

RETURN TO THE MAT

South African Wrestling Federation



***SOUTH AFRICAN
WRESTLING FEDERATION***

NELSON MANDELA

“Sport has the power to change the world...
Sport can awake hope where there was
previously only despair.”



Background & Purpose

As custodian of the sport of wrestling in South Africa the SAWF is ultimately responsible for the well-being and safety of its athletes, supports staff, referees, administrators, and the wrestling community.

This is a summary of our proposal to the Department of Sport, Art and Culture for the safe return of our athletes to training and eventually competition during and after the Covid-19 crisis.

The SAWF needs to align its activities with that of the National Government taking into consideration regulations, safeguarding our members and the public while still ensuring the sustainability and survival of the sport in South Africa post Covid-19.

Role of the SAWF Executive Management Team


- To implement a phased approach for our athletes and members to return to training during the various Alert Levels within the Regulations and Guidelines published by Government.
- To restructure competition formats on all levels to ensure the safety of the athletes, officials and spectators.
- To ensure the sustainability of wrestling in South Africa and maintain its relevance in the community.
- To minimise the financial impact of the pandemic on the Federation, its Associations and Clubs.
- To minimise the impact of the pandemic on the support and preparation of its elite athletes whose goal is the Olympics.
- To ensure a safe return to international preparation, participation and competition for our National teams.

Role of the SAWF Association and Club Management Teams







- To follow the guidelines provided by SAWF Executive Management as well as any regulations published by Government and ensure the phased approach is adopted on all levels within their areas.
- To restructure training sessions and activities including competition formats to ensure the safety of the athletes, officials and spectators.
- To ensure the sustainability of wrestling in South Africa and maintain its relevance in the community.
- To minimise the financial impact of the pandemic on the association, the clubs and their members.

Impact of COVID 19 on our Society & our Sport

Negative effects on individuals

-  Loss of employment and income
-  Businesses have closed down
-  Leave been used up to minimise financial loss to individuals
-  Increased debt burden
-  Limited physical activity and participation
-  Cancellation of events on all levels in the sport
-  Missed opportunities for athletes to shine and showcase their talents

Negative effects on clubs & athletes

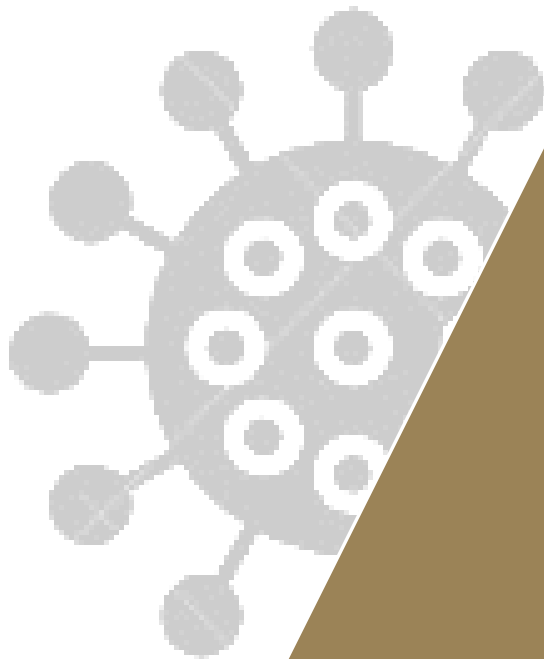
-  Loss of income for clubs due to cancellation of training activities
-  Decrease in membership numbers – Covid-19 struck just as members were returning to prepare for National Championships
-  Decrease in social activity amongst athletes and other members – isolation
-  Cancellation of all courses and events aimed at increasing capacity within our coaches, referees, team managers and administrators
-  Loss of income on all levels due to cancellation of tournaments
-  Lack of international competition and disruption in the preparation for the qualification phase in the current Olympic Cycle

The psychological effect of the pandemic on our athletes cannot be ignored. As with any sport the ultimate goal of any athlete is to compete. The lack of training and competition has dampened the spirit of many athletes who all share the hunger to compete. For many athletes all they have is their sport – take it away and they have nothing.

Action from SAWF : The Current Situation

- 
- Cancel all competitions and events planned for 2020
 - Cancel organized training on all levels
 - Move meetings to virtual platform
 - Revise the short and medium term budget of the Federation, review long-term budget to ease financial burden on members during this crisis
 - Restructure current national training program
 - Restructure National Championship and Team Trials
 - Postpone quadrennial executive elections till after the Tokyo Olympics

Six Basic Principles Fighting the Virus when Returning to the Mat



Wash/sanitise your hands and any touched surfaces on a regular basis

Avoid touching your face, eyes and mouth

Avoid close contact with people who are showing symptoms

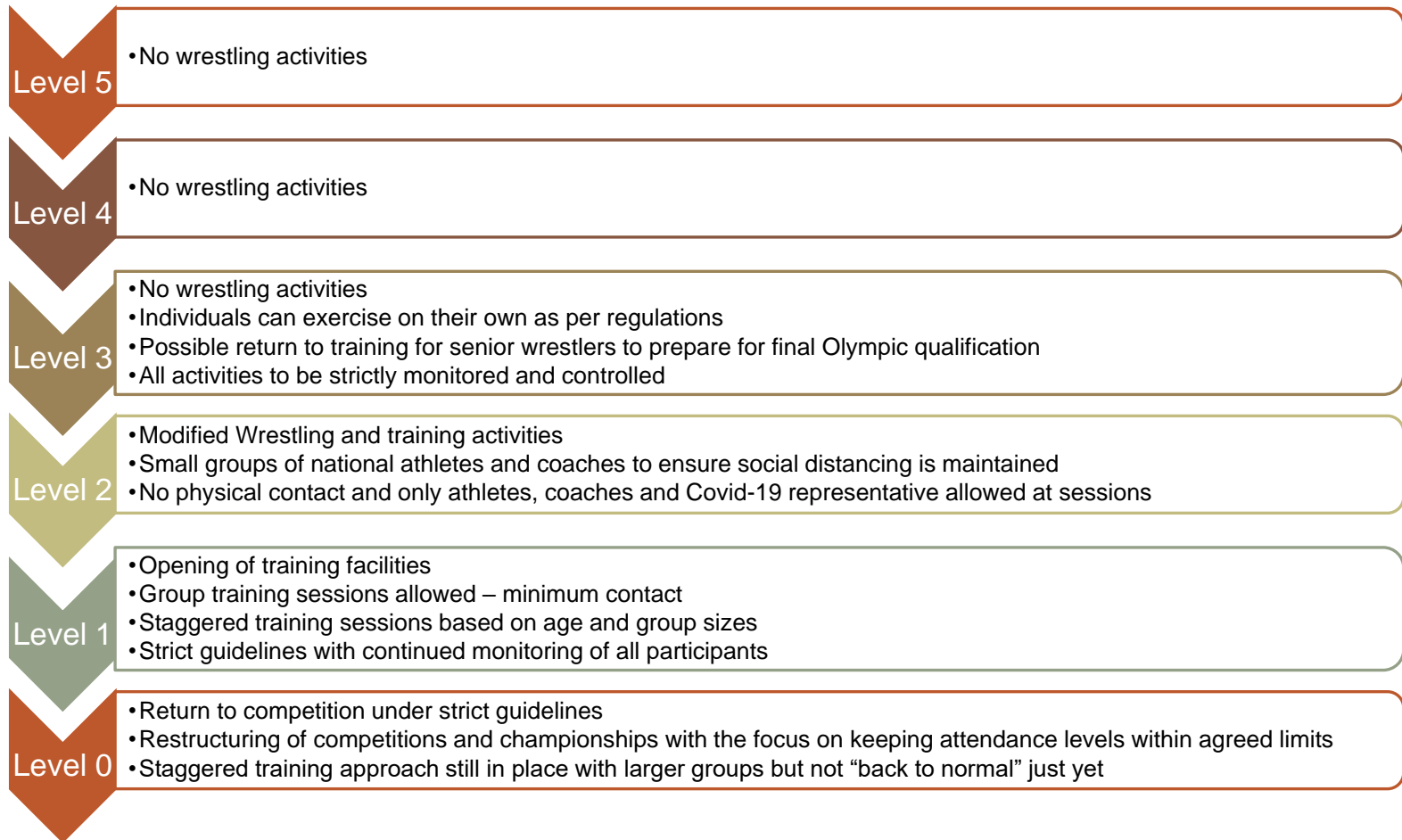
Cover your nose and mouth when you cough or sneeze or with a flexed elbow or tissue – dispose of tissues immediately and safely

Maintain social distancing amongst officials, spectators, coaches and athletes

Wear a cloth mask when leaving your home and interacting with people

Minimise the gathering of large groups of people (during meetings, training sessions and competitions)

Wrestling under Current Alert Levels



Training under Current Alert Levels

Level 5

- All Regulations relating to these levels and movement of individuals are in force and must be adhered to
- Training can only occur with those individuals living in your house and no outside partners may be included
- Virtual coaching workouts may take place – using technology available
- No club, association or National Training sessions allowed involving coaches and athletes

Level 4

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Level 3

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- Virtual coaching workouts may take place – using technology available
- No club, association or National Training sessions allowed involving coaches and athletes

Level 2

- Training can only occur with those individuals living in your house and no outside partners may be included
- Virtual coaching workouts may take place – using technology available
- No club, association sessions allowed involving coaches and athletes
- National Training sessions will be allowed under strict regulations (for detail refer to full document page 13 to 16)

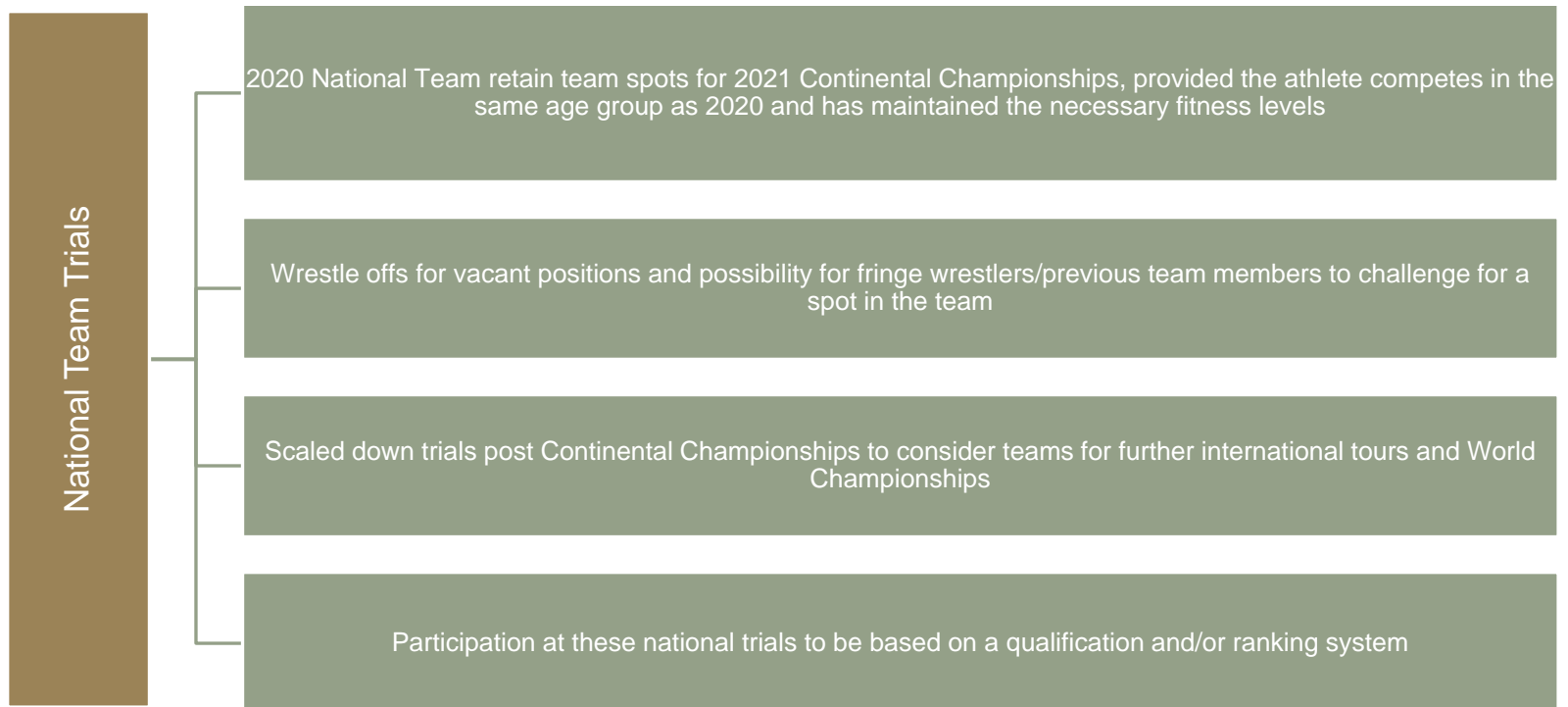
Level 1

- Authorities allow public training facilities to open and there are no limitations on group sizes
- Resumption of training only once clubs and associations have submitted detailed plan to the SAWF Covid-19 Representative (for detail refer to full document page 16 to 19)

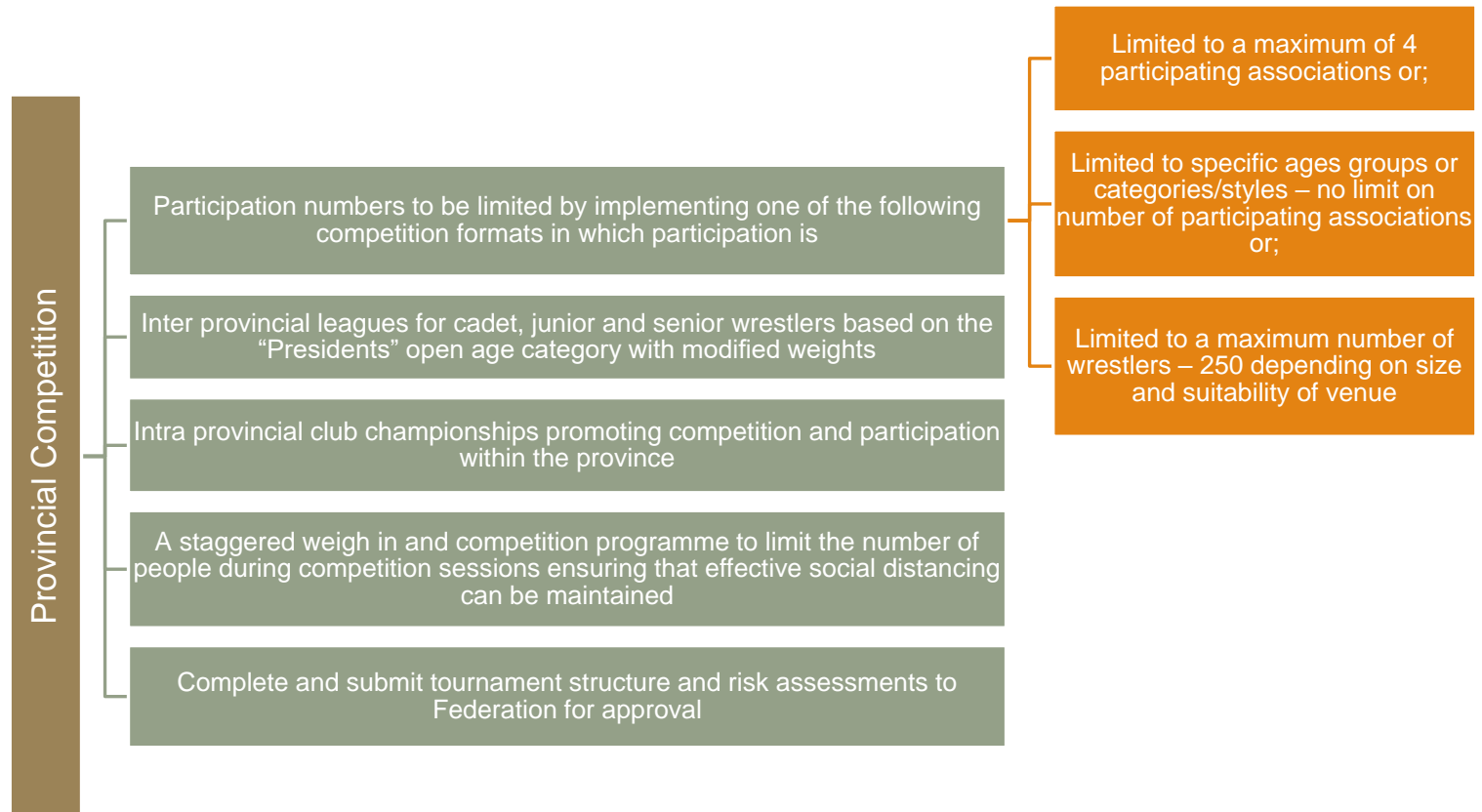
Restructuring of SAWF Competition and Championship Structure



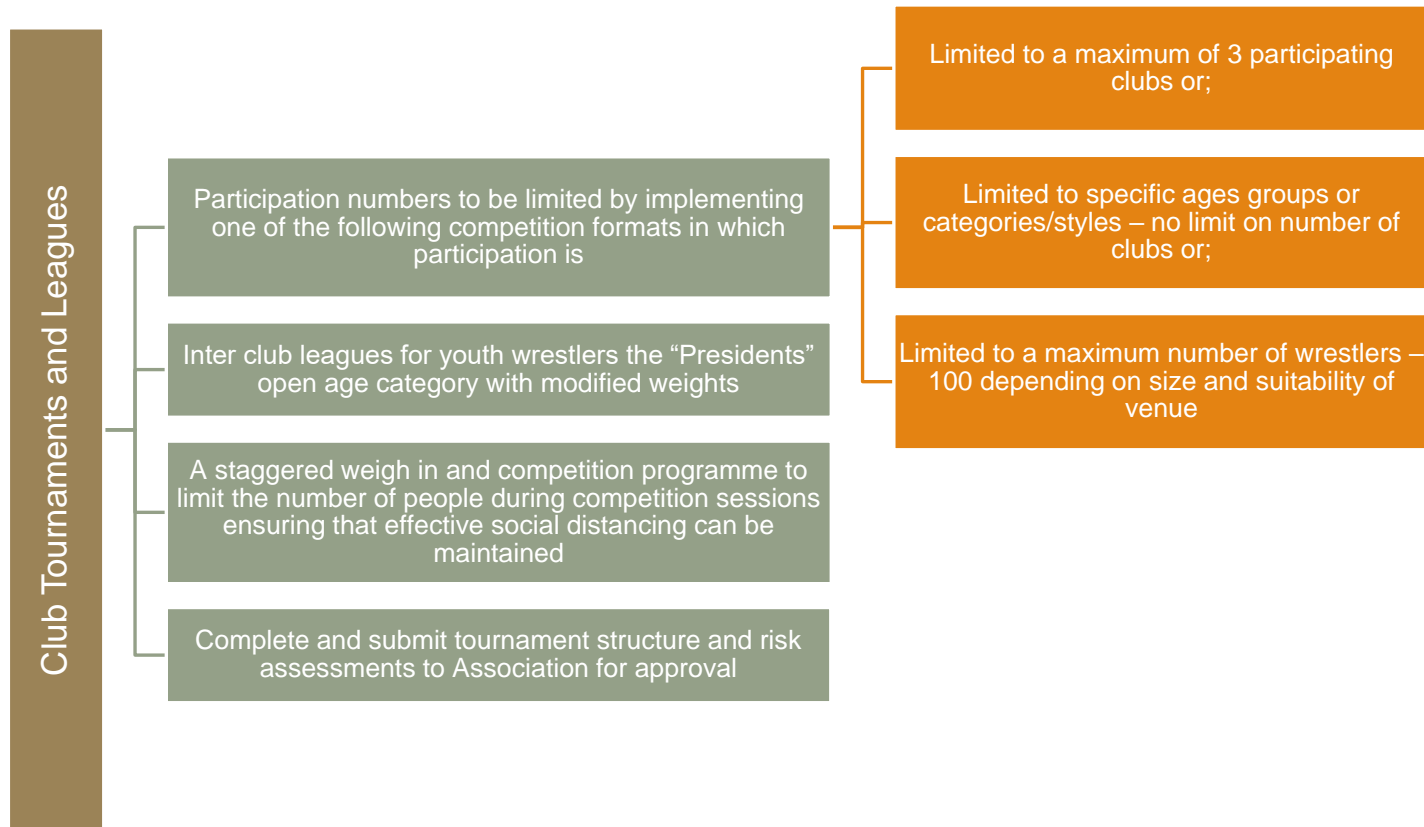
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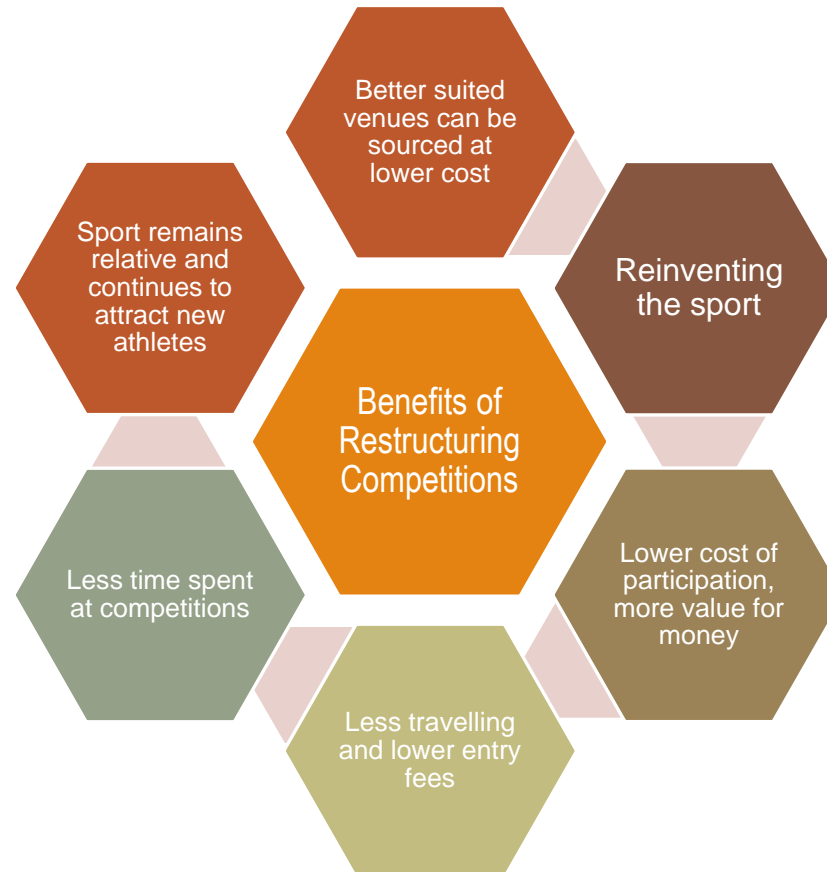
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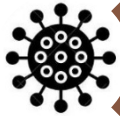


Safety During Competitions

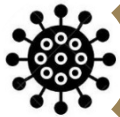
Medical and Weigh In Process



Floor markings spaced 1.5m apart to ensure social distancing during weigh in



Enough medical and weigh in stations to ensure quick and efficient process



All Health and Safety officials, coaches, team managers administrators and referees to be screened before start of process



Health and Safety Officer to screen each wrestler for symptoms of Covid-19 and record the wrestler's temperature using a contactless thermometer

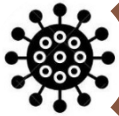


All officials involved in the competition must be issued with necessary PPE to perform their duties safely and to minimise the risk of infection

Minimum PPE



Cloth masks – at least one per competition day



Hand Sanitizer – at least two bottles must be available at all stations where officials are doing duty



Boot (shoe) baths at all entry points into the arena and especially at toilette and changeroom facilities













Alcohol based wipes for all equipment and computers used



Disinfectant for each station to be used to wipe down tables and chairs on a regular basis during the day – propose once every 5 matches to coincide with the rotation of match officials

Safety During Competitions

During Competition and Training Sessions

-  Disinfectant and clean water to clean wrestling areas on a regular basis – propose once every 5 matches to coincide with the rotation of match officials
-  Temperature checks to be carried out once every 4 hours during the competition on all participants, coaches, team managers, referees and administration officials
-  “High Risk” areas to be identified and clearly marked – these areas and surfaces must be cleaned and disinfected on a regular basis and record must be kept at each clean
-  Any person presenting with symptoms of COVID-19 must be taken to the designated isolation facility and Department of Health Officials must be contacted
-  Incidents to be reported immediately to the Covid-19 Representative responsible for the competition
-  Records of entry and attendance must be kept using the eTMS system to ensure that information can be supplied to officials to facilitate contact tracing in the event of a positive test amongst participants
-  Isolation plan – including facilities and transport plan
-  Infection Management Plan – What to do when a member is infected
-  Only the wrestlers and their coaches will be allowed direct access to the wrestling area and competition mats. Spectators to remain seated and away from the wrestling area
-  Closed competitions may be required at certain events and venues where limited space is available and social distancing cannot be implemented – only athletes, coaches, match referees and essential support staff will be allowed entry into the venue