



Wrestling Queensland Inc.

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Affiliated with Wrestling Australia Inc.

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CORONAVIRUS

WRESTLING QUEENSLAND INC. RECOMMENDATION

For the health and wellbeing of Wrestling Queensland Inc.'s members, coaches, officials and supporters, Wrestling Queensland Inc. is recommending that all its members and affiliated clubs suspend all training sessions until the end of the Easter School Holidays (19th April 2020). Following the holiday period, WQ Inc. will review this recommendation taking in account the views of Wrestling Australia Inc. and the current recommendations from both the federal and state health departments.

Coronavirus is spread throughout the community by close contact with an infected person or touching contaminated hands, surfaces or objects and then touching your mouth, nose, eyes, etc. Carriers of the virus can infect others in the community even if not yet showing symptoms.

Wrestling Australia is recommending that all unessential training session be suspended for 90 days.

Both federal and state health departments are recommending:

1. Keeping 1.5 metres away from other people
2. Avoiding touching other people (no greeting by handshakes, cuddling or kissing)
3. Avoiding touching items such as handrails, pens, etc. that another person may have touched.
4. Constantly washing your hands with soap and water (at least 20 seconds), or
5. Constantly cleaning hands with hand sanitiser that is at 60% alcohol based

Wrestling is a contact sport and cannot adhere to items 1 and 2 of the above list of federal and state health department recommendations.

The suspension of training is a WQ Inc. recommendation and it is the member's, club's and supporter's choice as to what they will do. If clubs wish to keep training through this period it is recommended that:

1. All attendees are screened for symptoms – coughing, shortness of breath, fever and sore throat.
2. Training mats are cleaned with disinfectant immediately before and after each training session
3. Wrestlers sanitise their hands before and after the training session and where possible shower directly after the training session
4. All equipment is sanitised after use.

Bob Franklin

WQ Inc. President