

## **WRESTLING CAUTIONARY STATEMENT**

Wrestling is a highly competitive, fast-action activity in which physical strength, endurance, and contact plays a major role. Because of the speed and intense physical demands required by the sport, squad members and their families must accept and share certain responsibilities with the coaching staff to enhance the safety and enjoyment of the sport.

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

1. Wear all protective equipment, pads, braces, including ear protectors and supportive undergarments to every practice or contest unless otherwise indicated by the daily practice plan.
2. Be sure all equipment is properly worn and tightened, all fasteners secured so equipment is properly positioned.
3. Wear outer and under garments that are appropriate for humidity and temperatures.
3. Wrestlers should ingest the equivalent of 4-6 glasses of water each day.
5. Wrestlers with visual impairment(s) **MUST REMOVE GLASSES.**
6. Wrestlers needing protective tape, padding or bracing should arrive early to receive necessary treatment.
7. Remove all jewelry and metal hair fasteners.
8. Wrestlers with seizure, neuromuscular, renal, cardiac, insulin/diabetic, or chronic skeletal problems, disorders or diseases, must present a physician's approval prior to participation in any practice session.
9. Weight control or reduction must be conducted very carefully, with attention to balanced meals, and in compliance with the State Athletic Association guidelines.
10. All cuts, abrasions, boils, rashes, and skin irritations should be seen by a coach, athletic trainer, or physician.
11. No horseplay, rough-housing, hazing or initiations.

### **IN THE LOCKER ROOM:**

1. Be alert to slippery floors.
2. Be alert to changes in floor texture and to elevated thresholds between shower and locker rooms.
3. Keep floors free of litter. Place all personal belongings in assigned lockers.
4. Close and lock locker doors when away from your assigned locker.
5. Keep soap and shampoo in the shower room.
6. No horseplay, rough-housing, hazing or initiations.
7. Identify incidents of foot or other skin infections to coach(es) immediately.

### **ENTRY TO CONTEST/CONTEST SITE OR TRAVEL CONTEST/PRACTICE SITE:**

1. Be alert to stairs and ramps or changes in the texture of various surfaces, mats or flooring.
2. Be alert to other large equipment items in the general area (e.g.: gymnastics apparatus)>
3. Be alert to the location of bubblers, fire extinguishers, and other building equipment, and the proximity of walls to mats.
4. Be alert to ongoing drills or wrestle-offs.
5. If ill or light headed, notify coach. Do not participate.
6. No horseplay, rough-housing, hazing or initiations.

### **HAZARDS SPECIFIC TO WRESTLING:**

1. Do not drive an opponent into the mat with unnecessary force on takedown.
2. When you lift a fellow competitor off the mat, you are responsible for his safe return. Be careful.
3. Do not bend a joint more than its normal range of motion.

4. The following are prohibited holds or tactics:
  - A. Double arm bar, full nelson
  - B. Some free style takedowns, eg., straight-back suplay or salto.
  - C. Trips where the opponent is forcibly thrown.
5. Weight control or weight reduction programs should not be undertaken without the approval of the coach.

### **EMERGENCIES:**

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

1. Be alert to any injury that the coach may not see. He/She will manage the person in trouble. **DO NOT** move the victim! Assist by:
  - A. Stop all practices, scrimmages.
  - B. After calling the coach to manage the situation, help the injured person;
  - C. Telephone for additional assistance (phone numbers and information are posted on or by the telephone): obtain first aid supplies or equipment.
  - D. Sit or kneel in close proximity.
  - E. Keeping onlookers away.
  - F. Directing rescue squad to the accident site.
2. Fire or Fire Alarm:
  - A. Evacuate or remain outside the building.
  - B. Move and remain 150 feet away from the building.
  - C. Be prepared to implement the emergency procedures outlines in #1.
3. Bomb Threat:
  - A. Evacuate the building and remain together as a squad-200 yards from the building.