

# Return to Play Guidelines - CoVid 19

MHS Wrestling

2020 – 2021

(Mask will be kept on when possible, social distancing will be maintained when possible, Student athletes should have their own water bottle)

(On wrestling days the wrestling mat will be clean/sanitized before and after practice)

## TRANSPORTATION:

- Students and coaches will wear mask on bus. Athletes will be assigned 1 seat per person. When filled then athletes will be assigned 2 per seat.
- Bus transportation will be provided to event venue and back to the high school.
- Parent may transport students from tournament/dual/tri with proper paperwork filled out.

## LOCKER ROOM SCHEDULES:

- Entry
  - Walk into Dome via main doors
  - Follow weight room wall to back corner of dome
  - Sit where Coach Worthy assigns {every 5 yds, 5 rows (6ft apart)}
  - Half of Boys will be dismissed to change. Upon return other half of boys will be dismissed to change if needed.
  - All girls will be dismissed at once
  - Any bags or personal items will be placed along wall
  - Student athletes will returned to assigned spot with mask and water upon placing personal belonging along wall.
- Exit
  - Disimissal will happen from assigned spots in dome.
  - Coach Worthy will dismiss girls to retrieve belongings and exit along weight room wall through front doors.
  - Half of boys will be dismissed to retrieve belongings and exit along weight room wall through front doors.
  - Remaining boys will be dismissed to retrieve belongings and exit along weight room wall through front doors.

## ATHLETIC PERIODS:

- Entry
  - Walk into Dome via main doors
  - Follow weight room wall to back corner of dome
  - Sit where Coach Worthy assigns {every 5 yds, 5 rows (6ft apart)}
  - Follow Locker Room Procedures and return to spots in dome
- Exit
  - Disimissal will happen from assigned spots in dome.
  - Coach Worthy will dismiss girls to retrieve belongings and exit along weight room wall through front doors.

- Half of boys will be dismissed to retrieve belongings and exit along weight room wall through front doors.
- Remaining boys will be dismissed to retrieve belongings and exit along weight room wall through front doors.
- On wrestling practice days dismissal will happen from wrestling room.
  - Athletes will be dismissed by row to grab belongings in hallway, exit down stairwell through the dome and out the front doors.
- Warmups
  - Weight Room and Running Days
    - Athletes will remain in assigned spots
    - The dynamic and static portions of the warm up will be done in order to ensure maximum amount of social distancing possible.
  - Wrestling Days (mask will be kept on during warmups and stretching)
    - Start in assigned spots from dome
    - Athletes will be dismissed to wrestling room by rows.
    - Personal belongings will be picked up and put outside of wrestling room against wall in the hallway.
    - Athletes will then enter in wrestling room through double doors and sit in assigned rows to put wrestling shoes on.
    - Athletes will be split into two groups for dynamic warm up and assigned perpendicular walls for start of warm up.
    - The groups will alternate turns while completing dynamic warm up.
    - Upon finishing dynamic warm up each group will be dismissed to assigned spots in wrestling room to complete static stretches.
- Activity
  - Weight Room
    - Groups will be dismissed by rows.
    - Athletes will be assigned weight room racks in sets of two.
    - All lifts/exercises will be completed in immediate area of assigned weight room rack.
    - Upon finished athletes will return to designated warm up area in dome 1 row at a time and then be dismissed according to exit procedures.
  - Running Days
    - Groups will be dismissed to starting area by rows.
    - Any running events will be done in stations or groups to ensure social distancing standards.
    - Upon finished athletes will return to designated warm up area in dome 1 row at a time and then be dismissed according to exit procedures.
  - Wrestling Days
    - Wrestlers will be assigned 1 practice partner, and will be allowed to drill/wrestle live with their respective partner. We will also assign each athlete 1 back- up partner. By limiting the number of practice partners, we hope to limit any potential exposure.
    - Coaching staff will NOT demonstrate on athletes and will use existing partner groups
    - Each set of partners, will maintain a minimum of 6 feet distance from other athletes when possible.