



Getting Back to Training In a COVID-19 World

After closing its doors in early March, The Portsmouth School of Wrestling began its phased return to training for existing members on Saturday August 1st

We have now entered Phase 2 of our re-opening which includes welcoming back our teenagers class and new starters.

The school interior has been re-structured & deep cleaned in order to accommodate best practice in protecting our members.

Whilst wrestling is difficult to define we are working In line with government guidelines for the return of combat sports, gyms & performing arts.

All sessions and rules are subject to change at a moment's notice based upon national and local government guidance.

In line with this the following new rules apply:

- We are currently limited to TWELVE people per session. We will look to increase capacity as we go on but for the foreseeable future we will need to cap it here.
- All sessions must be booked in advance and you must check relevant rules for each sessions (are we accepting new starters? What's the age range? What ability level is the session for? Etc.)
- We ask students arrive at the school wearing training gear, minus boots. There are to be no outdoor shoes worn in the ring
- Where possible please don't bring bags in to the school.
- Please do not try to bombard your way into the school, you will need to line up outside with a minimum 1 meter distance between each person in the queue.
- When you arrive at the school, you will need to sign in at the desk and have your temperature checked (37.7 is out cut off point).
- Please do not attend if you are experiencing any Covid symptoms or have been in contact with anyone with symptoms (<https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms/>)
- You must use hand sanitizer provided every time you enter and leave the school and should aim to use it at least once every 30 minutes.
- When you arrive you will be allocated a chair. This will be your seat for the duration of the session.
- Inside the school social distancing should be applied at all times where possible. Even once we get back to contact sessions.

- Masks/face coverings must be worn at all times when inside and not in the ring, unless you have a specific medical condition that you need to make us aware of in advance. Masks may be removed outside.
- We will have masks available for £8 if anyone doesn't have or forgets them.
- Your name **MUST** be written on your water bottle (we can do this when you arrive if you lack a sharpie) and you may only drink from your own bottle.
- Sadly shouting and cheering as an 'audience' should not happen, polite applause (CLAPPING) is fine though!
- The school will open 15 MINUTES prior to each session and will start on the hour prompt.
- At the end of each session a small number will be required to help with disinfecting the school (different helpers each week)
 - ALL RUBBISH MUST BE TAKEN WITH YOU or simply thrown in the bin outside to the left of the door (This rule applies to parents & guardians as well)
 - We will have both doors open for ventilation. As a result we have to request there will be strictly no smoking outside the immediate vicinity of the school.
 - We will not be retaining any lost property for more than one week so please make sure you have all your belongings with you & if you miss something message us straight away.
 - There is a minimum requirement of taking part in at least two weeks of non-contact sessions in order to start the roadmap back to safe contact sessions where you will be placed in small contact bubbles.