



Irish Amateur Wrestling Association.

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- Before and after being in a crowd
- When arriving and leaving areas
- When hands are visibly dirty, after toilet use



4. Respiratory Etiquette

- In addition to hand hygiene, good respiratory hygiene and etiquette is also necessary.
- Cover your mouth when coughing and sneezing with a tissue and then dispose of the tissue in a bin.
- If you don't have a tissue, use the sleeve of your arm and not your hand
- Wash hands after

5. Cleaning to Prevent Contamination

General Cleaning Guidelines Cleaning Guidelines for clubs and facilities will need to be enhanced to prevent cross contamination, particularly in common areas and at touch points including:

- Taps and washing facilities
- Toilet flush and seats
- Door handles and push plates
- Handrails on staircases and ramps
- Light Switches
- Communications equipment
- Keyboards and other office equipment
- Rubbish collection and storage points
- Welfare facility areas and first aid kits
- Training equipment such as throwing dummies, kettlebells, mat area before each session



6. Workstations

Consideration should be made to club houses that have workstations and offices. All work areas must be cleaned regularly. Workstations must be left clean and tidy at the end of every day by all users. Should a confirmed case be found on the premises it is important that the cleaners can fully sanitise the workstations so limiting loose material on the desk is necessary. Each desk should be provided a bottle of hand sanitiser and tissues. However, members are encouraged to wash their hands with warm water and soap.

7. Sanitary Facilities

The cleaning of toilets, sinks and other sanitary facilities used by several people should be carefully performed. Consider the use of a disinfectant effective against viruses, such as 0.1% sodium hypochlorite, or other licensed viricidal products following the instructions for use provided by the manufacturer. Member's engaged in environmental cleaning should wear PPE when performing cleaning activities. The use of the usual set of PPE (e.g. uniform – which is removed and frequently washed in warm water and gloves) is enough for the protection when cleaning general premises. The cleaning material should be properly cleaned at the end of every cleaning section. Hand hygiene should be performed each time PPE such as gloves are removed. Waste material produced during the cleaning should be placed in the general waste receptacles.

Cleaning between training sessions Cleaning of high touch items is advised between Training Sessions to reduce the risk of spread between pods and training groups.

8. Mat Area and Equipment

A robust cleaning system must be implemented to reduce the risk of spread of the virus. This would include

- Cleaning MATS before and after each training session.
- Cleaning equipment before and after each training session.

Studies have shown that coronavirus can live on plastics, ie MAT AREA up to 72hours. Clubs may wish to rotate some equipment (Bulgarian bags/throwing dummies) to allow 72hours between use to reduce the risk of spread of infection. This would not negate the requirement for sanitation before and after each use

8. Minimising Numbers in the Clubs

The number of wrestlers/coaching staff in the club should be limited depending on the Governmental advice at any one time. Training session(s) should be appropriately arranged so that wrestlers are absolutely clear as to the date and time of their training. Once arranged, wrestlers must stay in their allocated day/time slot and cannot observe, participate or otherwise be involved on other sessions. Multiple additional training sessions may be required to ensure that all wrestlers can access training safely. The Club should also consider and implement all activities that can completed from home, such as Strength and



9. Conditioning Programme

Wrestlers should show up on time and leave promptly – no use of shower area until any IAWA update – wrestlers should show up in training gear.

10. Use of PPE

The wearing of PPE (gloves, masks, goggles) should not take the place hygiene and cleaning measures to prevent spread of COVID-19, as outlined above. PPE should be selected and worn based on the hazard of the specific task / person. Wearing of PPE in line with existing occupational health and safety risk assessments should be maintained. Guidance on the use of PPE in COVID-19 prevention should be updated when necessary in accordance with Public Health Advice. People who are expected to wear PPE must be trained in their proper use, cleaning, storage and disposal. **It is recommended that reception staff, coaches , covid officer wear masks and protective gloves**

11. Disposable Gloves

Do not wear disposable gloves in place of washing hands. The virus can get on gloves in the same way it gets on hands. Also, hands can become contaminated when gloves are taken off. Disposable gloves should be worn in settings or in instances where close contact between members is unavoidable. Be aware that wearing disposable gloves can give a false sense of security.

A person might potentially:

- Sneeze or cough into the gloves - this creates a new surface for the virus to live on contaminate themselves when taking off the gloves or touching surfaces
- Not wash their hands as often as they need to and touch their face with contaminated gloves.

12. Training and Communications

COVID-19 Club Officers

The COVID-19 Club Safety Officer and Compliance officer should be provided with ongoing training on how to communicate with members about COVID-19 as well as deal with any suspected cases. They should keep updated with, IAWA, Government and Health Authority guidelines to update documents, management, and members.



13. Induction

Induction Training should be provided for all Members and participants prior to returning to wrestling and during transitioning from phase to phase. This training will include the latest up-to-date advice and guidance on Public health, including

- Hygiene techniques, respiratory and physical distancing etiquette.
- Tips for travelling to and from Training
- Changes to Training from the norm
- What a member should do if they or a member of their family develops symptoms of COVID-19
- Details of how the Club is organised to address the risk from COVID-19.
- An outline of the COVID-19 response plan
- Identification of key personnel in the COVID-19 Response Management Team
- Any other relevant advice

14. Signage

Appropriate signage should be installed in key locations (entrances, circulation spaces, Check-in Areas, toilets, etc) to remind all Members and visitors of Health Authority key guidelines. Signage will also be required to communicate changes to the environment and also to reinforce social distancing, personal hygiene and etiquette. The IAWA will provide all clubs with access to PDF's of current Step/Phase signage however clubs may require additional signage depending on the outcome of their own risk assessments to assist with way finding, directional flow etc.

15. Preparation for Training

Health Self-Declaration Before returning to each wrestling session , each member or members parent/guardian must complete a Pre-Playing Health declaration in the form of the **Pre-Return to Wrestling Personal Assessment Declaration**.

This form seeks confirmation that the member, to the best of their knowledge, has no symptoms of COVID-19 and that the member, or someone they have been in close contact with, is not self-isolating or awaiting the results of a COVID-19 test. If the person answers yes to any questions on the form, they are advised to seek medical advice before returning to wrestling. The COVID-19 Club Compliance Officer will determine from this declaration if a person is fit to return to wrestling. Members may also be asked if they are a vulnerable person, if they live with a vulnerable person or if a person at home is a frontline worker.

All declarations are private and confidential documents and will be treated in the highest regards.

It is recommended that google docs are used – (no cost) rather than paper



16. Drop Off / Collection

Members who drive to the club should be advised to park in designated parking areas only. Ideally these should be spaced to allow the recommended social distance between occupants once they have exited their car. If this is not possible members should be advised to wait in their cars until there is room to exit in accordance with social distancing guidelines. Those dropping/collecting to/from training should be discouraged from lingering in the car park and advised to remain in their cars or leave the car park

17. Check-In

Where possible touch free check-in should be practiced. Clubs should also consider the following controls:

- Disposable Gloves, hand sanitisers and disinfectants should be provided behind the desk for the Check-in Managers
- Check-in area should be sanitised regularly
- Hand sanitisers should be provided next to Check-in to allow people to sanitise before and after, recommend wrestlers bring own however, recommended social distance should be maintained between the Check-in manager and a person approaching,

18. Leaving the Club

Members should be advised to use hand washing facilities prior to entering their cars. If possible, outer layer clothing should be removed and placed in sealed bags to be washed at home. All clothing worn at training should be removed and washed immediately. Members should be advised wash as soon as possible after training and to limit touching surfaces in their home. Members should be advised not to accept lifts home of other club members and should travel with members of their own household.

19. Physical Distancing

General Rules;

Social distancing, or physical distancing, is a set of interventions or measures taken to prevent the spread of COVID-19 by maintaining a physical distance between people and reducing the number of times people come into contact with each other.

In order to slow the transmission rate of COVID-19 social distancing is recommended by Health Authority.

In order to assist in physical distancing, the COVID-19 Response Management Team should ensure

- A no hand shaking policy is in place
- A reduction of members presents at the club at any one time and at training. Guidance on numbers permitted at training sessions are outlined earlier.
- Mats should be laid out in such a way to maintain a 2m physical distance between training areas



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- Organise wrestlers into teams/groups/pods who consistently train together.
- Reduce on-site meetings as far as practicable.
- Provide one-way systems for access/egress where practicable

20. Spectators

No visitors, parents/guardians, partners or other persons not directly involved in the training session are permitted to attend or observe training. In circumstances where a player/coach gets a lift to/from training, the driver must either stay in the vehicle or leave the venue and return at the appointed collection time. Participants and spectators must adhere to public health measures and social distancing guidelines once spectators are permitted.

21. Linger

Wrestlers and coaches are required to leave the training venue promptly upon completion of the session.

22. Toilets

Depending on the size of the toilet facilities consideration should be made to reduce the number of people permitted in the toilets at any one time. An appropriate COVID-19 hygiene regime should be implemented.

This will include:

- All toilets should have the appropriate signage with instructions for washing hands.
- Disposable paper towels should be provided along with warm water and soap.
- It is advised to turn off hand dryers and remove towels.
- All contact surfaces, particularly flush handles and tap controls should be sanitised regularly.
- Toilet facilities are to be sanitised before and after every training session.
- Depending on the Sink controls within the clubs, participants should be encouraged to operate the tap controls with the back of their hand or a closed fist.

When using common toilet facilities, persons should, where possible, avoid using the sink or urinal directly beside one which is in use by another person.

- Where numbers on site are reduced, consideration should be given to closing off every second sink/urinal to ensure persons don't stand next to each other.
- Suitable and sufficient rubbish bins to be provided for hand towels and these will be removed regularly and disposed of safely.
- Soaps, toilet paper etc are to be checked regularly and replenished in good time



23. Changing Facilities and Rest Areas

Changing rooms will not be accessible until permitted to do so. Until such time, wrestlers and coaches are required to travel to training in their training gear, other than training footwear. Towels etc that are brought to training must not be shared or waved around and should be put in the boot of the vehicle immediately upon completion of use. Once changing facilities are opened for use social distancing and COVID-19 hygiene regime should be implemented in accordance with current Health Authority Guidelines

24. Contact Log

All members will be asked to keep a log of all persons they have had close contact with while they are at training. If a confirmed case is found at the club, persons who were in close contact with that person may be asked to stay at home for 14 days, pending a risk assessment. Close contact is defined as anyone who has spent more than 15 minutes, face-to face, within 2 meters of a person with COVID-19 in any setting, or someone who has shared a closed space with a confirmed case for more than two hours.

The contact log may be provided to the HSE to aid in contact tracing if a confirmed case is found at the club. The COVID-19 Club Compliance Officer will also keep a contact log of members who attend training.

25. Suspected Case Response Plan

Initial Response

The COVID-19 Club Compliance Officer will be responsible to implementing the response plan to a suspected case once a Member identifies themselves to them. The response must be quickly dealt with in a private and confidential manner. If any person on site, suspects themselves, or is suspected of having symptoms, they must report/be reported to the COVID-19 Club Compliance Officer.

The COVID-19 Club Compliance Officer must:

- Provide the person with a mask if one is available
- If a mask is not immediately available, they should be provided with a disposable tissue and advised to cover their mouth and nose with the tissue when they cough or sneeze and put the tissue in the waste bag provided.
- Accompany the person to the isolation room keeping a two-metre distance between the person and themselves and other individuals. The route to the isolation room needs to be quick and easily accessible with little human interaction as possible.
- Assess whether the unwell individual can immediately be directed to go home.
- If underage call their parent/ guardian
- Call their doctor.
- Carry out a questionnaire as outlined in below. ****Note: the COVID-19 Club Compliance Officer cannot diagnose a member of COVID-19 this can only be done by being tested by a qualified medical person.**
- Arrange transport home or to a hospital for medical assessment. Public transport should not be used. Transport should not be provided by another club member



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Log the incident.

Arrange for cleaning of the isolation room, equipment that may have been touched by the person, and pending a risk assessment, any other areas that the person may have had contact.

26. Isolation Room

An isolation room should be provided to be used to quarantine a member who is feeling unwell with the COVID-19 symptoms, to facilitate the person remaining in isolation if they cannot immediately go home, and to allow them to call next of kin and/or their doctor.

The Isolation room should have the following:

- A closed door
- Ventilation
- Tissues • Hand sanitiser
- PPE: Gloves and Masks
- Clinical Waste bags • The PPE gear should be kept in the isolation room, and/or an agreed secure area to be used for Emergency cases only. The PPE should be locked away so it cannot be taken for daily use. The Compliance Officers should have a key for the locked PPE.

27. Initial Assessment

COVID-19 Club Compliance Officer and cannot diagnose a member with COVID-19. This can only be done by getting a COVID-19 test with a qualified medical person. The purpose of this questionnaire is to establish the next steps in the response plan. The unwell person must answer the following questionnaire in order to establish if they have a suspected case of COVID-19.

1. Has the member been in contact with any suspected cases, to the best of their awareness?
2. Has the member travelled to any countries outside of Ireland?

If NO:

- Ask the unwell person to contact their doctor

If YES:

- The unwell person is to be brought to the Isolating room if not already there.
- The unwell person will need to contact their next of kin and/or doctor or the HSE for advice.
- Compliance officer to notify the COVID-19 Club Safety Officer

The unwell person's contact log to be given to the Compliance officer as well as names and details of persons who were training with the unwell person.

- The unwell person must stay in the isolation room until they can get in contact with next of kin and/or their doctor,
- They will be asked to not touch any surfaces and to dispose of their tissues in the bin provided.



28. Transport of Suspected Case

The member should be advised not to use public transport or a taxi to get home or to go to the doctors. They should use their own personal transport if fit to do so. Alternatively, arrangements can be made that a household member they live with will collect them from training. The member with the suspected case should stay in the isolation room and not touch any surfaces or interact with anybody until they are ready to depart in their own vehicle or be collected.

29. Cleaning Spaces After The Presence Of Suspected Or Confirmed Case

The isolation room will need to be deep cleaned as well as the areas where the person came into contact with surfaces.

The following should also be completed,

- Where possible close and secure area for 72 hours, if this is not possible then –
- The area should be well ventilated with fresh air for a minimum of 1 hour
- The spaces should be carefully cleaned with a neutral detergent, followed by decontamination of surfaces using a disinfectant effective against viruses, as follows:
 - Viricidal Products, or 0.05% sodium hypochlorite (NaClO) (dilution 1:100, if household bleach is used, which is usually at an initial concentration of 5%)
 - For surfaces that can be damaged by sodium hypochlorite, products based on ethanol (at least 70%) can be used for decontamination after cleaning with a neutral detergent.
 - Cleaning of toilets, bathroom sinks and sanitary facilities need to be carefully performed, avoiding splashes. Disinfection should follow normal cleaning using a disinfectant effective against viruses, or 0.1% sodium hypochlorite.
 - All textiles (e.g. towels, curtains, etc.) should be washed using a hot-water cycle (90°C) with regular laundry detergent. If a hot-water cycle cannot be used due to the characteristics of the material, bleach or other laundry products for decontamination of textiles need to be added to the wash cycle.
 - Follow manufacturer's instructions for Use of cleaning products and disinfectants
 - Use Disposable, single-use cleaning equipment if practicable, e.g. disposable cloths or paper roll

Staff should wear the following PPE while cleaning after a suspected case: surgical mask , uniform and single-use plastic apron , gloves.

- Hand hygiene should be performed each time after removing gloves or mask.
- Waste material produced during the cleaning should be placed in a separate bag, which can be disposed in the unsorted garbage.

30. Return to Wrestling After Illness

When a member has been absent due to COVID-19 virus, they may only return to wrestling if deemed fit to do so and meet the following criteria:



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- 14 days since their last “close contact” with a confirmed / suspected case and have not developed symptoms in that time, or
- 14 days since the onset of their symptoms and 5 days since their last fever (high temperature), or
- They have been advised by their GP that they may return to play. It is advised that a return to wrestling doctors note is provided to the COVID-19 Club Compliance Officer. If this is not available, the Individual must self-declare their fitness for training in the absence of having a fitness for training certificate from their GP/healthcare provider.

31. First Aid

Infection Spread COVID-19 infects people through contact with the mucous membranes. First Aid Responders must think of these as being the mouth, nose and eyes. It does not infect through the skin. The greatest element of risk for a First Aid Responder is transfer of the virus to the mucous membranes by contact of contaminated hands (including contaminated gloved hands) with the eyes, nose or mouth.

The key interventions to manage this risk are to minimise hand contamination, avoid touching your face and clean your hands frequently with soap and water or alcohol-based hand gel. There is also a significant risk of direct transfer of the virus on to mucous membranes by droplet transmission, that is, by direct impact of larger infectious virus droplets generated from the person’s respiratory tract landing directly in your eyes, nose or mouth. This risk is managed by use of appropriate PPE (mask and eye protection) and by providing the ill person with a mask to cover their nose and mouth when coughing or sneezing (respiratory hygiene and cough etiquette)

32. Administering First Aid

If, as a First Aid Responder, close contact with a person who may require some level of first aid can be avoided, do so. This, of course, will not be possible in the event of having to provide emergency lifesaving measures such as an incident of cardiac arrest, heart attack, choking, stroke.

First Aid Responders should be familiar with the symptoms of COVID-19. They will need to perform a “dynamic risk assessment” based on the scenario they are presented with. Standard infection control precautions to be applied when responding to any first aid incident in the club. Hand washing with warm water and soap or an alcohol-based hand gel must be performed before and after providing any first aid treatment. Enclosed eye protection and FFP3 mask should be worn by First Aid Responders when responding to all first aid incidents where close contact cannot be avoided. Any person presenting with symptoms consistent with COVID-19 should be treated as a suspected case and actions as set out in Section 14 of this document should be followed. A mask should be made available to give to person if they are displaying symptoms consistent with COVID-19 to limit droplet dispersion.

If you suspect a person has experienced a cardiac arrest, do not listen or feel for breathing by placing your ear and cheek close to the person’s mouth. If you are in any doubt about confirming cardiac arrest, the default position is to start chest compressions only until help arrives. To iterate the point, a person in cardiac arrest should have compression only CPR applied.



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Persons with minor injuries (cuts, abrasions, minor burns) - where practical, a First Aid Responder should avoid close contact and advise the injured party what steps to take in treating their injury

33. First Aid and PPE Requirements

The following PPE must be available for responding to first aid incidents:

1. Disposable gloves (nitrile/latex)
2. FFP3 or FFP2 Face masks
3. Disposable plastic aprons
4. Enclosed eye protection
 - First Aid Responder must ensure that the mask covers both the mouth and nose and is fitted correctly to create an adequate seal to the face.
 - Following first aid treatment, disposable PPE and any waste should be disposed of appropriately and reusable PPE cleaned/disinfected thoroughly.
 - Wash hands thoroughly with warm water and soap before putting on and after taking off PPE
 - Replenish PPE stock as appropriate.
 - Liaise with your Club Safety Officer to ensure any issues with first aid PPE are resolved in as timely a manner as possible.

34. Mental Health and Wellness

Clubs should put in place support for members who may be suffering from anxiety or stress due to COVID-19. Information about prevention and control measures at the club should be delivered to all members to help ease concerns about risk of infection.