



Disease Prevention Plan

NORTH HUNTERDON WRESTLING CLUB, INC.

Version 2.0 | October 31, 2021

Introduction

The North Hunterdon Wrestling Club, Inc. (NHWC) in accordance with established guidelines and recommendations, have established the following Disease Prevention Plan (“Plan”). This Plan will be used to implement measures to reduce the spread of contagious/infectious diseases, including COVID-19. It is a collective effort, and we all need to be diligent at enforcing these protocols for the health and safety of our wrestlers, coaches, volunteers, and their families.

**REDUCING THE SPREAD OF CONTAGION
IS ALL OF OUR RESPONSIBILITY!**

General Requirements

Individuals will be encouraged to educate themselves and adhere to health & safety protocols, guidance, recommendations, and this Plan.

Strategy

NHWC will review executive orders, guidance, recommendations to ensure they have been addressed, to the best extent possible.

Revisions

Upon updates to executive orders, guidance, recommendations; NHWC will review and revise this Plan, as needed. Revisions will be tracked by version number and date on the cover page of this Plan.

Questions or Concerns

Any questions or comments related to the content or execution of this Plan will be brought to the attention of NHWC President, Michael Raley or NHWC Head Coach, Steve Kempinski (see [Contacts](#)).

Communication of Plan

The existence of the Plan will be communicated at parent meetings and/or email communication. The current Disease Prevention Plan will be posted to the NHC website: www.northlions.com.

Contagion Preventive Measures

Vaccination, physical distancing, and masking have been demonstrated as effective measures for preventing the spread of contagion, including Covid-19. Individuals will be ultimately responsible for adherence to established preventive measures, when applicable.

VACCINATION

NHC will not require vaccinations. NHC will not inquire the vaccination status of individuals, as this is Protected Health Information as defined by the Health Insurance Portability and Accountability Act (HIPAA). If vaccination status is proactively provided by an individual, it will not be shared. However, vaccination status may assist NHC in determining next steps if an incident were to occur.

PHYSICAL DISTANCING

Wrestling is a contact sport and physical contact will be necessary. NHC will physically distance groups of individuals by implementing several practice teams and competition teams. Cohort coaches (e.g., designated practice room coaches, designated competition team coaches) and cohort wrestlers (e.g., designated practice partners) will be utilized to limit contact between individuals, when possible. Staggered practice schedules will be implemented to further limit contact between groups.

MASKS

Individuals will be encouraged to wear masks when not participating in an activity. Individuals are not required to wear a mask while actively participating in an activity. Masks may be worn at an individual's discretion.

Facility Signage

Individuals will be encouraged to adhere to posted health & safety signs and demarcations at facilities, when applicable.

Screening

Individuals should NOT participate in activities, if:

- Feeling ill.

- Actively presenting and/or testing positive for an infectious disease.
- Temperature reading is >100.4°F.
- Have symptoms consistent an infectious disease, including COVID-19.
- Provided an affirmative response to any question on the Health Check Questionnaire.

Individuals will be encouraged to perform screening for fever and symptoms of an infectious disease via temperature check and/or questionnaire before each session.

Health Check Questionnaire:

1. Have you experienced a fever of 100.4F or greater in the past 14 day?
2. Have you received a positive result from a COVID-19 test within the past 14 days?
3. In the past 14 days, have you experienced any symptoms consistent with COVID-19 that are not attributed to another health condition?
4. If unvaccinated, have you been in close contact with anyone that has or had symptoms of COVID-19 in the past 14 days that required you to quarantine?
5. If unvaccinated, have you or someone you have been in close contact with traveled to an area in the past 14 days that required quarantine upon return?

If an individual provided an affirmative response to any question on the Health Check Questionnaire, they should not participate in activities, and will be encouraged to see their health care provider.

The NHWC will not collect responses to these statements, as it will be encouraged that individuals perform screening before each session.

Activities

Activities include practices, competitions, and events.

If an individual attending an activity presents symptoms of infection/disease, they will be encouraged to promptly inform NHWC, separate themselves from others, leave the facility, and either go home or seek medical care.

NHWC will communicate with individuals for the safe transportation of ill persons from an activity to their home, or for medical care, if needed.

It will be encouraged that only wrestlers, coaches and support volunteers be present within the practice room. For younger individuals, it may be necessary to have parents/guardians present, but this should be minimized whenever possible.

When an activity occurs outside of a NHWC “facility”, it will be encouraged that individuals follow “plans” for that facility. In a plan exists, the more stringent plan

(NHWC Plan vs “other” plan) will be followed. If no plan exists, this Plan will be followed to the extent possible.

NHWC will communicate with visitors (e.g., opposing teams) expectations as it relates to health & safety protocols, and this Plan.

Equipment

Individuals will be encouraged to use their own (and not share) clothing and gear (face covering, head gear, shoes, mouth guard, towels, water bottle, etc.). It is encouraged that clothing and gear be uniquely labeled.

Water, Food and Drinks

Individuals will be encouraged to bring their own supply of water, food and drinks. Sharing of water, food, drinks and utensils will not be permitted. Shared water/drink sources (water coolers) will not be permitted.

Hygiene, Cleaning and Disinfection

Generally accepted good hygiene practices and disease prevention/transmission techniques will be encouraged, including:

- Staying home when sick or infectious.
- Avoiding close contact with anyone who is sick or infectious.
- Monitoring health for symptoms.
- Seeking medical care, if warranted.
- Wash hands or use hand sanitizer often.
- Not spitting, shaking hands, giving high-fives, forming team huddles, or other close-contact activities, except when necessary.
- Avoiding touching eyes, nose, and mouth.
- Covering coughs and sneezes, and properly dispose of tissues.
- Disinfecting exposed skin with disinfecting wipes immediately after an activity.
- Showering/bathing with disinfectant soap as soon as possible after an activity.
- Cleaning/sanitizing/disinfecting used clothing and gear after each activity.
- Scheduling activities for the allowance of proper cleaning.
- Routine and frequent cleaning of shared equipment and high-touch surfaces (e.g., wrestling mats). Disinfect mats before and/or after use. If more than one group takes place on the same mat on the same day, disinfecting the mat prior to the next group.
- Providing adequate and sufficient cleaning, sanitizing, and disinfection materials, including hand soap, hand sanitizer with at least 60% alcohol, disinfection wipes, and mat cleaner.

Testing & Exclusion

Individuals should NOT participate in activities if they are feeling ill; actively presenting and/or tested positive for an infectious disease; have a temperature reading $>100.4^{\circ}\text{F}$; have symptoms consistent an infectious disease, including COVID-19; or provided an affirmative response to any question on the Health Check Questionnaire.

Individuals who have been diagnosed with an active infectious disease, or who have tested positive for an infectious disease, including COVID-19, will not participate in activities until they meet the criteria for discontinuing isolation or quarantine.

Individuals will be encouraged to follow isolation/quarantine recommendation prescribed by their health care provider, school, and/or local health department.

If there were no recommendations, current [New Jersey Department of Health's Public Health Recommendations for Youth Sports](#) (summarized below) may be used as a guide:

Persons who are ill. Anyone experiencing fever or other symptoms of COVID-19 are encouraged to be tested for COVID-19 and are to refer to medical care, if needed. Persons who test positive are not to attend an activity, until at least 10 days have passed since symptom onset and at least 24 hours have passed since resolution of fever without the use of fever-reducing medications and other symptoms have improved.

Persons who had close contact with someone who has COVID-19: Persons who had close contact (within 6 feet for >15 minutes in a 24-hour period) should be tested for COVID-19.

- *Unvaccinated individuals should be tested as soon as possible and if negative, again 5-7 days after the last exposure.*
 - *When COVID-19 activity is "High," persons who test negative (or if they weren't tested) should stay home and quarantine for 14 days.*
 - *If COVID-19 activity is not "High," they should quarantine for 10 days if they aren't tested or 7 days if they test negative between 5-7 days after exposure*
 - *If they test positive for COVID-19, they should follow timeframes for "persons who are ill."*
- *Fully vaccinated individuals are encouraged to be tested 3-5 days after exposure, but as long as they remain asymptomatic, can continue participation in youth sports.*

NHWC will not perform or require routine screening testing.

CLOSE CONTACT/EXPOSURE

Close contact/exposure will be when an individual was within 6 feet of someone who tested positive or has symptoms of COVID-19 for a total of 15 minutes or more, over a 24-hour period. Typically, individuals outside high risk contacts (e.g., practice partners, coaches, opposing team competitors) will not be considered to have had close contact/exposure. Typical information gathering for close contact/exposure determination will be 48 hours prior to the onset of symptoms or a positive COVID-19 test.

Travel

Out-of-state travel teams will follow [travel recommendations](#) set by the Centers for Disease Control and Prevention.

Incidents and Reporting

Individuals will be encouraged to notify NHWC (see [Contacts](#)) immediately if they are ill or infectious, including if they test positive for COVID-19; are suspected of being positive for COVID-19; or if unvaccinated, they have been directly exposed to someone who has tested positive for COVID-19. These situations are considered an “incident”. Individuals will be encouraged to communicate incidents to their health care provider, school, and/or local health department.

Communication of an incident to NHWC individuals and non-NHWC individuals depends on many factors, including (not all conclusive): illness type, onset of symptoms, test results, vaccination status, length of exposure, type of practice/competition, close contacts; and health care provider, school, and/or local health department recommendations. Not all information may be provided to NHWC; however, NHWC will communicate an incident to those that may be affected, if warranted. Due to privacy and HIPPA laws, the identity of the individuals involved in the incident will remain anonymous.

Additional actions may be taken in response to an incident, including modifying or cancelling an activity, and notifying a local health department. Vaccination status, when offered, may be considered when determine next steps.

The NHWC will assist in investigation and contact tracing efforts, if requested.

Return to Activity Post-Incident

It will be encouraged that an individual consult their health care provider, school and/or the local health department for when it is appropriate to return to an activity. Individuals will be encouraged to communicate return to activity plans with NHWC.

Compliance

This Plan will be enforced by all individuals to protect the health and safety of wrestlers, coaches, volunteers, and their families. If the individual is not in compliance with this Plan, immediately contact NHWC President, Michael Raley or NHWC Head Coach, Steve Kempinski (see Contacts).

Contacts

Name	Role	Contact information
NHWC	Website	www.northlions.com ; northlions.wrestling@gmail.com
Michael Raley	NHWC President	703-786-7203; northlions.wrestling@gmail.com ; meraley@yahoo.com
Steve Kempinski	NHWC Head Coach	1-908-507-8305

Resources and References

1. COVID-19 Activity Level Reports: <https://www.state.nj.us/health/cd/statistics/covid/>
2. NJDOH Recommendations for Screening Testing in Schools: https://www.nj.gov/health/cd/documents/topics/NCOV/K-12_screening_testing_guidelines.pdf
3. NJDOH Minimum Quarantine Timeframes: https://www.state.nj.us/health/cd/documents/topics/NCOV/COVID_updated_quarantine_timeframes.pdf
4. NJDOH guidance on improving ventilation and indoor air quality: <https://www.state.nj.us/health/ceohs/>
5. COVID-19 Testing sites: <https://covid19.nj.gov/pages/testing>
6. COVID-19 Vaccination sites: <https://covid19.nj.gov/pages/vaccine>
7. NJDOH COVID-19 Education Materials (General): https://www.state.nj.us/health/cd/topics/covid2019_community.shtml
8. NJDOH COVID-19 Vaccine Education Materials: https://www.state.nj.us/health/cd/topics/covid2019_vaccination.shtm
9. NJ State Executive Order No. 187 - October 12, 2020
10. New Jersey Department of Health Guidance – “Guidance for Sports Activities” (revised October 12, 2020)
11. New Jersey Department of Health Guidance – “Public Health Recommendations for Youth Sports” (revised September 20, 2021)

12. NJDOH COVID-19 Information for Communities and the General Public:
https://www.nj.gov/health/cd/topics/covid2019_community.shtml
13. Symptoms of COVID-19: <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>
14. Testing: <https://www.cdc.gov/coronavirus/2019-ncov/testing/index.html>;
<https://covid19.nj.gov/pages/testing>
15. How to Protect Yourself: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>
16. What to Do if You Are Sick: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>