



**If movement restrictions (provincial, local) and physical distancing measures remain in place, the Risk Assessment may not apply as public health restrictions (e.g. maximum number of people together, quarantine post movement, etc.) take precedence and by their very nature may preclude any training (on and off the mat).**

Routine planning includes conducting risk assessments to determine the overall risk of disease spread. In view of the current outbreak of COVID-19, a disease-specific and wrestling-specific risk assessment and mitigation checklist has been developed to assess the specific risk of COVID-19 at wrestlingwrestling clubs.

In order to accurately provide answers to the following risk assessment and mitigation checklist, those responsible must be knowledgeable on the current COVID-19 outbreak. They should reference the daily provincial, local and global COVID-19 situation reports provided by WHO, Health Canada and provincial health authorities.

The tool must be completed in this Excel spreadsheet (see following tabs), as the scores are automatically calculated there.

It must be ensured that this risk assessment is conducted with input from local public health authorities, and preferably personnel with expertise in risk assessment, epidemiology, and infectious disease control measures are included from the initial stages of planning.

For the overall determination, factors under consideration include:

- The current stage of the COVID-19 outbreak where training is to be and known transmission dynamics
- The geographical distribution of and number of participants, and their individual risk profile
- The risk assessment tool
- The mitigation measures that are currently in place or feasible to implement

It is important to remember that while mitigation measures can reduce the risk of COVID-19 infections, they cannot completely eliminate the threat. It is the Sport Medicine Advisory Committee (SMAC), Canadian Public Health and WHO's view that all regions with community transmission should seriously restrict gatherings that bring people together and have the potential to amplify disease and support the recommended best practice of physical distancing.

This tool was adapted from the WHO Mass Gathering Risk Assessment and Mitigation Check List and the Canadian RATs tool specifically for wrestling clubs in Canada to conduct a risk assessment and mitigation check list to minimize the risk of COVID-19 transmission when resuming club based training (on and off the mat). Special thanks to Own The Podium, Rowing Canada Aviron, in particular Dr. Mike Wilkinson and Jennifer Fitzpatrick, for their leadership in developing the original risk assessment and mitigation check list for rowing clubs across Canada.

**ALL MANDATORY ITMES LISTED ON THE MITIGATION CHECKLIST NEED TO BE IN PLACE TO MINIMIZE RISK TO YOUR CLUB AND MEMBERS. PLEASE REVIEW INSURANCE COVERAGE WITH YOUR RESPECTIVE PROVIDERS.**

## Instructions

1. Complete the Risk Assessment (Step 1: Initial Risk Assessment and Step 2: Modified Risk Assessment) prior to proceeding to the Mitigation Checklist (Step 3). Score your club based on its present state.



Risk Assessment for Wrestling Clubs

Table with club information: Date of Risk Assessment (August 02, 2020), Club Name (Tri-City Training), City (Guelph), Province (ON), Public Health Contact Number (1800 245 7283), Name of Person Completing this Tool (Tom Cako/Amanda McAlpine), Name of Communications Lead (Tom Cako/Amanda McAlpine), Name of Medical Lead (Tom Cako/Amanda McAlpine), Name of Operations Lead (Tom Cako/Amanda McAlpine), and Owners (Tom Cako - Info@TriCityTraining.ca).

STEP 1 - Initial Risk Assessment

The questions below will enable clubs to assess the transmission and spread of COVID-19 in relation to an event and then follow their risk level for COVID-19. This will help inform our decisions to understand and manage any additional risk from COVID-19. The risk assessment should be reviewed and reassessed regularly during the planning phase and updated immediately prior to the event in the execution phase, especially in light of the rapidly evolving nature of the outbreak.

Initial Risk Assessment

Table for Initial Risk Assessment with 5 questions regarding COVID-19 transmission, distancing measures, and health conditions. Total Initial COVID-19 risk score is 4.

Color-coded legend for Total Initial Risk Assessment Score: 0 - Negligible, 1 - Very Low Risk, 2 - Low Risk, 3 - Moderate Risk (low-moderate), 4 - Moderate Risk (high-moderate), 5 - High Risk, 6 - Very High Risk.

STEP 2 - Modified Risk Assessment

If you have answered yes to any of the questions above, then reconsider whether you are able to modify any of the answers to modify the risk assessment score that may be used to reduce your risk level.

Table for Modified Risk Assessment with 5 questions regarding COVID-19 transmission, distancing measures, and health conditions. Total modified COVID-19 risk score is 2.

Color-coded legend for Total Modified Risk Assessment Score: 0 - Negligible, 1 - Very Low Risk, 2 - Low Risk, 3 - Moderate Risk (low-moderate), 4 - Moderate Risk (high-moderate), 5 - High Risk, 6 - Very High Risk.

Modified risk of transmission and further spread of COVID-19 in relation to an event is considered negligible. Modified risk of transmission and further spread of COVID-19 in relation to an event is considered very low. Modified risk of transmission and further spread of COVID-19 in relation to the resumption of an event is considered low. Modified risk of transmission and further spread of COVID-19 in relation to the resumption of an event is considered moderate. Modified risk of transmission and further spread of COVID-19 in relation to the resumption of an event is considered high. Further mitigation can reduce overall risk.

