

SAFETY CONSIDERATIONS FOR WRESTLING

Equipment

The advent of headgear has caused a marked decrease in the frequency and severity of cauliflower ears. As well, long-legged workout pants and knee pads have helped to eliminate mat burns. Thicker and more absorbent wrestling mats eliminate many of the injuries prevalent a few years ago.

Facilities

Wrestling rooms should be designed with padded walls and devoid of obstructions. Competition sites should ensure that border mats are adequate. Coaches should always ensure that mats are properly taped or securely fastened.

Officials

Wrestling officials must be qualified and trained in anticipating potentially dangerous holds and never feel guilty about interrupting a match if a wrestler has sustained a possible injury. They must ensure that fingernails are cut short, skin infections are not present and wearing apparel is appropriate for wrestling.

Rules

Amateur wrestling rules are designed to ensure not only equality through weight classes, but to limit the possibility of injuries. All movements which force a joint beyond a normal range of motion are prohibited.

See the Canadian Amateur Wrestling Website for current rules: www.wrestling.ca

Coaching

The coach must be aware of possible dangers during practice and be knowledgeable regarding conditioning, flexibility, warm-ups and warm-downs. Coaches should always be aware of potential inequities in size, strength, ability, etc.

Nutrition

Coaches must be aware that proper nutrition is essential for maintenance of physical conditioning in rigorous sports such as wrestling. Level II certification provides sound information for proper nutrition in the sport.

Taping

Wrestlers seldom need to tape specific areas of their bodies unless a particular area is predisposed towards recurring injury. In this case taping will provide the necessary support and protection reducing the likelihood of a re-injury taking place.

Hygiene

It is imperative that coaches insist on cleanliness of their athletes, their clothing and the wrestling facility itself.