CENTRAL VALLEY
SCHOOL DISTRICT #356

Wrestling Safety Guidelines

When a person is involved in any athletic activity, an injury can occur, especially in a contact sport. One should be aware that the information presented in these rules and procedures is to inform the athlete of proper techniques or the inherent dangers involved with this particular activity. Not all potential injury possibilities in this sport are listed, but athletes should be aware that fundamentals, coaching and proper fitting equipment are important to the safety and the enjoyment of the sport.

An athlete is required to report any and all injuries that occur during practice or contests immediately to his/her coach. If a doctor is seen following an injury, the athlete must provide the coach with written instructions from the attending physician detailing restrictions and when it will be safe to return to practice/contests. Proper warm-up exercises are essential prior to participation in any strenuous activity including practices/contests.

The following guidelines should be followed when engaging in the sport of wrestling.

1. Proper warm-up is essential before strenuous activity takes place. Stretch properly before practice.
2. Travel to/from off-campus facilities should take place in school approved transportation vehicles only, unless a Parent/Guardian Driver Approval form (2320F4) is on file.
3. Be aware of, do not practice, and do not use illegal holds (as defined by the rule book).
4. When wrestling with an opponent, either in practice or in a match, wear approved and proper fitting apparel.
5. Be sure to wrestle a safe distance from all walls and other obstructions.
6. All wrestling will be done on the mats provided for wrestling.
7. Perform only techniques as instructed and supervised by your coach.
8. All athletes will read printed literature regarding safety procedures as provided by the coach.
9. The wearing of an athletic supporter is strongly recommended.
10. Participants are prohibited from wearing jewelry.
11. The use of saunas, rubber and plastic sweat suits or products to promote weight loss is prohibited.

Athlete: The above information has been explained to me and I understand the list of **rules and procedures**. I also understand the necessity of using the proper techniques while participating in the **wrestling** program.

X _____ _____

Athlete's Signature **Date**

_____ _____

Print Name **Grade**

Parent/Guardian/Custodian: I have read the above safety guidelines.

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Revised 5/2012

X _____ _____

Parent/Guardian/Custodian Signature **Date**