



Wrestling Queensland Inc.

ABN: 77 145 343 142

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 Federal and State Health Departments recommend that all gyms can resume normal training sessions. At that time, WQ Inc. will review their recommendation taking in account the views of Wrestling Australia Inc. and will then recommend some procedures before allowing wrestlers onto the wrestling mat.

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.

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.

Bob Franklin

WQ Inc. President