



## INVITATION

To the 23<sup>rd</sup> International Tournament for freestyle juniors and female juniors-  
**V.Freidenfeld's Wrestling Club Cup**

### **-FREE STYLE WRESTLING -FEMALE WRESTLING**

V.Freidenfelds wrestling club in cooperation with Latvian Wrestling Federation has the honour to invite the representatives of your country to take part in the 23<sup>rd</sup> International tournament for juniors in free style wrestling V.Freidenfeld's Wrestling Club Cup and 16<sup>th</sup> International tournament for juniors in Female wrestling on September 17<sup>th</sup>-19<sup>th</sup>, 2021 in Riga, below referred to as "the Competition".

1. **Aims and tasks.**

1.1. To promote wrestling styles in Latvia and Baltic countries.

1.2. To find out the best club teams and athletes.

2. **Place and date.**

2.1. The competition will take place in Riga from September 17<sup>th</sup>-19<sup>th</sup>, 2021.

2.2. The Competition, weighting, meetings, clinic, accommodation, meals, and ceremonies will be arranged in:

2.3. Address:	<b>The Olympic sports center of Riga</b>
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<b>6B Grostonas str., Riga</b>
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**LATVIA**

**E-mail: [anete.melanija@gmail.com](mailto:anete.melanija@gmail.com)**

**Mob. +371 26480143**

**Mob. +371 26719473**

3. **Participation.**

3.1. This is an official invitation for the Competition and arrival to Latvia.

3.2. We kindly invite your team to take part in the Competition.

3.3. The Competition will take part the wrestlers born 2001. - 2003. Athletes born in 2004 can take part by a special permission – a parental authorisation form and need to provide medical certificate.

3.4. The referees approved for this Competition can be only of **IS 1, 2, 3 UWW category.**

3.5. Preliminary entries must be submitted before **10<sup>th</sup> of August, 2021** to:

**E-mail: [anete.melanija@gmail.com](mailto:anete.melanija@gmail.com)**

**Tel. +371 26719473**

3.6. Entries by name must be submitted before **September 10<sup>th</sup>, 2021** to the same address. The final entries will be accepted by organizers of the Competition at the Secretariat before **16.00 on September 17<sup>th</sup>, 2021.**

#### **4 Technical information.**

4.1. The Competition will be held in the following weight categories:

Free-style wrestling juniors:

17<sup>th</sup> (Draw) and 18<sup>th</sup> (competition) September 57, 65, 74, 86, 97 kg

17<sup>th</sup> (Draw) and 18<sup>th</sup> (competition) September 61, 70, 79, 92, 125 kg

Female wrestling:

18<sup>th</sup> (Draw) and 19<sup>th</sup> (competition) September 50, 55, 59, 65, 72 kg

18<sup>th</sup> (Draw) and 19<sup>th</sup> (competition) September 53, 57, 62, 68, 76 kg

**Weight tolerance will be 2 kg!**

4.2. Each athlete must have passport to present at the draw and weight-in.

4.3. There will be a medical control at the competition site.

4.4. There will be a press conference on September 17<sup>th</sup> at 19:00 hrs.

4.5. There will be TWO or THREE mats used for the Competition.

4.6. The neutral arbiter from UWW.

4.7. The Secretary of the Competition will be the National category secretary Mrs. Anete FEDOROVSKA (tel. +371 26719473)

4.8. There will be a referee's clinic organized before the competition.

#### **5. Competition rules.**

5.1. The Competition will be held for individuals and teams. The Competition will be held in accordance with the current UWW rules.

The winning team will win a Challenge Cup for 1 year.

5.2. In each weight category just the best wrestler of team will be appreciated.

5.3. For the team competition there will be following counting in for only one athlete in each category according to UWW rules.

5.4. The winning team will be the one getting the most points.

#### **6. Awards.**

6.1. 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place in individual competition will be awarded with diploma, medal and prize.

#### **7. Accommodation, meals, transport and visa.**

7.1. The organizers offer a package of accommodation (double rooms) and full board (3 meals) at the hotel Competition site for a price **60 EUR** per person a day. **Minimum for 2 days! Additional**

7.2. All the delegations will be received at the places of their arrival to Riga – airport, railway station, bus station or other, if relevant information will be provided by the participants in due time.

7.3. The countries needing the visa for arriving to Latvia can obtain them at the Latvian Representation (or Embassy) in the corresponding country not later than **August 25<sup>th</sup>, 2021** **send us information about your delegation (name, surname, address, and date of birth, passport number, and place of birth) and we will send you an invitation letter for presenting in Latvia embassy.**

8. **Financial conditions**

8.1. Latvian Wrestling Federation in co-operation with V.Freidenfeld's wrestling club and Riga city Council is covering all costs for organization and conducting of competition.

8.2. The participants must cover accommodation, meals and transportation costs from corresponding country to Riga – airport, railway station or bus station.

We will highly appreciate the participation of your country in our Competition and in addition we inform that delegations from Latvia, Lithuania, Estonia, Finland, Germany, Belarus, Russia, Ukraine, Poland, Kazakhstan, Great Britain, Austria, Georgia, Israel, Slovakia, Iran, France, India, USA, and other have been participated in our Competition.

President of V.Freidenfeld's  
Free-style Wrestling club

Normunds Pēterkops

## The 23<sup>rd</sup> International Tournament

### For juniors and female juniors- V. Freidenfeld's Wrestling

#### Club Cup

FREE STYLE WRESTLING

FEMALE WRESTLING

**6B GROSTONAS street**

#### Program

<b>17.09.2021.</b>		Arrival of delegations
	Till 17.00	Accreditation
	18:00-18.30	Draw LF 50,55,59,65,72 LL 57,65,74,86,97
	19:00-19:45	Press conference to teams' leaders and org. committee
<b>18.09.2021.</b>	09.00-9:30	Medical examination and weigh-in LF 50,55,59,65,72 +2kg LL 57,65,74,86,97 +2kg
	11:00-15:00	Preliminary rounds LF 50,55,59,65,72 LL 57,65,74,86,97
	After preliminary rounds	Draw LF 53,57,62,68,76 LL 61,70,79,92,125
	15.00-16.00	Lunch-hour
	16.00-16.30	Opening ceremony
	16:30-18:00	Finals/bronze matches LF 50,55,59,65,72 LL 57,65,74,86,97
<b>19.09.2021.</b>	09.00- 9:30	Medical examination and weigh-in LF 53,57,62,68,76 +2kg LL 61,70,79,92,125 +2kg
	11:00-15:00	Preliminary rounds LF 53,57,62,68,76 LL 61,70,79,92,125
	15.00-16.00	Lunch-hour
	16:00-19:00	Semifinals, finals, bronze LF 53,57,62,68,76 LL 61,70,79,92,125
<b>20.09.2021.</b>		Departure of delegations

**Organization committee**



# Health & Safety Plan for UWW Events

## Guidance for Event Organizers and Participants

These guidelines are intended to assist Organizers implementing measures to reduce the possibility of viral transmission to a minimum during UWW Events. They complement the sanitary requirements **prescribed by public authorities**. They do not replace all other requirements as provided by the UWW Medical Regulations.

**Wrestling being a contact sport**, it is at **higher risk** of viral transmission during viral epidemic and pandemic periods. Hence a **higher degree of attention** and more stringent measures are required from the Wrestling community.

Individual **responsibility** is also key to protect the health of everyone. In that respect, detection of infected people and virus carriers with no symptoms help reducing those risks. In case of any doubt by an athlete or a participant for a potential viral infection, it is his/her individual responsibility to consider self-quarantine, refrain from participating in sports activities (training, competition) and refer to a hospital or an officially designated centre by the authorities.

This document is subject to changes depending on the evolution of the pandemic and the progress made by the scientific community with regards to diagnostic approaches, antiviral treatments and vaccine.

**In addition to public authorities' requirement and to these guidelines, Organizers must refer to the recommendations of the World Health Organization**

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

### 1. World Health Organization (WHO) tools

It is WHO's view that all countries with community transmission should seriously consider postponing or reducing mass gatherings that bring people together and have the potential to amplify disease and support the recommended best practice of physical distancing. Any decision will be supported through the use of WHO tools, in particular the **Risk Assessment for Mass Gatherings during COVID-19**.

**If movement restrictions** and further national measures have been established in the country, the WHO risk assessment **does not apply**.

However, when the process of re-opening/conducting mass gatherings is being considered post movement restrictions, it will be key to ensure any decisions are based on a risk assessment, such as the WHO Mass gatherings COVID-19 risk assessment.

The detailed **links** to the various WHO tools are noted below.

- [How to use WHO risk assessment and mitigation checklist for Mass Gatherings in the context of COVID-19](#)
- [Mass Gathering risk assessment COVID-19: key considerations](#) (Excel sheet)
- [Decision tree for risk assessment for mass gathering](#)
- [Considerations for sports federations/sports event organizers when planning mass gatherings in the context of COVID-19: interim guidance](#)
- [Guidance for the use of the WHO Mass Gatherings Sports: addendum risk assessment tools in the context of COVID-19](#) (Excel sheet)



## 2. Definitions

**Participant:** including, but not limited to athletes, coaches, referees, team leaders, team staff, team doctors & masseur, LOC staff, volunteers, UWW staff, UWW Bureau members, NF Officials, NOC officials & staff, media & TV staff, journalists, photographers, Doping Control Officers, drivers, and any individual taking part in the Event or involved in its organization.

**Event:** save any exception expressly granted by UWW, all competitions on the [UWW Calendar](#) and all other events linked thereto, such as training camps.

**Period of the Event:** except for the staff involved in the installing and dismantling of all installations (the latter being subject to all sanitary requirements imposed by the local authorities), the period of the Event starts from the arrival of the participants in the country until their departure from the country.

**Organizers:** the Local Organizing Committee (LOC) responsible for the Event, including all its members.

## 3. Requirements for all Participants

All participants (Athletes, Coaches, Athletes' Entourage, Referees, Staff, etc.) shall:

1. Produce a **negative PCR serological test for SARS-CoV-2** taken **not earlier than 72 hours from the arrival** in the country of the Event.
2. Submit themselves to a rapid antigen test for COVID-19 upon arrival.
3. Submit themselves to temperature monitoring throughout the Event.
4. Wear a protective mask at all times safe exceptions (except for athletes when training, warming-up & competition)
5. Regularly wash hands using either an alcohol-based gel or soap and water.
6. Keep physical distancing - Avoid crowds.
7. Refrain from leaving the "sanitary bubble" without justification (for medical reasons, end of competition for example).
8. Sign the liability waiver provided by the organizer
9. Sign a statement that they have not been in conscious contact with a COVID-19 positive person in the last 14 days or have had the following symptoms:
  - High temperature
  - Sore throat
  - A dry cough
  - Shortness of breath
  - Pain in muscles and joints
  - Loss of sense of smell and taste
10. Carefully respect all instructions and requirement set forth by the Organizer.



## 4. Rules for Athletes

In addition to the conditions required from all Participants and described above:

- Athletes must monitor their body temperature twice a day (7-8 am and 7-8 pm)
- The Athletes' body temperature will also be officially monitored at the entrance early in the morning upon entrance in the competition hall. **ONLY those athletes who pass** the temperature check will be allowed to the weigh-in
- In case an Athlete shows a temperature **higher than 37.5°**, he/she will be **eliminated from the competition**.
- **Further investigation** and monitoring will be started by the Medical Team and **additional measures** can be taken.
- **First day of competition:** For the first day of competition, and because such athlete cannot be weighed-in, he/she will be ranked last without rank (cf. UWW International Wrestling Rules, Article 11, Weigh-in).
- **Second day of competition:** If this situation happens the second day of competition (Repechages, Finals), the elimination of an athlete will be considered as an **injury**. Therefore, he/she will be ranked based on the points earned on the first day (cf. UWW International Wrestling Rules, Article 56, Medical Service Interventions).
- For all obligations related to the competition (weigh-in, medical examinations, medal ceremony, anti-doping controls, media interviews in the mix zone, etc.), **wearing a mask will be obligatory**.

## 5. Requirements for Organizers

### 5.1 Events organizers shall:

- Comply with all sanitary rules and requirements as requested by the local health authorities.
- Verify that all Participants show a valid negative a PCR serological test for SARS-CoV-2 taken not earlier than 72 hours from the arrival in the country of the Event.
- Organize and cover the testing (rapid antigen test for COVID-19) of all Participants upon arrival and entry in the "sanitary bubble".
- Organize the body temperature (from forehead) screening of all participants entering the competition and training hall using infrared thermometer.
- Provide masks and hand disinfectant to all participants
- Plan and organize PCR serological tests for SARS-CoV-2 upon departure for the participants who need it upon departure. The tests will be charge on the requesting participants at cost price.

### 5.2 Transports

- The vehicles used for the transport of Participants during the period of the Event shall be disinfected and ventilated after each ride.
- Only accredited participants will be allowed to enter the vehicles.



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- Wearing mask is mandatory in all vehicles
- The number of passengers in the vehicles must comply with the local regulations and enough spaces shall be provided to respect the social distancing.
- Drivers shall be included in the sanitary bubble.

### 5.3 Accreditation

- The accreditation office shall have sufficient space to respect social distancing.
- Markings on the floor, hand sanitizers and additional number of protective masks
- Where feasible, the organizer shall strive to have one (1) National Team at a time for the accreditation, or in any case to ensure that groups and people are well separated.

### 5.4 Hotels & Accommodation

- Hotels shall be dedicated for the participants only (no other guests).
- Double or single rooms shall be used to accommodate participants.
- No change of rooms will be allowed after the allocations of the rooms.
- Food will be arranged according to the schedule, in several halls, with serving food by the waiters and respecting the physical distance and other preventive measures.

### 5.5 Training

- Where possible, training sessions will be managed according to an established schedule in order to reduce the number of teams using the mats.
- The equipment will be regularly disinfected and only the athletes, their coaches and accompanying medical staff can access this area.
- At the warm-up area, only athletes who are training can remove their masks. All other individuals shall wear the mask.

### 5.6 Competition medical service

- All requirements of the UWW [Medical Regulations](#) shall be implemented.
- Except for exceptional circumstances (for ex. treatment of injuries, medical examination), UWW Doctor(s) and Organizer's medical staff shall observe the same requirements as other participants.
- Wearing gloves are mandatory for doctors and medical staff.
- The organizer's medical team must designate a member responsible for all COVID-19 sanitary protocols.



### 5.7 Hygiene of competition hall & mats

- All competitors will pass a disinfection barrier for footwear before stepping on the mat.
- Ensure the competition hall is regularly ventilated
- Changing rooms (athletes, referees) must be cleaned and sanitized.
- Plan sufficient standard alcohol-based gel dispensers in all areas, particularly in areas without direct access to bathrooms/WC.
- Hands shall be disinfected before each bout (in the call room)
- Mats shall be disinfected before the start of the competition and after each completed match. Hygienic products that do not irritate the skin or mucous membranes will be used to disinfect the mat.
- In case opening ceremonies and/or medal ceremonies are held on the mat(s), appropriate protection shall cover the mats. After the ceremonies, the protection shall be removed and the mat(s) disinfected again.

### 5.8 Referees

- Referees observe the same preventive medical measures as any other participant.
- Referees shall wear protective masks allowing the use of the whistle.
- They shall ensure that all participants enforce the basic measures (social distancing, masks).
- No handshake between the referees and the wrestlers, or between wrestlers and coaches are allowed.
- The winner is announced by a show of hands.
- Physical distance must be provided between the referee and the timekeeper.
- Paddles shall be disinfected regularly during each session.

### 5.9 Anti-doping tests

- Doping Control Station shall have sufficient space to allow social distancing. Consider several stations.
- Doping Control Officers shall wear protective masks and gloves.
- Ensure your NADO/service provider is aware of and applies WADA's guidelines ([Covid-19: ADO's Guidance for Resuming Testing](#)).

### 5.10 Communication

- Inform all participants and UWW as early as possible of any sanitary requirements **to comply with and to be prepared for** by foreign visitors (quarantine, medical certificates, epidemiological questionnaires to be filled in, etc).
- Any other restrictions during the event shall be clearly communicated to all participants well in advance.



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- Provide clear **information (posters, flyers, videos, etc)** in English in the competition venue about the above **basic precautions** (washing hands regularly, cover coughs/sneezes with a flexed elbow or disposable tissue, avoid touching eyes-nose-mouth). **Promote** regular and thorough hand-washing.
- Ensure that all measures are enforced by all participants and assign dedicated staff for this purpose.
- Limit delegations' accompanying staff in the different areas and functions (accreditation, weigh-in, warm-up area, call-room, FOP, BOH, etc).

### 5.11 Medical examinations & weigh-ins, draw

- Referees: 1 referee maximum per scale.
- No Team Leaders or Coach allowed in the weigh-in medical examinations & weigh-in area
- The rooms used for weigh-in and for the draw shall have sufficient space to allow social distancing. Mark social distances on the floor with rubber for queues during weigh-in.
- Sufficient time must be planned to allow disinfection of scales and other devices during weigh-in time.
- Whenever possible, the entrance and the exit (weigh-ins & draw, if applicable) should be distinct and clearly designated.

### 5.12 Post-event administration

- **Retain the names and contact details** of all participants for at least one month. This will help public health authorities trace people who may have been exposed to COVID-19 if one or more participants become ill shortly after the event. Consider the applicable **laws on privacy and personal data protection**.
- If anyone at the event was isolated as a suspected COVID-19 case, the organizer should inform UWW and all participants. They should be advised to monitor themselves for symptoms for 14 days and take their temperature twice a day.

### 5.13 Insurance

All information with regards to the insurance coverage are described here:

<https://unitedworldwrestling.org/governance/accidentillness-insurance-emergency>

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