

# WIAA Wrestling – Covid Considerations for Minimum Weight Measuring and Weigh-ins

## Measurers

- Consider taking your temperature before going to a testing session and do not attend if experiencing symptoms of illness or a fever of 100.4 or above.
- Masks are strongly encouraged when performing testing – refer to local and state mandates and employer requirements. Consider a face shield or safety glasses in addition to a barrier mask for increased protection.
- Use appropriate COVID-19 hand infection control practices as directed by your employing health care group, consulting physician, and/or standard of practice.
  - Bring hand sanitizer and use frequently – be certain to sanitize hands prior to measuring a new student.
  - Gloves may be worn for most aspects of the measuring process, but should be changed between students.
- **A glove should not be used for the hand that will raise the skinfold** as it will change the tactile feel of raising and measuring a skinfold. *All research and data on the validity and reliability of skinfold measurements in wrestlers were taken with bare hands. No gloves were used.*
- Make certain calipers are clean and sanitized prior to attending a measuring session.
- Wipe with an alcohol prep pad, Handi-wipe or disinfecting wipe after each wrestler.
- Consider limiting who touches the recording form – sanitize writing implements or use your own.

## Schools and Wrestlers

- Consider taking the temperature of each wrestler prior to measurement session – do not allow wrestlers with symptoms of illness or fever to participate.
- Schools must have supplies on hand – provide gloves, hand sanitizer, hydration testing supplies.
- Hydration testers are strongly encouraged to wear masks and gloves. Disinfect hands/gloves frequently and/or change gloves frequently.
- Masks are strongly encouraged for all wrestlers, coaches, assistants or managers and limit personnel present to those necessary for the measurement process.
- Make accommodations for social distancing including staggering athletes being tested.
- Encourage all to use hand sanitizer or wash hands frequently.

## Weigh-Ins

- Consider taking the temperature of each wrestler prior to each event – do not allow wrestlers with symptoms of illness or fever to participate.
- Consider conducting weigh-ins in a larger area and out of tight spaces such as the locker room.
- Encourage social distancing at weigh-ins. Use tape to indicate appropriate spacing.
- Have wrestlers called into weigh-ins by weight class (similar to state tournament procedure) to help reduce the size of the line at weigh-ins. Wrestlers waiting would be social distanced and in the back of/near the weigh-in area.
- All individuals in the area including officials, trainers, athletes and coaches are strongly encouraged to wear face coverings.
- Encourage wrestlers to shower after weigh-ins.

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