



The Newfoundland and Labrador Amateur Wrestling Association

Return to Sport Plan

Reviewed and Approved by GNL Return to Wrestling Plan NLAWA June 16, 2021

Foreword

Following the impacts of the COVID-19 Pandemic, the Department of Health and Community Services has permitted the sport of wrestling to resume in the province of Newfoundland and Labrador in Alert Level 2 and Alert Level 1 of the provincial COVID-19 Alert Level System. To ensure the safety of our participants and to ensure that all public health measures can be properly implemented, the Newfoundland and Labrador Amateur Wrestling Association has put forward the following as an outline of proposed sport activity for Wrestling in our province. The following outline and approximate timeline includes all practice/training, competition, tournaments, special initiatives, etc for our provincial sport organization (PSO) as a whole. Individual teams or clubs may have their own Return to Sport Plan, which are specific to their individual organization with our sport.

All individual teams/clubs that are involved and sanctioned with Wrestling NL MUST follow the Newfoundland and Labrador Amateur Wrestling Association (NLAWA) Return to Sport Plan. If teams and clubs wish to make their own Return to Sport Plan, it MUST align with the NLAWA PSO Return to Sport Plan. It is recommended that any wrestling teams/clubs that make their own specific team Return to Sport Plan to submit them to Wrestling NL via info.wrestlingnl@gmail.com for approval. We will approve it at the PSO level and return it with feedback if needed.

Our goal is to simply ensure the safety of all members of the PSO, as our sport resumes following the shutdown caused by the pandemic. Resuming training and competition in a systematically appropriate approach that abides by all public health recommendations is the safest way to ensure that all participants in our sport can enjoy wrestling in a safe environment. If you have any questions regarding the NLAWA Return to Sport Plan and its implementation, please do not hesitate to contact us at info.wrestlingnl@gmail.com.

The Newfoundland and Labrador Amateur Wrestling Association will put in place the following protective measures and guidelines for the following Public Alert Levels which are determined by the Department of Health and Community Services.

Alert Level 3

- Individual athlete skill development sessions are permitted. Including coaches and athletes, the maximum number of individuals is 20.
- All NLAWA COVID-19 Return To On Mat Training Policies and Procedures must be implemented.
- The following waivers and declarations must be filled out by coaches, athletes and volunteers PRIOR to training:
 1. NLAWA Declaration of Compliance-COVID 19
 2. NLAWA Informed Consent and Assumption of Risk Agreement and the NLAWA Release of Liability

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3. Waiver of Claims, and Indemnity Agreement.

- All public health measures and guidelines put forward from the Department of Health and Community Services for Sport Guidance need to be followed and may be found here: <https://www.gov.nl.ca/covid-19/information-sheets-for-businesses-and-workplaces/sport-guidance/>
- Individuals (coaches & athletes) from separate households should maintain physical distance at all times. Individuals from a single household may be grouped in a single training pod or “bubble”.
- Please adhere to training venue specific public health measures and protocols.

Please Note: All Group training and competition activities are suspended until Alert Level 2.

Alert Level 2

Individual athlete skill development and team practice/training sessions are permitted. Return to Sport Plans are not required for activities in Alert Level 2 Phase 1.

Phase 1: April 10- May 24, 2021

Individual Athlete Skill Development (April 10- May 24, 2021)

- Individual athlete skill development sessions are permitted. Including coaches and athletes, the maximum number of individuals for athlete skill development sessions is 50. Refer to [Sport Guidance](#) for the recommended public health measures for these sessions.
- Only athletes that are **age 13 and over** can resume individual athlete skill development training.
- Maximum of 2 (two) coaches or staff can be in attendance.
- No spectators are permitted.
- Please adhere to training venue specific public health measures and protocols.

Team Practice/Team Training Sessions (April 10- May 24, 2021)

- Any teams/clubs with athletes **age 13 and over** can resume modified team practice/training.
- Any teams or clubs that have athletes in the U17/19 Division can resume modified team practice training sessions.
- High School, Canada Games training, High Performance and Varsity teams/clubs can resume modified team practice training at this time.
- Clubs/teams that are composed of athletes or coaches from different RHA regions cannot meet to train together at this time.
- Maximum of 2 (two) coaches or staff can be in attendance.
- No spectators are permitted.
- No competitions between separate teams, clubs or regions will be held.

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- No intra-squad training at this time: Athletes who can be involved with two or more teams/clubs are asked to pick only one team to train with regularly (whichever team they will be able to train with more) and refrain from training with others.
- All NLAWA COVID-19 Return To On Mat Training Policies and Procedures must be implemented.
- The following waivers and declarations must be filled out by coaches, athletes and volunteers PRIOR to training:
 1. NLAWA Declaration of Compliance-COVID 19
 2. NLAWA Informed Consent and Assumption of Risk Agreement and the NLAWA Release of Liability
 3. Waiver of Claims, and Indemnity Agreement.
- All public health measures and guidelines put forward from the Department of Health and Community Services for [Sport Guidance](#) need to be followed.
- Please adhere to training venue specific public health measures and protocols.
- Team practice/training sessions with members of a single team does not require a Return to Sport Plan

Recreational Sport Group/League (April 10- May 24, 2021)

- All recreational leagues, teams or clubs are asked to follow the exact same points as the Team Practice/Team Training Sessions outlined above.

Phase 2: May 25 - September 11, 2021

- Team practice/Team training sessions and recreational sport groups can all continue as outlined above.
- Intra-squad training **IS** permitted: Athletes who can be involved with two or more teams/clubs are asked to limit their involvement to a MAX OF 2 Teams, in which they will intend to train with regularly (i.e. more than once per month).
- Competition between different clubs/teams **IS NOT** permitted at this time.
- Any teams/clubs with athletes age 13 and over can resume modified team practice training.
- Any teams or clubs that have athletes in the U17/19 Division can resume modified team practice training sessions.
- High School, Canada Games training, High Performance and Varsity teams/ clubs (that are in the same provincial region) can resume modified team practice training at this time.
- Clubs/teams that are composed of athletes or coaches from different RHA regions cannot meet to train together at this time. (example: Athletes that live in the central NL region can not train with clubs in the Avalon region for vice-versa for intra-squad training).
- Maximum of 2 (two) coaches or staff can be in attendance.

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- No spectators are permitted.
- No competitions between separate teams, clubs or regions will be held.
- All NLAWA COVID-19 Return To On Mat Training Policies and Procedures must be implemented.
- The following waivers and declarations must be filled out by coaches, athletes and volunteers PRIOR to training:
 1. NLAWA Declaration of Compliance-COVID 19
 2. NLAWA Informed Consent and Assumption of Risk Agreement and The NLAWA Release of Liability
 3. Waiver of Claims, and Indemnity Agreement.
- Please adhere to training venue specific public health measures and protocols.

Phase 3: September 12th, 2021 - August 2022

- Team practice/Team Training Sessions and Recreational Sport Groups can all continue.
- Intra-squad training **IS** permitted: Athletes who can be involved with two or more teams/clubs are asked to limit their involvement to a MAX OF 2 Teams, in which they will intend to train with regularly (i.e. more than once per month).
- Athletes of all ages in any team/club/league can resume modified training as long as all NLAWA Return to Sport Policies and Procedures, as well as venue specific COVID-19 protocols are adhered to. Modified training protocols and NLAWA Return to Sport Procedures can be found under the COVID-19 Procedures Heading on our website www.wrestling.com
- Clubs/teams that are composed of athletes or coaches from different RHA regions may be permitted to meet to train together at this time. The NLAWA must approve of all RHA inter-region meetings via email confirmation with info.wrestlingnl@gmail.com. The NLAWA reserves the right to not approve of such requests based on the following criteria for the given time of request:
 1. Current Provincial COVID-19 Alert Level in regions of interest.
 2. Prevalence of active COVID-19 cases in regions of interest.
 3. Current provincial public health precautions in place for regions of interest.
 4. Duration of stay and frequency of training during meeting period.
 5. Number of athletes and coaches involved.
 6. Capability to meet all NLAWA Return to Sport Policies and Procedures as well as venue specific COVID protocols.
- Maximum of 2 (two) coaches or staff can be in attendance at training sessions.
- No spectators are permitted at training sessions.
- All NLAWA COVID-19 Return To On Mat Training Policies and Procedures must be implemented.
- The following waivers and declarations must be filled out by coaches, athletes and volunteers PRIOR to training:
 1. NLAWA Declaration of Compliance-COVID 19

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2. NLAWA Informed Consent and Assumption of Risk Agreement and The NLAWA Release of Liability

3. Waiver of Claims, and Indemnity Agreement.

- Please adhere to training venue specific public health measures and protocols.

Competitions & Tournaments for Phase 3(September 12, 2021-August 2022)

- Competitions/tournaments between separate teams, clubs or regions within Newfoundland and Labrador **IS** permitted at this time.
- There will be no out of province competition at this time.
- All competitions must be sanctioned by the NLAWA.
- No spectators are permitted at competitions.
- No canteen/food services are permitted at tournament venues.
- Maximum of 2 (two) coaches or staff per 30 athletes can attend competitions/ tournaments.
- Tournament technical packages will be distributed to attending teams prior to competition dates that will outline venue special COVID-19 procedures that must be followed.
- The NLAWA has set the tentative dates for all NLAWA sanctioned tournaments, which is outlined in the PSO Activities / Initiatives section.
- Any additional competitions or meetings between separate clubs/teams/leagues that are not outlined below must be approved by the NLAWA with email confirmation via info.wrestlingnl@gmail.com prior to taking place.
- NLAWA approval is needed for any of the following events: Multi-team tournaments, multi-team meets, duel team meets/intrasquad competition, and duel team on mat training/intrasquad practices.
- The NLAWA reserves the right to not approve of such requests based on public health precautions and provincial/regional COVID-19 prevalence during that given time.

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PSO Activities / Initiatives

The NLAWA has set the following dates for scheduled PSO activities. All information is tentative and can be subject to change:

1. NLAWA Semi Annual Board Meeting - June 24, 2021: Virtual via Google meet.
2. NLAWA Pre-season Member Meeting - Sept. 12, 2021: Virtual via Google meet.
3. NLAWA Annual General Meeting - Dec. 1, 2021: Virtual via Google meet.
4. Canada Games Training Camp - May 21, 2022: St, Johns, NL. Open to designated athletes in the Canada Games Team training pool with Canada Games coaching staff.
 - Venue: PowerPlex, St.John's
 - APPROXIMATE Attendance: ~60 athletes, 4-6 team coaches, 5 Canada Games coaches, 1 clinician, 4 NLAWA staff,1 Power Plex staff
 - Teams/athletes responsible for their own accommodations and travel arrangements.
 - Teams/athletes responsible for their own food arrangements.
5. Canada Games Selection Tournament - May 22, 2022, St. Johns, NL. Open to designated athletes in the Canada Games Team training pool with Canada Games coaching staff.
 - Venue: PowerPlex, St.John's
 - APPROXIMATE Attendance: ~60 athletes, 4-6 team coaches, 5 Canada Games coaches, 1 clinician, 2-3 officials, 4 NLAWA staff,1 PowerPlex staff
 - Teams/athletes responsible for their own accommodations and travel arrangements.
 - Teams/athletes responsible for their own food arrangements.
6. Canada Games Training Camp - July 30 - Aug 4, 2022: Memorial University, St. John's, NL. Canada Games team and designated training partners will be in attendance with Canada Games coaching staff.
 - TENTATIVE Training Venue: Physical Education Building, Memorial University, St.John's and PowerPlex, St John's.
 - APPROXIMATE Attendance: ~30 athletes, 5 Canada Games coaches, 2-3 NLAWA staff,1 Power Plex staff
 - TENTATIVE Accommodations: Barnes Building, Memorial University Residence, St.John's,NL.
 - Athletes will be provided a meal allowance and will be responsible for their own food arrangements.
 - Athletes will be responsible for their own travel to St. John's and will be subsidized.
 - 2022 Canada Games - August 4-11, 2022. Niagara, Ontario. Designated Canada Games Team athletes and coaching staff will attend. Returning travelers would be subject to self-isolation and testing requirements based on their vaccination status <https://www.gov.nl.ca/covid-19/together-again/#step1>

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Regional or Provincial Championships/Competition

The NLAWA has set the following dates for scheduled sanctioned regional/provincial competitions. All the noted policies for Competitions & Tournaments above must be followed at all times. Failure to do so could result in the cancellation or withdrawal of the tournament prior to or during a scheduled event. All information is tentative and can be subject to change.

1. Randy Ralph Memorial Provincial Open Tournament - November 27, 2021: St. Johns, NL. Open to athletes ages 13 and up and their coaches from any team/club from any RHA region.
 - TENTATIVE Venue: Mary Queen of Peace Elementary, St John's.
 - APPROXIMATE Attendance: ~50 athletes, 6-8 team coaches, 2-3 officials, 2-3 NLAWA staff.
 - No canteen or food services will be provided.
 - The NLAWA will not permit spectators to attend.
 - All Gov NL Public Health Protocols for Indoor Recreation must be followed. <https://www.gov.nl.ca/covid-19/information-sheets-for-businesses-and-workplaces/guidance-for-indoor-recreation/>
 - All NLAWA Return to Sport Policies and Procedures as well as venue specific COVID-19 protocols must be followed.
2. Trinity Bay Open Wrestling Tournament - January 22, 2022: Whitbourne, NL. Open to athletes ages 13 and up and their coaches from any team/club from any RHA region.
 - TENTATIVE Venue: Whitbourne Elementary, Whitbourne, NL.
 - APPROXIMATE Attendance: ~40 athletes, 6-8 team coaches, 2-3 officials, 2-3 NLAWA staff.
 - No canteen or food services will be provided.
 - The NLAWA will not permit spectators to attend.
 - All Gov NL Public Health Protocols for Indoor Recreation must be followed. <https://www.gov.nl.ca/covid-19/information-sheets-for-businesses-and-workplaces/guidance-for-indoor-recreation/>
 - All NLAWA Return to Sport Policies and Procedures as well as venue specific COVID-19 protocols must be followed.
3. Atlantic Wrestling Championship – February 26, 2022: Fredericton, NB (contingent on the Atlantic bubble is open). Open to qualifying NL athletes ages 13 and up and a designated coaching staff of 4. Returning travelers would be subject to self-isolation and testing requirements based on their vaccination status <https://www.gov.nl.ca/covid-19/together-again/#step1>
4. NL Winter Games - February 26, 2021: Gander, NL. Open to qualifying athletes 13 and up with a designated coaching staff.

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5. Wrestling NL Provincial Championships - March 19, 2022. Carbonear, NL. Open to qualifying athletes 13 and up and their respected coaches from any team/club from any RHA region.
 - TENTATIVE Venue: Carbonear Collegiate, Carbonear, NL.
 - APPROXIMATE Attendance: ~50 athletes, 6-8 team coaches, 2-3 officials, 2-3 NLAWA staff.
 - No canteen or food services will be provided.
 - The NLAWA will not permit spectators to attend.
 - All Gov NL Public Health Protocols for Indoor Recreation must be followed. <https://www.gov.nl.ca/covid-19/information-sheets-for-businesses-and-workplaces/guidance-for-indoor-recreation/>
 - All NLAWA Return to Sport Policies and Procedures as well as venue specific COVID-19 protocols must be followed.
6. Wrestling Canada Lutte u17/19 National Championship - April 1, 2022. Location is yet to be determined (contingent on inter-provincial travel being allowed). Open to qualifying athletes under ages 17 and 19 and 2 designated coaches. Returning travelers would be subject to self-isolation and testing requirements based on their vaccination status <https://www.gov.nl.ca/covid-19/together-again/#step1>
7. Canada Games Selection Tournament - May 22, 2022. St. Johns, NL. Open to designated athletes in the Canada Games Team training pool with intrasquad competition/ training. Canada Games coaching staff will attend.
8. 2022 Canada Games - August 4-11, 2022. Niagara, Ontario. Designated Canada Games Team athletes and coaching staff will attend. Returning travelers would be subject to self-isolation and testing requirements based on their vaccination status <https://www.gov.nl.ca/covid-19/together-again/#step1>

Phase 4 Atlantic Competition (if being considered when Atlantic bubble is in place)

- Atlantic Wrestling Championship – February 26, 2022: Fredericton, NB (contingent on the Atlantic bubble is open). Open to qualifying NL athletes ages 13 and up and a designated coaching staff of 4. Returning travelers would be subject to self-isolation and testing requirements based on their vaccination status <https://www.gov.nl.ca/covid-19/together-again/#step1>
- Wrestling Canada Lutte u17/19 National Championship - April 1, 2022. (contingent on inter-provincial travel being allowed). Open to qualifying athletes under ages 17 and 19 and 2 designated coaches. Returning travelers would be subject to self-isolation and testing requirements based on their vaccination status <https://www.gov.nl.ca/covid-19/together-again/#step1>