

## **WRESTLING SAFETY GUIDELINES**

Wrestling is a highly competitive, fact-action game in which physical strength, endurance and contact plays a major role. Because of the speed and contact with which the sport is conducted, participants, their families and the coaching staff should accept and share certain responsibilities to enhance safety and enjoyment for participants.

### **PREPARATION FOR PRACTICE OR CONTEST**

1. Wear all protective equipment including shin guards to every practice or contest unless otherwise indicated by the daily practice plan.
2. Be sure that all equipment is properly worn and tightened and all fasteners secured so that equipment is properly positioned.
3. Wear outer and undergarments that are appropriate for humidity and temperature and skin protections.
4. Participants with visual impairments must remove glasses.
5. Participants needing preventive or rehabilitative taping, padding or bracing must arrive early to complete needed procedures.
6. In hot humid weather, players should consume 4-6 glasses of water between 10 a.m. and 3 p.m., with the last consumption thirty minutes prior to competition.
7. Remove all jewelry and metal hair fasteners.
8. Weight control or reduction must be conducted very carefully, with attention to balanced meals and in compliance with the State Athletic Association guidelines.
9. A coach or physician should see all cuts, abrasions, boils, rashes and skin irritations.
10. Prospective participants with seizures, neuromuscular, renal, cardiac, insulin/diabetic, chronic skeletal problems, disorders, diseases or medically controlled allergies need physician's approval to participate.
11. If ill or dizzy, notify your coach. Do not practice.
12. Report all injuries to the coach immediately.

### **LOCKER ROOM**

1. Be alert to slippery floors.
2. Be alert to changes in floor texture and elevated thresholds between shower and locker rooms.
3. Keep floors free of litter. Place all personal belongings in assigned locker.
4. Close and lock locker door when away from your assigned locker.
5. Keep soap and shampoo in shower room.
6. Use foot powder in designated areas.
7. Refrain from rapid movements, rough-housing and horseplay in locker/shower areas.
8. Identify incidents of foot or skin infections to coach(es) immediately.

STUDENT NAME (please print)

**MOVEMENT TO CONTEST OR PRACTICE SITE**

1. Be alert to ramps and stairs and changes in the texture of various surfaces, mats or flooring.
2. Be alert to other large equipment items in the general area, e.g., gymnastic apparatus.
3. Be alert to the location of fire extinguishers and other building equipment and proximity of walls to mats.
4. Be alert to on-going drills or wrestle-offs.

**CAUTIONS SPECIFIC TO WRESTLING**

1. Do not drive an opponent into the mat with unnecessary force on a takedown.
2. Do not bend a joint more than its normal range of motion.
3. The following are prohibited holds or tactics:
  - a. Double arm bar, full nelson
  - b. Some free style takedowns, e.g., straight-back suplay or salto
  - c. Trips where the opponent is forcibly thrown.
4. Weight control or weight reduction programs should not be undertaken without the approval of the coach and a physician.

**EMERGENCIES**

Because of the nature of wrestling, some injuries may occur. Most will be minor and can be managed with basic first aid, but the possibility of a serious injury is always present. All injuries must be called to a coach's attention. An occasional situation may require more intense management and may also necessitate involvement of participants as follows:

1. Stop all practices.
2. Call the coach to manage the situation if the coach is not already at the site.
3. Sit or kneel in close proximity.
4. Assist by:
  - a. Calling for additional assistance
  - b. Bring the first aid equipment or supplies to the site
  - c. Keeping onlookers away
  - d. Directing rescue team members to the site
5. Fire or fire alarm:
  - a. Evacuate or remain outside the building
  - b. Move 100 feet from the building
  - c. Be prepared to implement the emergency procedures outlined in #4 above.

I understand the rules and procedures and the necessity of using the proper techniques while participating in wrestling activities.

Student Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_