



# HUSTLE WRESTLING TRAINING

## Covid-19 guidance for training sessions

This guidance is for the consideration of trainees and coaches at Hustle Wrestling Training sessions. Government guidance and regulations must be observed and respected at all times. Changes to the government guidance may apply and alter this policy. This policy is in accordance with the guidance from the Department for Digital, Culture, Media and Sport.

Although Professional Wrestling does not currently have a national governing body, it was stated by The Secretary of State for Digital, Culture, Media and Sport, The Rt Hon Oliver Dowden CBE MP that, "the government has published guidance which allows competitive sport to resume behind closed doors from Monday (1st June 2020) at the earliest, and crucially, only when it is safe to do so. It's up to each individual sport to decide exactly when to resume competition. They know their sports best."

Both trainees and coaches must feel comfortable and confident that they are safe to be at training, with their health and well-being being of paramount importance. Consideration and planning should include:

- Information to be given to trainees prior to their training recommencement, which explains clearly all procedures and protocols to be observed.
- There will be a booking system in place through the trainer to ensure that class numbers are controlled and queuing outside the premises is kept to a minimum.
- All attendees must wash their hands thoroughly upon arrival.
- There will be a 1 way system in place for entering and exiting the venue.
- Please arrive changed and ready to train, try to avoid using the changing rooms where possible. Showers will not be available at this time.
- Any person - trainer, trainee, on-site trades person, who shows any signs of Covid-19 symptoms must be excluded from the premises and be instructed to follow government guidelines (e.g. isolation, testing, etc as relevant)
- Trainers are to have minimal hands-on contact with any trainees or training groups and must maintain a minimum of 1m physical distance at all times from all trainees.
- Drinking water points will be unavailable in the training venue for the duration of these restrictions being in place. It is expected that trainees will therefore bring their own water with them.
- Physical distancing of 1m should be adhered to as much as possible within the limitations of the activity being performed.

## **Equipment cleaning**

The ring and mats will be thoroughly cleaned by coaches before and after sessions in accordance with PHE (Public Health England) guidance - COVID-19 Cleaning in non-healthcare settings - prior to reopening. The coaches will:

- Spray the ring canvas before and after each lesson.
- Clean all mats with anti bacterial spray
- Clean all ropes and areas of contact with anti bacterial spray and disposable paper towels

Anyone helping with set up and pack down must thoroughly wash their hands before and after.

## **Considerations for those attending sessions**

Initially when sessions return they will only be open to those who have attended Hustle before so that all attendees have a familiarity with the venue and facilities.

Training sessions will be booked in advance to keep numbers limited and controlled.

For any physical contact - 2 trainees will be paired and will work exclusively with each other. Where possible these pairs will train together going forward

If for any reason there was a need to switch the trainees pairing - this should only happen if a member of the original pairing is unable to train for a period. This should be done as few times as possible to prevent cross contamination and aid in Hustle contact tracing measures.

It is expected that if one member of the trainee pairing exhibits symptoms of Covid-19, then they will both be tested at their earliest convenience at an NHS testing station and, if confirmed positive, the entire pairing will self-isolate for a period of no less than 14 days as recommended by the UK government.

Trainees will stay home if they have any symptoms and inform the coach. Trainees will stay home if they are considered vulnerable or at risk, or if they live with someone vulnerable or at risk, or if they regularly come into contact with Covid-19 positive patients at their place of work.

All clothing worn during sessions and footwear must be cleaned after each use.

Trainees are expected to bring their own supply of water. Containers to be taken home from the venue post session.

Hands will be sanitised before training and periodically throughout their training. Hand Sanitiser will be available during sessions.

Respectful physical distancing of at least 1m will be maintained wherever possible and practical during the course of the training.

## **REFERENCES**

1 <https://www.gov.uk/government/publications/coronavirus-covid-19-guidance-on-phased-return-of-sport-and-recreation/elite-sport-return-to-training-guidance-step-one--2>

2 An “elite development pathway” means a development pathway established by the national governing body of a sport to prepare athletes (a) so that they may derive a living from competing in that sport

3 <https://www.gov.uk/government/speeches/oliver-dowdens-statement-on-coronavirus-covid-19-30-may-2020—2>

4 [https://www.gov.uk/government/publications/covid-19-decontamination-in-non-healthcare-setting s/covid-19-decontamination-in-non-healthcare-setting](https://www.gov.uk/government/publications/covid-19-decontamination-in-non-healthcare-settings/covid-19-decontamination-in-non-healthcare-setting)