

Wrestling Return to Play

June 15th 2020

Outside training

- Social distancing must be maintained – 6 feet / 2 meters
- No sharing of equipment such as yoga mats
- No more than 20 people total (includes parents, coaches)
- Coaches will take attendance for each session
- No contact / no drilling or sparring with a partner
- Athletes must be registered members of Wrestling PEI
- Activities may include but are not limited to wrestling stance, footwork, running, skipping, squats, push ups, etc. to improve overall fitness
- Reiterate the importance of good hand washing
- Have hand sanitizer available
- No sharing of water bottles (each participant must arrive w/ their own water)

Indoor training (*updated August 20th, 2020)

We primarily use schools for training. The first phase of return to indoor training would look similar, pending access to facilities. Matt MacGrath's facility (Eastern Grind in Ft. Augustus is available).

- Wrestling mats would be sanitized after each session
- No more than 15 people indoors
- Social distancing maintained between groups
- Coaches will take attendance
- Athletes must be registered members of WPEI
- Hand sanitizer
- No sharing of water bottles
- Athletes will change out of their training gear after practice, wash all clothing and shower asap as they get home.
- If weights or other equipment (other than wrestling mat) is shared, it would be sanitized after each session
- Training partners – athletes would be permitted to work w/ one training partner for all sessions (same 2 people working together)

Moving forward, when contact is permitted, we would group training partners together to create a 'training bubble' and will follow Wrestling Canada Lutte's guidelines as well as PEI's CPHO.

Wrestling PEI

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