

PHYSICAL ACTIVITY SAFETY CHECKLISTS

WRESTLING (FREESTYLE OR GRECO-ROMAN)

Wrestling is the act of physical engagement between two unarmed persons, in which each wrestler strives to control or to get an advantage over his opponent.

Risk Factor Rating

4

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a certified National Coaching Certification Program/Wrestling Canada coach, or an experienced coach capable of demonstrating competencies of a certified coach as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students being aware of the potential risks involved in wrestling

Safety techniques and rules are learned prior to participation

Skills/movements are learned in proper progression

Students demonstrate competency of skill/fitness prior to competition

Difficulty of drill is appropriate for student's development/capabilities

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

Instructor matches students by size and abilities

Students are checked for infections

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Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision:

constant visual supervision

Safety rules and procedures are enforced

Emergency action plan is in place to deal with accidents/injuries

Individual responsible for first aid is present for the duration of the session

Facility

Activity area is free of hazards/debris and must provide good traction

Activity area is clearly marked with adequate out-of-bounds areas

Proper lighting and ventilation, when applicable, are provided

Safety rules/regulations are posted

Instructions for use of facility are posted

Emergency exit of indoor facility is clearly marked

Equipment

Equipment to be used is suitable and in good condition

Mats are cleaned and checked for damage prior to use

Mats are securely attached together

First aid kit and phone are available

Clothing/Footwear

Appropriate footwear is worn

Laces are tied and open-toed shoes are avoided

Jewelry must be removed

Appropriate clothing is worn (t-shirt and shorts are best), permitting unrestricted movement

Ear guards are worn as required

Clothing must meet requirements of club or competition

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program

The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program

Registration in an accident insurance plan is encouraged

Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional

The activity is suitable to the student's age, ability, mental condition, and physical condition

The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate

The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher