



IDAHO HIGH SCHOOL ACTIVITIES ASSOCIATION

Serving Idaho's Youth Since 1926

Ty Jones, Executive Director

Julie Hammons, Assistant Director

Mike Federico, Assistant Director

8011 Ustick Road

Boise, ID 83704

Phone #: (208) 375-7027

Fax #: (208) 322-5505

website: idhsaa.org

e-mail: admin@idhsaa.org

WRESTLING CONTINGENCY PLANNING COMMITTEE RECOMMENDATIONS

The NFHS has determined that Wrestling is high risk. Sports that involve close, sustained contact between participants, lack of significant protective barriers, and high probability that respiratory particles will be transmitted between participants.

Considering all recommendations by the General IHSAA guidelines and the NFHS and IHSAA SMAC guidelines, the following are the specific guidelines for Wrestling:

- The season will start on November 16th. Any changes to the calendar will be made on a two-week basis. If events are cancelled, those events will be eliminated with no make ups and the schedule will continue as needed.
- The decision to cancel an event must be related to and backed by the COVID-19 guidelines. The decision to cancel must be made by the district superintendent.
- If the cancellation of an event is due to COVID-19 concerns, it would not be considered a forfeit and there would be no fines issued.
- Fans will be limited as needed based on school district plans and the Governor's Stage 3 Protocols.
- Conferences and schools should develop representation protocols in case the tournament bracket changes. If no protocols are made, the IHSAA will develop it using Track Wrestling.
- Have contingency plans for district and state events in place prior to the beginning of the season.

Points of Emphasis: Physical distancing must be followed and hygiene basics adhered to in all situations.

Special Considerations for the use of the following equipment

- Mats
- Scales
- Locker rooms
- Towels
- Water Bottles
- Any item that is held or that makes contact with the body (i.e. pads/dummies)

Special Considerations for the use of the following components of the facility

- Practice Facilities
- Weigh in Areas

- Bleachers
- Team Areas
- Bathrooms
- Warm-Up Areas
- Locker Rooms
- Weight Training Facilities
- Ticket Booths
- Entry Gates
- Concessions

Special Considerations for game support staff components

- Officials
- Media
- Security
- Administration
- Ticket and Gate Workers
- Table Workers
- Custodial Workers
- Concession Workers
- Cheerleaders



2020-21 Wrestling Considerations

In support of the Guidance for Opening Up High School Athletics and Activities, the NFHS Wrestling Rules Committee offers this document for state associations to consider whether any possible rules could be altered for the 2020-21 season. The considerations outlined in this document are meant to decrease potential exposure to respiratory droplets by encouraging social distancing, limiting participation in administrative tasks to essential personnel and allowing for appropriate protective equipment.

Note: This is not an exhaustive list and there might be additional steps in each school, city, and state to help prevent the spread of virus. Even when taking all precautions, there will still be risk of transmitting illnesses. Everyone should stay vigilant about the health of members of their teams. Lastly, the situation with Covid-19 is rapidly changing. These considerations may quickly become outdated. Please keep up with the latest from the CDC and other health officials in your state.

Return to Competition

General Considerations:

- Have hand sanitizer and wipes available at the table.

- Wash stations or sanitizer at mat side.
- No one touches the score sheet except the scorer.
- If writing implements are used, they should be sanitized and not shared with anyone.
- Disinfect the mats prior to competition.
- Do not allow fans.
- Athletes and Coaches wears masks off the mat.
- Participate/host smaller events (more duals, less larger tournaments)
- Check the fans' temperature prior to admission.
- Minimize the number of spectators.

Considerations for Coaches:

- Wear masks on and off mat.
- Eliminate handshakes post-match.

Considerations for Wrestlers:

- Submit to COVID-19 testing as part of your pre-participation physical.
- Take the temperature of the wrestlers before weigh-ins.
- Showers after weigh-ins.
- Stagger weight classes, so not everyone is in chairs mat-side.
- Wear masks off the mat when not competing.
- Eliminate handshakes with wrestlers, coaches' and officials post-match.

Considerations for Referees:

- Bring personal hand sanitizer. Wash hands frequently
- Don't share equipment.
- Change whistle several times during the day.
- Follow social distancing guidelines. Consider six feet minimum distance when talking to others (players, coaches, other officials).
- Consider using electronic whistle.
- Do not shake hands and follow pre- and post-game ceremony guidelines established by state associations.
- Off mat officials may wear masks at all times.
- Wear masks on the mat.
- May wear disposable glove. If so, then they must change after each match.

Considerations for Parents

(A family's role in maintaining safety guidelines for themselves and others):

- Make sure your child and immediate household members are free from illness before participating in practice and competition (if there is doubt stay home),
- Provide personal items for your child and clearly label them.
- Disinfect your students' personal equipment after each game or practice.