



Malecek Team Wrestling Camp LLC

INFECTION PREVENTION PLAN

Communicable disease/COVID-19 - In registering for camp you are acknowledging the exposure risks arising from participation (including coaching). This includes the potential for exposure to, and illness from infectious, communicable diseases, including COVID-19. The risk of serious illness and death does exist. MTWC cannot and does not guarantee, warrant, or represent that participants and coaches will not contract a communicable disease, including but not limited to COVID-19, as a result of participation in MTWC activities.

INFECTION PREVENTION REQUIREMENTS OF TEAMS

All athletes and coaches must understand that strict compliance with protocol reduces the risk of infection.

SKIN CHECKS - All wrestlers will have to pass skin checks by a certified athletic trainer during weigh-ins. Any athlete with questionable skin issues will not be allowed to compete without a doctor's written clearance. If an athlete is currently being treated for a skin problem, he/she must bring a doctor's written clearance to participate.

- Reducing risk of skin infection demands a multi-factorial approach (skin, environment, and equipment)
- Coaches and athletes should wash hands, arms and face prior to each match and prior to every training or competition if a shower isn't reasonable/possible.
- Athletes **MUST** notify athletic trainer and coaches if he/she feels a herpes outbreak beginning (i.e., itching, burning, tingling, pain; often around eyes or mouth; or a skin rash) so appropriate action can be taken to reduce the outbreak time and protect other athletes.
- Treat skin abrasions immediately after each practice or competition.
- Coaches and athletes should shower immediately after each practice or competition. Clothing and equipment should also be cleaned.

WELLNESS - Please remind your athletes and coaches that if they are not feeling well they should refrain from any activity where they are around others.

- Reducing risk of other communicable disease including COVID-19 requires multi-faceted approach including masking, social distancing, hand washing, vaccine, and avoiding contact with others if you feel ill.
- Athletes **MUST** notify athletic trainer and coaches if he/she feels unwell (including but not limited to: fever or chills, cough, shortness of breath/difficulty breathing, fatigue, muscle/body aches, headache, new loss of taste or smell, sore throat, congestion/runny nose, nausea/vomiting, or diarrhea) so appropriate action can be taken to quarantine the individual and protect other athletes.
- Individuals attending camp (who are not immunized) are encouraged to attain a negative COVID-19 test within 72 hours of the start of camp.

INFECTION PREVENTION - MALECEK TEAM CAMP

Malecek Team Wrestling Camp staff will disinfect floor mats and equipment prior to every practice or competition with disinfectant/EPA registered bactericide, virucide, fungicide and mildewstat specifically approved for use in athletic venues.

- Disinfectant will be applied using a pump sprayer and microfiber mop to avoid cross contamination. Surfaces will be agitated to remove contamination and allowed to air dry.
- Sanitation stations will be available in the wrestling facility.