

OPERATION SAFE MAT RETURNSM



Top of the Podium always places a high priority on the safety and health of participants. OPERATION SAFE MAT RETURNSM is based on research and consultations with medical and health professionals, wrestling authoritative bodies, and other businesses involving physical contact. Not only do our programs comply with state and local governmental health directives, we believe the following steps go “over and above” to help keep everyone safe. It is not possible to eliminate risk, but the precautions set forth below lower risk and potential spread of illness. We reserve the right to tighten or relax restrictions based on current conditions.

BEFORE PROGRAM BEGINS

1. Unless vaccinated, each participant must wear a facial covering unless competing or actively participating in practice under the direction of coaches. Such coverings are optional during wrestling activities.
2. TOP will comply with all occupancy restrictions as mandated by the state of Virginia.
3. TOP will communicate with participants and families prior to the program to help ensure a clear understanding of policies, expectations, and responsibilities of all participants and members of their households. Appropriate signage will be placed throughout the facility.
4. Sleepover programs will not be held during 2021.

UPON ARRIVAL

5. The number of spectators in the building is limited. Participants should follow physical distancing recommendations, as appropriate, before and after sessions.
6. For certain events, Athletes and parents/guardians must submit a signed “Certification” each day. It asserts the participant has been symptom-free and has not knowingly had contact with a COVID-19 person for a specified number of days. The athlete also agrees to practice certain behaviors before, during and after each session.
7. Screening will be conducted in accordance with governmental recommendations. Before entering, all persons may be required to have their temperatures taken by an authorized person. Athletes may also be asked about their health and signs of symptoms. Athletes with a temperature over 100.3 degrees will be sent home.
8. Athletes are encouraged to wash hands or use hand sanitizers upon entering the building.

DURING ACTIVITIES

9. Hand sanitizers and disinfectant wipes are placed throughout the building. Athletes should clean and disinfect exposed skin and gear (e.g., headgear, shoes) throughout sessions, as necessary. Participants are encouraged to bring their own products such as disinfectant wipes for added convenience.
10. Coaches and Staff will supervise activities at all times. Persons with symptoms should be promptly identified and removed from activities. Athletes who feel ill during sessions should immediately inform Coaches so appropriate actions can be taken.
11. Athletes will periodically be verbally reminded about their responsibilities in helping to keep others safe.

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DURING ACTIVITIES (continued)

12. Staff have access to wipes to disinfect the facility, including restrooms, door handles, and other high-touch areas, as needed.
13. Participants may be assigned into small groups (e.g., 2-4 persons) and provided with specific areas to engage in activities.
14. Coaches may alter traditional practices in the current environment. This includes best practices for warmups, instruction, break management, conditioning, games, etc. Coaches should wear facial coverings if not vaccinated when dealing directly with athletes and avoid contact as much as possible.
15. Balls and other unauthorized objects are prohibited in the building, unless approved by staff.

WHEN EXITING

16. As always, showers should be taken with appropriate soap as soon as possible. DEFENSE wipes and hand sanitizers are placed near exits in the building.
17. Except when noted otherwise, we encourage parents/guardians to wait in the parking lot to pick up athletes.
18. Participants must take all personal belongings with them when exiting. "Lost and Found" items will be discarded every few days.
19. If a participant tests positive for COVID-19 or has been exposed to such a person, the wrestler/guardians must inform TOP staff so we can take appropriate action steps, including notifying parents/guardians of wrestling partners, for precautionary reasons.

TOP's policies are continuously evaluated based on new information and changing conditions.

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