by NJSIAA protocols, which shall consider NJDOH guidance.

The goal of this plan is to reduce (not eliminate) the spread of COVID-19 and the risk of disease.

**REDUCING THE SPREAD OF COVID-19
IS ALL OF OUR RESPONSIBILITY!**

General Requirements

- If you are not comfortable with these return to wrestle requirements or any component of this Plan, DO NOT come to the facility or participate in any activities.
- Be sensitive and respect individuals who may not yet be comfortable with these return to wrestle requirements.
- All individuals are to educate themselves and adhere to COVID-19 health & safety protocols, and this Plan.

Strategy

NHWC will review executive orders and guidance documents to ensure all requirements have been addressed, as best extent possible. ([Appendix 1: NJDOH Guidance for Sports Activities and Return to Wrestle Plan Matrix](#))

Revisions

Upon updates to executive orders and guidance, NHWC will review and revise this Plan, as needed. Revisions will be tracked by version number and date on the cover page of this Plan.

Questions or Concerns

Any questions or comments related to the content or execution of this Plan are to be brought to the attention of NHWC President, Michael Raley or NHWC Head Coach, Joe Wysocki (see [Contacts](#)).

Communication

Roles	Responsibilities
Individuals	<ul style="list-style-type: none">• Remind others to follow this Plan, including social distancing and mask requirements.• Notify NHWC/Coaching staff (see <u>Contacts</u>) immediately if you or your wrestler, test positive for COVID-19, are suspected of being

	<p>positive for COVID-19, or have been directly exposed to someone who has tested positive for COVID-19.</p> <ul style="list-style-type: none"> ○ DO NOT ENTER THE FACILITY OR ATTEND AN ACTIVITY (see <u>Incidents and Reporting</u>)
NHWC	<ul style="list-style-type: none"> • Post this plan and any revisions on the NHWC website: www.northlions.com. • Educate all coaching staff on COVID-19 health & safety protocols, and this Plan prior to wrestling activities.

Social Distancing and Masks

Roles	Responsibilities
Individuals	<ul style="list-style-type: none"> • Remain at least 6 feet apart from one another whenever possible (except for members of a household). • Wear cloth or disposable masks at all times over the mouth and nose. This applies to entering/exiting the facility and while within the facility. This requirement shall not apply when wearing a face covering would inhibit that individual's health, and in other situations where the presence of a mask would pose a risk to the individual's safety, or where the individual is under two years of age.
Wrestlers	<ul style="list-style-type: none"> • Follow the guidelines provided for individuals. • Masks are to be worn until engaged in high intensity aerobic or anaerobic activities, such as practicing or wrestling.
Coaching staff	<ul style="list-style-type: none"> • Follow the guidelines provided for individuals. • Masks are to be worn until engaged in high intensity aerobic or anaerobic activities.

Facility Signage

Roles	Responsibilities
Individuals	<ul style="list-style-type: none"> • Adhere to posted signs and demarcations at the facility.
NHWC	<ul style="list-style-type: none"> • Obtain/create and post signage. <ul style="list-style-type: none"> ○ Post signage in highly visible and conspicuous locations throughout the facility. Including, exterior and interior entrances to the facility and within rooms of the facility. ○ Signage will consist of: <ul style="list-style-type: none"> ▪ Reminders regarding social distancing protocols, face covering requirements, and good hygiene practices (examples: hand hygiene, covering coughs). ▪ Requirements for entry (examples: "Masks Required" ; "Wrestles and Coaches Only"). ▪ Aids to help reduce crowding and enforce proper social distancing around entrances, exits, and other high-

	<p>traffic areas of the facility (example: a sign posted on the restroom entrance reads “Restroom: One person at a Time!”).</p> <ul style="list-style-type: none"> • Affix demarcation marks to assist with guiding social distancing requirements. Examples: <ul style="list-style-type: none"> ○ For the check-in area, tape will be place on the floor at least 6 feet apart. ○ For the Competition viewing area, tape will be place on the floor at least 6 feet apart.
--	---

Facility Capacity

All indoor practices and competitions will be subject to an indoor gathering limit, which currently limits attendance to 25% of the capacity of the room or 25 persons maximum, whichever number is lower.

However, if the number of individuals who are necessary for practice or competition, such as athletes, coaches, and referees, is more than 25, the practice or competition may proceed if spectators and other unnecessary persons are prohibited. Even if this exception applies, the number of individuals at the practice or competition cannot exceed 25% of the capacity of the room (i.e., 75 persons within each of two rooms within the NHWC Facility), and such limit cannot exceed 150 persons.

Roles	Responsibilities
Coaching staff	<ul style="list-style-type: none"> • Monitor rooms to ensure that no more than 75 persons are within a practice room or competition room. • Limit any nonessential individuals (parents/guardians and spectators). <ul style="list-style-type: none"> ○ Do not permit individuals within a practice or competition room when the number of participants, coaches, referees and other necessary persons exceeds 25. Examples: <ul style="list-style-type: none"> ▪ If both rooms are in use for wrestling activities, parents/guardians and spectators are not permitted to remain in the facility. If only the upper room is used for wrestling activities, one parent/guardian/spectator may remain in the lower room, as long as they follow requirements listed in Social Distancing and Masks ▪ Non-wrestling siblings are discouraged from entering/remaining at the facility.

Screening

As directed by NJDOH, all athletes, coaches, and others participating in practices and competitions must be screened, via temperature check and/or health questionnaire, at the beginning of each session.

Examples of those participating in practice and competitions include: NHWC wrestlers, NHWC coaching staff, visiting/opposing wrestlers, visiting/opposing coaches, referees, score/timekeepers.

Examples of those not participating in practice and competitions include parents/guardians and spectators.

Roles	Responsibilities
Individuals	<ul style="list-style-type: none"> • Inquire how individuals (coaches, wrestlers, families) are feeling. • Be aware of COVID-19 symptoms (See Appendix 2: COVID-19 Symptoms) • Complete/undergo required screenings on the day of the practice or competition as directed in Appendix 6: Check-In and Screening • DO NOT COME TO THE FACILITY, if: <ul style="list-style-type: none"> ○ Temperature reading is $\geq 100.4^{\circ}\text{F}$ ○ An affirmative response to any individual question listed in Appendix 3: Temperature Check & Health Questionnaire was provided. ○ Have symptoms consistent with COVID-19 or feel you may be developing symptoms consistent with COVID-19. • Adhere to State mandated travel advisories: <ul style="list-style-type: none"> ○ If you have traveled to one of the countries/states listed in the executive order or CDC list (See References/ Resources), on your return to New Jersey you are advised to follow government procedures in the travel advisory and quarantine for 14 days.
NHWC	<ul style="list-style-type: none"> • Perform required check-in/screening activities as directed in the Appendix 6: Check-In and Screening.
Coaching Staff	<ul style="list-style-type: none"> • Actively encourage sick individuals to stay home. • Communicate with visiting/opposing wrestlers, visiting/opposing coaches and other visitors the NHWC expectations as it relates to COVID-19 health & safety protocols, this Plan, and required screening. • Supply necessary information and documents (Temperature Check & Health Questionnaire; Communicable Disease Release of Liability and Assumption of Risk Agreement) prior to practice or competition, if necessary.

Facility Flow – Practice and Competitions

Entry

- A single entrance will be used for entry to the facility.
- All individuals are to practice social distancing and wear masks from their vehicle to the facility, and while within the facility.
- Upon entry to the facility, all individuals are to sanitize their hands.

Check-in/Screening

- As directed by NJDOH, all athletes, coaches, and others participating in practices and competitions must be screened, via temperature check and/or health questionnaire, at the beginning of each session (see [Screening](#)).
- A NHWC individual will perform required check-in/screening activities as directed in the [Appendix 6: Check-In and Screening](#).
- Parents/Guardians are encouraged to remain present (socially distant and masked) during the check-in/screening process.
- Upon a successful check-in/screening, the wrestler or participating individual will proceed to a designated location (practice room or competition room).

Parents/Guardians and Spectators

- Send one parent/guardian to the facility, when possible.
- Avoid bringing non-wrestling siblings to the facility.
- Only when necessary, parents/guardians and spectators will be allowed within the facility (examples: very young wrestlers who may need to have a parent/guardian present, during the check-in/screening process, during a competition).
- Remain socially distanced, masked and in separate areas from those participating in wrestling activities. A waiting space may be made available if criteria described in [Facility Capacity](#) are met.

Wrestling Activity Preparation

- While in the designated location and while still wearing their masks, participating individuals are to place their equipment/gear/bags/coats on demarcations (tape that is 6 feet apart).
- Individuals are to remove their street shoes.
- If weigh ins are required, all individuals will wear masks and maintain social distancing during weigh in.
- Wresters are to change into their wrestling shoes.

Practice

- Only wrestlers and coaching staff are allowed in the practice room. Only when necessary, parents/guardians may be in a practice room (example: very young

wrestlers who may need to have a parent/guardian present) and only if criteria described in [Facility Capacity](#) are met.

- Masks are to be worn until engaged in high intensity aerobic or anaerobic activities, such as practicing or wrestling.
- Once practice begins, coaching staff will request that masks be removed for practice.
- Wrestlers are to remain in the practice room for the entire practice.
- If a restroom is needed, they are to request the use of a restroom from coaching staff. Restrooms will be used one at a time.
- When practice concludes masks will be donned.

Competitions

- Only those participating in competitions are allowed to remain in the competition room (examples: NHWC wrestlers, NHWC coaching staff, visiting/opposing wrestlers, visiting/opposing coaches, referees, score/timekeepers).
- Parents/Guardians and spectators may be allowed in the competition room only if criteria described in [Facility Capacity](#) are met.
- For wrestlers, masks are to be worn until engaged in high intensity aerobic or anaerobic activities, such as warming up or wrestling. When activity concludes masks will be donned.
- Wrestlers are to remain in the competition room for the entire competition.
- If a restroom is needed, they are to request the use of a restroom from coaching staff. Restrooms will be used one at a time.

Practice & Competition Completion

- Upon completion of practice or competition, individuals are to follow [Hygiene and Cleaning](#) requirements.
- They are to change out their shoes, and gather their individual equipment/gear/bags/coats and proceed toward the exit.

Exit

- There will be no congregating in or around the facility.
- A NHWC check-out individual will ensure that a parent/guardian is available for pickup.
- A single exit will be used.
- Prior to exiting the facility all individuals are to use hand sanitizer.
- All individuals are to practice social distancing and wear masks from the facility to their vehicle.

Practice Groups and Competition Teams

Roles	Responsibilities
Coaching staff	<ul style="list-style-type: none"> • Create an appropriate practice group and competition team structure. <ul style="list-style-type: none"> ○ Divide larger practice groups into smaller groups. Limit the overall size to ~20 wrestlers and ~2-3 coaches per practice group/competition team. ○ Create consistent groups of the same coaching staff and wrestlers, and avoid mixing between groups/teams. To the best extent possible, the mixing of individuals between the various practice groups and the various competition teams will be limited. ○ Structure and rosters will be managed through the TeamSnap Application. • Create an appropriate practice and competition schedule. <ul style="list-style-type: none"> ○ Stagger across different days and different times. ○ Limit contact between groups and between teams. ○ Allow for sufficient time between groups and teams for: <ul style="list-style-type: none"> ▪ Safely arriving/departing the facility ▪ Check-in/screening process ▪ Cleaning/disinfection activities ▪ Attendance to be at acceptable limits. <p>Example: allow for at least 15 minutes between practice groups or competition matches.</p> ○ Scheduling will be managed through the TeamSnap Application. • Create an appropriate practice program. <ul style="list-style-type: none"> ○ Provide activities that limit sustained person-to-person contact between wrestlers and/or coaching staff, when possible. For example, focus on individual skill-building activities. ○ Provide sufficient space on the mat to prevent interaction between groups. Place wrestlers into small groups (cohorts or pods) that remain together and work through stations, rather than switching groups or mixing groups. ○ Avoid unnecessary huddles/drills/conditioning/games that put wrestlers in condensed groups. • Create an appropriate competition program. <ul style="list-style-type: none"> ○ Communicate with visiting/opposing wrestlers, visiting/opposing coaches and other visitors, NHWC expectations as it relates to COVID-19 health & safety protocols, this Plan, and required screening.

	<ul style="list-style-type: none"> ○ Provide sufficient space on the mat to prevent any interaction between teams. Teams are to stay on opposite sides of the mat and will not intermingle. ○ Due to facility space constraints home competitions will be limited to Dual events only. ○ Only opposing individual wrestlers should come into direct contact with one another. ○ Implementation of additional COVID-19 requirements should be considered for competitions larger than a dual meet, such as tournaments. <ul style="list-style-type: none"> • Adjust practice or competition structure/roster, schedule and program, when necessary.
NHWC	<ul style="list-style-type: none"> • Assign individuals to help remind coaches, wrestlers and families of social distancing and other components of this plan. • Maintain a list of all wrestlers, coaches and others who participate in a practice or competition. Documentation of attendance will be performed during the check-in/screening process.

Competition Considerations

Competitions, tournaments, invitationals, and other activities or events that involve interaction between athletes from the same team or between teams, while permitted, carry risks that operators, towns, coaches, parents and others should carefully consider before proceeding.

If participating in or organizing a home competition, tournament, or invitational, the protocols listed within this Plan apply.

For away events, other wrestling programs/leagues/organizations/facilities may have differing COVID-19 protocols and plans from this Plan. NHWC Coaching staff will review those plans in conjunction with this Plan, and will implement the more stringent plan, if possible.

NHWC will consider the type of competition (dual, tri, quad or tournament); where those teams originate; and how competitions beyond dual meets could affect risk. In general, NHWC will only participate in Dual events.

Additional Facility Considerations

Roles	Responsibilities
NHWC	<ul style="list-style-type: none"> • Implement measures to improve indoor air/ventilation. <ul style="list-style-type: none"> ○ Consult with facility operators/owners to ensure HVAC maintenance is current (including cleaning of filters). ○ Keep interior doors open.

	<ul style="list-style-type: none"> ○ Open exterior doors and windows (weather permitting). ○ Utilize fans. • Separate groups to different areas of the facility to ensure sufficient space between designated groups to prevent any interaction between the groups.
--	--

Equipment

Roles	Responsibilities
Wrestlers	<ul style="list-style-type: none"> • Provide & wear/use your own clothing & gear (face covering, head gear, shoes, mouth guard, towels, water bottle, etc.). It is recommended that gear be uniquely labeled. • Do not to SHARE clothing or gear. Especially gear that is involved in direct bodily contact. • Place equipment bags & gear at least 6 ft apart. <p>(It is the collective responsibility of parents/guardians and Coaching staff to enforce these requirements for wrestlers.)</p>
Coaching staff	<ul style="list-style-type: none"> • Prohibit the sharing of clothing & gear (face covering, head gear, shoes, mouth guard, towels, water bottle, etc.) • Schedule practice groups / matches at intervals that allow for proper sanitation of facilities and equipment following each practice group/match. (e.g., allow for at least 15 minutes between practice groups/matches). • Provide & use their own clothing and gear (face covering, head gear, shoes, mouth guard, towels, water bottle, etc.). It is recommended that gear be uniquely labeled. • Do not share clothing or gear. Especially gear that is involved in direct bodily contact. • Place equipment bags & gear at least 6 ft apart.

Hygiene and Cleaning

Roles	Responsibilities
Individuals	<ul style="list-style-type: none"> • Follow good hygiene practices and generally accepted disease prevention/transmission techniques, including: <ul style="list-style-type: none"> ○ Staying home when you are sick ○ Avoid close contact with anyone who is sick ○ Wash hands thoroughly with soap for at least 20 seconds and use hand sanitizer often ○ Avoid touching your eyes, nose, and mouth ○ Covering coughs and sneezes and properly dispose of tissues ○ No sharing food, drinks and utensils. ○ Practicing social distancing (staying at least 6 feet apart) ○ Wearing a face covering while in public

	<ul style="list-style-type: none"> ○ Monitor your health for symptoms ○ Refrain from spitting, handshakes, high-fives, team huddles, and any other unnecessary close-contact activities. • Use your home restroom prior to arriving at the facility, whenever possible.
Wrestlers	<ul style="list-style-type: none"> • Wash hands thoroughly and/or use hand sanitizer before & after activities. • Ensure clothing and gear are cleaned before use. • Disinfect exposed skin with disinfecting wipes immediately after an activity. • Clean/sanitize/disinfect used clothing and gear after each activity. (It is the collective responsibility of parents/guardians and Coaching staff to enforce these requirements for wrestlers.)
Coaching staff	<ul style="list-style-type: none"> • Wash hands thoroughly and/or use hand sanitizer before & after activities. • Ensure clothing and gear are cleaned before use. • Disinfect exposed skin with disinfecting wipes immediately after an activity. • Clean/sanitize/disinfect used clothing and gear after each activity. • Enforce hygiene and cleaning requirements for wrestlers. • Disinfect used shared equipment (e.g., score clocks, score tables) after use. • Disinfect used mats at least after each use. <ul style="list-style-type: none"> ○ If more than one practice group takes place on the same mat on the same day, disinfect the mat prior to the next practice group. ○ If more than one dual meet competition takes place on the same mat on the same day, disinfect the mat prior to the next competition.
NHWC	<ul style="list-style-type: none"> • Provide adequate and sufficient cleaning, sanitizing, and disinfection materials, including hand soap, hand sanitizer with at least 60% alcohol, disinfection wipes, and mat cleaner. Ensure applicable materials are from the list of disinfectants meeting EPA criteria for use against the novel coronavirus. • Supply appropriate materials at entrances/exits (hand sanitizing stations), and any other area prone to gathering or high traffic (restrooms). • Provide clean, adequate and stocked restroom facilities. • Ensure facility cleaning: <ul style="list-style-type: none"> ○ Ensure routine and frequent cleaning and disinfecting, particularly common areas and high-touch surfaces. <ul style="list-style-type: none"> ▪ Common areas (e.g., restrooms) and touch points (e.g., doorknobs) within the facility will be disinfected at least once per week.

Water, Food and Drinks

Roles	Responsibilities
Individuals	<ul style="list-style-type: none"> • Provide and bring your own supply of water, food and drinks. • Sharing of water, food and drinks is not permitted. • Shared water/drink sources (water coolers) are not permitted.
Coaching staff	<ul style="list-style-type: none"> • Enforce the requirement above.

Concessions

Roles	Responsibilities
NHWC	<ul style="list-style-type: none"> • If open, the concession stand will offer only pre-packaged food and drink options during competition events.

Incidents and Reporting

Roles	Responsibilities
Individuals	<ul style="list-style-type: none"> • Notify NHWC/Coaching staff (see <u>Contacts</u>) immediately if you or your wrestler test positive for COVID-19, are suspected of being positive for COVID-19, or have been directly exposed to someone who has tested positive for COVID-19. <ul style="list-style-type: none"> ○ DO NOT ENTER THE FACILITY OR ATTEND AN ACTIVITY • Follow physician and local health department guidelines.
Coaching staff	<ul style="list-style-type: none"> • While at a practice or competition, monitor individuals for illness/COVID-19 symptoms. • If any individual becomes ill or presents/develops <u>multiple</u> symptoms of COVID-19 during an activity, the individual should: <ul style="list-style-type: none"> ○ Be promptly removed from the activity and safely sequestered (i.e., moved to an area at least 6 feet apart from other individuals). ○ Instructed to return home. ○ Parents/Guardians of non-driving individuals will be contacted and asked to pick up the individual from the facility/activity.
NHWC	<ul style="list-style-type: none"> • Maintain a list of all wrestlers and coaches who attend an activity to aid in contact tracing efforts. This is accomplished during check-in/screening activities. • Upon notification that an individual has tested positive for COVID-19, are suspected of being positive for COVID-19, or have been directly exposed to someone who has tested positive for COVID-19: <ul style="list-style-type: none"> ○ Proactively, cancel/alter NHWC practices and/or competitions, if needed.

	<ul style="list-style-type: none"> ○ Notify and seek guidance from the local health department. Based on their guidance, any and all of the following may occur, if needed: <ul style="list-style-type: none"> ▪ Cancel/alter NHWC practices and/or competitions. ▪ Communicate the incident to those who may have been in close contact (See Appendix 5: Sample Letter to NHWC Parents). Due to privacy and HIPPA laws, the identity of the ill individual will remain anonymous. ▪ Cooperate with local health departments on contact tracing efforts. ▪ Provide regular updates to relevant individuals.
--	---

Return to Wrestle Post-Incident

Roles	Responsibilities
Individuals	<ul style="list-style-type: none"> • Educate yourself about when you should stay home and when you can return to wrestling practice or competition. • Consult with the local health department and your Physician. • Prior to returning to a wrestling practice or competition, obtain a note from a Physician clearing that individual for activity. • Supply the Physician’s note to NHWC President, Michael Raley or NHWC Head Coach, Joe Wysocki (see Contacts).
NHWC	<ul style="list-style-type: none"> • Seek guidance from the local health department. • Monitor and enforce the requirement above.

Compliance

Roles	Responsibilities
NHWC & Coaching staff	<ul style="list-style-type: none"> • Enforce this Plan to protect the health and safety of wrestlers, coaches, volunteers and their families. • Any individual who is not in compliance with this Plan will be asked to leave the facility or activity. If the individual refuses to leave, immediately contact NHWC President, Michael Raley or NHWC Head Coach, Joe Wysocki (see Contacts).

Contacts

Name	Role	Contact information

NHWC	Website	www.northlions.com ; northlions.wrestling@gmail.com
Michael Raley	NHWC President	703-786-7203; northlions.wrestling@gmail.com ; meraley@yahoo.com
Joe Wysocki	NHWC Head Coach	732-921-6763; wysocki_joseph@yahoo.com

Resources and References

- *[NJ State Executive Order No. 187 - October 12, 2020](#)*
- *[New Jersey Department of Health Guidance – “Guidance for Sports Activities” \(revised October 12, 2020\)](#)*
- *[NJDOH COVID-19 Information for Communities and the General Public: \[https://www.nj.gov/health/cd/topics/covid2019_community.shtml\]\(https://www.nj.gov/health/cd/topics/covid2019_community.shtml\)](#)*
- *[Travel Advisory for New Jersey: <https://covid19.nj.gov/faqs/nj-information/travel-and-transportation/which-states-are-on-the-travel-advisory-list-are-there-travel-restrictions-to-or-from-new-jersey>](#)*
- *[Travel Advisory CDC: <https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-during-covid19.html>](#)*
- *[Get the Facts about Coronavirus: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>](#)*
- *[Symptoms of COVID-19: <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>](#)*
- *[Testing: <https://www.cdc.gov/coronavirus/2019-ncov/testing/index.html>;
<https://covid19.nj.gov/pages/testing>](#)*
- *[How to Protect Yourself: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>](#)*
- *[What to Do if You Are Sick: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>](#)*

APPENDIX 1: NJDOH GUIDANCE FOR SPORTS ACTIVITIES AND RETURN TO WRESTLE PLAN MATRIX

Guidance	Section in Plan were Implemented
As of October 12, 2020, contact practices and competitions may resume for Medium and High Risk sports in indoor settings. All indoor practices and competitions are subject to the current indoor gathering limit, which currently limits attendance to 25% of the capacity of the room or 25 persons maximum, whichever number is lower. However, if the number of individuals who are necessary for practice or competition, such as athletes, coaches, and referees, is more than 25, the practice or competition may proceed if spectators and other unnecessary persons are prohibited. Even if this exception applies, the number of individuals at the practice or competition cannot exceed 25% of the capacity of the room, and such limit cannot exceed 150 persons.	<ul style="list-style-type: none"> • <u>Facility Capacity</u>
<p><u>Guidance for Operations</u> Outdoor and Indoor Sports and Athletic Facilities Organizations, businesses, schools, and government entities that operate outdoor and indoor sports facilities, such as athletic fields, courts and other playing surfaces, pools, and sailing and boating facilities that are permitted to reopen their premises and facilities to adult sports and supervised youth sport leagues, summer sports camps, and other athletic activities should follow the safety measures outlined below. As a reminder, municipalities retain the discretion to open or close municipal fields or facilities.</p>	<ul style="list-style-type: none"> • <u>Plan</u>
<p><u>1. Preparing a Sports Program for Practices.</u> a. Each sports program shall create a plan (“program preparation plan”) to ensure the following:</p>	<ul style="list-style-type: none"> • <u>Plan</u>
<p>i. Identify adult staff members or volunteers to help remind coaches, players and staff of social distancing. Use of signs, tapes or physical barriers can be used to assist with guiding social distancing requirements.</p>	<ul style="list-style-type: none"> • <u>Facility Signage</u>
<p>ii. Within the program, consider creating consistent groups of the same staff, volunteers, and athletes, and avoid mixing between groups.</p>	<ul style="list-style-type: none"> • <u>Practice Groups and Competition Teams</u>
<p>iii. Individuals shall remain 6 feet apart from one another whenever possible. This applies to athletes, coaching staff, and referees, as well as parents/guardians and other spectators to the extent they are permitted</p>	<ul style="list-style-type: none"> • <u>Social Distancing and Masks</u>
<p>iv. Coaching staff and parents/guardians should wear cloth or disposable masks. Athletes should wear cloth or disposable masks when not engaging in vigorous activity, such as when sitting on the bench, when interacting with an athletic trainer, etc. Face masks are not required when persons are engaged in high intensity aerobic or anaerobic activities. Face masks should not be worn when engaged in activities that may cause the cloth face covering to become wet, like when swimming, or when doing so may endanger the individual’s health. When face coverings are not worn, efforts should be made to maintain at least 6 feet from others.</p>	<ul style="list-style-type: none"> • <u>Social Distancing and Masks</u>

<p>v. Create staggered schedules to limit contact between groups and/or players.</p>	<ul style="list-style-type: none"> • Practice Groups and Competition Teams
<p>vi. All staff should be educated on COVID-19 health and safety protocols prior to the resumption of athletic activities, including:</p> <ol style="list-style-type: none"> 1. Revised practice rules and regulations in place during COVID-19; 2. The importance of staying home when experiencing symptoms of COVID-19 or residing with someone experiencing symptoms of COVID-19; 3. Social distancing and face coverings; 4. Proper hand hygiene; 5. How to address a situation in which an athlete presents with symptoms of COVID-19; and 6. How do address situations in which social distancing or other necessary requirements are challenged by athletes or parents/guardians/visitors. 	<ul style="list-style-type: none"> • Screening • Hygiene and Cleaning • Practice Groups and Competition Teams • Social Distancing and Masks • Incidents and Reporting • Compliance
<p>vii. Educate athletes and coaching staff about when they should stay home and when they can return to activity.</p> <ol style="list-style-type: none"> 1. Actively encourage sick staff, families, and players to stay home. Develop policies that encourage sick employees to stay at home without fear of reprisal, and ensure employees are aware of these policies. 2. Individuals, including coaches, players, and families, should stay home if they have tested positive for or are showing COVID-19 symptoms. 3. Individuals, including coaches, players, and families, who have recently had a close contact with a person with COVID-19 should also stay home and monitor their health. 4. Immediately separate coaches, staff, officials, and athletes with COVID-19 symptoms at any sports activity. Individuals who have had close contact with a person who has symptoms should be separated and sent home as well, and follow CDC guidance for community-related exposure. 5. Establish procedures for safely transporting anyone who is sick to their home or to a healthcare facility. 	<ul style="list-style-type: none"> • Screening • Incidents and Reporting
<p>viii. All athletes, coaches, and staff should bring their own water and drinks to practice activities. Team water coolers for sharing through disposable cups and other types of shared water sources should not be permitted.</p>	<ul style="list-style-type: none"> • Equipment
<p>ix. Encourage athletes to use their own equipment to the extent possible.</p>	<ul style="list-style-type: none"> • Equipment
<p>x. Discourage sharing of equipment as much as possible. If equipment is shared, coaching staff should be aware of the sanitation procedures for team equipment (mats, etc.) and sufficient disinfecting wipes or similar products should be made available. Consult CDC guidance for cleaning and disinfection.</p>	<ul style="list-style-type: none"> • Equipment
<p>xi. Individually partitioned showers or communal showers with installed barriers/partitions (at least 6 feet apart) are only permitted in facilities with pools (in accordance with the NJAC 8:26, Public Recreational Bathing). Locker room use will otherwise be limited to hand washing and</p>	<ul style="list-style-type: none"> • Not applicable, as there are no showers at the NHWC facility

<p>restroom use only. If facility showers are to be used, ensure signage is in place to reminding athletes to maintain proper physical distancing of 6 feet.</p>	
<p>b. Communicate applicable details of the plan to parents/guardians and/or participants before commencing practices.</p>	<ul style="list-style-type: none"> • <u>Communication</u>
<p>c. Organizers should further consult and implement, as appropriate, recommendations listed in the CDC guidance regarding assessing risk, promoting healthy behaviors, and maintaining a healthy environment during youth sports.</p>	<ul style="list-style-type: none"> • <u>Plan</u>
<p>2. <u>Preparing an Indoor or Outdoor Facility for Sports Practices.</u> a. Each facility that will be used for practices must: i. Post signage in highly visible locations with reminders regarding social distancing protocols, face covering requirements, and good hygiene practices (e.g., hand hygiene, covering coughs); ii. Reduced crowding and enforce proper social distancing around entrances, exits, and other high-traffic areas of the facility; iii. Ensure routine and frequent cleaning and disinfecting, particularly of high-touch surfaces in accordance with CDC recommendations; iv. Limit occupancy in restrooms that remain open to avoid overcrowding, maintain social distancing through signage and, where practicable, utilize attendants to monitor capacity; and v. Have hand sanitizer, disinfecting wipes, soap and water, or other sanitizing materials readily available at entrances, exits, benches, dugouts, and any other area prone to gathering or high traffic. vi. On any given field or space, there must be sufficient space between designated groups to prevent any interaction between the groups.</p>	<ul style="list-style-type: none"> • <u>Facility Signage</u> • <u>Hygiene and Cleaning</u> • <u>Facility Flow – Practice and Competitions</u> • <u>Practice Groups and Competition Teams</u>
<p>b. Indoor facilities should ensure appropriate indoor air/ventilation by: i. Keeping doors and windows open where possible and utilize fans to improve ventilation. ii. Inspecting and evaluating the heating, ventilation and air conditioning (HVAC) unit to ensure that the system is operating within its design specifications. iii. Conducting routine maintenance as recommended by the manufacturer or HVAC professional. iv. Within the design specification of the HVAC unit: 1. Increasing the volume of outdoor air to the maximum capacity while the gym is occupied. 2. Reducing the volume of recirculated air being returned to the indoor spaces 3. Increasing the volume of air being delivered to the indoor spaces to the maximum capacity 4. Selecting maximum filtration levels for the HVAC unit. 5. Ensuring that the HVAC unit runs continuously while the facility is occupied.</p>	<ul style="list-style-type: none"> • <u>Additional Facility Considerations</u>

<p>6. Ensuring that the HVAC unit runs for at least two hours before and two hours after the facility is occupied.</p> <p>7. Considering installing portable air cleaners equipped with a high efficiency particulate air (HEPA) filter to increase the amount of clean air within the facility.</p> <p>8. Reviewing and following the latest CDC guidance for ventilation requirements.</p>	
<p>3. <u>Conducting Sports Practices.</u></p> <p>a. All athletes, coaches, staff and others participating in practices and competitions must be screened, via temperature check and/or health questionnaire, at the beginning of each session. Players, coaches, staff, and volunteers showing symptoms of COVID-19 shall not be permitted to participate. If any individual develops symptoms of COVID-19 during the activity, they should promptly inform organizers and must be removed from the activity and instructed to return home.</p>	<ul style="list-style-type: none"> • Screening • Incidents and Reporting
<p>b. Coaches, staff, visitors and athletes will be required to abide by the gatherings / limitations outlined in Executive Order Nos. 156 (2020), 161 (2020), and 187 (2020), or the Order in effect at the time of competition.</p>	<ul style="list-style-type: none"> • Facility Capacity
<p>c. Encourage practice activities that do not involve sustained person-to-person contact between athletes and/or coaching staff, and limit such activities in indoor settings. For example, focus on individual skill-building activities.</p>	<ul style="list-style-type: none"> • Practice Groups and Competition Teams
<p>d. Adhere to precautions outlined in the program preparation plan.</p>	<ul style="list-style-type: none"> • Practice Groups and Competition Teams
<p>e. Ensure that athletes and coaches adhere to social distancing while not actively involved in practice activities (on the bench, in the dugout, etc.). Consider assigning coaching staff to monitor sideline social distancing.</p>	<ul style="list-style-type: none"> • Social Distancing and Masks • Practice Groups and Competition Teams
<p>f. If any equipment is provided by the operator, operators must minimize equipment sharing and clean and disinfect shared equipment at the end of a practice session using a product from the list of disinfectants meeting EPA criteria for use against the novel coronavirus. Do not permit athletes to share food, beverages, water bottles, towels, pinnies, gloves, helmets or any other equipment or materials that is involved in direct bodily contact.</p>	<ul style="list-style-type: none"> • Equipment
<p>g. Consider dividing larger teams into smaller groups and staggering practices at different times or across different days.</p>	<ul style="list-style-type: none"> • Practice Groups and Competition Teams
<p>h. Limit any nonessential visitors, spectators, staff, volunteers, vendors, members of the media, and activities involving external groups or organizations as much as possible. Visitors and spectators should wear face masks at all times, unless doing so would inhibit the individual's health or the individual is under the age of two. Spectators will not be permitted at an indoor practice or competition when the number of participants, coaches, referees and other necessary persons exceeds 25.</p>	<ul style="list-style-type: none"> • Facility Flow – Practice and Competitions • Social Distancing and Masks

	<ul style="list-style-type: none"> • Facility Capacity
i. Where they are permitted, operators are encouraged to mark off spectator/chaperone viewing sites to allow for social distancing. Visitors showing symptoms of COVID-19 shall not be permitted to attend.	<ul style="list-style-type: none"> • Facility Signage • Facility Flow – Practice and Competitions • Screening
j. Restrict spitting, handshakes, high-fives, team huddles, and any other close contacting activities	<ul style="list-style-type: none"> • Practice Groups and Competition Teams
4. <u>Preparing for games and tournaments.</u> Competitions, tournaments, invitationals, and other activities or events that involve interaction between athletes from the same team or between teams, while permitted, carry significant risks that operators, towns, coaches, parents and others should carefully consider before proceeding. If participating in or organizing a competition, tournament, or invitational:	<ul style="list-style-type: none"> • Practice Groups and Competition Teams
a. Follow protocols listed above under “conducting sports practices.”	<ul style="list-style-type: none"> • Practice Groups and Competition Teams
b. Coaches, staff, visitors and athletes will be required to abide by the gatherings limitations in effect at the time of competition.	<ul style="list-style-type: none"> • Facility Capacity
c. Concession stands should meet the requirements for indoor and outdoor dining outlined in the applicable Executive Orders and Executive Directives.	<ul style="list-style-type: none"> • Concessions
d. Consider social distancing requirements when scheduling contests and events. Social distancing will need to be maintained on buses/vans. Thus, multiple buses/vans and/or individual parent/guardian transportation will likely be required. Games should be scheduled at intervals that allow for proper sanitation of facilities and equipment following each game.	<ul style="list-style-type: none"> • Practice Groups and Competition Teams • Equipment
<u>Additional notes:</u> Operators, coaches, participants, and others engaging in sports activities are required to cooperate with local health departments (LHDs) on contact tracing. Contact tracing is the process used to identify those who have come into contact with people who have tested positive for many contagious diseases, including COVID-19. It is a long-standing practice and is an integral function of LHDs. Given that club sports teams and recreational sports teams are comprised of students enrolled in local school districts, it will be necessary for both club/recreational youth sports staff and school district staff, including but not limited to administrators, school nurses, school safety specialists, counselors, and any other staff deemed appropriate by the school district, to collaborate with and assist LHDs with contact tracing in the event of illness of a player, coach, referee, athletic trainer, and/or anyone else involved with a sports team/group. Additionally, all school districts and club/recreational youth sports staff should collaborate with LHDs to develop contact tracing policies and procedures, as well as identify the best methods to educate the broader school and youth sports community on the importance of the public health investigation and contact tracing.	<ul style="list-style-type: none"> • Incidents and Reporting

Appendix 2: COVID-19 Symptoms

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Source: <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

Appendix 3: temperature Check & Health Questionnaire

Parent/Guardian must take their child's temperature and complete this form every day before arrival to the event. This completed form must be handed to NHWC at check-in every day as your entry ticket to the activity. No Exceptions!

To keep you and all of our wrestlers, coaches, volunteers and their families safe, we are following the guidelines and recommendations of the New Jersey Department of Health and requiring that every participant be assessed for COVID-19 symptoms and risk factors each day before engaging in any wrestling-related activity (practices, competitions, events and/or before entering into any facilities, etc.). The below questionnaire must be completed for each wrestler for each wrestling activity on the day of the subject activity before the wrestler will be permitted to engage in the subject activity.

Please circle the response (Y or N)

1. When you took your temperature today was your/their temperature at or above 100.4°F.	(Yes/No)
Please provide the reading: _____°F	
2. Have you had a positive COVID-19 test within the last 14 days?	(Yes/No)
3. Have you had any signs or symptoms of a fever in the past 24 hours such as chills, sweats, felt "feverish," or had a temperature that is elevated for you or 100.4°F or greater?	(Yes/No)
4. Do you have any of the following symptoms? Fever or chills, Cough, Shortness of breath or difficulty breathing, Fatigue, Muscle or body aches, Headache, New loss of taste or smell, Sore throat, Congestion or runny nose, Nausea or vomiting, Diarrhea.	(Yes/No)
5. Have you or your family traveled internationally or outside of the State of New Jersey in the last 14 days to a location that is on the State of New Jersey's travel advisory list? https://covid19.nj.gov/faqs/nj-information/travel-and-transportation/which-states-are-on-the-travel-advisory-list-are-there-travel-restrictions-to-or-from-new-jersey	(Yes/No)
6. Within the last 14 days have you been exposed to or come into contact with anyone you know who has tested positive to COVID-19, or who had signs or symptoms consistent with COVID-19, or who was exposed to someone with COVID-19?	(Yes/No)

Regardless of how you answer the questions provided in this survey, if you have symptoms consistent with COVID-19 or feel you may be developing symptoms consistent with COVID-19, you cannot attend/participate in any NHWC activity and should contact a local healthcare professional.

Wrestler's Name (print): _____

Parent's Name (print): _____

Parent's Signature: _____

Date: _____

Appendix 5: Sample Letter to NHWC Parents

Dear Parents/Guardians:

This letter is to inform you that the Hunterdon County Department of Health has informed us that a wrestler in the North Hunterdon Wrestling Club has a probable case of Coronavirus Disease 2019 (COVID-19). The Club is coordinating closely with local public health officials and following CDC, state, and local health department guidance in order to assure the health and safety of our community. The Wrestler is part of the White/Breen/Black/Gold Practice Group and was/was not at practice on Monday/Tuesday/Wednesday/Thursday/Friday/Saturday/Sunday.

We are not able to share any identifying information about the Wrestler. The Hunterdon County Department of Health will/has completed contact tracing on the case this week and has contacted those individuals who have been potentially exposed through close contact (close contact as being within 6 feet of someone with the virus for a cumulative total of 15 minutes or more over a 24-hour period.) with the wrestler. If your child was given quarantine instructions, your child will need to stay home during the quarantine period, starting with the date of exposure.

After consultation with the county health department, there will be a/no change to our practice schedule. Cleaning and disinfecting of all exposed areas have been completed. The Club is also taking precautions to prevent the introduction and spread of viruses and other germs and is cleaning frequently touched surfaces. The status of this situation is fluid, and we are monitoring it closely. Please continue to be honest when completing the daily pre-screening form so we can monitor any potential cases.

We understand the level of concern regarding COVID-19. We encourage parents and students to continue following the Centers for Disease Control & Prevention promoted safeguards, such as:

- Staying home when you are sick;
- Washing hands often with soap for at least 20 seconds;
- Covering coughs and sneezes and properly disposing of tissues;
- Limiting close contact with people who are sick
- Not sharing food, drinks and utensils;
- Practicing social distancing (staying at least 6 feet apart);
- Wearing a face covering while in public; and
- Continuing to monitor your health for symptoms.

As always, we appreciate our community's support and cooperation. You can assist us by remaining vigilant in your approach to dealing with this health concern. If you have any questions about COVID-19 symptoms, or any other concerns for you or your child, please consult your physician. Should you have any questions about this situation, please

feel free to contact Mr. Michael Raley, President, North Hunterdon Wrestling Club, at 703-786-7203. Below are some resources that might be helpful.

RESOURCES

- NJDOH COVID-19 Information for Communities and the General Public: https://www.nj.gov/health/cd/topics/covid2019_community.shtml
- Get the Facts about Coronavirus: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- Symptoms of COVID-19: <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>
- Testing: <https://www.cdc.gov/coronavirus/2019-ncov/testing/index.html>; <https://covid19.nj.gov/pages/testing>
- How to Protect Yourself: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>
- What to Do if You Are Sick: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>

Sincerely,

NHWC

Appendix 6: Check-In and Screening

As directed by NJDOH, all athletes, coaches, and others participating in practices and competitions must be screened, via temperature check and/or health questionnaire, at the beginning of each session.

NOTE: At the discretion of NHWC, any individual may be subject to a temperature check prior to entry to the facility. Any reading of $\geq 100.4^{\circ}\text{F}$ will have a second check performed. If the second temperature check reading is $\geq 100.4^{\circ}\text{F}$, they fail screening and will be denied entry to the facility.

A NHWC individual will perform check-in/screening activities. Depending on the individual, the check-in/screening activity may follow different paths.

PATH 1: NHWC ROSTERED MEMBERS

Parents/Guardians of NHWC rostered members (**NHWC wrestlers**) are to complete required screenings for wrestlers on the day of the practice or completion at home prior to arriving at the facility. Screening includes a temperature check and a questionnaire check. Documentation of self-screening activities will be accomplished through the TeamSnap application. If needed, the Temperature Check & Health Questionnaire form (Appendix 3) may be used.

For NHWC rostered members (wrestlers), the NHWC check-in/screening individual will:

1. Inquire how individuals are feeling. If they respond that they are not well, they fail screening and are denied entry to the facility.
2. Visually observe the individual. If they present multiple COVID-19 symptoms, they fail screening and are denied entry to the facility.
3. Review the TeamSnap Application for screening information.
 - a. If self-screening was not complete or missing, the parent/guardian will be notified and advised to complete screening.
 - b. If self-screening information indicates a screen fail (a temperature reading $\geq 100.4^{\circ}\text{F}$ and an affirmative response to any individual question), they will be denied entry to the facility.
 - c. If self-screening information is complete and it did not indicate a screen fail (a temperature reading $\leq 100.4^{\circ}\text{F}$ and a negative response to all questions), they will be granted entry to the facility.
4. If granted entry to the facility, mark attendance and screening result on a roster sheet.

PATH 2: NON-NHWC ROSTERED WRESTLERS

Parents/Guardians of non-NHWC rostered wrestlers (**visiting or opposing wrestlers**) are to complete required screenings for wrestlers on the day of the practice or competition either at home prior to arriving the facility or upon accessing the facility. Screening includes a temperature check and a questionnaire check. Documentation of self-screening will be accomplished through the Temperature Check & Health Questionnaire form (Appendix 3).

For non-NHWC rostered wrestlers (visiting or opposing wrestlers), the NHWC check-in/screening individual will:

1. Inquire how individuals are feeling. If they respond that they are not well, they fail screening and will be denied entry to the facility.
2. Visually observe the individual. If they present multiple COVID-19 symptoms, they fail screening and will be denied entry to the facility.
3. Perform screening. Screening consists of a temperature check.
 - a. A temperature check will be performed using a non-contact instant read thermometer prior to entry to the facility. Any reading of $\geq 100.4^{\circ}\text{F}$ will have a second check performed. If the second fever check reading is $\geq 100.4^{\circ}\text{F}$, they fail screening and will be denied entry to the facility.
4. Collect and review the completed Communicable Disease Release of Liability and Assumption of Risk Agreement form (Appendix 3).
 - a. If the form was not complete or missing information, the parent/guardian will be notified and advised to complete the form. If the form cannot be completed, they fail screening and will be denied entry to the facility.
5. Collect and review the completed Temperature Check & Health Questionnaire form (Appendix 3):
 - a. If the form was not complete or missing information, the parent/guardian will be notified and advised to complete the form. If the form cannot be completed, they fail screening and will be denied entry to the facility
 - b. If self-screening information indicates a screen fail (a temperature reading $\geq 100.4^{\circ}\text{F}$ and an affirmative response to any individual question), they will be denied entry to the facility.
 - c. If self-screening information is complete and it did not indicate a screen fail (a temperature reading $\leq 100.4^{\circ}\text{F}$ and a negative response to all questions), they will be granted entry to the facility.
6. If granted entry to the facility, mark attendance and screening result on a roster sheet.

PATH 3: NON-NHWC ROSTERED PARTICIPANTS

For non-NHWC rostered individuals who will be participating in wrestling activities (**NHWC coaching staff, referees, opposing coaches, score/timekeepers, etc.**), the NHWC check-in/screening individual will:

1. Inquire how individuals are feeling. If they respond that they are not well - they fail screening and will be denied entry to the facility.
2. Visually observe the individual. If they present multiple COVID-19 symptoms - they fail screening and will be denied entry to the facility.
3. Perform screening. Screening consists of a temperature check and a verbal questionnaire check.
 - a. A temperature check will be performed using a non-contact instant read thermometer prior to entry to the facility. Any reading of $\geq 100.4^{\circ}\text{F}$ will have a second check performed. If the second temperature check reading is $\geq 100.4^{\circ}\text{F}$, they fail screening and will be denied entry to the facility.
 - b. Individuals will be asked to verbally respond to a series of questions (listed in Appendix 3).
 - i. If the individual responds in the affirmative to any individual question, they fail screening and will be denied entry to the facility.
 - ii. If the individual responds in the negative all questions, they pass screening and will be granted entry to the facility.
4. If granted entry to the facility, mark attendance and screening result on a roster sheet.

PATH 4: OTHERS

For all non-participating individuals (**parents/guardians, spectators, visitors, etc.**), the NHWC check-in/screening individual will:

1. Advise individuals to adhere to posted signage and adhere to Social Distancing and Mask requirements.

Appendix 7: Definitions and Acronyms

- Close Contact - Being within 6 feet of someone with the virus for a cumulative total of 15 minutes (or more) over a 24-hour period.
- NHWC - North Hunterdon Wrestling Club, Inc. (“Club”)
- NJDOH - New Jersey Department of Health
- Activity - practices, competitions, events.
- Individual - wrestlers, coaches, volunteers, workers, parents/guardians, siblings, spectators, visitors.
- Cleaning - removes germs, dirt, and other impurities from surfaces, but doesn't necessarily kill them.
- Club – North Hunterdon Wrestling Club.
- Disinfecting - kills germs on surfaces or objects.
- Gear – includes face covering, head gear, shoes, mouth guard, towels, water bottle, etc.
- Sanitizing - lowers the number of germs on surfaces or objects—either by killing them or removing them—to a safe level, according to public health standards or requirements.

Appendix 8: Competition Guidance

The following is to help guide a NHWC Coaching staff communicate with visiting/opposing wrestlers, visiting/opposing coaches and other visitors, NHWC expectations as it relates to COVID-19 health & safety protocols, this Plan, and required screening.

For home competitions:

1. Early in the scheduling process, alert visiting coaches of our Plan. Excerpts of this Plan may be provided.
2. Prior to the event:
 - a. Communicate with opposing coaching staff any Covid-19 related incidents (positive case(s), potential exposure(s), etc.) from either team.
 - b. Provide 2 copies of the roster of all wrestlers and coaches prior to the event.
 - c. Provide copies of the following forms to the parent/guardian of the wrestler and request that they complete the form at home on the day of the event.
 - i. Communicable Disease Release of Liability and Assumption of Risk Agreement form (Appendix 4).
 - ii. Temperature Check & Health Questionnaire form (Appendix 3).
3. After the event:
 - a. Communicate with opposing coaching staff, any Covid-19 related incidents (positive case(s), potential exposure(s), etc.) from either team.

For away competitions:

1. Inquire what the away competition's policies are regarding COVID-19 health & safety protocols.
2. Determine if their protocols are sufficient (i.e., equivalent to this Plan).
 - a. If determined to be sufficient, attend the away competitions and adhere to their plan.
 - b. If determined to be insufficient (i.e., not equivalent to this Plan). Either:
 - i. Do not attend the away competition; or,
 - ii. Implement this Plan or components of this Plan, if able; or,
 - iii. Offer to host the competition.