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COVID SAFETY RECOMMENDATIONS

Return to Exercise Following COVID-19 Disruption

General COVID Safety Recommendations

According to the [CDC](https://www.cdc.gov), people with COVID-19 have had a wide range of symptoms reported—ranging from mild symptoms to severe illness.

Athletes and coaches should not participate if they:

- exhibit any symptoms of the coronavirus.
 - These symptoms may appear 2-14 days after exposure to the virus: fever, cough, shortness of breath or difficulty breathing, chills, repeated shaking with chills, muscle pain, headache, sore throat, new loss of taste or smell.
- have been in contact with someone with COVID-19 in the last 14 days.
- are a vulnerable individual—a vulnerable individual is an elderly individual and or an individual with serious underlying health conditions, including high blood pressure, chronic lung disease, diabetes, obesity, asthma and those whose immune system is compromised such as by chemotherapy for cancer and other conditions requiring such therapy.

Additional Recommendations Include:

- Educate student-athletes about physical distancing, handwashing and sanitizer use, and other immune system protocols.
- Ensure your state and region allow wrestling practices and/or competitions and that you are following all Federal and State Agency mandates.
- Any person who has had a fever or cold symptoms in the previous 24 hours should not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate healthcare professional.
- Individually, as a team, or as a department, participants should confirm that they are symptom free on a daily basis. These confirmations can be aligned with CDC recommendations, current State Department of Health recommendations, or other resources including USCAH's Game Ready and COVID-19 Education App and administrator tracking platform.
- A record should be kept of all individuals present at each training session to assist with contact tracing.
- When possible, student-athletes should maintain the recommended six feet of distancing and should not be in contact with each other, including no sharing of equipment.
- Avoid grouping of student-athletes at the start and end of practice or during transitions.
- When spectators are allowed at outside events, they should not have access to student-athletes during the competition. Social distancing should be practiced throughout the entire event and spectators may connect with participants following the completion of the event.
- Be aware that although restrictions are eased safety precautions must remain in place until there is a universal vaccine or effective treatment for the coronavirus.

See below for a thorough list of specific recommendations for each type of activity

Return to Exercise During/Following High Risk Contact Quarantine

COVID-19 Status	<ul style="list-style-type: none">• Negative
Recommendations and Considerations	<ul style="list-style-type: none">• 14 Days of Quarantine• May Exercise Individually and Physically Distanced• If athlete becomes symptomatic, stop exercising and proceed with medical evaluation and testing• May return to competition at the end of 14-day quarantine when cleared by medical personnel

Return to Exercise During/Following Isolation (Athlete Asymptomatic)

COVID-19 Status	Positive
Recommendations and Considerations	<ul style="list-style-type: none">• Isolation Period will be 10 days• No exercise during 10-day isolation period• Frequent virtual checks with medical personnel to assess symptom status• Recommended 7-10 day return to competition plan under medical supervision following the 10-day isolation period

Return to Exercise During/Following Isolation (Athlete Symptomatic)

COVID-19 Status	<ul style="list-style-type: none">• Positive
Recommendations and Considerations	<ul style="list-style-type: none">• Isolation Period will be a minimum of 10 days• No exercise during 10-day isolation period• Break isolation once symptoms are resolving (no fever for 24 hours and other symptoms resolved)• Loss of taste and smell not included in symptom resolution for return to competition• Frequent virtual checks with medical personnel to assess symptom status• Recommended 7-10 day return to competition plan under medical supervision following the 10-day isolation period, resolution of symptoms, and monitoring of cardiac status

