

## **WRESTLING**

### **CAUTIONS, CONSIDERATIONS AND RESPONSIBILITIES TO INCREASE THE SAFETY AND ENJOYMENT OF INTERSCHOLASTIC WRESTLING**

KAMIAKIN JUNIOR HIGH SCHOOL

Wrestling is a highly competitive, fast-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, squad members, their families and the coaching staff must accept and share certain responsibilities to enhance safety and enjoyment for participants.

#### **PREPARATION FOR PRACTICE OR CONTRAST**

1. Wear all protective equipment, including ear protectors, 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 that all fasteners are secured so that equipment is properly positioned.
3. Wear outer and undergarments that are appropriate for humidity and temperature for skin protection.
4. Wrestlers with visual impairments must remove glasses.
5. In hot humid weather, players should consume 4-6 glasses of water between 10 a.m. and 3 p.m., with the last consumption 30 minutes prior to competition.
6. Players needing protective taping, padding or bracing should arrive early to receive necessary treatment.
7. Weight control or reduction must be conducted very carefully, with attention to balanced meals and in compliance with the State Athletic Association guidelines.
8. A coach or physician should see all cuts, abrasions, boils, rashes and skin irritations.
9. Players with seizures, neuromuscular, renal, cardiac, insulin/diabetic, chronic skeletal problems, disorders, diseases or medically controlled allergies need physician's approval to participate.
10. If ill or dizzy, notify your coach. Do not practice.

#### **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.

### **MOVEMENT TO CONTEST/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.
5. If ill or light headed, notify the coach. Do not practice.

### **CAUTIONS SPECIFIC TO VOLLEYBALL**

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 ranges of motion.
3. The following are prohibited hold 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 approval of the coach and physician.

### **EMERGENCIES**

Because of the nature of wrestling, some injuries may occur. Most will be minor and can be managed with basic first aid. All injuries must be called to a coach's attention. However, an occasional situation may require more intense management and may also necessitate involvement of squad members as follows:

1. Stop all practices, scrimmages or drills.
2. Call the coach to manage the situation if he is not already at the site.
3. Sit or kneel in close proximity.
4. Assist by:
  - a. Call for additional assistance
  - b. Bring 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 yards from the building
  - c. Be prepared to implement the emergency procedures outlined in #4

**ACKNOWLEDGEMENT**

We certify that we have read and understand the cautions, considerations and responsibilities required for participation on the           KAMIAKIN JUNIOR           High School wrestling program.

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Athlete Signature/Date

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Parent/Guardian Signature/Date