

# Northshore School District No. 417

## Wrestling Safety Guidelines

This school strives to protect each student from possible injury while engaging in school activities. The guidelines and/or practices identified below have been established for this activity in order to protect the student and others from injury and/or illness. Participants and their parents should recognize that conditioning, nutrition, proper techniques, safety procedures, and well-fitting equipment are important aspects of this training program. Each participant is expected to follow the directions/standards of the coach.

Transportation will not be provided except as specifically identified by the school. Use of non-district provided transportation will be needed to access off-campus sites for practices and some contests. Providing or arranging appropriate transportation to these practices or contests is the responsibility of the parent.

### Guidelines are as follows:

1. Make certain that you wear all equipment that is issued by the coach. Advise the coach of any poorly-fitted or defective equipment.
2. Advise the coach if you are ill or have any prolonged symptoms of illness.
3. Advise the coach if you have been injured.
4. Engage in warm-up activities prior to strenuous participation.
5. Be alert for any physical hazards in the locker room or in and around the participation area. Advise the coach of any hazard.
6. Recognize illegal holds as defined by the rule book.
7. Wear approved, proper-fitting apparel when wrestling with an opponent, either in practice or in a match.
8. Wrestle a safe distance from all walls and other obstructions. All wrestling will be done on the mats provided for wrestling.
9. Be alert to risks associated with exposure to bodily fluids such as blood. Familiarize yourself with preventive procedures established to protect against communicable diseases transmitted through bodily fluids.
10. Immediately wash hands and other skin surfaces if in contact with blood or bodily fluids. Uniforms must be properly disinfected or changed before participation may resume.

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.

I am aware that wrestling is a **high risk sport** and that practicing or competing in wrestling will be a dangerous activity involving **many risks of injury**. I understand that the dangers and risks of practicing and competing in wrestling include, but are not limited to, death, serious neck and spinal injuries which may result in complete or partial paralysis, brain damage, serious injury to virtually all internal organs, serious injury to virtually all bones, joints, ligaments, muscles, tendons, and other aspects of the muscular-skeletal system, and serious injury or impairment to other aspects of my body, general health and well-being. I understand that the dangers and risks of practicing or competing in wrestling may result not only in serious injury, but in a serious impairment of my future abilities to earn a living, engage in business, social and recreational activities, and generally to enjoy life.

Because of the dangers of wrestling, I recognize the importance of following coaches' instructions regarding techniques, training and other team rules, etc., and to agree to obey such instructions.

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Print Full Name

\_\_\_\_\_  
Grade

\_\_\_\_\_  
Athlete's Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date