



# COVID-19 “RETURN TO TRAINING” REQUIREMENTS

Liability insurance requires each club review, monitor, and adjust accordingly to the needs of your facility, based on federal, provincial and local Health Authority guidelines. For more information, go to <https://www.ontario.ca/page/how-ontario-is-responding-covid-19>

**OAWA recommends all Coaches receive a COVID-19 test prior to beginning running training sessions.**

In order for a member club/organization to begin Wrestling Training the following **minimum** guidelines must be in place. This is intended for clubs located in areas where sport-training has been allowed by local and provincial health officials.

1. **All Club Coaches and Administrators must be familiar with this document, as well as the Wrestling Canada Lutte ‘Return to on-mat Training Guidelines’ document. This document is available on the OAWA web site.**
2. **All Clubs must complete the Wrestling Canada Lutte Club Risk and Mitigation Assessment Tool and submit this to OAWA before they will be approved by OAWA to return to training.**
3. **Club must also submit an Opening Plan \* along with the WCL Tool noted above for review. (\* see below).**
4. **All participants in wrestling training activities must be registered with the Ontario Amateur Wrestling Association. This is a requirement of the Government of Ontario.**
5. **IMPORTANT – Clubs training not following these guidelines and the guidelines of local Health Authorities/Government of Ontario may be in violation of the law. Conducting illegal activities voids your insurance through OAWA – YOU CAN BE HELD PERSONALLY LIABLE! Clubs in violation will be in violation of OAWA Policy and subject to penalty. If you are unsure, contact OAWA.**
6. **Masks – check local requirements on use of masks. Participants may be able to remove the mask while engaging in athletic or fitness activity.**
7. **Whether indoor or outdoor, training shall be individually based movements with no physical contact between participants. NO CONTACT/LIVE WRESTLING!**
8. **A proper Emergency Action Plan (EAP) must be in effect meeting industry norms. Here is an example from Coaches Association of Canada:**  
<https://coach.ca/nccp-emergency-action-plan>
9. **The club must complete the Wrestling Canada Lutte Risk Assessment and Mitigation Tool and submit to OAWA.**
10. **The club should have and submit to OAWA at the same time an Opening Plan\*, including:**
  - Club access process with logistics.
  - A daily reopening check process.
  - A daily closing process.
  - Self-Assessment pre-training using government of Ontario Self-Assessment. This is available at: <https://covid-19.ontario.ca/self-assessment/> (within 12 hours of the scheduled session)
  - Screening procedures:
    - Recommended:** Athlete uses an on-line system to book training session.
    - Anyone entering the indoor training site must complete the self-assessment (within 12 hours of the scheduled session) and bring a copy to training with them (hardcopy or pdf electronically - on phone for example). This includes athletes, coaches, other staff and any parents entering the facility.

The facility must utilize a COVID-19 questionnaire. The questionnaire to be administered by a Club volunteer at the entrance to the venue. All participants must submit to this screening before being allowed to enter. Anyone answering 'yes' to any question is not to be allowed in for training and should be told to contact local health authorities  
Anyone not able to show they've completed the self-assessment is not allowed to enter.

#### Opening Plan (continued)

- Contamination risk assessment and cleaning / sanitizing / disinfection timelines, equipment and products.
  - PPE requirements.
  - How physical distancing will be accomplished and enforced.
  - Signs which will be posted at the facility and including a plan on their placement in the facility.
  - A plan for communication with local public health if and when needed.
11. Adequate and proper PPE (including gloves and masks), cleaning, sanitizing, disinfecting supplies and waste receptacles shall be on site and available at all times.
  12. The facility must have a system to track ALL persons entering and leaving (At minimum a sign-in sheet, including contact information), screening questionnaire. This information must be maintained by the club and not discarded.
  13. Everyone entering the facility must sanitize their hands on entry. Hand sanitizer shall be located strategically throughout the facility.
  14. Athletes should practice frequent and effective hand washing (20 seconds) or use hand sanitizer prior to and after training. After practice, they should go home, place clothes in the laundry and shower.
  15. The member club or training organization must have signage inside and/or outside which includes the following messages (this signage shall be available in all predominant languages of club members):
    - Limited entry to members and one (1) parent or guardian if the member is a minor.
    - Limiting the total number of persons in the facility to the current government requirement or recommendation. This includes coaches, athletes, parents, and any others in the facility.
    - Relating to hygiene practices, which are in effect, including how to properly wash hands and use of hand-sanitizer.
    - Pre-screening for symptoms of illness [this shall be posted outside your entrance(s)], with instructions NOT TO ENTER until screening has been done.
    - Signage identifying what training is allowed and not allowed
    - Signage identifying areas which are not accessible or are closed
    - Signage reminding persons to perform personal hygiene and wash personal items as soon as possible post training.
    - Signage identifying "Vulnerable Populations" and asking them not to enter, i.e. Immunocompromised, diabetic, people 65 and older, children below 5 years old and other diagnosed underlying medical conditions.
    - Other signage as required by local Public Health or any level of government.

16. The facility must have appropriate social distancing markings outside if people will be waiting to enter.
17. Athletes must arrive for training with their training gear on. No changing at the facility.
18. It is recommended to have separate entrance and exit if possible or a way to control flow. Avoid cross-contact in vs. out.
19. The facility must have an adequate and functioning HVAC system and/or a specific plan to introduce fresh air into the facility. Note: Floor or other fans should be used in such a way that they DO NOT direct air from one person to another.
20. Change rooms, locker rooms and shower facilities must be closed off. Access to washrooms and first aid areas must be intact.
  
21. Drinking fountains, water fill stations and food/beverage preparation or serving areas must be closed. Athletes should bring their own water bottle and not share water bottles.
22. A distance of 2 meters (6.5 feet) between persons must be maintained; if this is not possible individuals shall wear a mask (face covering) which covers the mouth and nose.
23. At no time shall common equipment (throwing dummies, skipping ropes) be used unless it has been cleaned and disinfected prior to and after use. No sharing of equipment during training.
24. Training shall not take place on soft surface (carpet, canvas or other similar type) flooring.
25. Proper and adequate PPE shall be supplied to all staff or volunteers and worn during cleaning, sanitizing or disinfection.
26. The venue must be cleared of all participants between sessions. Allow adequate time (minimum of 15 minutes) between training sessions to allow for a thorough disinfecting of the facility.
27. In particular, wrestling mats must be fully sanitized prior to each training session.
28. The organization shall complete deep cleaning, waste removal and disinfection or sanitization of all open areas at least once in a 24 hr. period.
29. Prior to entering the facility ALL persons shall be verbally screened for symptoms of illness.
30. The organization shall conform to related local Public Health requirements as applicable.
31. Club staff and/or volunteers shall ensure compliance with all the above requirements.
32. Prior to opening, an email or mail notice shall be sent to all members of the club/organization, providing updates as related to this list and internal procedures. This document must be attached or included also. Further this document shall be available in a printed format at the club and posted to be visible from the exterior of the main entrance.

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PROCESS SUMMARY

Prior to opening an email shall be sent to [pin-covid@oawa.ca](mailto:pin-covid@oawa.ca) with the following:

Club name as registered with OAWA.

Name/Location of Facility being used.

A completed club EAP.

The complete club ***WCL Risk Assessment and Mitigation Tool*** for return to training.

**Opening Plan** as outlined in point # 10 above

The date of planned opening.

The name of the “Head Coach” or other registered coach who will take responsibility for the above.

Upon receipt of the Club’s application for re-opening, OAWA will review the materials, make requests for changes or approve the club for opening.

**IMPORTANT: No Club may begin training prior to OAWA approval.**

If you have any questions on this process, e-mail: [pin-covid@oawa.ca](mailto:pin-covid@oawa.ca)