

Penn Manor Wrestling Club COVID-19 Safety Policies and Procedures

At Penn Manor Wrestling Club (PMWC) the safety of our wrestlers, their families, and our coaches and volunteers is a priority to us. Below are our 2020-2021 policies and procedures we will be implementing.

Wrestlers

- Will come in through a designated entrance and leave through a designated exit at the guidance of the coaches when they arrive and leave.
- Will use social distancing of at least 6 feet as much as possible within the wrestling room during drills that don't require a partner.
- Will have a designated spot for bags, equipment, etc (We ask that wrestlers limit what they bring to class to only what they need for practice)
- Must wash their hands or use hand sanitizer when entering and exiting the wrestling room
- Must bring their own water bottle to practice (The water fountain in the wrestling room **will not** be available for wrestlers to use.)
- Due to updated orders from the PA Dept of Health, and following guidance from PIAA, all wrestlers must wear a mask while practicing. (Update 11/23/20)

Parents

- Perform pre-practice screening via google form (Link sent in email and posted on website at <http://pmwrestling.com/WP/practice-health-screening/>). Parents/guardians MUST ask their child the following questions before attending a ½ hour before EACH practice.
 - Fever or chills. (Parents take temp. prior to practice/game and stay home if 100.4 or greater)
 - Cough
 - Sore Throat
 - Shortness of Breath
 - Loss of taste or smell
 - Vomiting/Diarrhea
 - Close contact with someone who is sick, or has been exposed to COVID
- If the answer to any of the above questions is “yes”:
- The wrestler MUST remain home.
 - The parent MUST alert PMWC so that other wrestlers, parents, and coaches can be notified.
 - The wrestler MUST obtain an appropriate signed medical return note/documentation to return to practice.
- Wrestlers and their immediate family, who are under government or school orders to quarantine due to an exposure to COVID19, may not attend practices until the quarantine is complete.
 - Pack a water bottle for your wrestler labeled with their first and last name (The water fountain will be closed in the wrestling room.)
 - As wrestlers wait to enter the wrestling room, parents should wait in line at the designated entrance with their wrestler to ensure they stay 6 feet from other wrestlers and parents waiting in line to enter the building.
 - Parents will meet a coach at the front door to answer COVID-19 safety questions and to sign their wrestler in with the coach.

- **PARENTS WILL NOT BE PERMITTED IN THE BUILDING.** Parents who choose to stay on premises during the practice will need to wait in their cars for their wrestler.
- We ask that parents respectfully wear a mask when interacting with our coaches.
- Direct any Covid-19 safety questions to Jason Fellenbaum.

Wrestling Room Practices

- Coaches will review screening questions with parents and take wrestlers' temperature before allowing them access to the wrestling room. If coaches observe any wrestler with a fever or symptoms related to COVID19, the wrestler will not be permitted to enter the practice facility.
- Coaches will wear a mask during all interactions with wrestlers and parents.
- Coaches will wash hands before and after each class and during class at their discretion.
- Coaches will sanitize the wrestling mats before each practice session.
- During practice, wrestlers will be partnered with one assigned drill partner for the duration of the practice to minimize potential exposure. These partner pairings will be documented for each practice.
- Surfaces and floors will be cleaned before and after each group's practice session.
- The bathroom will be cleaned before and after each practice session.
- At the end of practice, a coach will open the designated exit and signal that parents can get their wrestler. Coaches ensure social distancing of 6 feet as wrestlers leave the wrestling room.