



2022 MPRB Youth Wrestling COVID-19 Safety Procedures

Arriving and Leaving Facility-

- Face coverings are required in all MPRB facilities.
- All participants arriving at the facility will be required to self-check their own temperatures prior to coming to their match or practice.
- All individuals arriving at the facility will be required to be cold/flu/COVID-19 symptom free for 14 days prior to entrance
- At the end of practice/match participants should leave the court in a timely fashion and not congregate outside or inside the facility.

Coaches –

- Face coverings are required (during practice and games) while coaching.
- Conduct daily symptom check of self and stay home if experiencing symptoms.
- Take attendance each practice and game and keep record in the case MDH needs it for tracing.
- Must refrain from physical contact with athletes and other coaches.

Players –

- Face covering are required when sitting on the bench and not on the mat during practice/games.
- Refrain from contacting other participants (high fives and handshakes).
- No sharing of water bottles.
- Try to maintain 6 feet of distance whenever possible.

Spectators –

- Spectators are allowed to attend games and will be required to wear masks.
- It is recommended that spectators from different households socially distance.
- Spectators are not allowed in gym during practices.

When an Athlete has a lab confirmed COVID-19 test result

- Parent/Guardian of Player must contact their parks Recreation Supervisor or Wrestling League Director.
- Certified Recreation staff contacts MDH 651-201-5414 and informs them of a confirmed COVID-19 case.
- Certified Recreation staff will contact the team coaches and parents of potential exposure during a practice or game.
- Any team exposed through practice or game will be put on hold until the Department of Health has traced the potential exposures and given their guidance on further team activities.
- Certified Recreation staff will inform supervisor and Athletic Program Manager of exposure.