



CENTRAL KITSAP SCHOOL DISTRICT NO. 401
Silverdale, Washington

WRESTLING

INSURANCE INFORMATION, SAFETY GUIDELINES, WARNING and AGREEMENT TO OBEY INSTRUCTIONS FOR WRESTLING

Prior to participating, both the student and parent must read carefully and acknowledge by signing the last page of this document.

Insurance Information

It is not a legal requirement that a participant in school activities have insurance coverage; however, the Central Kitsap School District and the Washington Interscholastic Activities Association (WIAA) strongly encourage participants to have adequate student athletic insurance.

Accident and dental insurance information provided by a private carrier may be obtained in the school office or the district website at <http://www.cksd.wednet.edu/Athletics/ActForms.htm>.

This school strives to protect each student from possible injury while engaging in school activities. The guidelines and/or practices identified below have been established for this activity in order to protect the student and others from injury and/or illness. Participants and their parents should recognize that conditioning, nutrition, proper techniques, safety procedures, and well-fitting equipment are important aspects of this training program. Each participant is expected to follow the directions/standards of the coach. Travel to and from off-campus facilities shall be in accordance with the directions of the activity coach. Guidelines are as follows:

Safety Guidelines

When a person is involved in any athletic activity, an injury can occur. 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.
14. Wrestlers must be aware of potentially dangerous hold and refrain from using them in any and all situations.

15. 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.
16. 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 coaches' approval with knowing the limits on the wrestling permitted in this closely supervised match or practice.
17. Only wrestle opponents who are certified to wrestle you at your approved weight class.
18. 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.
19. Make sure the border mats are in place before wrestling in a practice or competition.
20. During a match or tournament, locate the proper warm-up area and allow ample time for stretching and body warm-up before competing.
21. Athletes shall not attempt a new move or techniques without the proper instruction from their coach and the approval of a coach to attempt a new move or technique.
22. Athlete weight control standards must be approved by a doctor and in compliance with WIAA rules and regulations.

WARNING and AGREEMENT TO OBEY INSTRUCTIONS

I am aware that WRESTLING is a high-risk sport and that practicing 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 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 District does not assume the 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 to agree to obey such instructions.



I have read the Insurance Information, Safety Guidelines, Warnings and Agreement to Obey Instructions information and it has been explained to me. I understand the list of rules, safety regulations/warnings and procedures. I also understand the necessity of using the proper techniques while participating in the Wrestling program

In consideration of the Central Kitsap School District permitting me to try out for the 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 their terms.

Date	Signature of Athlete	Print Name
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I, _____, am the parent/legal guardian of _____.(student athlete)

In consideration of the Central Kitsap School District permitting my child/ward to try out for the 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 their terms.

Date	Signature of Parent/Legal Guardian	Print Name
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