

Student's Name (please print) \_\_\_\_\_

**CAUTIONS, CONSIDERATIONS, AND RESPONSIBILITIES TO INCREASE SAFETY AND  
ENJOYMENT OF INTERSCHOLASTIC WRESTLING  
WORTHINGTON SCHOOLS**

Wrestling is a highly competitive, fast action sport in which physical strength, endurance and contact play a major role. Because of the speed and contact with which the sport is conducted, squad members, their families and the coaching staff must accept and share certain responsibilities to enhance safety and enjoyment for the participants.

Responsibilities include:

**PREPARATION FOR PRACTICE OR CONTEST**

1. Wear all protective equipment including ear protectors, elbow and knee pads 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 or skin protection.
4. Wrestlers with visual impairment(s) must remove glasses and contact lenses.
5. Remove jewelry.
6. In hot, humid conditions, wrestlers should consume 4-6 glasses of water between 10 AM and 3 PM, with the last consumption at least 30 minutes prior to practice and competition.
7. Weight control or reduction must be conducted very carefully, with attention to balanced meals, and in compliance with the State Athletic Association guideline.
8. If ill or dizzy, notify your coach. Do not practice.
9. All cuts, abrasions, boils, rashes, and skin infections **MUST** be seen by a coach or physician.
10. **ALL STUDENTS MUST HAVE THE APPROPRIATE PHYSICAL EXAMINATION CARD ON FILE BEFORE PRACTICING.**

**LOCKER ROOM**

1. Secure all personal belongings in your assigned locker. Leave no valuables in locker.
2. Keep floor free from litter.
3. Be alert to slippery floors.
4. Be alert to changes in floor texture and to elevated thresholds between shower and locker room.
5. Refrain from rapid movements, horseplay and rough house in the locker/shower room areas.
6. Identify incidents of foot or other skin infections to coach(es) immediately.

**INSURANCE**

Student accident insurance is not provided by the Worthington Schools. All medical expenses incurred by an athlete must be paid by the parent and/or their insurance policy. I, the undersigned, understand that I must either use my own accident insurance or enroll my child in a school insurance program which has been made available for me to purchase. Otherwise, I realize that my son/daughter will not be covered by accident insurance.

**ACKNOWLEDGEMENT**

We certify that we have read and understand the cautions, considerations, and responsibilities required for participation in a Worthington Schools Wrestling Program.

**MOVEMENT TO THE PRACTICE/CONTEST SITE**

1. Be alert to:
  - a. Stairs and ramps leading to practice/contest area.
  - b. Variations in the surfaces of stairs, ramps, mats or flooring.
2. Be alert to location of bulk equipment and support cables.
3. Be alert to on-going activity or wrestle-offs.
4. Be alert to the location of drinking fountains, fire extinguishers, and other building equipment and proximity to the walls or mats.
5. Observe safety regulations on vans/buses to and from contests.

**CAUTIONS SPECIFIC TO WRESTLING**

1. Do not drive an opponent into the mat on a takedown.
2. Do not bend a joint more than its normal range of motion when applying various tactics.
3. The following are prohibited holds or tactics:
  - a. Full Nelson.
  - b. Throwing actions near the edge of the mat.
  - c. Trips where the opponents are forcibly thrown.
4. When executing double leg takedowns, care should be exercised not to forcibly drive the opponent into the mat, or to lift the opponent high off the mat without control.
5. Weight control or reduction programs should not be undertaken without the approval of the coach and a physician.
6. If weight training is part of your conditioning program, observe all weight room safety procedures. Do not condition with weights on your own without discussing your program with a coach.

**EMERGENCIES**

Because of the nature of wrestling, some injuries will occur. Most will be minor and can be managed with first aid. All injuries must be called to a coach's or trainer's attention. However, some may need more intense management and may also require squad members to:

1. Stop all practices, scrimmages, or drills.
2. Call a coach or trainer to manage the situation.
3. Sit or kneel in close proximity.
4. Assist by:
  - a. Calling for additional assistance.
  - b. Bringing first aid equipment or supplies to the site.
  - c. Keeping onlookers away.
  - d. Directing the rescue squad to the site.
5. Fire or fire alarm:
  - a. Evacuate or remain outside building.
  - b. Move 100 yds. from the building.
  - c. Be prepared to implement emergency procedures outlined in #4.

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**PARENT SIGNATURE**

\_\_\_\_\_  
**DATE**

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**STUDENT SIGNATURE**

\_\_\_\_\_  
**DATE**