



Wrestling Safety Guidelines Cascade Middle School

Prior to participating, the student athlete and a parent/guardian must read this information. Signatures are required on the back of this form.

When a person is involved in any athletic activity, an injury can occur, especially with a sport as strenuous as wrestling. One should be aware the information presented in these safety guidelines is to inform the athlete of proper techniques and inherent dangers involved with wrestling. There is a chance of broken bones, muscle and soft tissue and back injuries, which could lead to some form of paralysis. Not all potential injury possibilities in this sport are listed, but athletes should be aware that fundamentals, coaching, and proper safety equipment are important to the safety and enjoyment of the sport. Further preparation guidelines for practices/contests, locker room safety rules, and emergency situations are explained in the athletic handbook.

1. Proper warm-up is essential before strenuous activity takes place. Be aware of the potentially serious injuries if you do not follow correct procedures in stretching and conditioning.
2. Players whose vision requires correction must wear shatterproof glasses or lenses. Glasses must be mounted in break-resistant frames and must be held in place by an elastic strap.
3. Perform only those skills and techniques as instructed and/or supervised by your coach.
4. Travel to and from off-campus facilities and practice/competition sites must be in accordance with school procedures.
5. Be sure all equipment, especially shoes and headgear, is fitting properly before each day's activity.
6. Athletes should wear the proper safety equipment as designated by the coach.
7. Travel to and from off-campus facilities and practice/competition sites must be in accordance with school procedures.
8. Remove all jewelry and metal hair fasteners and other body adornments as required by rules and regulations for wrestling. Make sure your hair is of proper length, meeting the standards of the WIAA.
9. Be aware of your surroundings, both home and away, including but not limited to surface conditions, obstructions in the proximity to the wrestling mat and safe entrance/egress to/from the wrestling area.
10. Wear outer and under garments appropriate for humidity and temperature.
11. In order to help protect the safety of all squad members, squad members with physically limiting injuries and/or health conditions must inform the coach of limiting conditions prior to each day's activity and participate only to the extent allowed by the coach.
12. Players should hydrate themselves frequently during practice and meet and follow the coach's direction on hydration prior to and following practices and meets.
13. Notify the coach if you are injured.
14. Practice only when your coach is present.
15. Wrestlers must be aware of potentially dangerous holds and refrain from using them in any and all situations.
16. Do not attempt for the first time any hold or movement without the prior instruction and authorization of the coach. After the coach has determined your ability to apply the hold or movement in the proper manner, you may use the hold or movement at any time the hold or movement is legal or authorized.
17. Wrestling is designed to match two athletes of comparable weight and similar ability. Do not wrestle with someone much lighter than you or much heavier than you without the coach's approval, with knowing the limits on the wrestling permitted in this closely supervised match or practice.

18. Only wrestle opponents who are certified to wrestle you at your approved weight class.
19. Check all equipment and apparatus prior to using them each day with special attention to sanitizing the mat on a daily basis, both before and at the conclusion of practice or a match.
20. Make sure the border mats are in place before wrestling in a practice or competition.
21. During a match or tournament, locate the proper warm-up area and allow ample time for stretching and body warm-up before competing.
22. Athletes shall not attempt a new move or techniques without the proper instruction from the coach and the approval of a coach to attempt a new move or technique.
23. Athlete weight control standards must be approved by a doctor and in compliance with WIAA rules and regulations.

Athlete's Name (please print): _____

I am aware that wrestling is a high-risk sport and that practicing or competing in wrestling can be a dangerous activity involving **MANY RISKS OF INJURY**. I understand 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, to engage in other business, social and recreational activities, and generally to enjoy life. I also understand that the sport in which I participate may be so inherently dangerous that no amount of reasonable supervision, protective equipment or training can eliminate all vestiges of danger. I am informed the Longview School District does not assume responsibility for the medical services required for these risks.

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

In consideration of the Longview School District permitting me to try out for the school's wrestling team and to engage in all activities related to the team, including but not limited to trying out, practicing, or competing in wrestling, I have read the above warnings, and I understand their terms. I have also read and understand the preparation guidelines for practices/contests, locker room safety rules, and emergency situations, as explained in the athletic handbook.

Signature of Athlete: _____ **Date:** _____

Parent/Legal Guardian Name (please print): _____

As the parent/legal guardian of the above-named student and in consideration of the Longview School District, I give permission for my child/ward to try out for the school's wrestling team and to engage in all activities related to the team, including, but not limited to, trying out, practicing or competing in wrestling. I have read the above warning, and I understand their terms. I have also read and understand the preparation guidelines for practices/contests, locker room safety rules, and emergency situations, as explained in the athletic handbook.

Signature of Parent/Guardian: _____ **Date:** _____