

# WRESTLING

GUIDELINES FOR WRESTLING

SPORT SPECIFIC FRAMEWORK					
WRESTLING	A	B	C	D	E
COMMUNITY SCENARIO: HEALTH STATUS TRAVEL ENGINEERING	HIGH RISK (ECQ)	HIGH RISK (MECQ)	MODERATE RISK (GCQ)	MODERATE RISK (MGCQ)	LOW RISK/ No Community Quarantine covid environment "NEW NORMAL"
IATF RESTRICTIONS* *	<p>Everyone is advised to "Stay - at-Home"</p> <p>No mass transportation</p> <p>No interzone travel</p> <p>No mass gathering</p> <p>Gyms, fitness facilities are closed</p>	<p>APOR allowed to travel</p> <p>&lt;20 and 60 and above are to stay at home</p> <p>Limited mass transportation</p> <p>Sports travel is still non-essential</p> <p>No interzone travel – may travel to ECQ</p> <p>Intrazonal movement allowed</p> <p>No mass gathering</p> <p>Sporting events are prohibited</p> <p>Gyms, fitness facilities are closed</p> <p>Water parks are not allowed to operate</p> <p>Individual, Outdoor exercises are allowed within the zone- walks,jogs,biking, running</p>	<p>Movement for leisure purposes are not allowed; essential travel only</p> <p>&lt;20 and 60 and above may be allowed to go outdoors only for exercise.</p> <p>Intrazonal travel allowed, Interzonal travel allowed</p> <p>Public transportation allowed to operate at limited capacity</p> <p>Category IV (fitness, kids establishments are still not allowed to operate)</p> <p>School sports are still suspended</p> <p>Interzonal movement allowed</p> <p>No mass gathering</p>	<p>All persons allowed to move outside of residence</p> <p>Intrazonal travel allowed, Interzonal travel allowed</p> <p>Individual and group outdoor activities including NON-CONTACT sports (golf/tennis/ table tennis/ swimming) are allowed – NO SHARING of equipment</p> <p>Sporting events of the above category (indoor and outdoor non-contact sports) are allowed but with 50% capacity of arena</p> <p>Category IV (fitness, kids establishments are allowed to operate at 50% capacity)</p> <p>Transportation is allowed to operate at the capacity dictated by DOTR; bikes and e- bikes encouraged</p>	IATF RESTRICTIONS**

		<p>Rehab clinics are on skeletal workforce</p> <p>No face to face school classes</p>	<p>Sporting events are prohibited</p> <p>Gyms, fitness facilities are closed</p> <p>No face to face classes; school sporting events are not allowed</p> <p>Outdoor non-contact sports, walking, jogging, running, biking, golf, swimming, tennis, badminton, equestrian and skateboarding are allowed—limited clubhouse basic operations</p>	<p>Face to face classes may be conducted but no gatherings.</p> <p>Gathering of up to 10 socially distanced persons are allowed</p> <p>Gyms, indoor fitness facilities are allowed to operate at maximum 50% capacity</p>	
SPORT RECOMMENDATIONS	<p>Mat training inside of the residence is allowed.</p> <p>Individual Home Program/Online Coaching:</p> <ul style="list-style-type: none"> <li>Individual Sports-specific Drills</li> <li>Strength training, utilizing available home equipment.</li> <li>Conditioning drills at home</li> </ul>	<p>Mat training inside of the residence is allowed.</p> <p>Individual Home Program/Online Coaching:</p> <ul style="list-style-type: none"> <li>Individual Sports-specific Drills</li> <li>Strength training, utilizing available home equipment.</li> <li>Conditioning drills may be done outside but only within the area of</li> </ul>	<p><u>*FOR RECOMMENDATION PENDING APPROVAL OF IATF AS A GCQ ACTIVITY</u></p> <p>Mat training inside of the residence is allowed.</p> <p>Individual Home Program/Online Coaching:</p> <ul style="list-style-type: none"> <li>Individual Sports-specific Drills</li> <li>Strength training, utilizing available home</li> </ul>	<p><u>*FOR RECOMMENDATION PENDING APPROVAL OF IATF AS AN MGCQ ACTIVITY</u></p> <p>Mat training at nearby facilities is allowed at 50% of maximum capacity of the facility.</p> <p>Individual Training Sessions are allowed:</p> <ul style="list-style-type: none"> <li>STRICTLY NO PERSON-PERSON CONTACT during training, which includes partner drills.</li> <li>Face-to-face Coaching, 1:6 Coach</li> </ul>	<p>IF ALLOWED:</p> <p>Partner drills (e.g. throwing, grappling) and Sparring may be conducted.</p> <p>Competitions are allowed when COVID-19 vaccines are available.</p>

		residence.	equipment. <ul style="list-style-type: none"> <li>Conditioning drills may be done outside but only within the area of residence.</li> </ul>	to athlete ratio. <ul style="list-style-type: none"> <li>Individual Sports-specific Drills. Personal weighted dummies may be utilized.</li> <li>Strength training, utilizing available personal equipment.</li> <li>Conditioning drills may be done outside of residence.</li> </ul> <p>Maximum of 90 mins. of training inside the facility for each session. Including warm-ups and cooldowns.</p>	<b>FOR OLYMPIC HOPEFULS SUGGESTIONS:</b> <ul style="list-style-type: none"> <li>-Specify Number of training partners and coaches included in the Russian Training Camp.</li> <li>-Specify Duration of Training Bubble/Camp</li> <li>-Specify Training Protocols of Bubble.</li> </ul>
GENERAL HYGIENE RECOMMENDATIONS	Sanitize Equipment, before and after use.  Frequent hand washing is a must.  Mandatory use of face masks.	Sanitize Equipment, before and after use.  Practice social distancing when doing conditioning drills outside of your residence.  Frequent hand washing is a must.  Mandatory use of face masks.	Sanitize Equipment, before and after use.  Practice social distancing when doing conditioning drills outside of your residence.  Frequent hand washing is a must.  Mandatory use of face masks.	Health declaration for the past 14 days.  Sanitize Equipment including mats, before and after use.  Practice social distancing when training outside of your residence.  Frequent hand washing is a must. Strictly no sharing of equipment.	Health declaration for the past 14 days.  Sanitize Equipment, including mats, before and after use.  Practice social distancing when training outside of your residence.  Frequent hand washing is a must.  Strictly no sharing of equipment.

					<p><b>FOR OLYMPIC HOPEFULS SUGGESTIONS:</b></p> <ul style="list-style-type: none"> <li>-Health protocols during overseas training.</li> <li>-Online baseline health declaration form should be sent to all athletes via our QR code system for documentation of current health status and subsequent symptom and exposure monitoring</li> </ul>
<p>FACILITY RECOMMENDATIONS</p>				<p>Facility must operate at only 50% of maximum capacity.</p> <p>Consider COVID-19 testing of Facility staff.</p> <p>Temperature check upon entry of the facility.</p> <p>Assign health safety officer for the facility.</p> <p>No personal towel, no training policy.</p> <p>Implement training schedules, 1 athlete per 3 sqm of mats.</p> <p>Locker Room may only be used for changing of clothes. Strictly 5 persons at a time.</p> <p>Allow additional time after each training session for sanitizing of mats.</p> <p>Provide adequate ventilation for the facility. Open windows.</p> <p>Regular cleaning and</p>	<p>Facility must operate at only 50% of maximum capacity.</p> <p>Consider COVID-19 testing and Vaccination (if available) of Facility staff.</p> <p>Assign health safety officer for the facility.</p> <p>No personal towel, no training policy.</p> <p>Allow additional time after each training session for sanitizing of mats.</p> <p>Provide adequate ventilation for the facility. Open windows.</p> <p>Regular cleaning and disinfecting of frequently touched items at the training</p>

				<p>disinfecting of frequently touched items at the training facility (door handles, table, light switches, toilets, faucets, sink, electric fans, gym equipment, etc.)</p>	<p>facility (door handles, table, light switches, toilets, faucets, sink, electric fans, gym equipment, etc.)</p> <p>IF ALLOWED:</p> <p>Individual shower cubicles may be allowed for use.</p> <p><b>FOR OLYMPIC HOPEFULS SUGGESTIONS:</b></p> <p>-Specify location of Training Bubble (Gym)</p> <p>-Specify Billeting Arrangements</p>
SPECTATOR ADDITIONAL PERSONNEL	No spectators allowed.	No spectators allowed.	No spectators allowed.	No spectators allowed. Only 1 Parent/Guardian is allowed (if necessary). Parents/Guardians are not allowed to enter the training floor.	<p>No spectators allowed. Only 1 Parent/Guardian is allowed (if necessary). Parents/Guardians are not allowed to enter the training floor.</p> <p><b>FOR OLYMPIC HOPEFULS SUGGESTIONS:</b></p> <p>-Specify number of personnel/staff included in the bubble.</p>