

## GEPWCA Back to Mat Action Plan Summary and Monitoring Guidelines

	District Training Facilities	Coaching	Indoor Training	Outdoor Training	Small Group Training	Contact Level	Facility/Equipment Requirements
<b>Phase 1</b>	Closed	Virtual Coaching	No	No	No	None	Rigorous & Frequent Cleaning: Before, During & After
<b>Phase 2</b>	Limited Access	Coaching with mask can occur on site but maintain 6' separation	Allowed with access to proper ventilation	Recommended	No	Non-Contact wrestling drills without partner	Rigorous & Frequent Cleaning: Before, During & After
<b>Phase 3</b>	OPEN	Coaching with mask can occur on site but maintain 6' separation	YES	YES	YES	Can begin contact drills with 1 partner	Rigorous & Frequent Cleaning: Before, During & After
<b>Phase 4</b>	OPEN	Coaching with mask can occur on site but maintain 6' separation	YES	Not Necessary	YES	Can begin with members of assigned cohort only	Rigorous & Frequent Cleaning: Before, During & After