



# Wrestling Tryout Guidelines

**Tryouts Start:  
December 14, 2020**



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# ACTIVITIES OFFICE STAFF

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## Wrestling

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Wrestling Instagram @tjhsst.wrestling

Wrestling Twitter @tj\_wrestling



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# Wrestling Screening Guidelines

- **ALL students will arrive on campus in their car and stay in their car until cleared by TJ staff.**
- **ALL students need to bookmark the wrestling team Google form & complete the Google Form after 4pm, before arriving at practice.**
  - All athletes **must** check in at **Door 12** for tryouts, practices and meets
- Students with a temperature less than 100.4, that are appropriately dressed for practice, & have 32oz of water will be allowed to stay for practice.
  - NO LOCKER ROOM ACCESS ALLOWED. Students must come dressed for practice and meets.
- Students who are ill or with a temperature that **exceeds 100.4 will be sent home.**
- Students that carpooled and have an elevated temperature will be asked to wait in the Care Room away from other students and staff and will be monitored until a parent arrives.
- Students with an elevated temperature will need to consult with a physician due to the elevated temperature, and bring a note to the AT before they can return to practice

# Wrestling Guidelines

- Access **Door 12** from the **RIGHT** side of the building upon entering TJ's campus.
- Parents must drop off their athletes and remain in their car.
- Please park in the lot behind the school.
- Leave the bus depot open for drop-off and pick-up.
- Pick-up students from Door 10 and leave TJ's campus through the access road to Little River Turnpike.
- **No** parents may enter the building.
- **Athletes and Coaches will NOT access to locker or team rooms**
- All Athletes must bring a personnel water bottle (32 ounces)
  - Water bottles must be labeled with student's name.
  - Sharing water bottles is prohibited.

# Wrestling VHSL Recommendations

- Head gear will be disinfected after each practice at the school with bleach and water solution
- Head gear **MUST NOT** be shared
- TJ wrestling room **MAX** capacity is 18 persons
- Wrestlers will take a break every 10 mins to wash/sanitize their hands
- Wrestlers should immediately shower once they are home
- All wrestling clothing **MUST** be cleaned each night before wearing again at practice (singlets)
- Wrestling Weight Control Program measurement window is from 12/7-12/26
  - The last day to test at TJ is 12/23.
  - All wrestling **MUST** be certified by this date to wrestling in the 2020-21 season

# FCPS Return to Sport Protocols

- **COVID Reporting**

- Coaches, Athletic Trainers, Athletic Administrators will report all instances of COVID-19 symptoms to school administration and will request a note from the parent before the student can return to practice.

- **Disinfection Guidelines**

- The Activities Office in cooperation the TJ Custodial staff will develop general and activity-specific guidelines as specified by FCPS for cleaning, use of PPE, the disinfection of shared materials, equipment before during and after practices and games.

- **Transportation**

- Due to the limitations and challenges of the Pandemic with FCPS Bus Transportation. We ask that families transport athletes to practices and games.

- **Masks**

- All students must wear a mask during check-in and when they are not actively engaged in athletic activity.



# NEW FCPS ONLINE SPORTS REGISTRATION & CONCUSSION EDUCATION PROCESS

- **MANDATORY** registration for athletics & activities
  - Register for ALL sports & activities you are interested in
  - <https://tjhsst-ar.schooltoday.com/>
- Parents & students will complete the required concussion education as part of the registration process.
- Parents & students can submit the emergency care card & weight room waiver online
- VHSL physical paper copy will still be turned in to the school's athletic trainers
- Parents can also check that their paperwork has been received & entered via rSchool.
- Paper copies of concussion ed and ECCs will not carry over and must be completed online.



# Parent & Student Checklist for Winter Sports

- ✓ Register online at [www.tjsports.org](http://www.tjsports.org) for **ALL** sports you want to play.
- ✓ Complete your registration by completing the concussion education and ECC
- ✓ MAIL your VHSL physical to Heather Murphy at TJ.
  - ✓ Short on time? Turn it in, in-person. TJ Main Office closes at 4pm.
  - ✓ Can be collected at tryouts. Ensure that EVERYTHING is complete on the form.
  - ✓ DO NOT EMAIL FORMS
- ✓ Contact coach and tell them you are interested in playing
- ✓ Choose a mask to use for athletics
- ✓ Get a 32oz water bottle to use everyday. Put your name on it.

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**Website: [www.tjsports.org](http://www.tjsports.org)**



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# Conclusion

- The Activities Office will be ready for the start on **Monday, December 14<sup>th</sup>**
- Please realize that even if we start, FCPS could quickly shut down the Winter Season.
- The Activities Office will follow all mandated screening and disinfecting protocols mandated by the VA Health Department and FCPS.
- We will be happy to answer your questions and will get back you as soon as possible.
- Best of Luck this upcoming season!

