



SCOTTISH  
**WRESTLING**

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## SW Return to Physical Activity Guidelines Phase 3 (COVID-19)

### 1. Overview

These guidelines apply to Scotland only, and have been produced in line with the Government guidance on public spaces, outdoor activity and exercise.

The document shall remain fluid and shall be updated as further phased guidance is released by the Scottish Government regarding Covid-19 and our route from lockdown.

Scotland is able to enter Phase 3 of the route map through and out of the pandemic and some sporting activities can now be undertaken, providing all activity is consistent with current Scottish Government guidance on health, physical distancing and hygiene. This is possible due to the low prevalence of the virus in Scotland, however it was stressed that the danger has not gone away.

Based on our discussions with Scottish Government/**sportscotland** and following the easing of lockdown restrictions, SW has developed a set of practical guidelines for clubs and participants to follow so that wrestling can happen in Scotland during lockdown, where the local environment allows.

### 2. Introduction

These guidelines apply to wrestling in Scotland and outdoor adaptations so that wrestling can happen in a way that is in line with Scottish Government advice and helps to prevent the spread of COVID-19.

Wrestling venues/facilities across the country are often different and operate in different local contexts including club, private or local authority run. Assessing whether safe exercise can be provided depends on a range of factors, which apply differently at each venue/location. It is the responsibility of each venue, club and participant to risk assess based on their local environment.

Clubs and participants should be aware that not all facilities will be able to open immediately following guidance changes. Owners and operators will require time to consider all the implications of opening facilities/venues and put plans in place to re-engage staff and to set up operations that ensure the safety of participants, staff and volunteers. This is a difficult time for everyone so please be patient.

These guidelines should be read in conjunction with any updated Scottish Government guidance on health, physical distancing and hygiene. Facility operators, clubs and participants should be aware of and can adapt to changes in guidance at short notice. Information on Scottish Government's approach to managing COVID-19 is available at [link](#).

People who are shielding are permitted to undertake activities providing strict physical distancing is adhered to.

People who are symptomatic should self-isolate for 10 days and household members for 14 days as per NHS guidance. No one who is self-isolating should attend an outdoor sports facility/activity.

### 3. General Guidelines

1. The club committee or venue operator should ensure all appropriate management processes are in place so that they can effectively oversee and maintain the implementation of measures outlined herein. Venue operators are advised to take time to ensure they reopen safely.
2. Only outdoor sport and physical activity should be undertaken at this time with all indoor exercise and changing areas remaining closed. An indicative date of 14 September 2020 has been identified by Scottish Government as a potential date for reopening of indoor sport and exercise areas.
3. Toilets may now be opened for public use if the operator follows guidelines outlined on the Scottish Government website [link](#).
4. There is no restriction on travel within Scotland as long as individuals are acting in line with all other guidance that supports the route map [link](#).
5. At all times, clubs and venue operators should ensure participants adhere to the current Scottish Government's physical distancing guidelines including before, during and after the activity or when taking breaks.
6. It is the responsibility of each venue, club and coach to ensure documented risk assessments, based on local circumstances, are completed prior to any activity taking place. Consider safety first, particularly focusing on minimising the risk of infection/transmission. Appropriate measures must be put in place to ensure participants, staff and volunteers are protected at all times.
7. Limits on the number of participants accessing facilities should be risk assessed to ensure physical distancing can be maintained. This should take into consideration that at phase 3 you can meet with up to four other households (or extended households) at a time outdoors, and no more than 15 people in total at any time.
8. Up until the 3 August 2020 coaches should not deliver training to more than 4 households (or extended households) during the course of a day.
9. From the 3 August 2020 restrictions will be lifted on the number of households (or extended households) that a coach can deliver to per day but individual sessions remain limited to 15 people and 4 other households (or extended households).
10. Children under 12 do not need to maintain physical distance between themselves.
11. Clubs, deliverers, and operators should check with their insurance company that correct and full insurance cover is in place and valid before any activity takes place.
12. If traveling to and from training:
  - a. Avoid using public transport where possible. Please note that if public transport cannot be avoided, it is mandatory to wear a face mask or covering. This applies to travel on all forms of transport including taxis and private hire cabs.
  - b. Arrive as close as possible to when you need to be there
  - c. Avoid touching entrance gates, fences, benches, etc. if you can.
  - d. Adhere to Scottish Government physical distancing and travel guidelines [link](#).

13. Coaching of people who are shielding is permitted, provided it takes place outdoors and physical distancing and hygiene guidelines are strictly observed.

**14. All social spaces and gyms should remain closed.**

#### 4. Facility & Clubs

- 1. Indoor facilities including changing/locker rooms, meeting rooms, storage and activity areas should remain closed to the public.**
- Toilets may now be opened for public use if the operator follows guidelines outlined on the Scottish Government website [link](#)
- Clubs and facilities are permitted to carry out routine maintenance, but the primary consideration must be to ensure the safety of staff with appropriate Personal Protective Equipment provided.
- sportscotland** has produced the [Getting your facilities fit for sport](#) guidance to help owners and operators of sports facilities as they prepare for when sport/activity resumes. The guidance is applicable to all phases of the Scottish Government route map, and can be adapted to support other planning-based work being undertaken by sports, clubs and community organisations.
- Clubs and venue operators may re-open all outdoor sports areas if documented risk assessments are undertaken and all appropriate measures are put in place to ensure the safety of participants, staff and volunteers. Indoor exercise areas remain closed.
- Limits on the number of participants accessing facilities should be risk assessed to ensure physical distancing can be maintained. This should take into consideration that at phase 3 you can meet with up to four other households (or extended households) at a time outdoors, and no more than 15 people in total at any time.
- Where external access to outdoor sports facilities is not possible, access through an indoor area can be provided if suitable risk assessments and safety measures are put in place. These should include restricting access to one person at a time, ideally with a one-way system in operation, and no contact with hard surfaces such as door handles. Persons moving through the area should not stop or congregate at any time.
- Risk assessments should be carried out and documented for all activities and facilities. Consider safety first, particularly minimising the risk of infection/transmission and following Scottish Government guidance regarding health, hygiene, travel, and physical distancing.
- Any measures venues put in place to enable activity to resume must be flexible and able to adapt quickly if tighter movement/physical distancing is reintroduced in the future or when restrictions are further relaxed.

#### 5. Organised Outdoor Sport for Children

- Organised outdoor wrestling specific activity can be undertaken by children and young people.
- All clubs/ organisations providing children's wrestling activity must abide by SW guidance and have a named 'Covid Officer' who will complete documented risk assessments and ensure all appropriate mitigations are put in place by the sports organisation before any children's outdoor activity is undertaken.
- Children aged 11 years and younger are not required to physically distance, as set out in Scottish Government guidance. This extends to organised wrestling activity and the field of play.

4. For older children aged 12-17 a 'field of play bubble' can be created during organised wrestling activity that allows contact whilst the activity is taking place, in effect suspending physical distancing guidelines for the duration of the activity. Normal physical distancing guidelines will however apply before and after the activity takes place.
5. Coaches and other adults supporting organised activity should attempt to keep physically distant where possible, but it is recognised that this will not always be possible. In such circumstances the club 'Covid Officer' should consider appropriate mitigating actions as part of the risk assessment.
6. Specific consideration should be given to supervision of children under the age of 5 years as it is not appropriate for young children to maintain the models of physical distancing that are suitable for older children, either practically or in terms of child development. You may, for instance, ask a parent to be present.
7. Parents/guardians who are supervising their children should abide by Scottish Government physical distancing guidance and stay at least 2m away from those out with their own household. Groups of parents from different households should not congregate before, during or after the activity.
8. Health, safety & hygiene measures for children's activity should be in line with guidance provided within this document.
9. In the event of first aid treatment being required it is recognised that a suitably qualified coach/supervising adult may require to attend to a child. The sports organisation 'Covid Officer' should consider processes for managing this as part of the risk assessment. This could include but not be limited to:
  - a. Provision of suitable PPE
  - b. Training of coaches/supervising adults
  - c. Presence of one parent/guardian being required at the activity.
10. Where there is likely to be close contact between children in an organised wrestling activity mitigation should be put in place to minimise risk and keep participants safe.
11. The focus of activity at this stage should be non-competitive, essentially a return to training. No competition, matches or other activity between wrestling clubs/organisations should be arranged.
12. The focus should be on delivering the organised activity with as few participants as possible interacting with each other and for the minimum amount of time, whilst still allowing the activity to be run effectively.
13. Holiday camps or extended sports activity which would not normally come under the jurisdiction of SW should refer to the appropriate local authority, umbrella body or care commission guidance. These bodies may wish to use relevant SW guidance but if not applicable, Scottish Government household, physical distancing and group size limits should be applied.
14. All adults involved in coaching / actively engaging with children in an organised environment should have undertaken appropriate SGB safeguarding and, where available, Covid-19 training.
15. Health, safety and welfare policies should always be risk assessed and implemented.

## **6. Health, Safety & Hygiene**

1. Ensure access to first aid and emergency equipment is maintained. Where equipment is stored indoors please ensure public access to indoor areas is restricted as much as possible with hygiene and safety protocols reviewed as part of the risk assessment. Please ensure the first aid equipment

has been updated appropriately for the COVID pandemic and first aiders have undertaken appropriate additional training.

2. Cleaning of equipment, hand and respiratory hygiene are core measures to be implemented and provision should be made for these.
3. Clear guidance and plans are needed for cleaning of facilities and equipment, and waste disposal. For instance, common touchpoint surfaces (gates, door handles, handrails etc) should where possible be left open but if not possible, regular cleaning with disposable gloves should be undertaken.
4. Make hand sanitizers or wipes available for use at entrance/exit to the venue/facility where possible. Hand sanitiser should be at least 60% alcohol based and detergent wipes appropriate for the surface they are being used on. Cleaning products should conform to EN14476 standards.
5. If you need to sneeze or cough, do so into a tissue or upper sleeve.
6. Avoid touching your face.
7. Use the checklist produced by **sportscotland** "[Getting your facilities fit for sport](#)"
8. BEFORE LEAVING HOME & AFTER YOU RETURN wash your hands with soap and water for at least 20 seconds before leaving home to go outside

## 7. Coaching and equipment

1. From 24 August 2020 organised outdoor sport specific activity can be undertaken by adults when following guidelines below.
2. All activity should be consistent with the government guidance regarding health, travel, social distancing and hygiene at all times.
3. Coaches, personal trainers, and instructors should risk assess and plan appropriately for the session in advance, be aware of responsibilities and be clear on expectations with participants. They should also build in a review period to reflect on effectiveness and safety of the session.
4. All coaches must ensure guidance is communicated to the athletes before a training session takes place to ensure participants are aware of what they should and should not be doing.
5. Guidance for coaches, leaders, personal trainers, and instructors is available at [link](#).
6. Participants should, where possible, use their own personal equipment and ensure appropriate hygiene rules are adhered to.
7. Where shared equipment is used appropriate hygiene measures must be put in place to ensure equipment is thoroughly cleaned before, during and after use.
8. Where possible, ensure all equipment is checked prior to use to avoid participants having to adjust or touch it.
9. Remove unnecessary equipment from the venue/facility.
10. No personal equipment should be left at the facility by the participant once activity has ended.
11. From the 3 August 2020 restrictions will be lifted on the number of households (or extended households) that a coach can deliver to per day but individual sessions remain limited to 15 people and 4 other households (or extended households). Physical distancing and hygiene measures must be fully implemented and maintained.
12. Scottish Government has indicated that the size of groups/household numbers that can be coached at any one time is being reviewed. An update will be provided as soon as it is available.
13. Children under 12 do not need to maintain physical distance between themselves.

14. Coaching of people who are shielding is permitted, provided it takes place outdoors and physical distancing and hygiene guidelines are strictly observed.
15. From 1 August, people shielding can undertake work, including sports coaching (paid or voluntary).
16. At all the time coaches should adhere to the Scottish Government's physical distancing guidelines of staying at least 2m away from others and ensure participants they are coaching do so too. No contact training should be undertaken unless in organised children's activity as stipulated in the [SW Return to Sport and Physical Activity Guidance](#).
17. Where possible operate electronic bookings/payments for sessions. Avoid cash handling.
18. Implement a short buffer period (e.g. 10 minutes) between booking slots to allow time for participants to leave before the next participant arrives.
19. Consider staggering the start time of bookings so that participants do not all arrive/leave at the same time.
20. Coaches and instructors working with children should familiarise themselves with the additional considerations developed by *Children 1st* [link](#).
- 21. This guide has been produced to assist coaches in delivering outdoor training during Coronavirus COVID-19 Phase 3.**

Please note that Scottish Wrestling in partnership with **sportscotland** will be providing guidelines for the resumption of competitive wrestling activity in Scotland!

**Guidelines will be updated as we progress through the different phases of the Scottish Government route map in conjunction with sportscotland. Please ensure to check the official Scottish Wrestling position at [www.wrestling.scot](http://www.wrestling.scot) on a regular basis to stay abreast of the latest guidelines.**

Further guidance and useful links are available at:

[sportscotland dedicated COVID-19 page](#)

[Scottish Government's approach to managing COVID-19](#)

[Coronavirus \(COVID-19\): opening public and customer toilets](#)

[Coronavirus \(COVID-19\): Scotland's route map - what you can and cannot do](#)

[Coronavirus \(COVID-19\) Phase 3: staying safe and protecting others](#)

[Getting your facilities fit for sport](#)

[Getting coaches ready for sport](#)

[Child wellbeing and protection considerations in the return of children and young people to sport](#)