



ALBERTA AMATEUR WRESTLING

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Alberta Amateur Wrestling Association (AAWA) Guidelines for Stage 2 Reopening (Updated October 19, 2020)

DISCLAIMER: There is still a risk of COVID-19 transmission. Participation in any wrestling-related activities is completely optional. AAWA insurance has excluded COVID-19 from our coverage so all training is at the risk of the individual participant and/or their parents or legal guardians. Any participant that has close contact with individuals at a high risk of infection must know the risks involved and may choose to not participate at this current time.

Testing in Alberta is free and available for those experiencing symptoms, have had contact with confirmed cases or asymptomatic individuals working in specific fields. Testing Information can be found at the following link: <https://www.alberta.ca/covid-19-testing-in-alberta.aspx>

[Stage 2 Guidelines for Indoor Sport, Physical Activity & Recreation \(click here\)](#)

Note: The Alberta Wrestling guidelines below may differ in some regards

While most indoor recreation requires participants to maintain physical distancing, the Government of Alberta has set forth guidelines for indoor sport that cannot adhere to physical distancing standards.

If programs are to restart during stage 2, AAWA requires **ALL** guidelines be strictly followed. Any deviation from the guidelines may result in suspension of the program or any individuals deemed to be ignoring said guidelines.

All venue, municipal, regional, provincial and federal restrictions, which may be imposed at any time, supersede any AAWA guidelines that may conflict.

Once your cohort lists have been received and approved, along with your cleaning plan/schedule, clubs are free to begin contact training.

These guidelines may change at any time for any reason including, but not limited to, the recommendations and/or mandates of the Alberta Amateur Wrestling Association, Government of Alberta and Alberta Health Services. Any changes will be communicated as soon as possible to all members. There remains the possibility that an increase in COVID-19 cases may result in the immediate suspension of all training activities at any time.

Stage 1 (Recommended Preparation for Stage 2)

[Guide to Outdoor Activities \(click here\)](#)

- If your athletes have not been training regularly, it is recommended that you do not proceed directly to Stage 2

- This will assist in injury prevention and identifying any participants that may have symptoms before contact is made
- Initial outdoor activities should adhere to physical distancing standards of two metres
- Any equipment used should be thoroughly cleaned and disinfected regularly
- Hand sanitizer should be made available and regular hand-washing should be encouraged
- Before partaking in any training, all athletes and coaches must complete the screening checklist ([Appendix A](#)). For participants under the age of 18, a parent must help them complete the checklist. If any answer of “yes” appears on the checklist, that participant is to return home immediately and not participate. This checklist must be completed before every training session

Stage 2 Guidelines

Training Cohorts

- All sports, both indoor and outdoor, that cannot maintain physical distancing measures are approved to begin cohort training
- All cohorts must be created and recorded in advance of training
- Participants in that cohort are approved for contact training
- Maximum cohort size approved by Alberta Wrestling is **50**
- Within your cohorted practices, participants should be placed in training groups of 3-4 (by weight class, skill level, etc.) to minimize direct contact between participants.
- Cohort size includes all athletes, coaches, officials, etc. present at a practice
- Members of a cohort may **ONLY** train with their identified cohort, which will remain the same for **EVERY** training session
- If running back-to-back practices with different cohorts, cohorts **MUST** respect all physical distancing protocols (a scheduling break can best ensure this takes place)
- Individuals are encouraged to participate in only **ONE** sport cohort at a time, as recommended by AHS guidelines
- Coaches, staff and officials who maintain physical distancing of **TWO** meters at all times may participate in multiple cohorts. These individuals are required to wear a mask and perform proper hand hygiene if it becomes necessary to temporarily interact with cohort participants at a distance of less than two meters

Alberta Health Services or local municipalities may place additional restrictions at the provincial, regional and/or municipal level at any time. All implemented restrictions supersede any and all AAWA guidelines.

Self-Isolation & Changing Cohorts

- For full details on self-isolation requirements and details, please visit the following link: <https://www.alberta.ca/isolation.aspx#toc-0>
- Albertans are legally required to self-isolate for 14 days if they have returned or entered Alberta from outside Canada, plus an additional 10 days from the onset of symptoms should they arise, whichever is longer
- Albertans are legally required to self-isolate for 14 days if they are a close contact of someone with COVID-19, plus an additional 10 days from the onset of symptoms should they arise, whichever is longer
- Albertans are legally required to self-isolate for 10 days or until those symptoms have resolved, whichever is longer, if they have any of the following symptoms that are not related to a pre-existing illness or health condition: *cough, fever, shortness of breath, runny nose, sore throat*

- If Albertans experience any of the following other symptoms, they should stay at home and limit contact with others until those symptoms have resolved: *chills, painful swallowing, stuffy nose, headache, muscle or joint aches, fatigue, nausea, vomiting, diarrhea, loss of appetite, loss of sense of smell or taste, pink eye*
- If a participant is switching cohorts or entering a new cohort upon completion of their previous cohort, they must sit out 14 days before entering the new cohort as per AHS guidelines
- Before a participant can take part in cohort training, they must have completed all necessary government-mandated self-isolation procedures and show no symptoms of COVID-19
- Information on testing can be found at <https://www.alberta.ca/covid-19-testing-in-alberta.aspx>

Rapid Response to a Symptomatic Participant

If an attendee becomes sick while participating, the following requirements apply:

- While preparing to immediately leave the facility or event, symptomatic individuals should perform proper hand hygiene, put on a non-medical face mask, and maintain at least 2 metres distance from all others.
- The individual should arrange, with assistance from team officials or the facility as necessary, for immediate transportation to their home/residence to begin isolation. Public transportation like buses, taxis or ride sharing should be avoided. Refer to the Guidance for Taxis, Limos and Rideshares.
- Once a sick individual has left the facility or event, facility staff should clean and disinfect all surfaces and areas that the individual may have come into contact with.
- Provided that the guidance in this document is being followed, there is no need to cancel an activity, or postpone the undertaking of a cohort group or mini-league, in the event that an individual becomes sick.
- Team officials should immediately consider and record the names of all participants in which the sick individual has been in contact. This information may be necessary to assist public health officials if the sick individual later tests positive for COVID-19.

There are now two options for tracking cohort participation and completing your Daily Attestation

Tracking Cohort Participation (Paper Forms)

- When clubs have created their training cohort(s), it is required that these lists ([available here](#)) be sent to the AAWA office (aawaprogramdirector@gmail.com)
- In addition, please include your plan to ensure your training venue is cleaned and disinfected before, in-between and after all training sessions, including a timeline/schedule if practices take place back to back
- All participants must be AAWA members for the 2020 calendar year with up to date contact information in the AAWA membership database and on hand with the member club
- Attendance must be taken and kept for every training session by the overseeing coach ([available here](#))
- This information must be readily available for the purpose of contact tracing if an infection is detected
- Before each practice, participants, or their parents if under 18, must sign off that they have reviewed the [Stage 2 Screening Checklist](#) and have not answered “yes” to any of the questions.

- Upon completion of the screening checklist review, participants must submit a completed and signed [AAWA COVID19 Daily Attestation Form](#). These documents must be used and available in tandem.
- All documents must be kept and filed until further notice

Tracking Cohort Participation (Online)

- If preferred, an online resource has been created for club use that allows parents and athletes to complete their daily attestation on any computer or mobile device with the use of paper forms
- To set up this online form for your club, please inquire by contacting aawaprogramdirector@gmail.com
- The online daily attestation must be completed within 1 hour of practice
- If the participant is under the age of 18, the form must be completed by their parent/legal guardian using their email
- If the online form is not completed and the participant does not have a signed paper copy of the [AAWA COVID19 Daily Attestation Form](#), they will not be permitted to attend practice

Hygiene & Cleaning

- All training venues, mats and equipment must be initially cleaned and disinfected prior to practices being resumed
- All surfaces and equipment must be thoroughly cleaned and disinfected before and after practice and between cohort training sessions (allow time for cleaning between sessions)
- Any surface that participants may come in contact with must be cleaned and disinfected (ex. wall mats)
- Remove any mats or equipment that is torn or in disrepair, as these items cannot be properly cleaned and disinfected
- If using a spray-based disinfectant, please ensure adequate time is given for any air-borne spray to settle before training
- Similarly, please give adequate time for any liquid disinfectant to dry before training begins
- All participants are encouraged to exhibit good respiratory etiquette (no spitting, clearing of nasal passages, coughing or sneezing away from others into a tissue)
- Participants should not share water bottles, towels, etc.
- Hand sanitizer must be made available at every training session
- If training in a shared venue or multiple cohorts are using the same training venue, use of changing rooms or locker rooms is **PROHIBITED**

Athletes and Coaches

- Before entering the training space and partaking in any training, all athletes must complete the screening checklist ([Appendix A](#)) and submit a completed and signed [AAWA COVID19 Daily Attestation Form](#) or their club's online Daily Attestation Form. For participants under the age of 18, a parent must help them complete the checklist. If they answer "yes" on the checklist item, that athlete/coach is to return home immediately and not participate. This checklist must be completed before every training session
- It is not recommended that athletes wear protective masks during intense physical training
- If a coach is required to leave the facility and no other coach is present, the practice **CANNOT** take place and must be stopped if already in session

Parents/Spectators

- At this current time, it is recommended that no parents/spectators be present in the training space
- Any individual present in the training space, for any amount of time, must be a recorded cohort member
- Please ensure all individuals dropping participants off or picking participants up are adhering to all physical distancing protocols

Competition/Training Camps

- At this current time, any form of competition or camp outside an individual cohort is **STRICTLY PROHIBITED**, whether it be within Alberta, another province within Canada, the United States, or abroad. Alberta Wrestling will not sanction any event outside of the individual cohort at this time.

If you are concerned someone is not following public health orders, you can:

- 1) Remind the person that not following public health orders is against the law and puts people at risk
- 2) Submit a complaint to AHS public health inspectors online or leave a message at 1-833-415-9179

[AHS Online Complaint Link \(click here\)](#)

Stage 2 Checklist

- 1) Create and record training cohorts on the [Stage 2 Attendance Form\(s\)](#)
- 2) Send [Stage 2 Attendance Form\(s\)](#) to aawaprogramdirector@gmail.com along with your plan to ensure all training spaces are thoroughly cleaned and disinfected before, in-between and after your training sessions, including a timeline if practices take place back to back
- 3) Before your first practice, an initial cleaning and disinfecting of your training space is required
- 4) Before entering the training space and partaking in any training, all participants must complete the [Screening Checklist](#) and submit the completed and signed [AAWA COVID19 Daily Attestation Form](#) or their club's online Daily Attestation Form. If under 18, they must complete this checklist with a parent/guardian. If any symptoms are present, that individual must leave immediately. These documents must be used and available in tandem.
- 5) Attendance must be kept for every training session. An [attendance form](#) has been provided.
- 6) After practice has finished a thorough cleaning and disinfecting of the training space is required. If another cohort or group is using the space, please ensure there is enough time to clean the entire space and all surfaces are dry before they arrive
- 7) Keep and file all signed documents until further notice