



**SOUTH AFRICAN
WRESTLING FEDERATION**

RETURN TO THE MAT

South African Wrestling Federation

NELSON MANDELA

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



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1. Background & Purpose

The SAWF is the custodian of the sport of wrestling in South Africa and is ultimately responsible for the well-being and safety of its athletes, supports staff, referees, administrators, and the wrestling community. Our vision is to be the leading wrestling organization in terms of membership, participation, and achievement in all areas of the sport and its administration.

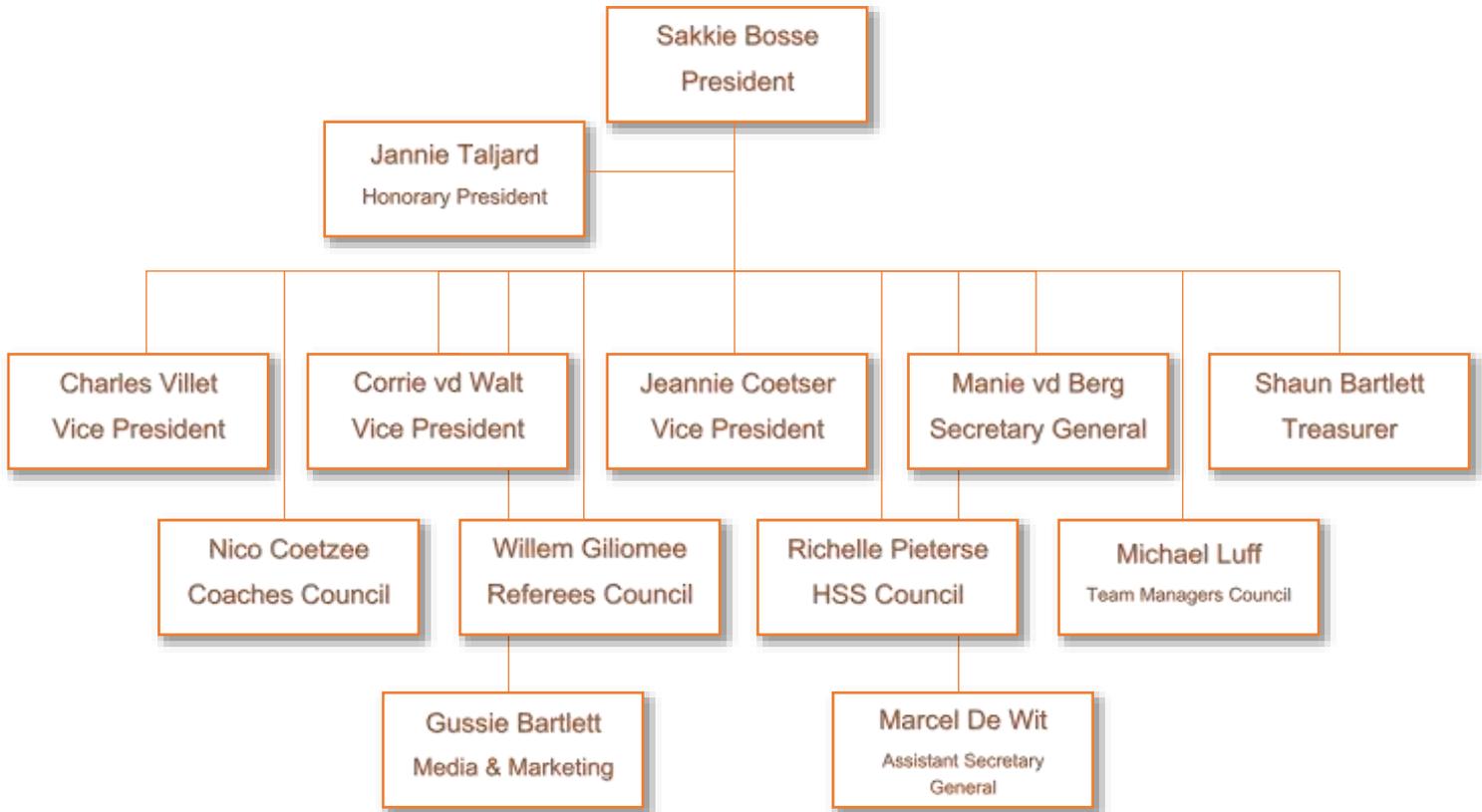
The purpose of this document is to submit a proposal to Sport and Recreation South Africa for the safe return of our athletes to training and eventually competition during and after the Covid-19 crisis.

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.

Sport plays an important role in all communities and it is imperative that all sports take up the challenge to adapt to a new environment that poses risks to all its participants.

2. Organisational Structure

South African Wrestling Federation Executive Management



South African Wrestling Federation General Management



Membership Statistics

All Wrestlers															Total	Total 2019	Diff 2019	% Growth
Association	# clubs	< 6 years	7 Years	8 Years	9 Years	10 Years	11 Years	12 - 13 Years	14 - 15 Years	16 - 17 Years	18 - 20 Years	21 - 35 Years	>35 Years	Total	Total 2019	Diff 2019	% Growth	
Cape Winelands	4		5		4	4	3	10	22	5	4	1		58	101	-43	-43%	
Central Gauteng	5	14	11	19	16	16	13	27	8	10	5	5	6	150	218	-68	-31%	
Ekurhuleni Wrestling	7	11	14	23	21	17	17	32	11	18	9	13	3	189	234	-45	-19%	
Eastern Province	2			2	1	2	3	3	3			2	1	17	48	-31	-65%	
Free State	6	9	11	14	19	11	10	25	28	14	10	4	1	156	172	-16	-9%	
Kwa-Zulu Natal	6	2	1	5	4	4	2	10	15	4	8	1		56	113	-57	-50%	
Limpopo	2	7	6	7	10	10	3	10	3	7	3	2		68	117	-49	-42%	
Mpumalanga	10	33	24	45	38	27	31	34	18	11	7	9	1	278	364	-86	-24%	
Northern Cape	1							4	1			1		6	15	-9	-60%	
Northern Gauteng	15	133	87	95	87	72	51	74	44	24	19	15	16	717	827	-110	-13%	
North West	6	16	17	14	18	13	9	13	14	10	7	14	3	148	93	55	59%	
Sedibeng	5	2	2	3	8	9	5	14	17	10	9	5	1	85	119	-34	-29%	
Western Province	11	9	11	18	25	16	21	43	18	20	12	12	3	208	253	-45	-18%	
	80	236	189	245	251	201	168	299	202	133	93	84	35	2136	2674	-538	-20%	

Year	White		Black		Coloured		Indian		Other	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
2020	1779	120	124	29	71	9	2	1	1	0
2019	2225	143	148	26	99	21	5	2	4	1
2018	2095	112	142	22	108	29	6	2	2	0

Association	Year	Admin Official		Coach		HSSC Official		Judge		Referee		Team Manager		Total	
		'19	'20	'19	'20	'19	'20	'19	'20	'19	'20	'19	'20	'19	'20
Cape Winelands		2	2	9	9	4	2	1		6	5	6	5	28	23
Central Gauteng		7	4	37	28	4	3	5		16	7	20	13	89	55
Ekurhuleni Wrestling		7	7	44	41	13	8	5	2	27	16	37	24	133	98
Eastern Province		1	2	4	1	3	2			1	4	1	3	10	12
Free State		4	3	32	23	1		1	2	14	6	17	10	69	44
Kwa-Zulu Natal		2	3	14	10		1	6	1	5	3	12	4	39	22
Limpopo		1	2	10	12			1		28	18	9	5	49	37
Mpumalanga		12	16	48	49	9	12	16	4	42	29	29	20	156	130
Northern Cape		2		2	2		1	3	3			3	2	10	8
Gauteng North		12	9	77	82	9	12	5	4	35	32	39	29	177	168
North West		1	4	10	18	1	3	2	1	2	7	5	7	21	40
Sedibeng		6	4	18	17	2	1	1	2	7	6	9	8	43	38
Western Province		5	6	23	34	2	1	5	3	22	20	10	10	67	74
		62	62	328	326	48	46	51	22	205	153	197	140	891	749

3. Role of the SAWF Executive Management Team

- 3.1. 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.
- 3.2. To restructure competition formats on all levels to ensure the safety of the athletes, officials and spectators.
- 3.3. To ensure the sustainability of wrestling in South Africa and maintain its relevance in the community.
- 3.4. To minimise the financial impact of the pandemic on the Federation, its Associations and Clubs.
- 3.5. To minimise the impact of the pandemic on the support and preparation of its elite athletes whose goal is the Olympics.
- 3.6. To ensure a safe return to international preparation, participation and competition for our National teams.

4. Role of the SAWF Association and Club Management Teams

- 4.1. 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.
- 4.2. To restructure training sessions and activities including competition formats to ensure the safety of the athletes, officials and spectators.
- 4.3. To ensure the sustainability of wrestling in South Africa and maintain its relevance in the community.
- 4.4. To minimise the financial impact of the pandemic on the association, the clubs and their members.

5. Impact of COVID 19 on our Society and our Sport

Assessing the impact of the Covid-19 crisis on our sport, its members and especially its athletes is fundamental to inform and tailor the response of the sport's leaders to recover from the crisis and ensure that wrestling comes through the pandemic with reforms that will make it stronger and even more attractive to its supporters.

The Covid-19 pandemic is a truly unknown and unexpected event. No ordinary person could have predicted its effect on world society let alone plan for it. However, with a concerted effort and following the advice of respected experts we are confident that we will emerge stronger and better prepared should this ever happen again.

The following are some of the negative effects being experienced by individuals affected by the pandemic across the world and within our wrestling community:

- Loss of employment and income – temporarily or permanent;
- Businesses have closed down leaving families without an income;
- All available leave has been used up to minimise the financial loss to individuals;
- Limited social interaction and movement within the community;
- Increased debt burden despite financial support from government;
- Limited physical activity and participation;
- Cancellation of events on all levels in the sport – missed opportunities for athletes to shine and showcase their talents.

The physiological/psychological effects of the above cannot be underestimated on a community who thrives on the social interaction the sport provides them in an already stressful and demanding environment – for many of us wrestling is where we have the opportunity to relax and enjoy the talents of our athletes – young and old.

The impact of the pandemic on our sport which was already in the process of recovering from low membership numbers and minimum international success could seriously hamper its growth and support unless drastic steps are taken to ensure it remains relevant and does not get left behind.

The following effects have been experienced by clubs and athletes throughout South Africa:

- 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.

Jordan Burroughs summed it up when he said “All I had was wrestling. If I am not good at the only thing I have in life, I’ve got to get better at it”

6. Responsible action from SAWF Management – on all levels

The Covid-19 pandemic has shown that decisive and responsible actions are needed to ensure that risk is minimised and we do not expose each other to the dangers of the virus. It has also taught us that the difficult decisions are not necessarily the most popular but that making decisions to keep the majority happy is not necessarily in their best interest.

As leaderships we need to take the initiative and support government's efforts in minimising loss of life – even if it means short term sacrifices on the part of our members and implementing unpopular policies.

This will require a combined effort from all management teams on national, provincial and club level.

Besides implementing the health and safety requirements required to ensure safe participation in wrestling (which will be detailed separately) the following actions have been proposed at National level:

- Cancellation of all competitions and events planned for 2020;
- Cancellation of all organized training on all levels until further notice;
- Moving meetings to a virtual platform to ensure continuity in management and monitoring of activities, regulations and reporting;
- Revising the short and medium term budget of the Federation too ensure that the goals relating to the 4 year cycle are financially supported and are able to be realised;
- Reviewing the long term budget to ease the financial burden on members during the crisis and the difficult period to follow;
- Restructuring of the current national training program to ensure effective preparation for the final qualifying stages which have been disrupted by the crisis;
- Restructuring of the SA National Championship and Team Trial structures to decrease total number of participants but still maintain competitive system that rewards excellence and hard work;
- Postponing the quadrennial executive elections till after the Tokyo Olympics, ensuring that the current executive management and structures remain in place to effectively navigate the Federation through the immediate Covid-19 crisis and the period of restructuring to follow, through the continued involvement and input by current members of managements.

The following actions are proposed at Provincial and club level:

- Cancellation of all competitions and events planned for 2020;
- Moving meetings to a virtual platform to ensure continuity in management and to speed up implementation of regulations required ;
- Reviewing budgets and implementing costs saving measures to ease the financial burden on the associations, clubs and members;
- Reviewing training at club and association level to ensure that regulations relating to training are adhered to at all times;
- Restructuring current tournament and competition formats to keep total number of participants and spectators to an acceptable number to be able to implement effective social distancing and to exercise control over and the implementation of implementation of health and safety requirements;
- Postponing all elections till 2021 to ensure continuity of management and implementation of the proposed measures, guidelines and regulations during the various phases from the return to training till resuming competition.

These proposed actions will help navigate the turbulent times that lie ahead for our country and our sport. It will give management teams time to review, restructure their activities, without interruption or uncertainty of what the future holds. It also allows for new insights and innovative thinking which will benefit the sport and all its members. It will also allow members to focus on the training, preparation and the entire process up to and including national championships.

Most importantly it will allow the Federation to effectively manage the risks associated with our sport which are unique to wrestling and its activities. The six basic principles in fighting the virus should be at the top of everyone's agenda when returning to the mat namely:

- Wash/sanitise your hands and any touched surfaces on a regular basis;
- Avoid touching your face, eyes and mouth with unwashed/unsensitized hands;
- 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 i.e. during meeting, training sessions and competitions.

7. Current Alert Levels

Government has implemented a phased return to normal activity after the initial hard lock down which started at the end of March. This phased approach is a tried and tested mechanism to ensure the well-being and safety of South Africans. The implementation of these phases is to ensure that the flattening-of-the curve goal is not only reach but maintained throughout the period to follow.

President Ramaphosa said on numerous occasions that Covid-19 is not going to disappear and is here to stay until an effective treatment or vaccine is discovered AND rolled out across the world.

It is therefore imperative that we follow the guidelines and regulations published by government and do everything in our power as administrators of the sport to assist government in fighting this pandemic.

We therefore propose a similar phased in approach which will coincide with the government's plan and allow for the possibility that certain sections of our federation may find themselves on different levels at the same time.

Alert Level 4 – No wrestling activities;

Alert Level 3 – No wrestling activities;
Individuals can exercise on their own as per regulations;
Possible return to training for senior wrestlers to prepare for final Olympic qualification;
All activities to be strictly monitored and controlled – testing and self-quarantine of senior athletes required before participation.

Alert Level 2 – Modified Wrestling and training activities;
Small groups of athletes and coaches to ensure social distancing is maintained;
No physical contact and only athletes, coaches and Covid-19 representative allowed at sessions.

Alert Level 1 – Opening of training facilities;

Group training sessions allowed – minimum contact;
Staggered training sessions based on age and group sizes;
Cleaning and sanitizing of training areas, bathroom facilities and equipment must be done before and after each session;
Strict guidelines with continued monitoring of all participants.

Only athletes, coaches and Covid-19 representative allowed at sessions during the above Alert Levels. No access to training facilities for parents or spectators.

Alert Level 0 – Return to competition under strict guidelines;
Restructuring of competitions and championships with the focus on keeping attendance levels within agreed limits;
Staggered training approach still in place with larger groups but not “back to normal” just yet.

At all levels, screening and monitoring to be implemented and maintained. Organisers to ensure that sessions are monitored and no vulnerable, at risk or person over 60 years can participate or attend any sessions unless necessary to perform essential duties.

8. Restructuring of Training Sessions and Camps in the Various Alert Levels

Alert Level 4 – Including Hard Lockdown (level 5)

A hard lockdown is in place, public training facilities are closed

All Regulations relating to these levels and movement of individuals are in force and must be adhered to:

- Only individual training in your home using your own equipment is allowed:
 - 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.

Alert Level 3

- Only individual training in your home using your own equipment is allowed
 - 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.

Alert Level 2

Authorities allow small group activities, but public training facilities remain closed

All Regulations relating to these levels and movement of individuals are in force and must be adhered to:

- A Covid-19 compliance representative must be appointed and present at all group training sessions to monitor adherence to rules and regulations;
- Criteria for participation in group training sessions (includes athletes, coaches, and parents);
- The number of people allowed in the group must be limited to the number prescribed for the relevant Alert Level. This number will be inclusive of any person in attendance including parents, coaches and wrestlers:
 - Participants (including parents) must show no signs or symptoms of COVID-19 in the past 14 days prior to commencing training;

- If an athlete has had a case of documented COVID-19 infection, athlete needs a note from his/her doctor indicating athlete is cleared to participate in training;
- Participants must live in training area for 14 days prior to beginning group training:
 - This requirement reduces the risk of introducing COVID-19 into the training group by someone traveling from a different region;
 - It will be the supervising coach's responsibility to ensure only those team or club members that live in the training location participate in practices;
 - Club organizers may not register any new members from outside their local area;
- No close sustained contact with anyone who is sick or individuals that may have been exposed to COVID-19 within 14 days of beginning group training;
- Since the signs and symptoms of COVID-19 can be fairly non-specific and not just respiratory symptoms, it is recommended that athletes should not be in close sustained contact with anyone who is sick for 14 days prior to beginning group training. This requirement reduces the risk of introducing COVID-19 into the training group by someone who may have COVID-19 but isn't experiencing any symptoms yet;
- No activities that would require direct (e.g.: hand-fighting, drilling, etc.) or indirect (e.g.: shared crash pads) contact between athletes;
- Minimize changes in small group participants. Consider assigning the same participants to the same training group every training session. Avoid mixing of partners to minimize risk of widespread transmission;
- Coaching can occur onsite, but coaches must maintain social distancing from all participants and parents and recommended to wear a facial covering when not participating in exercise or training. Coaches cannot demonstrate technique on other coaches or wrestlers;
- All participants must self-monitor for symptoms of COVID-19 twice daily. Additionally, athletes should monitor whether they have been in contact with people who are suspected of having COVID-19. If any signs or symptoms of infection are present, the participant should not attend the practice, should notify parents and coaches, and should contact their healthcare provider. Athletes must record their signs and symptoms (including temperature) on a paper or electronic log that is monitored by parents and coaches;
- Upon arrival to train, coaches should ask each athlete if they are experiencing any signs or symptoms of COVID-19, ask if the athlete has been in contact with anyone suspected of having COVID-19, and take their temperature. Findings should be documented and

initialled by athlete, parents (if athlete is a minor), and supervising coach(es) this must be sent to the Wrestling Association Executive after each training session:

- If the athlete has any signs or symptoms of COVID-19, they MUST be sent home and instructed to contact their healthcare provider. This MUST be reported to the Association's Covid-19 Representative;
- Athlete should not return to practice until formal letter of clearance is provided to coaching staff and the Association's Covid-19 Representative;
- If an athlete tests positive for COVID-19 or has been in contact with someone diagnosed with COVID-19, the coach should notify other wrestlers and parents present at the practice about a possible exposure. This MUST be reported to the Association's;
- Covid-19 Representative:
 - The coach should NOT share the sick athlete's name with other wrestlers and parents;
 - Exposed individuals should contact local healthcare provider for direction on further care;
 - Training may not continue until the Association's Covid-19 Representative has authorised the resumption of training;
- Rigorous, frequent cleaning schedule/protocol of equipment with disinfectant before, during, and after training wearing appropriate personal protective equipment (PPE) (e.g.: face mask, etc.) to prevent contact with contaminated surfaces and protect against toxicities associated with some cleaning products;
- Infection prevention measures should be followed during practice and when in public:
 - Make sure appropriate infection prevention supplies are present in multiple targeted areas (e.g.: hand sanitizer, facial tissues, facial coverings, etc.);
 - Where indoor training is scheduled, parents may not enter the training facilities but may remain outside the building while waiting for the athletes to complete their session. Parents must wear facial covering and to maintain social distancing between themselves, the wrestlers, and other parents;
- Small group training sessions encouraged to take place outside in an area where social distancing can be maintained;
- Participants should use their own equipment and avoid touching each other with their hands:

- For example, if a dummy is being used for drills, make sure only one athlete is using one specific dummy at a time. The dummy needs to be cleaned using a disinfectant solution before any other coach or wrestler uses the dummy to prevent indirect transmission;
- Use own water bottle, towel, personal hygiene products (e.g.: soap, deodorant, etc.).

Alert 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.

This plan must consider and include the following:

- Full and detailed risk assessment of venues and training facilities;
- Screening and temperature check procedure;
- Cleaning and disinfection of the sporting venues;
- Appointment of compliance officer (Covid-19 Representative);
- A Covid-19 compliance must be appointed and present at all group training sessions to monitor adherence to rules and regulations;
- Preparation and submission of attendance registers;
- Procurement of sanitisers, disinfectants and masks;
- Planning around the management of food preparation and sales;
- Development of training methodology;
- Names and addresses of sporting venues to be utilised;
- Any alternative venue whereby the previous venues or area have been declared a hotspot; and;
- Identification of isolation area;

Criteria for participation in group training sessions (including athletes, coaches and parents)

- Participants (including parents) must show no signs or symptoms of COVID-19 in the past 14 days:
 - If an athlete has had a case of documented COVID-19 infection, athlete needs a note from his/her doctor indicating athlete is cleared to participate in training:

- Participants must live in training area for 14 days prior to beginning group training
 - This requirement reduces the risk of introducing COVID-19 into the training group by someone traveling from a different region;
 - It will be the supervising coach's responsibility to ensure only those team or club members that live in the training location participate in practices;
 - Club organisers may not register any new members who have not lived within the training area for 14 days to reduce the risk of introducing Covid-19 into the training group by someone traveling from a different area;
- No close sustained contact with anyone who is sick or individuals that may have been exposed to COVID-19 within 14 days of beginning group training:
 - Since the signs and symptoms of COVID-19 can be non-specific and not just respiratory symptoms, it is recommended that athletes should not be in close sustained contact with anyone who is sick for 14 days prior to beginning group training. This requirement reduces the risk of introducing COVID-19 into the training group by someone who may have COVID-19 but isn't experiencing any symptoms yet;
 - All participants must self-monitor for symptoms of COVID-19 twice daily. Additionally, athletes should monitor whether they have been in contact with people who are suspected of having COVID-19. If any signs or symptoms of infection are present, the participant should not attend the practice, should notify their coaches and Covid-19 Representative, and should contact their healthcare provider:
 - Athletes must record their signs and symptoms (including temperature) on a paper or electronic log that is monitored by parents and coaches;
 - If an athlete tests positive for COVID-19 or has been in contact with someone diagnosed with COVID-19, the coach should notify other wrestlers and parents present at the practice about a possible exposure. This **MUST** be reported to the Club and Association's Covid-19 Representative immediately:
 - The coach and Covid-19 Representatives should NOT share the sick athlete's name with other wrestlers and parents;
 - Exposed individuals should contact local healthcare provider for direction on further care;

- All athletes and coaches making use of the training facilities must self-isolate and monitor for symptoms of Covid-19 for a minimum period of 14 days;
- Training may not continue until the club has ensured that there are no further infections and all reasonable precautions have been taken and the club has been disinfected;
- Upon arrival to train coaches, or a registered Health and Safety Official who has attended a National training course in 2019 or has met the requirements laid down by the SAWF HSSC, must:
 - ask each athlete and participant if they are experiencing any signs or symptoms of Covid-19, ask if they have been in contact with anyone who may have been exposed to Covid-19 and take their temperature;
 - Screening should be documented and initialled by athlete, parents (if athlete is a minor), and supervising coach(es) this must be sent to the Association's Covid-19 Representative after each training session:
 - If the athlete has any signs or symptoms of COVID-19, they should be sent home and instructed to contact their healthcare provider;
 - Coaches, or a registered Health and Safety Official who has attended a National training course in 2020, must also perform skin checks and possibly ask of any ongoing injuries to refamiliarize themselves with each athlete's current health status;
- Onsite coaching can resume without social distancing. Coaches should gradually build back up to full training loads:
 - Activities with direct (e.g.: hand fighting and drilling) or indirect (e.g.: throws onto a crash pad) can resume;
 - Each athlete may return to sport at a different physical status and levels of conditioning. Coaches should be prepared to make modifications to avoid an overtraining injury;
 - Recommend each coach build in intentional rest and/or active recovery days into their weekly training plans to help with training load acclimation;
- Continue standard infection prevention measures (e.g.: frequent handwashing, avoid touching your face, cover your mouth when coughing, etc.), but social distancing is no longer required during technique training sessions:

- Make sure appropriate infection prevention supplies are present in multiple targeted areas (e.g.: hand sanitizer, facial tissues, facial coverings, etc.);
- Resume normal sized group training sessions outside and/or inside using training facilities;
 - Clubs should be encouraged to gradually increase practice group sizes from Phase 3 rather than have the whole team practice together at first practice;
 - Participants may use each other's equipment, but equipment should be cleaned between each use if possible;
 - Continue to use own water bottle, towel, personal hygiene products (e.g.: soap, deodorant, etc.);
 - Rigorous, frequent cleaning schedule/protocol of equipment with disinfectant before, during, and after training should continue including wearing appropriate personal protective equipment (PPE) (e.g.: gloves, face mask, etc.) to prevent contact with contaminated surfaces and protect against toxicities associated some with cleaning products.

9. Restructuring of SAWF Competition and Championship Structure

Once we are able to return to competition the risk of infection increases as soon as people start moving around. Social distancing has proven to be an effective way of preventing the spread of the virus. To achieve this at any sporting event it is imperative to keep attendance to an absolute minimum.

Therefore, a complete revamp of the current system is required to ensure entries are kept to acceptable levels without compromising the level or quality of the competition.

National Championship Structure:

- Reduce number of National Championships, combining some and spreading them over a longer period;
- Introduce a qualification system on provincial/regional level to limit the number of participants without depriving athletes of the opportunity to compete for national colours;
- Introduce 5 regional Championships as qualification tournaments for National Championships with a limit on the number of entries per association ensuring participation is kept to a minimum and allowing smaller associations equal opportunity to participate;
- Regions to be decided by taking size and distance from each other to ensure effective and fair competition, size of teams and cost of travel for participants;
- 1st and 2nd placed Wrestlers at Regionals will qualify for National Participation with a possibility of a limited number of “wild card” entries for wrestlers who come close or are returning national champions unable to participate at Regionals;
- A staggered weigh in and competition programme to limit the number of people during competition sessions ensuring that effective social distancing can be maintained;
- Use of developing technology and infrastructure to live stream events allowing parents, grandparents and other interested spectators to view from home rather than attend as spectators – reducing the risk for the high risk and elderly.

National Team Trial Structure:

- 2020 National Team retain team spots for 2021 Continental Championships, provided the athlete competes in the same age group as 2020 and has maintained the necessary fitness levels;
- Wrestle offs for vacant positions and possibility for fringe wrestlers/previous team members to challenge for a spot in the team;

- Scaled down trials post Continental Championships to consider teams for further international tours and World Championships;
- Participation at these national trials to be based on a qualification and/or ranking system.

Provincial Competition Structure:

- Participation numbers to be limited by implementing one of the following competition formats in which participation is:
 - Limited to a maximum of 4 participating associations or;
 - Limited to specific ages groups or categories/styles – no limit on number of participating associations or;
 - Limited to a maximum number of wrestlers – 250 depending on size and suitability of venue;
- Inter provincial leagues for cadet, junior and senior wrestlers based on the “Presidents” open age category with modified weights;
- Intra provincial club championships promoting competition and participation within the province;
- A staggered weigh in and competition programme to limit the number of people during competition sessions ensuring that effective social distancing can be maintained.

Club Tournaments and Leagues

- Participation numbers to be limited by implementing one of the following competition formats in which participation is:
 - Limited to a maximum of 3 participating clubs or;
 - Limited to specific ages groups or categories/styles – no limit on number of clubs or;
 - Limited to a maximum number of wrestlers – 100 depending on size and suitability of venue;
- Inter club leagues for youth wrestlers the “Presidents” open age category with modified weights;
- A staggered weigh in and competition programme to limit the number of people during competition sessions ensuring that effective social distancing can be maintained;

The above changes will be a significant revamp of the current competition structures but will have the following benefits:

- Better suited venues can be sourced at lower cost;
- Reinventing the sport is long overdue and changes have been necessary to ensure that the sport remains relative and continues to attract new athletes;
- Lower cost of participation for parents – less travelling, lower entry fees, more value for money;
- Meaningful competition – focused on quality and not quantity.

10. Screening, Medical Check, Weigh-in and Competition Process

The need to ensure safety during competitions and curb the spread of the virus between regions and provinces requires strict screening during the pre-medical check and weigh in procedures at competitions.

Before each tournament or competition, a detailed risk assessment must be done of the venue and wrestling area to identify high risk areas and to ensure the suitability of the venue. These assessments to be submitted to the covid-19 representatives at least 2 weeks prior to the event.

Failure to submit these risk assessments on time will lead to the cancelation of the event.

The current medical screening and weigh in process will be adapted to include the following:

- 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 to be issued are:
 - 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;
- 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.

