

# **SPORT SPECIFIC PREPAREDNESS PLAN**

## **WRESTLING**

### **Standard Operating Procedures**

- Participation is voluntary for both student-athletes and coaches.
- This plan is inclusive of both on and off campus activities.

### **Attendance Documentation**

Coaches must have an attendance sheet for each activity session (meetings, workouts, practices, scrimmages, contests) and maintain this documentation for the duration of programming. Documentation should be kept by the coach for at least one year.

### **Exposure & Potential Infection Protocol**

- Student-athletes and parents have an obligation of immediately reporting the following to their coach and to the Saratoga County Department of Health:
  - If they have been exposed to someone who has experienced symptoms of COVID-19, has tested positive for COVID-19 or has been exposed to someone with COVID-19 symptoms or a positive test.
  - If they are experiencing symptoms of COVID-19.
  - If they test positive for COVID-19.
- The coach will immediately notify the athletic office, who will subsequently notify the school district and the Saratoga County Department of Health.
- The student-athlete in question must follow the criteria set forth by the New York State Department of Health. Before returning to athletic activity, the student-athlete must test negative for COVID-19 and present this to their child's coach.

## **Preemptive Measures**

1. Student-athletes will engage in health screening by the coaching staff prior to each activity session. In order to be permitted to participate, the student-athlete's temperature must be below 100°F.
2. Students and coaches must wear masks when not socially distant (within 6 feet).
3. Student-athlete belongings should be socially distanced upon arrival to avoid congregating before, during and after athletic activity.
  - a. Example: student bags should be placed at least ten feet apart around the perimeter of the soccer field. These specific areas can be marked by cones or markings.
4. Student-athletes must possess their own water bottles, towel and hand sanitizer.
5. Student-athletes should wipe their face with their own towel instead of their shirt or body.
6. Student-athletes must use hand sanitizer during each break.
7. Team equipment should be disinfected by designated personnel during each break or more frequently, as appropriate.
8. Avoid physical contact such as shaking hands, high fives, etc.
9. Avoid touching benches, fences, gates, etc. unless necessary. Use hand sanitizer after necessary contact.
10. Leave facility immediately following athletic activity.
11. Plan to shower immediately following athletic activity.

## **Athletic Activity Permissions**

In accordance with the New York State Department of Health (NYSDOH), the following activities are permitted for the respective sport categories:

**Low/Moderate Risk** – individual/group drills, competitive team practices, scrimmaging, competitions.

- Bowling, Golf, Tennis, Baseball, Softball, Track & Field, Sideline Cheerleading, Soccer

**High Risk** – individual/group drills, competitive team practices, scrimmaging, competitions. These sports are permitted effective February 1, 2021 pending local county department of health approval.

- Basketball, Wrestling, Cheer

# HEALTH SCREENING QUESTIONS

**1. Are you experiencing any of the following:**

- a. Sore Throat
- b. Fever
- c. Cough
- d. Shortness of Breath
- e. Close Contact with COVID Positive Individual in the Last 14 Days
- f. Temperature Greater than 100.0°F
- g. Fatigue
- h. Chills
- i. Headache
- j. Congestion or Runny Nose
- k. New Loss of Taste or Smell
- l. Diarrhea
- m. Muscle or Body Aches
- n. Nausea or Vomiting

**2. Have You Experienced COVID-19 Symptoms in the Past 14 Days?**

**3. Have You Tested Positive for COVID-19 in the Past 14 Days?**

**4. Have You Traveled Internationally or From a State with Widespread Community Transmission of COVID-19 (per the NYS Travel Advisory) in the past 14 Days?**