

## Section 7 2020-2021 Spring Wrestling

\*\* In addition to following all NYSPHSAA and County DOH COVID guidelines and regulations we propose the following:

**Start date:** May 10th

**End date:** June 12th

**Participation:** Peru will have wrestling at the Varsity level.

**Practices:**

- Practices will be in school designated and approved areas, (not to exceed occupancy limits).
- Athletes will have temperature checks and COVID question screening daily before entering, practice area.
- Masks will be worn at all times (Coaches included)
- Groups separated by 6ft
- Hand sanitizer available
- Any equipment wiped down/sanitized daily
- Practice location sanitized daily
- Cardio will be performed outdoors

**Schedule/Events/Locations:** There will be 3 events. We plan to have one event per week starting the week of May 24th. Events will be hosted by Beekmantown Central School on their Football field. Events dates are contingent on field availability. All 5 schools will be represented at each event. NAC will transport one of their mats to Beekmantown for the events.

- There will be no team scores
- 2 Mats will be available in order to sanitize each mat while the other is being used for a match.
- Wrestlers hands will be sanitized at the head table before each match
- Masks will be worn by everyone at all times, (including athletes during the match)
- Participants will not shake hands before or after the match or event
- Each school will have a designated area on the field separating them from the other school and will be seated 6ft apart Personnel: Each team will provide the following at events:
  - 3 coaches (1 per level)
  - 1 scorekeeper
  - 1 table help
  - 1 security/gate

**Weight classes:** The Madison system will be used instead of weight classes. This system is used to group wrestlers within 10% of other wrestler's weights that they will compete against. This is a popular system used in many wrestling tournaments/meets outside of normal NYSPHSAA weight classes. It is used to discourage "weight cutting" among athletes. With the short length of the season, we feel this is our safest option.

**Weigh-ins:**

- Will be done at event site and outside on day of event
- 1 team weighs in at a time
- Athletes will be kept 6ft apart (No shoulder to shoulder weigh-ins)
- Masks will be worn at all times
- Singlets will be worn
- Scale will be sanitized between schools

**Officials:** The cost for officials will be split equally between all 5 schools for each event.

**Spectators:** 2 spectators per athlete allowed. Each school's fans will have a designated area in the stands. Each school's security / gate personnel will have the list for each event and be in charge of this.

The Peru Central School District is requiring their student athletes to have a COVID Test prior to the start of the season and two weeks into the season as per the requirement of the district's health care provider.

**ATTESTMENTS**

The approval of the adoption of the following high risk sports and levels by the Peru Board of Education:

- Varsity Wrestling 5/4/21

Board President Signature Bonnie Berry 5/7/21  
Bonnie Berry

**Medical Director Approval of Preparedness Plan**

The School superintendent has overseen the creation of a sport-specific Preparedness Plan for the winter sports season 2020-2021 and has been approved by the district/school's medical director

Peru Central School District Medical Director Signature Laurie Eamer FNP-BC 5/6/21  
Laurie Eamer Rn, FNP-BC

