

COVID-19 GUIDELINES & RECOMMENDATIONS

Screening and Assessment

- Daily at-home screening of signs or symptoms of COVID-19 the past 14 days and no close sustained contact occurred with anyone who is sick or that may have been exposed to COVID-19 the past 14 days.
- Daily at-home measurement of body temperature: Temperature measurement is widely used as an immediate test to determine if someone may be infected with COVID-19. This assessment can be performed via a digital thermometer at the forehead. Do not bring your wrestler to practice if temperature is 100.4°F or higher.
- Any person with positive symptoms or concerning value should not be allowed to practice or compete and immediately referred to a health care provider. The CDC considers a person to have a fever when he or she has a measured temperature of 100.4°F or higher.
- Measurement of body temperature at each practice by Arsenal Wrestling Club. Temperatures will be recorded on the AWC Daily Health Assessment form.

Promoting Behaviors that Reduce Spread

- Implement existing governing organization guidelines for personal hygiene and infectious disease control including using sanitizer solution and wipes to clean exposed body parts before, during and after training and competition.
- There should be no shared athletic towels, clothing, headgear or shoes
- Individuals should wear their own appropriate workout clothes and use clean clothes daily including sanitizing shoes and headgear before and after practice.
- Individuals should bring their own water bottle and it should not be shared.

Maintaining Healthy Environments

- Implement and maintain all existing recommendations for a clean and sanitized training and competition environment.
- Clean wrestling mats and any used equipment before and after use.
- Hand sanitizer and wipes should be readily available in the practice and competition environments.