



Wrestling Safety Guidelines

There is an inherent risk of injury involved with any athletic activity. In wrestling injuries occur both from physical contact, as well as inappropriate methods in trying to maintain with in a certain weight class.

Facility & Equipment

- Hold practice in a suitable location, away from distractions and other athletes, no concrete floors.
- Space equipment and practice mats to avoid collision with obstacles and other athletes.

Supervision & Instruction

- Supervise all practice sessions.
- Enforce WIAA rules regarding prohibited/illegal holds.
- Distribute a list of prohibited/illegal holds.
- When wrestling with an opponent either in practice or in a match, students must wear approved proper-fitting apparel.
- A weight assessment and monitoring program will be instituted, with each wrestler's weight recorded daily.
- Be alert for eating disorders.
- Use of vapor-impermeable suit covers (plastics, rubber suits, nylon) are prohibited.
- Never allow students to become dehydrated to minimize their weight.
- Provide proper training prior to attempting any new techniques. Know the student's ability level and match activities accordingly.
- Be sure to wrestle a safe distance from all walls and other obstructions.
- All wrestling will be done on the mats provided for wrestling.
- Include conditioning and strength building exercises.
- Include stretching and flexibility exercises before practice, and competition.
- Jewelry is prohibited except religious and medic alert medals which must be taped under clothing.
- No baggy clothing, long fingernails or long, loose hair.
- Use a whistle.
- Make sure all players warm up and cool down.
- Ensure proper hydration of athletes.
- Ensure adequate first aid equipment is available.

SUGGESTED HYGIENE PROTOCOL FOR WRESTLING

Herpes Gladiatorum (a strain of *Herpes Simplex 1* commonly called *Wrestler's Herpes*) is but one communicable disease that can be transmitted by body-to-body contact or contact with infected surfacing and equipment in sports.

The following common-sense hygiene recommendations can help to reduce the possibility of spreading such diseases:

- **Use Disinfectants and Cleaners. This is an important step in your team's hygiene protocol.**

- Make sure the disinfectant that you use kills the following, according to the bottle label: *Human Immunodeficiency Virus (HIV); Herpes Simplex Type 1; Streptococcus Faecalis; Streptococcus Salivarius; Staphylococcus Aureus; and Trichophyton Mentagrophytes.*
- Make sure the entire wrestling mat surface remains damp with the proper ratio of disinfectant solution for the contact/dwell time listed. This is a vital step in the disinfecting process. The EPA requires each manufacturer to specify this contact time on the product's label for the listed organisms to be killed.
- If you pre-mix the solution, be aware of its life expectancy and discard old mixtures that have expired.
- When the disinfectant is taken from a large container and put into a smaller bottle, make sure important labeling information is kept with each small bottle.

An all-in-one cleaner/disinfectant tested for wrestling mats can be used.

- **Athletic Mats:** Wrestling mats should be in a state of good repair. Any rips/tears should be repaired according to the manufacturer's recommended procedures. Germs can migrate through the rips in the mat to the foam padding beneath, potentially perpetuating problems. There are several companies that can professionally resurface or repair torn or cracked mats. Wrestling mats should be cleaned/disinfected one hour prior to your team's use.
- **Wall Mats:** Check to make sure that wall mats are also in a state of good repair. If so indicated on the product label, use a mechanical sprayer to apply the disinfectant. Just spray the wall mats in accordance with label instructions.