

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, 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, and braces, including ear protectors and supportive undergarments 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 all fasteners secured so equipment is properly positioned.
3. Wear outer and under garments 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 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 IHSAA 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 the 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.

Practice or contest site or travel to 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.
3. Be alert to the location of cabinet, 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 practice.
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:
 1. Double arm bar, full nelson
 2. Some freestyle takedowns.
 3. 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 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 and may also necessitate involvement of squad members as follows:

1. Stop all practices, scrimmages or drills. DO NOT move the victim!
2. Call the coach to manage the situation if not already at the site.
3. Sit or kneel in close proximity.
4. Assist by:
 1. Helping with the injured person
 2. Telephoning for additional assistance
 3. Bringing first aid equipment or supplies to the site
 4. Keeping onlookers away
 5. Directing the rescue squad to the accident site