

High Risk Sport

Wrestling

Equipment

A fully stocked first aid kit must be readily accessible.

A working communication device (e.g., cell phone) must be accessible.

Determine that all equipment is safe for use.

Wrestling mats being used need to be mats manufactured and approved by the manufacturer for wrestling, and be in good repair.

Determine that mats are not damaged to the point where the mat is compromised e.g. large pieces of foam missing.

Utility or add-a-mat systems may be used.

Determine that mats and joining systems are in good condition.

Mats must be attached together or aligned so separation does not occur.

Wrestlers with orthodontic devices must wear appropriate mouth protection.

Clothing/Footwear

Appropriate clothing must be worn.

Wrestling uniforms consistent with current rules must be worn.

No jewelry.

No bare feet.

Wrestling shoes or appropriate footwear (no sharp edges, lace tips on shoes).

Glasses not to be worn.

Facilities

Playing surface and surrounding area must be free of all obstacles (e.g., tables, chairs), and must provide sufficient traction.

Determine that all facilities are safe for use.

Mat surfaces must be checked regularly for irregularities and cleaned prior to use.

Allow suitable clearance from the edge of wrestling area to surrounding walls.

Surrounding walls must be padded if clearance from mat surface is less than 2m (6'6").

Special Rules/Instructions

Skills must be taught in proper progression.

Competitions must be based on skills that are taught.

Athletes must wrestle with partners of similar weight, strength and ability.

Warm-up activities must emphasize conditioning and flexibility.

Matches must follow local recognized playing regulations.

Rules and illegal moves must be outlined.

Athletes may referee under the supervision of the coach in practice. Only trained and certified officials for competition.

Maximum time limit of 3 minutes per round.

Match length/format may be shortened if desired.

There must be a minimum of 15 minutes between matches.

Ground or 'par terre' and standing wrestling permitted.

Throwing permitted only when break fall/roll techniques have been well established.

Fingernails must be closely trimmed.

No facial hair.

Athletes with communicable skin conditions (e.g., impetigo) must not participate in contact wrestling.

Benefits of headgear must be outlined to student athletes.

The hazards of improper eating practices and severe weight-loss techniques must be outlined to student athletes.

Universal precautions (e.g., using impermeable gloves - see Appendix P) must be followed when dealing with situations involving blood and other bodily fluids.

Parents/guardians must be made aware of any off-campus activity and the means of transportation used.

Be aware of athletes whose medical condition (e.g., asthma, anaphylaxis, casts, orthopaedic device) may affect participation (see Generic Section).

A student athlete's fitness level must be commensurate with the level of competition.

Supervision

On-site supervision is required.

Constant visual supervision is required during initial instruction of techniques for holds and releases.

Head coach must demonstrate knowledge of sport, skills and strategies to principal or designate.

Coaching experience for the head coach derived from one of the following:

- NCCP Competition Introduction – Part A or NCCP Level One Technical in Wrestling if the latter is supported by the sport governing body
- attendance at a wrestling clinic or workshop within the last three years
- past experience as a competitor or coach in that sport in the past 10 years

An individual who takes responsibility for providing first aid to injured athletes must be present during the entire practice/competition.

Also see Generic Issues and Introduction to Activity Page Components Sections to view complete safety requirements.