



Irish Amateur Wrestling Association.

Website - www.irishwrestling.ie

What Can I Do As A Wrestler?

Wrestlers have a responsibility to act in a safe and responsible manner while at the club. All wrestlers/participants should be advised to:

- Make themselves aware of the symptoms of COVID-19 and monitor their own wellbeing
- Participate in club induction, and any training provided by the COVID-19 Club Safety Officer
- Read and follow the club's COVID-19 Club Health and Safety plan
- Practice a high level of personal hygiene
- Keep a contact log of direct contact with other people
- Complete Pre-Return to Wrestling Personal Assessment Declaration prior to every training session and give to COVID-19 Club Compliance Officer
- Keep immune levels high – eat well, get sufficient sleep, stay hydrated

What Can I Do As A Coach?

Coaches have a responsibility to ensure that training activities and club operations do not cause unnecessary risks to players and the wider community. In addition to their responsibilities as an individual, they shall achieve this through:

- Liaising with the nominated COVID-19 Club Compliance Officers
- Participating in COVID-19 training as required
- Planning training activities to align with those permitted at any given time
- Educating teams and reinforce good personal hygiene and etiquette

What Can I Do As A Parent/Guardian?

Parents and guardians play an important role in the process of returning to wrestling. They will be critical in communicating and monitoring behaviours in our younger players.

- Please see guideline documents should you have any queries regarding children returning to training
- The COVID-19 Club Compliance Officers and the club will support them through this process
- IAWA will support clubs to achieve this