



PCTVS Athletics

Covid-19 Protocols for Wrestling Meets 2021

Please adhere to the following protocols for the safety of each person in the gymnasium.

1. Visiting teams are responsible for health screening **PRIOR** to entering the PCTVS- DLC STEM Gym. PCTVS Athletic Administration will **NOT** conduct screening upon arrival of the visiting team, the assumption is that all visiting student-athletes have fulfilled their own district's minimum requirements for health screening.
2. Please do not arrive early for weigh-ins, weigh-ins at PCTVS start at 4:15 PM with JV matches at 5:00 PM and Varsity at 6:00 PM
3. PCTVS student-athletes and staff will have completed their TechLife (Green Bulldog) COVID-19 pre-screening app and have the PCTVS ATC/Coaches screen PowerSchool for daily clearance.
4. Visiting Team shall enter through the rear gymnasium STEM doors, busses can park at the lot atop the upper road (north of Media Center before the entrance to Kattack Parkway) and then enter directly into the STEM Gym wearing face masks and maintaining social distance.
5. Both Home and Away Teams are to **keep masks on at all times** that cover the nose and mouth unless they are wrestling.
6. Weigh-ins will be conducted in the STEM gymnasium, only wrestlers, athletic trainers, coaches, and referees (if available) are permitted in the Gym during the weigh-in time. Visiting Team will weigh in first and move to the designated area in the bleachers wearing a face covering and remaining socially distanced. Wrestlers must come dressed and ready to go as weigh-ins are in singlet and locker rooms are not available for changing. A specific bathroom facility will be designated for the Visiting Team (locker room- only one student at a time). Skin checks are completed in wrestling uniform.
7. **Water and Food after weigh-in:** Each athlete is responsible for his/her own water/hydration and should bring ample amounts to last the entire event, a limited amount of water (1 case of 8oz. Waters) will be provided by the home facility as a courtesy. All water fountains have been turned off. Sharing of water bottles/food is not permitted. Wrestlers will have a designated spot, socially distanced, at either end of the Gym floor for team bench and to consume food/drink.
8. **Seating :** Chairs/Bleacher seating for teams will be arranged in a socially distant manner for players and coaches. Varsity Wrestlers waiting for JV to finish will be required to sit in the section of the assigned bleachers socially distanced. The same with JV if they are waiting for their bus after their match. Teams are encouraged to have wrestlers not wrestling in the next match to leave the premises.
9. **The Match/Mats:** The match/warm-up mats must be disinfected prior to the visiting team arriving (mop and solution). A two Mat System will be used- Visiting team will warm-up first on Mat One, it will then be wiped down while the Home Team warms-up on Mat Two which will then be sprayed/wiped down (first matches will begin on Mat One and second half of matches will begin on Mat Two). The mats will be disinfected after the JV match is over (mop and

solution). The match mat will be disinfected when needed throughout the Varsity match. The mats will be disinfected (mop and solution) after the varsity match.

10. **Locker rooms:** WILL NOT be available outside of team bathroom use, therefore, each athlete should come dressed and ready to weigh-in and wrestle. Any personal items such as clothing and valuables must be secured in a bag that is placed under the assigned chair.
11. Visiting and Home team spectators are permitted at a limit of 2 (two) adult parents per wrestler.
12. Please make every effort to wash/sanitize hands at every opportunity. Hand Sanitizer stations are located on the walls of the gym and at the entrance of the STEM Gym at the Spectator check-in table, all spectators will be required to complete a COVID-19 Survey and register a temperature check with the ATC assigned to the entrance gate.
13. PCTVS will also be “live streaming” Bulldog Wrestling events to the PCTVS YouTube Channel, please click on the link on the rSchool Activity Scheduler or visit the [PCTVS Web page Live Stream Section](#).

We appreciate your cooperation with these protocols as the health and safety of each person in the gymnasium is our highest priority... Go Bulldogs!

