



# Malecek Team Wrestling Camp LLC

## CAMP RULES - 2021

In registering for this camp, coaches, participants and parents have agreed to follow camp rules and acknowledge that failure to do so may result in immediate expulsion from camp with no refund of camp payment.

- Your team must respect others at the resort and wrestling facility (i.e. camp staff, life guards, security, resort staff, other teams, as well as other guests at the resort and waterpark). If a serious problem occurs, your athlete/s may be asked to leave camp. Parents will be notified and may have to pick up their child. There will be no refunds.
- Dangerous or destructive behavior (including but not limited to, vandalism/damage of resort property, cliff jumping, car surfing, balcony climbing, theft) will be cause for immediate dismissal from camp. Parents will be notified and may have to pick up their child. There will be no refunds.
- Your team will be held responsible for any damage/destructive behavior committed by your team in the resort, waterpark, or wrestling facility. \*Please note: Coaches are required by the resort to put a credit card on record (for their team) with the resort in case of any such damage.
- Please remind your team that ANY item thrown from a balcony will result in a \$50/item fee by the resort. They do have numerous cameras in the resort area so it is not difficult for them to figure out which room/team to charge.
- Teams and team members are required to pick up after themselves in the resort and wrestling arena. This includes any trash, personal items, masks etc.
- Participants must be respectful of other resort guests when in the waterpark area and resort. Stay off little kid's slides in the water park area and do not rough house in the waterpark. Failure to follow these rules and lifeguard instructions will result in loss of waterpark privileges for your entire team for the remainder of camp and may result in expulsion from camp. Resort and camp security will be monitoring these areas.
- Teams and team members must stay off of the golf course. Resort and camp security will be monitoring these areas.
- Due to COVID-19 restrictions, masks will be required in all indoor areas including public resort areas and the wrestling arena. If you are unable to wear a mask due to medical or personal preference, please do not attend camp this year. We ask that you also follow social distancing and hand washing guidelines. Please monitor yourself for any symptoms of COVID-19 and alert your coach immediately if you experience any symptoms.

*\*Update 6/2/21*

*CDC masking guidelines have recently changed significantly. With that in mind, we are requesting that any non-vaccinated individual wear a mask when indoors and social distancing is not possible.*

- We strongly encourage any individual coming to camp to attain a negative COVID-19 test within 72 hours of the start of camp.

*Malecek Team Wrestling Camp LLC*

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## INFECTION PREVENTION PLAN - 2021

Communicable disease/COVID-19 - In registering for camp you are acknowledging the exposure risks arising from participation (including coaching). This includes the potential for exposure to, and illness from infectious, communicable diseases, including COVID-19. The risk of serious illness and death does exist. MTWC cannot and does not guarantee, warrant, or represent that participants and coaches will not contract a communicable disease, including but not limited to COVID-19, as a result of participation in MTWC activities.

### INFECTION PREVENTION REQUIREMENTS OF TEAMS

*All athletes and coaches must understand that strict compliance with protocol reduces the risk of infection.*

**SKIN CHECKS** - All wrestlers will have to pass skin checks by a certified athletic trainer during weigh-ins. Any athlete with questionable skin issues will not be allowed to compete without a doctor's written clearance. If an athlete is currently being treated for a skin problem, he/she must bring a doctor's written clearance to participate.

- Reducing risk of skin infection demands a multi-factorial approach (skin, environment, and equipment)
- Coaches and athletes should wash hands, arms and face prior to each match and prior to every training or competition if a shower isn't reasonable/possible.
- Athletes **MUST** notify athletic trainer and coaches if he/she feels a herpes outbreak beginning (i.e., itching, burning, tingling, pain; often around eyes or mouth; or a skin rash) so appropriate action can be taken to reduce the outbreak time and protect other athletes.
- Treat skin abrasions immediately after each practice or competition.
- Coaches and athletes should shower immediately after each practice or competition. Clothing and equipment should also be cleaned.

**WELLNESS** - Please remind your athletes and coaches that if they are not feeling well they should refrain from any activity where they are around others.

- Reducing risk of other communicable disease including COVID-19 requires multi-faceted approach including masking, social distancing, hand washing, vaccine, and avoiding contact with others if you feel ill.
- Athletes **MUST** notify athletic trainer and coaches if he/she feels unwell (including but not limited to: fever or chills, cough, shortness of breath/difficulty breathing, fatigue, muscle/body aches, headache, new loss of taste or smell, sore throat, congestion/runny nose, nausea/vomiting, or diarrhea) so appropriate action can be taken to quarantine the individual and protect other athletes.
- Athletes and coaches must wear masks when indoor both in the resort and at the wrestling facility.
- Individuals attending camp (who are not immunized) are encouraged to attain a negative COVID-19 test within 72 hours of the start of camp.

### INFECTION PREVENTION - Malecek Team Camp

*Malecek Team Wrestling Camp staff will disinfect floor mats and equipment prior to every practice or competition with disinfectant/EPA registered bactericide, virucide, fungicide and mildewstat specifically approved for use in athletic venues.*

- Disinfectant will be applied using a pump sprayer and microfiber mop to avoid cross contamination. Microfiber mop heads will be replaced after each cleaning. Used mop heads will be isolated and laundered before reusing. Surfaces will be agitated to remove contamination and allowed to air dry.
- Sanitation stations will be available in the wrestling facility.
- Staff must wear face masks when indoor both in the resort and at the wrestling facility



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### WRESTLING GUIDELINES - 2021

Coaches - If you have extra athletes, you will have the opportunity to put them on another team (farm-out) to get them more matches. You will also be able to pick-up athletes to fill holes in your lineup. This process is completely optional and is held during weighing in the wrestling arena.

- WEIGH-INS - All wrestlers will be weighed-in upon arrival at camp. There is a 7 pound weight allowance (i.e., 113lbs = 106 weight class)
- SKIN CHECKS - All wrestlers will have to pass skin checks during weigh-ins. Please review the Infection Prevention Checklist with your team. Any athlete with questionable skin issues will not be allowed to complete without a doctor's written clearance. If an athlete is currently being treated for a skin problem, he/she must bring a doctor's written clearance to participate.
- WELLNESS - Please remind your athletes and coaches that if they are not feeling well they should refrain from any activity where they are around others.
- Teams should wear singlets for matches. Freestyle/high school singlets are acceptable
- Athletic trainers will be present at the wrestling sessions. However, each team must bring a MED KIT with supplies for taping, blood cessation and sanitation. Clean up your blood.
- Our college athletes will be the referees, your team must be respectful. Each team will supply 1 table worker to run the clock and scoreboard during each dual.
- Time periods for duals will be 2-1-1. Time periods for the individual tournament will be 1-1-1.
- There will be a 4-man - Round Robin Tournament Tuesday night along with an All-Star Meet. The All-Star lineup will be selected by MWC staff with recommendations from coaches
- Challenge Mats are available at one end of the arena. Anytime an athlete wants extra matches, just send them to the mat and we will set it up. Athletes can get up to 15 extra matches on the challenge mat.