



Irish Amateur Wrestling Association

Website - www.irishwrestling.ie

IWA Return To Wrestling Guidelines For

Clubs: Guidelines For Parents & Guardians

Drafted : June 22nd 2020



A. COVID-19 Safety Officer

- All Parents/Guardians to ensure that Children/Youths attending Wrestling training or events are fully aware of the Guidelines enforced in the current phase by the COVID-19 Safety Officer.
- Parents/Guardians must ensure that the COVID-19 Safety Officer and Event team are made fully aware in advance of any medical conditions a player may have.

B. Travel to / from Venue

- Only one parent/guardian should travel with younger Wrestlers where possible – no parents and guardians not directly involved in the training session are permitted to attend or observe training.
- The driver must either stay in the vehicle or leave the clubs and return at the appointed collection time.
- Wrestlers to arrive no more than 5 minutes prior to session commencing.
- Wrestlers must not physically greet each other at any stage.
- Wrestlers should arrive togged ready to wrestle as there will be no access to changing rooms.
- Parents/Guardians of Wrestlers with specific medical conditions can remain in Car Park in case of emergency, providing they adhere to all Guidelines in place in that phase.



C. Check in (registration) Process / Pre-training or event

- All registration for events should take place online where possible.
- Parents/Guardians should complete the IAWA Pre-Return to Wrestling Personal Assessment Declaration prior to attending.
- Parents should not approach check in areas where possible and must adhere to social distancing Guidelines at all times.

D. Clubhouse and Facilities

- Parents/Guardians must ensure their children are fully kitted out when they arrive for the session as there will be no access to dressing rooms on site.
- All children should have their own equipment and must NEVER share that with anyone else. These items include water bottles, clothing, boots, towels etc.

E. Pitch (venue)

- Training areas will be divided into zones with Wrestlers/coaches allocated to training within each zone. Zones will be identified by colour, number, section, etc.
- Every wrestler should know their training zone before arriving at the mat.
- Pods/Groups will stay the same throughout these Phases/Steps, from exercise to exercise and training to training. (Subject to change on Government advice).
- All Wrestlers to remain in socially distanced groups during breaks and not to mingle.
- Bathroom breaks, will be staggered with no grouping and this should be organised prior to commencement of event.
- Access to dressing rooms and function halls is prohibited during these Phases/Steps so Parents/Guardians should be mindful of this when packing the Wrestlers bag.



F. Post training

- Wrestlers must leave immediately, and dressing rooms will not be accessible for anyone.
- Wrestlers must shower at home and no access will be given to shower facilities in clubs at this time.
- Parents/Guardians should ensure that all kit and equipment is thoroughly cleaned.

G. Social Distancing Behaviours

- 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.
- Social distancing is advised when travelling in vehicles to/from training.
- No spitting or clearing of nostrils on pitch or venue.