

# ASAA PRE-COMPETITION COVID TESTING POLICY

## ADMINISTRATORS CONFIRMATION

Unless exempted below, all wrestling state tournament participants (which includes athletes, managers, coaches, chaperones, bus drivers, etc.) must obtain pre-competition testing. Participants need a negative test result or need to meet one of the two exemptions (See below) to attend competition. There are three methods for meeting this testing requirement:

### 1. PCR Test:

- The testing requirement may be satisfied by taking a PCR test for COVID-19 within 72 hours prior to competition. Participants need to receive a negative test prior to competing. If a participant is participating in multiple games within a 48-hour period, a PCR test result within the proper window for the first game satisfies the testing requirement for the rest of the 48-hour period.
- If PCR test results have not come in by the day of competition, a same day negative antigen test result may be used instead.

### 2. Twice Weekly Antigen or PCR Testing:

- Alternatively, the testing requirement may be satisfied through routine twice-weekly antigen or PCR testing prior to competition. To satisfy the “twice-weekly” requirement, tests must be taken on two non-consecutive days within each week, ideally separated by at least 72 hours. A minimum of two tests on this schedule are required prior to first competition.
- As long as participants have obtained negative results from all routine testing over the preceding two weeks, participants are cleared for competition.
- If a participant misses an antigen test, a PCR test within 72 hours prior to competition may substitute.
- Positive antigen test results should be confirmed with PCR tests due to lower reliability of antigen tests. If a positive antigen test is followed by a negative PCR test and the participant has no symptoms or known close contacts, the participant is permitted to compete.

### 3. Once weekly Antigen:

The testing requirement may alternatively be satisfied by routine once-weekly antigen if the antigen testing is conducted not more than 24 hours prior to each competition and with a minimum of two weekly antigen tests required prior to first competition. If a participant is participating in multiple games within a 24-hour period, an antigen test result within the proper window for the first game satisfies the testing requirement for the rest of the 24- hour period.

### EXEMPTION #1: Previously Diagnosed Person

If a person has had a diagnosed case of COVID-19 within the last 90 days, they are exempt from pre-competition testing provided:

- The participant provides proof of a previously positive result of a molecular based test for SARS-CoV2 within 90 days of playing.
- The participant is currently asymptomatic.

- The participant has completed the isolation period as specified in [the CDC guidelines](#).

**EXEMPTION #2: Vaccinated Persons:**

Fully vaccinated participants are exempt from pre-competition testing provided:

- The individual provides proof of full vaccination. An individual is considered fully vaccinated two weeks following receipt of the Johnson & Johnson vaccine or two weeks following the second dose of the Moderna or Pfizer vaccines.
- The individual is currently asymptomatic

I have read the ASAA Pre-Competition Covid Testing Policy and confirm that all my school's participants meet this requirement.

SCHOOL: \_\_\_\_\_

SPORT: \_\_\_\_\_

\_\_\_\_\_  
Administrators Name

\_\_\_\_\_  
Administrators Title

\_\_\_\_\_  
Administrators Signature

DATE: \_\_\_\_\_