JUNIOR HIGH WRESTLING GUIDELINES

- Practices
  - Mandatory breaks every 10-15 minutes – sanitize/handwash, social distance
  - Mandatory cleaning of mats and surfaces before and after every practice

- Competitions
  - Provide space for teams to socially distance at their “benches” or in bleachers
  - Mandatory cleaning of mats before the start of each competition, after 15 matches have been wrestled on a specific mat, and at the conclusion of the night
  - Sanitize hands prior to the match
  - Sanitize hands at the completion of the match
  - Assign the same color ankle band to a team for as much of the night as possible. An additional option is to bring your own ankle bands
  - Disinfect or wipe down ankle bands after each match
  - Arrive at site in singlets/warm-ups to eliminate use of locker rooms as much as possible. Host school should clearly communicate this with the visiting teams!

JUNIOR HIGH WRESTLING GUIDELINES

- General preparations (administering wrestling competitions)
  - Hand sanitizer and disinfectant wipes available at each matside and each scorer’s table
  - Sanitizing wipes available to the computer operators for wiping down periodically and between uses by other workers
  - Writing utensils, when used, handled by one person or sanitized between uses by other workers

JUNIOR HIGH BASKETBALL GUIDELINES

- Competition:
  - Similar to guidelines for volleyball, except all team personnel are required to be sitting
  - Based on seating of teams, at least two rows of bleachers should separate the team personnel from the spectators
  - Visiting teams are required to bring their own basketballs for warm-ups
  - Players should sanitize their hands at each quarter break
  - A jump ball will be used to begin the contest

JUNIOR HIGH BASKETBALL GUIDELINES

Bench Personnel:
- Essential Personnel: Timer and home team scorer

Visiting team scorer at the bench if room available, be prepared to be in team bench area.