

WRESTLING SAFETY/RISK WARNING

WARNING: PARTICIPATION IN ANY PHYSICAL ACTIVITY OR SPORT COULD LEAD TO SERIOUS INJURY OR DEATH.

Wrestling is a sport with numerous physical demands. Tremendous strain is placed on the cardiovascular, muscular, skeletal and respiratory systems of the body. Nutritional factors play an important part in the above mentioned body systems: therefore, they need special consideration.

Due to the physical demands of wrestling, no athlete will be allowed to participate in practice or meets without the appropriate physical, medical and parental consent. The athlete will not be allowed to compete at a weight lower than the weight certified by his/her doctor.

Due to the physical demands of wrestling:

1. Adequate warm-up and stretching time will be provided prior to practice and competition.
2. Proper technique demonstration will be provided prior to each drill.
3. Adequate drill and practice time will be given to allow the athlete to develop safe skills.
4. Dietary information for weight control will be provided.

Wrestling is a contact sport where many injuries can occur. Injury to the outer ear, skin infections and mat burns are common occurrences in the sport of wrestling. With the use of head gear, recommended disinfectants and proper wrestling attire, these injuries can be prevented. There is also the chance that joint sprains, strained muscles, nose bleeds and dislocated bones will also happen. Broken bones, permanent paralysis due to brain injury and death could also occur. Since injuries and illnesses affect the performance and safety of the athlete, all will be reported to the coach. Safety of the athlete is a prime concern of wrestling. Wrestlers should be aware of the potentially dangerous situations and understand their damaging aspects.

Approved wrestling surfaces will be provided for the safety of all athletes. Wrestlers will wear headgear during all practice sessions and matches. New pads will be provided upon request. Any questions should be directed to the coach or athletic director.

We have read the preceding statements regarding the sport of wrestling. _____ has been certified by a doctor, and we believe he/she is physically able to participate in the sport of wrestling. We fully know, understand and appreciate the risks inerrant in the sport of wrestling. We, as parents are voluntarily allowing our son/daughter to participate in the sport of wrestling and our son/daughter is voluntarily participating in the sport of wrestling.

Student (Print Name)

Student Signature

Date _____

Parent/Guardian Signature

Date _____

Updated 6/5/2017