

OPERATION SAFE MAT RETURNSM



Top of the Podium always places a high priority on the safety and health of participants. OPERATION SAFE MAT RETURNSM is based on research and consultations with medical and health professionals, wrestling authoritative bodies, and other businesses involving physical contact. We believe our programs comply with state and local governmental health directives. Moreover, considering the uniqueness of our facility, we believe the following steps go “over and above” such requirements and are therefore extremely responsible and prudent. While it is not possible to eliminate risk, the precautions set forth below lower risk and potential spread of illness. By publishing these procedures, families can make better informed decisions about whether to participate. We reserve the right to tighten or relax restrictions based on current conditions.

BEFORE PROGRAM BEGINS

1. All participants must bring a facial covering. Such coverings may be optional when exercising, however, there may be times when we mandate the use of masks (depending on the activity).
2. TOP is significantly reducing the maximum number of registrants that may attend a given session.
3. TOP will communicate with participants and families prior to the program to help ensure a clear understanding of policies, expectations, and responsibilities of all participants and members of their households. Appropriate signage will also be placed throughout the facility. The athlete agrees to practice certain behaviors before, during and after each session, including following governmental health directives and taking extra precautions involving contact with persons identified as “vulnerable” by health and governmental authorities.
4. Participants must reside in the geographical area of our facility (unless exceptions are approved), and sleepover programs are not allowed.

UPON ARRIVAL

5. We encourage only participants, staff, and coaches to enter the facility except in the case of an emergency. Athletes will enter in the double doors at the back of the building. Participants should follow physical distancing recommendations before and after sessions.
6. By participating, athletes certify they have symptom-free for at least 10 days and have not knowingly had contact with a COVID-19 person for 14 days. Athletes should also not participate if exposed to a sick person unless it has been determined the illness is not COVID related.
7. Screening will be conducted in accordance with governmental recommendations. Before entering, all persons are required to have their temperatures taken by an authorized person. Athletes will also be asked about their health and signs of symptoms. Athletes with a temperature over 100.3 degrees will be sent home.
8. Athletes should wash hands or use hand sanitizers immediately upon entering the building.

DURING ACTIVITIES

9. Hand sanitizers, disinfectant wipes, and tissues are placed throughout the building. Athletes should clean and disinfect exposed skin and gear (e.g., headgear, shoes) throughout sessions. Participants are encouraged to bring their own products such as disinfectant wipes for added convenience.
10. Coaches and Staff will supervise activities at all times. Persons with symptoms should be promptly identified and removed from activities. Athletes who feel ill during sessions should immediately inform Coaches so appropriate actions can be taken.

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DURING ACTIVITIES (continued)

11. Each session begins with a presentation about acceptable behavior during and after activities. This includes reminders about each athlete's responsibilities in helping to keep others safe.
12. Athletes who sneeze or cough must immediately use wipes, hand sanitizers or wash hands. In some cases, a change of clothes may be appropriate.
13. Staff will be armed with wipes to frequently disinfect the facility, including restrooms, door handles, benches, and other high-touch areas. Social distancing for all participants and staff should be practiced in common areas.
14. Public lockers, certain restrooms, bleachers, locker room, store, theater, and other areas may be restricted, depending on number of participants.
15. Participants are assigned into small groups (2-4 persons maximum) and provided with a specific area to practice, including certain warm-ups. Athletes must comply with physical distancing guidelines when interacting with those not in their pre-assigned groups.
16. Participants should bring an extra set of workout clothes for each session.
17. Instructors may broadcast on TOP's numerous televisions so participants don't need to leave designated areas. Alternatively, participants may be assigned specific areas for observation to ensure physical distancing. When participants work on technique, clinicians will visit the different groups to provide individual feedback. Coaches and instructors should wear facial coverings when dealing directly with athletes and avoid contact as much as possible.
18. The amount of live wrestling will be reduced or eliminated.
19. Exterior doors may be opened to affect air flow. Thermostats are adjusted to allow for higher-than-normal levels of heat and humidity.
20. Balls and other unauthorized objects are prohibited in the building, unless approved by staff.
21. If we become aware of a participant with COVID-19, we will inform the parents/guardians of the participants assigned to his/her group. We will also inform the entire group that an unnamed participant contracted the virus, and additional actions may be warranted.
22. Athletes are encouraged to hydrate frequently. We recommend bringing water bottles since TOP's water fountain is only available for refilling water bottles.

WHEN EXITING

23. Participants are encouraged to change clothes at the conclusion of the day. We recommend 2 gear bags, one for clean clothes and the other for dirty clothes. All apparel should be washed immediately upon returning home. Showers should be taken with appropriate soap as soon as possible.
24. Except in emergency situations, Parents/guardians should wait in parking lot to pick up athletes.
25. Participants must take all personal belongings with them when exiting. "Lost and Found" items will be discarded every few days.

TOP's policies are continuously evaluated based on new information and changing conditions.