

WRESTLING SAFETY GUIDELINES

When a person is involved in any athletic activity, and 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 young man or woman 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 enjoyment of the sport.

1. Proper warm-up is essential before strenuous activity takes place.
2. Travel to and from off-campus gyms for practice/contests should take place in coach-approved transportation vehicles only.
3. Be aware of illegal holds as defined by the rule book.
4. When wrestling with an opponent either in practice or in a match, wear approved, proper fitting apparel, including head gear.
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 (signs, pictures, posted printed regulations) regarding safety procedures.
9. Contact the coach immediately if injured.

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.

This information has been provided by the Interscholastic Activities Safety and Care Handbook.

Athlete's Signature _____ Grade _____ Date _____

Print Name (Athlete) _____

Parent/Guardian Signature _____ Date _____