

GETTING BACK TO TRAINING

A Framework for returning to Pro-Wrestling Training in accordance with Covid-19 Restrictions



VERSION 1.0 07/07/2020

National law, guidance, regulations and restrictions must be observed and respected at all times while following this framework

CONTEXT

This is general guidance only for the consideration of trainees and trainers when reopening the PC. National conditions may apply and alter this guidance. For the purposes of this guidance, in accordance with the guidance from the Department for Digital, Culture, Media and Sport the definition of an 'elite athlete', as it pertains to

1. Pro Wrestler means a person who is:

- an individual who derives a living from competing in a sport
- aged 16 or above and on an elite development pathway .

2. Although UK Pro-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."

GENERAL CONSIDERATIONS

Both trainees and staff must feel comfortable and confident that they are safe to be in the PC, with their health and wellbeing being of paramount importance. Consideration and planning should include:

- The PC staff must comply with any specific documentation that is in force.
- Any person - trainer, trainee, onsite tradesperson - 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.
- Information to be given to trainees prior to their training recommencement, which explains clearly all procedures and protocols to be observed.
- Posters and signage to be displayed both outside and inside the PC, to reinforce key messages.
- Drinking water points will be unavailable in the PC for the duration of these restrictions being in place. It is expected that trainees will therefore bring their own water with them, preferably in a named reusable container which they will then remove with them from the premises once they leave
- There will be a booking system in place through the trainer to ensure that queuing outside the premises is kept to a minimum
- There are various recommendations covering numbers permitted for training purposes. Physical distancing of 1m should be adhered to as much as possible within the limitations of the activity being performed.
- Generally, the wearing of protective gloves is not considered necessary for general use of the PC (see also Cleaning), because advice is to regularly wash hands with soap and water or use an appropriate hand sanitiser.

FIRST AID

Through the risk assessment process for the PC, it needs to be ensured that there is fast detection of a situation, followed by alerting, (e.g. the emergency services) and appropriate intervention. A first aider will be present in the PC at all times during training sessions, and first aid provisions will be available as usual.

CLEANING

The PC will be thoroughly cleaned by trainers and management in accordance with PHE (Public Health England) guidance - COVID-19 Cleaning in non-healthcare settings - prior to reopening. If there is a confirmed case of COVID-19 in the PC, management and trainers will complete a further deep clean of the PC in accordance with the aforementioned PHE guidance (4). This is in addition to the cleaning schedule.

The trainer will:

- Spray the ring canvas
- Clean all mats with sanitiser spray
- Clean all ropes and other high touch areas (bag hooks, door handles, dispenser buttons, toilets, and washroom facilities) with sanitiser spray and disposable paper towels

After every training session throughout the day, all areas will be deep cleaned between training sessions to prevent cross contaminations between training groups.

EXPECTATIONS OF TRAINEES

During the period of physical distancing, training sessions will only be open to those in the intermediate and advanced levels of the PC.

In addition to this, in accordance with the government guidance on elite sports training, training sessions will only be open to those who are over the age of 16.

2 trainees will be partnered a 'Tag Team' and will work exclusively with each other.

Additionally, it is possible to switch 'Tag Team'. However, this should only happen if a member of the original 'Tag Team' is unable to train for a period, and should be done as few times as possible to prevent cross contamination and aid in the PC's contact tracing measures.

It is expected that if one member of the 'Tag Team' 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 'Tag Team' will self-isolate for a period of no less than 14 days as recommended by the UK government.

Training sessions will be booked in advance, to maximum of 4 'Tag Teams' and attempts will be made to allow the same 'Tag Teams' to train in the same session each week to reduce cross contamination.

Trainees will stay home if they have any symptoms and inform the trainer and the rest of their stable. 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.

Indoor only footwear will be required, and work and training outfits must be washed between each use and footwear cleaned.

Trainees are expected to bring their own supply of water in a named reusable bottle, and absolutely no food should be brought into the PC.

Hands will be sanitised before entering the building and periodically throughout their time in the PC. Hand Sanitiser stations will be placed around the PC.

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

If it is necessary to cough or sneeze when within the PC, this will be done ideally into a tissue or paper towel which will then be safely disposed of, or into one's elbow. Personal towels should not be used - adequate quantities of single use paper towels will be provided and waste baskets will be located both in the washroom and main room.

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)