

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

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JUNIOR HIGH WRESTLING GUIDELINES

- Competitions
 - Provide space for teams to socially distance at their "bench" 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!

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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

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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.

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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.

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