



The IHSA governs the equitable participation in interscholastic athletics and activities that enrich the educational experience.

## IHSA 2020-21 WRESTLING CONSIDERATIONS

This document is intended to provide guidance for schools conducting practices and hosting meets during the 2020-21 IHSA wrestling season. The guidelines explained in this document are intended to decrease potential exposure to respiratory droplets and potential for illness through safe practices such as social distancing, proper hygiene, and appropriate protective equipment. This is not an exhaustive list, and school officials may take additional measures based on requirements set forth by their school district and/or local health officials. Please understand that even with this guidance, there is still risk of transmitting illness at events. Additionally, with the changing nature of the circumstances surrounding the COVID-19 pandemic, these guidelines may change.

Schools and officials are expected to follow current IDPH guidelines at all times.

### Modified Season:

- **Practice May Begin: April 19**
  - **First contest may be held after 7 different days of team practice.**
  - **Season Ends: June 12**
- Schools are restricted to wrestling dual events with a maximum of three schools at an event.
  - Individual tournaments are not allowed.
  - Schools may participate against other schools that are in their conference, in their EMS region, or schools that are in other EMS regions yet within a 30-mile radius from school to school.
  - Wrestling Teams must follow IHSA By-Laws 5.170 and 5.370 Contest Limitations.

### General Requirements and Considerations:

- Schools must follow current IDPH guidelines at all times.
- Appropriate social distancing must be maintained at all times.

### Requirements and Considerations for Managers:

- Schools may schedule wrestling events with other schools that are:
  - in the same conference.
  - in the same COVID region.
  - in a different COVID region yet are within a 30-mile distance from school to school.
- Prior to the Event
  - Consider either emailing event information one week in advance to participating schools or host a virtual coaches meeting in lieu of a traditional in-person one.
  - Coaches are responsible for ensuring that wrestlers maintain social distancing. This means additional spacing between wrestlers while wrestling, warming up, or weighing in so that wrestlers remain properly spaced.
- Arrival/Warm-Up
  - Establish firm arrival times for participants to begin weigh-ins. Schools who arrive early must stay in their vehicle until the appointed entry time.
  - Upon entry, schools should report directly to their assigned sections.

- Spectators
  - Spectators are allowed according to current IDPH guidelines.
  - If allowed, spectators must maintain social distance throughout the school and gym.
  - Spectators must wear masks at all times.
- Hand sanitizer and/or sanitizing wipes – Players, coaches, and volunteers are encouraged to provide their own hand sanitizer and/or sanitizing wipes. It is recommended to use hand sanitizer before and after each match and when going out to, and coming in from, different areas throughout the facility. Additionally, emphasize to all to avoid touching their face.
- Media – All local social distancing, mask wearing, and hygiene guidelines for spectators should be followed by media members planning to attend meets. Media members should contact host school administrators prior to arriving.
- Media area – Local schools shall determine which personnel should be in the designated media area considering IDPH guidelines.
- Rules conferences – Encourage limiting the number of individuals in a rules interpretation conference to those who must be in close proximity for these discussions. Coaches/ volunteers must wear a mask.
- Team handshakes – Teams shall not exchange handshakes except in situations where the rule book requires wrestlers to shake hands.
- Awards
  - Awards ceremonies should not be held.
  - Awards can be mailed following the event.

#### **Requirements and Considerations for Coaches:**

- Communicate practice and all competition guidelines in a clear manner to student participants and their parents.
- For practices, consider conducting workouts in “pods” of same students who are always training and rotating together. This will ensure more limited exposure if someone develops an infection.
- Keep accurate records of those athletes and staff who attend each practice in case contact tracing is needed.
- Always have a plan to maintain social distancing among your team and coaching staff.
- Always require use of facial coverings except when wrestlers are actively wrestling on the mat.
- Require athletes to arrive at the competition venue already in competitive attire. If locker rooms must be used, ensure athletes can maintain social distancing.
- It is recommended to always have sanitation materials available (i.e. hand sanitizer, disinfecting wipes, etc.) for the team and coaching staff.
- Coaches must wear face coverings at all times.
- Educate your student athletes on proper hand washing and sanitation.
- Group coaching at practices should take place only where full social distancing is possible. Group coaching should be limited to small groups.

#### **Requirements and Considerations for Wrestlers:**

- Wrestlers must not touch, handle, or share each other’s equipment.
- Wrestlers should wash hands as frequently as possible and bring hand sanitizer to use during the contest.
- Hand sanitizer and/or sanitizing wipes – Wrestlers are encouraged to provide their own hand sanitizer and/or sanitizing wipes, but coaches must have sanitizer available at practices and competitions.
- It is recommended to use hand sanitizer before and after each match and when going out to, and coming in from, different areas of the facility. Additionally, emphasize to all to avoid touching their face.

- Wrestlers should tell coaches immediately when they are not feeling well.
- Masks – Wrestlers must wear masks at all times when they are off the mat.

### Requirements and Consideration for Officials:

- **Officials in all sports are REQUIRED to wear a face covering at all times when they are at a contest site; before, during, and after the contest.**  
The IHSA prefers that officials wear solid black face coverings with no lettering or logos. Officials may remove their face coverings during timeouts, between periods/innings, etc. if they remain socially distant from others.  
Officials may wear gloves and long sleeves. Officials who choose to wear gloves must wear clear or black gloves. If officials wear long sleeves under a short-sleeved official's shirt, the long sleeves must be black.
- **Officials are REQUIRED to use regular whistles (with a cover) or electronic whistles.**  
An official's face covering acts as a whistle cover. An official is not required to use a whistle cover when he/she wears a mask over his/her whistle.  
The whistle cover must be solid black with no lettering or logos. The color of an electronic whistle doesn't matter. Officials can use an electronic whistle in any color.
- To acknowledge the winning wrestler, officials will raise their own hand with the appropriately colored wrist band.
- Eliminate all handshakes and fist bumps prior to and after the contest.

### Personal Responsibilities for Officials:

- Officials who do not feel well and have COVID-19 symptoms, should notify their assignor, the host school, and crew members. Officials with COVID-19 symptoms should stay home and not officiate.
- Officials can take their temperature in the morning and then again prior to leaving home/work for a contest.
- Officials should notify the site administrator immediately if their temperature is elevated above 100.3 or a level recommended by your local or state health department.
- "Vulnerable individuals" are defined by CDC as people 65 years and older and others with serious underlying health conditions. Officials fitting this description may wish to seek medical advice prior to returning to officiating.
- Schools will likely have different local rules regarding COVID-19. Officials should communicate with school athletic administrators about contest expectations.
- Officials should consider travel arrangements to contest sites with officiating partners.
- Upon arrival at the contest site and throughout the contest, officials should wash and sanitize their hands frequently.
- Officials should maintain recommended social distancing while in the locker room and/or in the gym.
- Officials should not share uniforms, towels, apparel, and equipment.
- Officials should bring their own water bottles and/or sports drinks.

### Monitoring

- Officials ARE NOT responsible for monitoring social distancing guidelines on the sidelines, in the bleachers, or anywhere outside the boundaries of the mat.
- Coaches and school personnel are responsible for monitoring their own teams.

### Requirements and Considerations for Parents:

- Make sure your child and immediate household members are free from illness before participating in practice and competition. If there is any doubt, students should stay home.
- Provide personal items for your child and clearly label them.

- Help make sure that your child is washing/cleaning clothing and personal items after each use.
- Know facility/venue limitations on capacity/attendance prior to attending an event. Always maintain social distance and wear a face covering while attending at an event.

**Hydration:**

- All wrestlers must bring their own water bottle. Water bottles must not be shared.
- Hydration stations should not be utilized.

**Transportation:**

- For transportation to and from extracurricular events, schools may adhere to the same guidance provided by ISBE regarding transporting students to and from school.

**Eating and drinking:**

- Ensure 6-foot distance whenever athletes are eating or drinking.
- Replace face coverings immediately after eating or drinking.

**Resources:**

IHSA RETURN TO ACTIVITIES 1.0:

<https://documentcloud.adobe.com/link/track?uri=urn:aaid:scds:US:33115455-89ef-4f93-bdc7-86bbf7a6fd7d>

IDPH SPORT SAFETY GUIDANCE: <http://dph.illinois.gov/covid19/community-guidance/sports-safety-guidance>

IDPH COVID-19 REGION MAPS:

<https://documentcloud.adobe.com/link/track?uri=urn:aaid:scds:US:37ae0de3-609b-4853-8622-b3b9c6d41781>