



RETURN TO WRESTLING after COVID-19

Guidance for Event Organizers and Participants

These guidelines are intended to assist the Wrestling community to implement safety measures to regain wrestling activity when allowed, whether as athletes, coaches, event organizers or other participants. They may be used as a **checklist** and are not exhaustive. They are **additional** to all sanitary requirements as **prescribed by public authorities**.

Wrestling being a contact sport, it is at **higher risk** of viral transmission during viral epidemic and pandemic periods. Hence a **higher degree of attention** and more stringent measures are required from the Wrestling community. Individual **responsibility** is also key to protect the health of everyone. In that respect, detection of infected people and virus carriers with no symptoms help reducing those risks. In case of any doubt by an athlete or a participant for a potential viral infection, it is his/her individual responsibility to consider self-quarantine, refrain from participating in sports activities (training, competition) and refer to a hospital or an officially designated centre by the authorities.

This document is a recommendation and is subject to changes depending on the evolution of the pandemic and the progress made by the scientific community with regards to diagnostic approaches and antiviral treatments and vaccine.

Please consult regularly the recommendations of the

[World Health Organization](https://www.who.int/emergencies/diseases/novel-coronavirus-2019)

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1. World Health Organization (WHO) tools

It is WHO's view that all countries with community transmission should seriously consider postponing or reducing mass gatherings that bring people together and have the potential to amplify disease and support the recommended best practice of physical distancing. Any decision will be supported through the use of WHO tools, in particular the **Risk Assessment for Mass Gatherings during COVID-19**.

If **movement restrictions** and further national measures have been established in the country, the WHO risk assessment **does not apply**.

However, when the process of re-opening/conducting mass gatherings is being considered post movement restrictions, it will be key to ensure any decisions are based on a risk assessment, such as the WHO Mass gatherings COVID-19 risk assessment.

The detailed **links** to the various WHO tools are noted below.

- [How to use WHO risk assessment and mitigation checklist for Mass Gatherings in the context of COVID-19](#)
- [Mass Gathering risk assessment COVID-19: key considerations](#) (Excel sheet)
- [Decision tree for risk assessment for mass gathering](#)
- [Considerations for sports federations/sports event organizers when planning mass gatherings in the context of COVID-19: interim guidance](#)
- [Guidance for the use of the WHO Mass Gatherings Sports: addendum risk assessment tools in the context of COVID-19](#) (Excel sheet)



2. General advice¹

- a. Continue to follow and comply with all orders and guidelines promulgated by your national authorities.
- b. Keep updated on the latest information from trusted sources, such as WHO or your local and national health authorities
- c. Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water frequently.
- d. Maintain at least 2 metre (6 feet) distance between yourself and others whenever possible.
- e. Wearing mask and proper protections when necessary (PPE - Personal protective equipment).
- f. Avoid going to crowded places unnecessarily.
- g. Avoid touching eyes, nose and mouth.
- h. Cover your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately and wash your hands.
- i. If you have a fever, cough and difficulty breathing, seek medical attention, but call by telephone in advance if possible and follow the directions of your local health authority.
- j. Any significant increase in the number or **efforts for breathing** should be taken seriously.
- k. **Daily monitoring of the heart-rate rest (HRR)**, the number of your heart beats during one minute when you wake up before starting any activity, is a good way to monitor your body and become aware of a potential infection.

→ Sudden increase in HRR may be an early indicator of a potential infection at early stages, even before clinical symptoms appear.

3. Requirements for event organizers & participants

In addition to the requirements imposed by public authorities for the holding of sporting events, and those described above, the following recommendations specific to Wrestling must be applied by Event organizers:

3.1 Communication

- a. Inform all participants and UWW as early as possible of any sanitary requirements **to comply with and to be prepared for** by foreign visitors (quarantine, medical certificates, epidemiological questionnaires to be filled in, etc).
- b. Any other restrictions during the event shall be clearly communicated to all participants well in advance.
- c. Provide clear **information (posters, flyers, videos, etc)** in English in the competition venue about the above **basic precautions** (washing hands regularly, cover coughs/sneezes with a flexed elbow or disposable tissue, avoid touching eyes-nose-mouth). **Promote** regular and thorough hand-washing.
- d. Ensure that all measures are enforced by all participants and assign dedicated staff for this purpose.

¹ Based on WHO's advice : <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>



- e. In case of **adaptations** to the **competitions program** of UWW championships necessary to implement health protection during the event, such adaptations shall be communicated to UWW for approval.
- f. Limit delegations' accompanying staff in the different areas and functions (accreditation, weigh-in, warm-up area, call-room, FOP, BOH, etc).

3.2 Organization & protocols

- a. Refer to public authorities about specific sanitary requirements as requested by national law/decree.
- b. Consider risk population when planning your staff.
- c. Whenever possible, ensure flows of participants in the venue (field of play, back of house) are clearly delimited and avoid "bottleneck" spaces. If so, place marks on the floor to respect the sanitary distances.
- d. Room doors must remain open if possible and if not should be managed by volunteers for not allowing the different clients touching the door handles.
- e. Plan sufficient standard alcohol-based gel dispensers in all areas, particularly in areas without direct access to bathrooms/WC.
- f. Plan to provide masks and gloves for all participants (including delegations, staff, volunteers, security staff, anti-doping personnel, etc) or assess the higher risks for certain population/positions.
- g. Closed bins for safe disposal of hygienic materials (e.g. tissues, towels, sanitary products) in all rooms must be provided.
- h. If required by your authorities, plan sufficient testing kits (Infrared thermography, PCR, saliva or other homologated tests) for regular testing upon arrival, during the competition and upon departure.
- i. Provide plastic shoe defender to all athletes, which must be worn in the call room before entering the Field of Play.
- j. Before stepping on the mat, all athletes and referees must use a special shoe disinfectant unit, placed next to each mat.
- k. Wrestler and Referees (incl. mats chairmen) must use hand disinfectant tissue, **before** and **after** each bout.
- l. **Mats** (warm-up area & competition): must be **cleaned and disinfected BEFORE and AFTER each session**.
- m. Masks, skin and surface disinfectant sprays should be made available for every team during the accreditation.
- n. Where no isolation room is available or required by the authorities, any suspicious case must be referred to the hotel and be isolated until further instructions by the health authorities.
- o. **Changing rooms** (athletes, referees) must be cleaned and sanitized.
- p. **Accommodation:** Liaise with the selected hotels to ensure that proper sanitization the rooms and other premises has been conducted and regular sanitization is planned during the competition period.
- q. **Internal transport:** plan enough transports to ensure the sanitary distance is respected in buses can be respected. Regularly sanitize all transport means.



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- r. **Meals:** sanitary distance must be respected in the place dedicated for meals. If necessary, a **longer time period for meals** should be programmed.

3.3 Medical examinations & weigh-ins, draw

- a. All participants to the Medical examination & weigh-in (doctors, referees, athletes, additional staff) **must wear a protection mask.**
- b. Doctors carrying out the daily medical examination must wear masks and gloves.
- c. Doctors must remain vigilant to any symptom as described by the WHO and any signs of acute respiratory infection.
- d. Referees: 1 referee maximum per scale.
- e. No Team Leaders or Coach allowed in the weigh-in medical examinations & weigh-in area
- f. The rooms used for weigh-in and for the draw shall have sufficient space to allow social distancing. Mark social distances on the floor with rubber for queues during weigh-in.
- g. Sufficient time must be planned to allow **disinfection of scales** and **other devices** during weigh-in time.
- h. Whenever possible, the entrance and the exit (weigh-ins & draw, if applicable) should be distinct and clearly designated.
- i. If not carried out online via UWW's blockchain technology system, sanitary distance in the draw room must be clearly marked on the floor.

3.4 Measures applicable to Referees

- a. Control of the singlets and the body: must be carried out before athletes come to the mat
- b. Referees must not touch the athletes (no contact)
- c. No handshake between wrestlers and referees (athletes must bow to the referee)
- d. The Winner must be declared by a raise of hand (as in Judo).
- e. Mat chairman will call the consultation only when absolutely necessary.
- f. Enough space between the mat chairman and timekeeper (social distancing)
- g. Before using the paddles judge or mat chairman needs to disinfect hands
- h. Paddles must be cleaned and disinfected after each session

3.5 Anti-doping

- a. Ensure your NADO/service provider is aware of and applies WADA's guidelines ([Covid-19: ADO's Guidance for Resuming Testing](#)).



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- b. Plan **extra space** for sanitary distancing in the Doping Control Station (waiting area, sample collection area). Consider **several stations**.
- c. Ensure all Doping Control Personnel and chaperones are equipped with **mask** and proper protections (PPE - Personal Protective Equipment) and have enough **standard alcohol-based gel**.

3.6 After the event

- a. **Retain the names and contact details** of all participants for at least one month. This will help public health authorities trace people who may have been exposed to COVID-19 if one or more participants become ill shortly after the event. Consider the applicable **laws on privacy and personal data protection**.
- b. If anyone at the event was isolated as a suspected COVID-19 case, the organizer should inform UWW and all participants. They should be advised to monitor themselves for symptoms for 14 days and take their temperature twice a day.
