



**Irish Amateur Wrestling Association.**

Website - [www.irishwrestling.ie](http://www.irishwrestling.ie)

## **IAWA Return To Wrestling & Grappling**

### **Guidelines For Clubs: Guidelines For Events**

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**A. COVID-19 Safety Officer**

Any event which is run during the current phases must adhere to HSE/IAWA Guidelines and appoint a dedicated COVID-19 Safety Officer. A list of possible duties for a COVID-19 Safety Officer is below, however this is not exhaustive and should be tailored depending on the many factors that surround the event.

- With the Event organisation committee, create a COVID-19 Health and Safety plan for this event, liaising with all stakeholders.
- Provide the event team with the appropriate COVID-19 training and education to run the event.
- Ensure the event team are fully aware of HSE/IAWA guidelines surrounding the return to wrestling.
- Ensure the event participants are aware of specified ratios implemented during this time.
- Ensure that indoor facilities are NOT utilised during restricted Phase/Steps events.
- Contact club insurers regarding possible amendments to policies due to the Pandemic.
- In advance of anyone attending, ensure that they are aware of all Guidelines in place for running the event i.e. COVID-19 Health and Safety Plan.
- Implement a tracking and monitoring system for all Individuals/Pods/Teams using facilities and ensure that all HSE/IAWA guidelines are strictly adhered to.
- Ensure social distancing is maintained at all times.
- Ensure IAWA COVID-19 posters are prominently placed around the venue and are relating to the correct Phase/Step.



- Ensure ALL attendees (wrestlers and coaches etc.) are recorded and that contact information is fully up to date.
- Ensure the venue has appropriate stocks of sanitation and cleaning materials.
- Create a check-in area that can be used by teams to register, with appropriate measures such as social distancing, sanitation etc.
- Contact your Branch personnel if there are any issues regarding these Guidelines.
- Promote best practice regarding policies and information from the HSE/IAWA.

## **B. Travel to / from Club (Event)**

- Anyone attending the event should, where possible, travel alone, or with someone from the same household.
- The Event team must create clear and separate entry/exit points.
- The Event team should operate a stop and drop system, wherein only the attendee gets out of the vehicle.
- Ensure there is distance between parking spaces, and if attendees must park next to each other, they must wait for the other person to leave before getting out.
- Do not offer lifts.
- Attendees should arrive at the club no more than 5 minutes before the beginning of activity.
- Attendees should go directly to the registration area, maintaining social distancing, and from there to their dedicated training zone.
- All attendees (wrestlers/coaches etc.) must arrive in kit and only change footwear at the club.
- All people must sanitise their hands prior to arriving at the club.
- Clubs should enforce one-way systems around the club both in the car park, and common walking areas, with regular visuals of a recommended social distance.
- All attendees must leave venue in a prompt manner, however in case of prolonged waiting period please ensure all social distancing Guidelines are enforced.

## **C. Check in (registration) Process / Pre-Event**

- All attendees should pre-register online and complete IAWA Pre-Return to Wrestling Personal Assessment Declaration.
- Walk up's will not be accepted. Only online booking attendance for the Event so the Event team can manage numbers safely in accordance to Guidelines.



- All Wrestlers, and Coaches (attendees) must ensure the Event team has their up to date contact details.
- Queue markers lined out to ensure social distancing.
- Sanitiser station at check in area.
- No mingling in check in area.
- Attendees to go immediately to training area post check in.
- Educational information available on website and must be read pre attendance.
- If unwell and in a risk group, please do not attend.

#### **D. Facilities**

- All Clubhouses are to remain closed during the restricted Phases/Steps, except for toilet facilities which must be thoroughly cleaned at regular intervals, Event team and COVID-19 Safety Officer to ensure this takes place.
- Changing rooms, function rooms, and the club bar will remain closed during this Phase/Steps of reopening.
- Wrestlers must bring their own equipment if required and NEVER share (stretch bands, foam rollers, etc.).
- Attendees must bring their own water bottle and NEVER share.
- All equipment must be thoroughly sanitized following every session.
- Event teams should keep their equipment use over these restricted Phases/Steps to a minimum and must not be shared with other groups within the event/camp.
- The use of unnecessary equipment must be limited during these phases.
- Referees/Coaches should follow all IAWA guidelines.
- Access to dressing rooms and function halls is prohibited during initial Phases/Steps so the Event team should be mindful of this in their plan for different weather conditions.

#### **F. Post Event**

- Attendees must leave immediately, and dressing rooms will not be accessible for anyone.
- Attendees must shower at home and no access will be given to shower facilities in clubs at this time.
- Event team must, always, avoid grouping larger amounts of attendees and any meetings must be held outside with social distancing adhered to.
- Attendee must report if they subsequently develop COVID-19.



## **G. Social Distancing Behaviors**

- Wrestlers must refrain from handshakes and high fives.
- Practice good cough/sneeze etiquette and dispose of any used tissue in a responsible manner.
- Avoid touching your face.
- Remain apart from other wrestlers when taking a break.
- If a ball from another zone comes across, send it back with a kick on the ground. Refrain from picking up the ball.
- Social distancing is advised when travelling in vehicles to/from training.
- No spitting or clearing of nostrils on the Mat or surrounding areas.