



2021 HEALTH & SAFETY GUIDELINES

SEASON 2 SPORTS

Pre-Practice & Contest Screenings

- All coaches, student athletes, and game officials shall be screened prior to each practice or contest for signs / symptoms of COVID-19 prior to participating.
- Teams traveling for a contest should screen their student athletes prior to boarding transportation for the event, and once again upon arrival at the contest site. (Home contest site is not responsible for screening visiting athletes and coaches)
- Responses to screening questions for each person should be recorded and stored based upon school or district protocols.
- Any person with positive symptoms reported should not be allowed to participate, should self-isolate, and contact their primary care provider or other health-care professional.

Hygiene Practices

- When practical, make handwashing/sanitization stations available and accessible for all Student Athletes, Coaches, Officials, and Spectators at all times.
- Disinfect frequently used items and surfaces on a daily basis.
- Mandate the use of face coverings for everyone entering the campus at all times.
- Require all Student Athletes, Coaches, Officials, and Spectators to bring their own water bottles. Water bottles must not be shared. Food should not be shared.

Facilities & Equipment

- All athletic facilities and equipment should be cleaned and disinfected at the conclusion of each practice or contest.
- Cleaning schedules should be created and implemented for all athletic facilities and equipment.
- Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be wiped down and sanitized (chairs, furniture in meeting rooms, weight room equipment, bathrooms, athletic training room tables, etc.)

Limit Areas for Public Gatherings

- Consider strategies to prevent groups from gathering at entrances/exits to facilities to limit crossover and contact.

These Guidelines are specific to the San Diego Section are not meant to supersede CIF State Health and Safety Guidelines. Please refer to https://www.cifstate.org/covid-19/All_Sports_Guidelines.pdf for more information.



2021 CIFSDS Wrestling Modifications

MINIMAL

This document provides guidance and modifications for spirit line practice and game attendance for schools, administrators, coaches and athletes to follow in accordance with NFHS, state and local restrictions and recommendations. Administration and coaches are responsible for informing all participants of local guidelines for participation.

PRE-MATCH, TRAVEL AND FACILITIES

- Before, during, and after the contest, players, coaches, game officials, team personnel and game administration should wash or sanitize their hands as often as possible.
- Teams will confirm that their athletes are cleared to compete prior to leaving their school through the daily screening of symptoms by designated COVID19 point of contact.
- Teams are to bring their own water and athletes are not to share water bottles etc.

WEIGH INS

- Stagger team weigh-ins
- Coaches to submit lineup roster/weigh in sheet to host site coach.

RULE MODIFICATIONS

- No handshake of the opposing coach or official during the competition or at the conclusion.
- Official will have limited contact with wrestlers.
- One captain for pre match instruction/coin flip.
- Masks should be worn at all times by all individuals participating in the activity, even with heavy exertion as tolerated.
- Social distancing measures shall be in place at all times other than when engaged in competition.
- All rule discussions shall take place socially distanced near the head table.
- Athletes will check in at the head table while remaining socially distant.
- The winning wrestler will verify their name to the head table while remaining socially distant.

OFFICIALS

- Officials will confirm they are cleared to work through the daily screening for symptoms.
- Officials should contact the host Athletic Director prior to the day of the contest to discuss logistics and requirements for that particular school, district, or municipality. Officials must follow any additional requirements imposed by the school or municipality.
- Officials should arrive dressed and ready to work the event.
- Official may wear a black, long sleeve under shirt or gloves if desired.
- No shaking of any hands.
- Officials will only make contact with athletes when necessary. (Potentially dangerous or illegal hold situations)
- Officials will wear a face covering when not working a match. (may officiate in a face covering as well)
- Official will acknowledge winner by pointing to them.
- Officials will bring their own equipment and towel (do not share).
- Officials will sanitize hands in between matches when able.
- Officials will bring your own container of water.

TABLE AREA

- Workers will wear a face covering from arrival through departure of the competition.
- Table should have sanitizer and Clorox type wipes.
- Three people at the head table: Scorer, Timer and Announcer with a distance of 6-feet between them.

COACHES/BENCH AREA

- Stagger the bench area with athletes as much as possible.
- Only two coaches in a corner. Chairs to be distanced as much as possible.
- Do not share uniforms, towels, water bottles, and other apparel or equipment.
- Wrestling shoes should only be put on when warmups or competition begins.
- A shoe cleaning area should be provided prior to stepping on the mat. (disinfectant towel)

Should the conditions warrant, these modifications will be adjusted. Any further update will be posted on cifsds.org.

