

WRESTLING
OLYMPIA SCHOOL DISTRICT

SAFETY GUIDELINES

Prior to participating, both the student and parent must read carefully and sign.

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.

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. If you wear eyeglasses, contact the coach for proper fitting of safety lenses, appropriate frames that are compatible with wrestling. If you have a bi or tri-focal lens, contact your doctor to provide the best len(s) combination for wrestling.
3. Perform only those skills and techniques as instructed and/or supervised by your coach.
4. Be sure all equipment, especially shoes and head gear, is fitting properly before each day's activity.
5. Athletes should wear the proper safety equipment as designated by the coach.
6. Travel to and from off-campus facilities and practice/competition sites must be in accordance with school procedures.
7. 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.
8. 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.
9. Wear outer and under garments appropriate for humidity and temperature.
10. 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 prior to each day's activity of limiting conditions and participate only to the extent allowed by the coach.
11. Players should hydrate themselves frequently during practice and meets and follow the coaches' direction on hydration prior to and following practices and meets.
12. Notify the coach if you are injured.
13. Practice only when your coach is present.

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Warning/Agreement to Obey Instructions

Prior to participating in any sport, both the student and parent/guardian must carefully read the following and sign.

I am aware that wrestling is a high-risk sport and that participating or competing in wrestling will 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 serious impairment of my future abilities to earn a living, to engage in other business, to continue my education, 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 Olympia School District does not assume the responsibility for the medical services required for these risks.

In consideration of the Olympia School District permitting me to try out for the Reeves Middle School 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 and agree to their terms.

Name of Student (print) _____

Student Signature _____ Date _____

I, _____ (print), am the parent/legal guardian of _____ (print). In consideration of the Olympia School District permitting my child/ward to try out for the Reeves Middle School wrestling team and to engage in all activities related to the team, including, but not limited to trying out, practicing and/or competing in wrestling, I have read the above warnings and I understand and agree to their terms.

Name of Parent/Guardian (print) _____

Parent/Guardian Signature _____ Date _____