



Irish Amateur Wrestling Association

Website - www.irishwrestling.ie



SUMMARY ROADMAP

STAGE 1 – COMMITMENT TO SAFETY FROM 26/06/2020 – GETTING THE CLUBS READY – FOCUS ON ALL MATTERS ENSURING SAFETY PROTOCOL

STAGE 2 – FROM 29/06/2020 CLUBS RESUME TRAINING WITH SAFETY PROTOCOLS IN PLACE – NON-CONTACT TRAINING – PHYSICAL PREPAREDNESS EMPHASIS – NON-CONTACT DRILLS – MENTAL COACHING

STAGE 3 – FROM 20/07/2020 – FULL CONTACT TRAINING CAN COMMENCE IF CONDITIONS ARE APPROPRIATE

Prerequisites

Clubs must complete the COVID-19 Safety Planning Stage and confirm a COVID-19 Club Health & Safety Plan to resume any wrestling.

All club officials should complete Sport Ireland Covid – 19 Return to Sport training (no cost) Follow this link - <https://www.sportireland.ie/covid19/course>

Any changes to Government guidelines / directives must be adhered to.

IAWA Return to Wrestling Guidelines will be superseded at all times by:

- Government of Ireland's Roadmap to Reopen Society & Business