

**Modifications to the OHSAA Wrestling Weight Management Program
Assessment Setting for the 2020-21 Season**



1. All on-site personnel shall wear facial coverings at all time during the assessment process. This includes but is not limited to wrestlers, coaches, assessors, and any auxiliary personnel.
2. Conduct a pre-travel symptom and temperature check immediately prior to team travel to assessment site.
 - If assessment is occurring at home site, coaching staff is responsible for conducting a pre-participation symptom and temperature check immediately upon arriving to the site.
3. Coaches and wrestlers are to either thoroughly wash their hands or use hand sanitizer when entering facility or assessment area.
 - When feasible possible, have all doors propped open to promote air circulation and to reduce the need for individuals to touch common surfaces such as doorknobs.
4. Wrestlers shall practice social distancing at all times during the assessment process.
5. All testing sites shall plan to accommodate and enforce social distancing requirements. Each site will likely need to make modifications to their normal operations in order to ensure wrestlers maintain social distancing.
6. Assessors shall sanitize skin calipers between each assessment.
7. Assessors shall hand sanitize or change gloves between each skinfold assessment
8. Athletes shall wash their hands after providing urine sample.

Cost: No changes. Although these modifications may make assessment take more time, assessors are already paid per hour.