

## **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 by which the sport is conducted, team members and their families must accept and share certain responsibilities with the coaching staff to enhance the safety and enjoyment of the sport.

### **Preparation;**

1. Wear all protective equipment, pads, braces, including ear protectors and supportive undergarments to every practice or contest unless otherwise indicated in the daily practice plan.
2. Be sure that all equipment is properly worn and tightened, and all fasteners secured so equipment is properly positioned.
3. Wear outer and undergarments that are appropriate for humidity and temperature.
4. Wrestlers should ingest the equivalent of 4-6 glasses of water each day.
5. Wrestlers with visual impairments **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 seizures, 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.
10. All cuts, abrasions, boils, rashes, and skin irritations should be seen by a coach, athletic trainer, or physician.
11. Maintain good hygiene to prevent skin irritations.
12. If ill or light headed, notify coach
13. No horseplay, rough-housing, hazing or initiations.
14. Be alert to changes in surfaces, mats or flooring when traveling to competitions or practice sites.

### **Hazards Specific to Wrestling**

1. Do not drive an opponent into the mat with unnecessary force or takedown.
2. When you lift a fellow competitor off the mat, you are responsible for their safe return. **BE CAREFUL.**
3. Do not bend a joint more than its normal range of motion.
4. Be aware of the prohibited holds or tactics.
5. Weight control or weight reduction programs should not be undertaken without the approval of the coach.

Because of the nature of wrestling, some injuries will occur and the potential for skin problems/infections/diseases is increased. All injuries must be called to a coach's attention. Most will be minor and can be managed with basic first aid. However, an occasional situation may require more intense management.

### **ACKNOWLEDGEMENT**

We certify that we have read, understand, and agree to adhere to the cautions, considerations, and responsibilities required for participation on the \_\_\_\_\_ Wrestling Team.

\_\_\_\_\_/\_\_\_\_\_  
Athlete signature                      Date

\_\_\_\_\_/\_\_\_\_\_  
Parent signature                      Date.